An overview of ethno-dietary plants in India: a review based on outcomes of ethnomedicinal studies by CCRAS and their validation through Ayurvedic and ethnomedicinal literature

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Review

Abstract

Background: India's ethnomedicinal heritage reflects a unique interplay of biodiversity, culture, and science, warranting conservation and research. Indigenous communities rely on local plants for nutrition and healthcare, yet ethnic foods remain understudied. This inventory study of ethno-dietary plant species among indigenous peoples in India and validates them using Ayurvedic and ethnomedicinal literature.

Methods: The data for this study is based on the ethno-dietary information enumerated in 17 books and 50 papers published by the Central Council for Research in Ayurvedic Sciences (CCRAS), New Delhi, from 1972 to 2023.

Results: The study documented 681 ethno-dietary taxa across 445 genera and 137 families. Fabaceae (59 species) was dominant, and herbs (249 species) were most used. Leading genera were Solanum (17), Ficus (11), and Dioscorea (10). Of these, 133 plants are cited in Ayurveda, indicating long-standing influence on indigenous diets. *Bambusa bambos* (L.) Voss,

Centella asiatica (L.) Urb., and *Chenopodium album* L. demonstrate the highest Relative Frequency of Citation (0.15); *Bambusa bambos* (L.) Voss, *Ficus auriculata* Lour., and *Rotheca serrata* (L.) Steane & Mabb. exhibit high Relative Use Value (0.45); and *Amaranthus spinosus* L., *Amorphophallus paeoniifolius* (Dennst.) Nicolson*, Chenopodium album* L., and *Solanum nigrum* L. shows 100% Plant Part Value.

Conclusions: The present study on the review of ethno-dietary plant species will aid in preparation of a comprehensive database of wild edible plants among different parts of India, thereby understanding the culturally acceptable species which hold significant potential as resources for nutraceutical bioprospecting and need of conservation.

Keywords: India; Ethnodietary; relative frequency of citation; relative use value; plant part specificity; ethnic community, dietetic diversity

Background

Plants play a significant role in maintaining the biosphere's functions. They are integral to daily human life through food, wood, medicine, and vital ecosystem services. Despite the immense diversity of plant species on earth, humans have utilized only a small fraction of them as food. This highlights that many plant species remain underutilized, with limited domestication and study (Fernando 2012). Indigenous communities in remote areas, and those adjacent to or within forests, frequently depend on local plant resources for food and treatment of ailments. This reliance nurtures traditional ecological knowledge regarding plant species diversity and their management and use (Jasmine *et al.* 2016). Around one billion people worldwide depend on wild foods, primarily from plants, as an essential part of their daily diet (Lalmuanpuii *et al.* 2024).

Wild edible plants are those with one or more parts, such as leaves, stems, roots, fruits, or seeds that can be safely consumed when harvested at the right stage and prepared correctly. Indigenous communities often hold deep knowledge of identifying, processing, and using various edible plants in their surroundings. This knowledge is generally passed down through generations through oral tradition, direct observation, and hands-on experience (Meitei *et al.* 2022). Wild fruits, in particular, are valued for their richness in beneficial compounds, including minerals, vitamins, antioxidants, phenolics, and flavonoids. These compounds are known to support health by promoting immunity, combating oxidative stress, and preventing disorders linked to malnutrition and cellular damage (Manhas *et al.* 2022, Panda *et al.* 2022). Historically, humans have used more than 7,000 wild edible plants, although many of these valuable food resources remain unexplored (Bhatia *et al.* 2018).

In recent decades, the significance of wild edible plants has gained widespread recognition amidst increasing modernization and globalization. Understanding the impact of changing lifestyles and environmental conditions on ecosystem services and the preservation of traditional knowledge systems is essential (Mishra *et al.* 2021). Preserving ethnobotanical knowledge is essential, particularly in regions where biodiversity faces threats from factors such as urbanization, deforestation, climate change, and natural disasters. The loss of indigenous knowledge is a global issue, and India is no exception (Gogoi & Nath 2021).

Wild edible plants are often neglected and underutilized in rural and tribal communities. Tribal communities with very limited cultivated land depend on wild resources for their sustenance (Misra *et al.* 2013). However, in recent years, many tribal communities have experienced a decline in traditional practices. Therefore, it is crucial to study and document wild edible plants from an ethnobotanical perspective and which explores innovative ways to harness their potential for human welfare.

Central Council for Research in Ayurvedic Sciences (CCRAS), New Delhi functioning under Ministry of Ayush, Government of India, an apex body in the India for formulation, coordination, development, and promotion of scientific research in the field of Ayurveda medicine. The Council has been engaged in documentation and validation of Local Health Traditions (LHTs), Oral Health Traditions (OHTs) and Ethnomedicinal Practices (EMPs) prevalent among individuals and ethnic communities across India through Tribal Health Care Research Program (THCRP), Medico-Ethno-botanical Survey (MEBS) Program and Interactive workshops (Srikanth *et al.* 2021). Since inception the Council has published more than 20 books and 400 papers in the area of Ethnobotany, Ethnomedicine, tribal medicine, local health traditions etc.

The present study is aimed to compile and analyze edible taxa of indigenous communities in various parts of India, as published by the CCRAS. The review highlights indigenous dietary practices across India and their validation through Ayurvedic and Ethnomedicinal literature enables to understand the influence of Ayurveda and local vegetation in dietary practices respectively. Further, study provides a scientific basis for promoting sustainable food and nutrition security strategies rooted in traditional and Ayurvedic principles.

Materials and Methods

Data collection

The Annual reports of CCRAS from 1969-1970 to 2023-2024 available at CCRAS website (https://ccras.nic.in/annual-publications/annual-reports/) are retrieved. The books and papers published in the area of Ethnobotany, Ethnomedicine, Tribal medicine, Indigenous health care practices and Local Health traditions are identified by hand searching. The relevant sources available in print and online databases have been retrieved and searched manually for ethnodietary information. Thus, identified edible taxa are arranged State wise in MS Excel 2021. All the scientific names and families of plants were verified and the accepted name of botanical species and those with synonyms are consolidated under the validated nomenclature as per The World Flora Online Plant List (https://wfoplantlist.org/) and Plants of the World Online | Kew Science (https://powo.science.kew.org/) are provided. Information on the life form of all taxa sourced from Flowers of India (http://www.flowersofindia.net/) and India Flora Online (https://indiaflora-ces.iisc.ac.in/). The Sanskrit names of plant species is given as per the official publication - Ayurvedic Pharmacopoeia of India, classical and contemporary works on Ayurveda.

Quantitative indices

To assess the cultural significance, usage patterns, and specificity of plant parts in the dietary practices, the data is quantitatively evaluated using select ethnobotanical indices viz., Relative Frequency of Citation (RFC), Relative Use Value (RUV), and Plant Part Value (PPV) in MS Excel 2021.

Relative Frequency citation (RFC)

Relative Frequency of Citation, a metric used to measure the importance or prominence of each Wild Edible Plant (WEP) species within a study (Tardío & Pardo-de-Santayana 2008). A modified RFC was calculated for each species to assess its popularity across the study areas (Tadesse *et al.* 2024). The RFC is determined using the formula:

$$RFC = FC / N$$

Where 'FC' denotes the number of literature sources that mentioning the species, and 'N' is the total number of sources reviewed. This index ranges from 0 to 1, where 0 indicates that no study identified the plant as useful and 1 means that all studies are likely to mention the species as useful.

Relative Use Value (RUV)

The Relative Use Value was calculated to evaluate the importance of the edible parts of selected WEP species. The RUV index was calculated by dividing the total number of useful parts (P) of a species by the total number of plant part types. The RUV index was calculated for species with three or more reported edible parts by dividing the total number of useful parts (P) of each species by the total number of plant part types. The Relative Use Value (RUV), originally developed by Phillips & Gentry (1993), was adapted and modified for use in this study to better suit its specific objectives and dataset (Tardío & Pardo-de-Santayana 2008). The Relative Use Value (RUV) is calculated using the formula:

$$RUV = P/T$$

Here 'T' is total number of plant parts.

Plant Part Value (PPV)

Plant Part Value is a metric that measures how often a plant part is used. It is calculated using a formula originally proposed by Gomez-Beloz (2002), with some modifications. This metric quantifies the proportion of research studies that mention a specific plant part for a particular purpose, relative to the total number of studies discussing various parts of the same plant. The formula to calculate this specificity is expressed as:

$$Plant\ Part\ Value\ (PPV): \frac{Number\ of\ studies\ mentioning\ the\ same\ part\ for\ a\ specific\ purpose}{Total\ number\ of\ studies\ on\ all\ parts\ of\ the\ same\ plant} x\ 100$$

The PPV percentage ranges from 0-100. A value of 100% indicates that all studies on the plant focus on a specific part for a particular purpose, suggesting high specificity of that part for use in diet or treating the disease.

IUCN Red list categories

The conservation/ecological status of plant species was provided as per IUCN Red List 2024 (https://www.iucnredlist.org/).

Validation of data through Ayurvedic and Ethnomedicinal literature

The data is subjected to textual validation through classical Ayurvedic literature to explore influence of Ayurveda in the diet of indigenous groups. The chapters and texts exclusively deals with food, diet, and dietetics in select Ayurvedic texts viz., *Carakasaṃhita [Sūtrasthāna*, Chapter 27*: Annapānavidhiadhyāya* – chapter on classification and regimen of food and beverages] (Sharma and Bhagwan Dash 2008); Suśrutasaṃhitā [Sūtrasthāna, Chapter 46: *Annapānavidhiadhyāya* – chapter on description of food and drinks] (Priyavrat Sharma 2004); *Bhāvaprakāśanighaṇṭu* [Chapter 5: *Āmrādiphalavarga* – group of fruits mango etc., Chapter 8: *Dhānyavarga* – group of cereals and Chapter 9: *Śākavarga* – group of vegetables] (Chunekar and Pandey 2010), *Kṣemakutūlaha of Kṣemaśarmā* (Indradev Tripathy 1978), *Bhojanakutuhala of Raghunathasuri* (Scholars of CTF 2012) and Rucivadhu-gala-ratnamala of Parapranava (Acarya Balakrishna 2014) are systematically reviewed manually.

Further, to ensure the reliability and accuracy of the documented data, validation undertaken by cross-referencing with published ethnomedicinal literature (Jain & Jain 2016, Jain 1991, Ray *et al.* 2020, Roy *et al.* 1988 and Singh & Arora 1978). Due to enormous classical Ayurveda and ethnomedicinal literature, the entire gamut has not been covered.

Results and Discussion

Among 20 books and 236 selected articles on Ethnomedicine published by CCRAS, ethno-dietary information was listed in 17 books and 50 articles. Of 50 articles, 31 are of Journal of Drug Research in Ayurvedic Sciences, formerly known as Bulletin of Medico-Ethnobotanical Research (BMEBR) and Journal of Drug Research in Ayurveda and Siddha (JDRAS) - an official journal of CCRAS and 19 papers published in other journals. The details viz., scientific name, family, local name, Sanskrit name, life form, parts used, geographical location, IUCN Status, Ayurvedic and Ethnomedicinal validation are given in Table 1. The data analyzed using following of methods:

Geographical wise distribution
Taxonomic diversity
- Rank wise distribution
- Family wise distribution
- Species wise distribution
- Life forms characteristics
- Part wise distribution
- IUCN Status

Codified and non-codified drugs
Validation through Ayurvedic and Ethnomedicinal literature
Quantitative Indices

Geographical wise distribution

The study reports data from twenty-three States and one Union Territory of India (Fig. 1). A total of 1222 plants are enumerated from 67 sources (17 books and 50 articles) of which 681 are unique species (Table 2). Majority of edible taxa reported from Mizoram (278 sp.), followed by Karnataka (158 sp.), Arunachal Pradesh (133 sp.), Uttar Pradesh (113 sp.), and Maharashtra (109 sp.). The higher number of edible plants from Mizoram and Arunachal Pradesh can be attributed to a mixture of ecological, biogeographical and number of research reported from the respective states. Due to shifting cultivation, indigenous people of Mizoram and Arunachal Pradesh depend on wild edible vegetables to meet the daily nutritional requirement (Lalmuanpuii *et al.* 2024, Teegalapalli and Datta 2016). Both states are part of the Indo-Burma region, characterized by different factors like high rainfall, altitudinal variations, rich forest diversity. And the strong traditional knowledge among the communities leads to more extensive documentation of plant usage (Hazarika *et al.* 2022).

Taxonomic diversity

Rank wise distribution

The present study reports, a total of 681 edible plant taxa, belonging to 445 genera and 137 families. These includes nine families from Pteridophyta (Athyriaceae, Blechnaceae, Gleicheniaceae, Marattiaceae, Marsileaceae, Nephrolepidaceae, Pteridaceae, Selaginellaceae and Thelypteridaceae), four from Gymnosperms (Cycadaceae, Gnetaceae, Pinaceae and Podocarpaceae), and 125 from Angiosperms (103 Dicotyledons and 22 Monocotyledons).

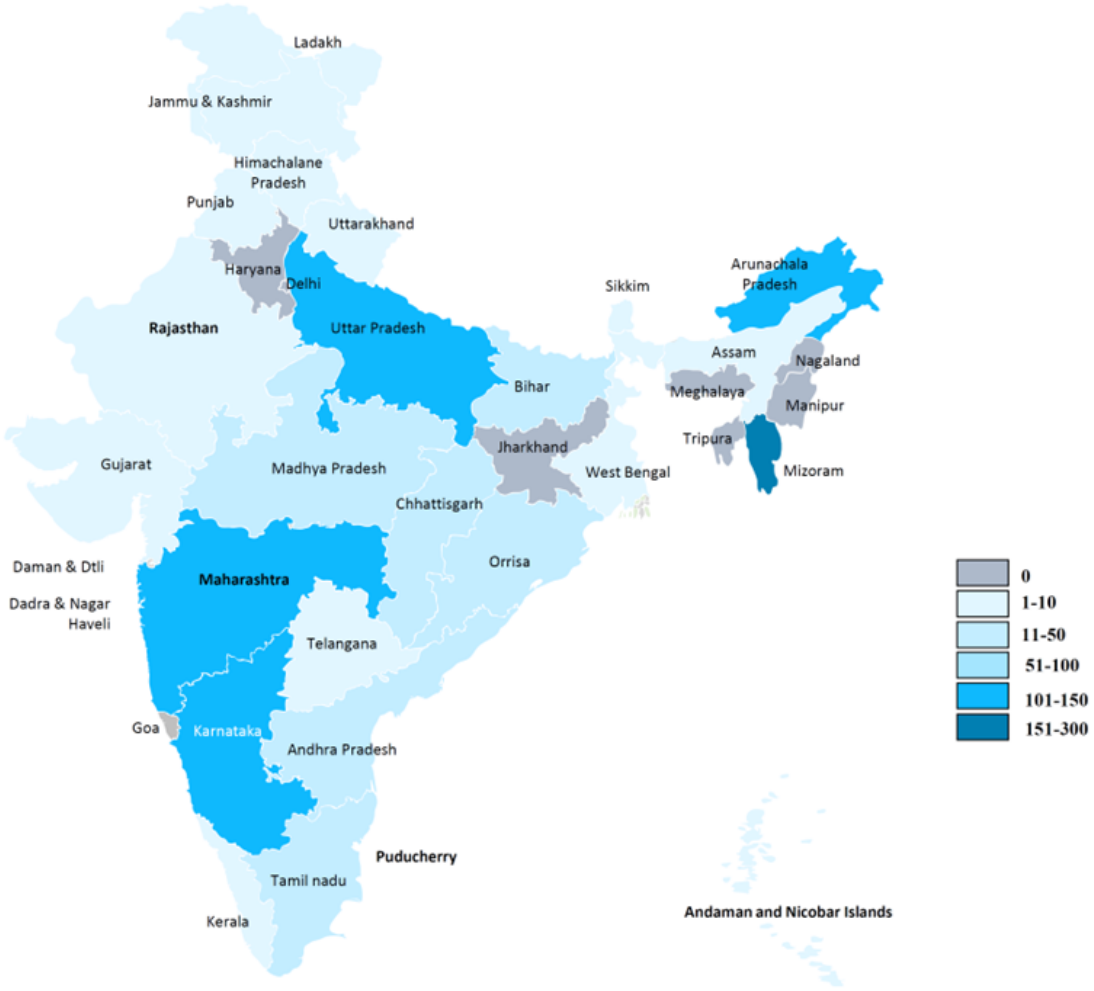

Figure 1. Map showing the Diversity of Edible plants (in number) in the current study.

Table 2. Number of total plants reported from different States and Union Territories of India.

S.No.	State	Total number plants cited in the source	Cited Reference
1.	Mizoram	285	Kar *et al*. 2013 [277 sp.], Shankar and Rawat 2013 [3 sp.], Shankar *et al*. 2009 [3 sp.] and Shankar *et al*. 2012 [3 sp.]
2.	Karnataka	225	Doddamani *et al*. 2023 [2 sp.], Prashanth Kumar and Shiddamallayya 2016a [75 sp.], 2016b [66 sp.], 2015 [28 sp.], 2020 [30 sp.], Prashanth Kumar *et al*. 2016 [8 sp.], Srikanth *et al*. 2021 [8 sp.], Vendrapati *et al*. 2020 [4 sp.], and Yoganarasimhan *et al*. 1982 [4 sp.]
3.	Arunachal Pradesh	166	Payum *et al*. 2014 [32 sp.], Raghunathan 1976c [1 sp.], Rawat *et al*. 1995 [1 sp.], 1996a [6 sp.], 1996b [2 sp.], 1997 [17 sp.], 1998 [55 sp.], Shankar and Rawat 2004 [30 sp.], 2008 [1 sp.], Shankar *et al*. 1994 [4 sp.], 1998 [3 sp.], 2003 [1 sp], 2012 [5 sp], and Singh *et al*. 1993 [8 sp.]
4.	Uttar Pradesh	113	CCRAS 1999 [4 sp.], Joshi and Tewari 2000 [108 sp.], and Pandey *et al*. 1993 [1 sp.]
5.	Maharashtra	128	Badbe and Pandey 1990 [42], 1993 [2 sp.], 1999 [26 sp.], Billore and Hole 2008 [13 sp.], Gaykar *et al*. 2006 [2 sp.], Gurav *et al*. 2019 [11 sp.], 2022 [31 sp.], and Prasad *et al*. 2011 [1 sp.]

6.	Odisha	70	CCRAS 1999 [2 sp.], Hemadri *et al*. 1996 [46 sp.], and Kishore *et al*. 1989 [22 sp.]
7.	Bihar	42	Chandra and Pandey 1987 [1 sp.], Chandra *et al*. 1989 [1 sp.], and Singh and Das 2000 [40 sp.]
8.	Madhya Pradesh	41	CCRAS 1999 [5 sp.] and Pandey *et al*. 1990 [36 sp.]
9.	Andhra Pradesh	45	CCRAS 1999 [6 sp.], Hemadri 1989 [14 sp.], Prasad *et al*. 2018 [1 sp.], 2023 [2 sp.], Raghunathan 1976a [6 sp.], 1976b [12 sp.], and Srikanth *et al*. 2021 [4 sp.]
10.	Chhattisgarh	29	Lale and Gaur 2017 [29 sp.]
11.	Tamil Nadu	14	Dhiman *et al*. 2016 [5 sp.], and Raghunathan and Ramadas 1976 [9 sp.]
12.	Sikkim	9	Pandey and Issar 1991 [8 sp.], and Uniyal 1980 [1 sp.]
13.	Ladakh	10	Dawa *et al*. 2021 [1 sp.], Srivastava *et al*. 1981 [1 sp.], Uniyal 1981 [7 sp.], and Uniyal and Issar 1988 [1sp.]
14.	Assam	8	Bora *et al*. 2016 [1 sp.], 2020 [1 sp.], CCRAS 1999 [1 sp.], and Shankar *et al*. 2012 [5 sp.]
15.	Himachal Pradesh	8	CCRAS 1999 [1 sp.], Gaur and Singh 1993 [4 sp.], and Uniyal *et al*. 1981 [3 sp.]
16.	Andaman and Nicobar Islands	6	Srikanth *et al*. 2021 [3 sp.], and Yoganarasimhan *et al*. 1988 [3 sp.]
17.	Uttarakhand	6	Kumari *et al*. 2011 [3 sp.], and Upreti *et al*. 2009 [3 sp.]
18.	Jammu & Kashmir	5	CCRAS 1999 [1 sp.], Srikanth *et al*. 2021 [1 sp.], and Srivastava *et al*. 1981 [3 sp.]
19.	West Bengal	4	CCRAS 1999 [1 sp.], and Srikanth *et al*. 2021 [3 sp.]
20.	Rajasthan	3	CCRAS 1999 [3 sp.]
21.	Punjab	2	CCRAS 1999 [2 sp.]
22.	Gujarat	1	Goyal *et al*. 1998 [1 sp.]
23.	Kerala	1	CCRAS 1999 [1 sp.]
24.	Telangana	1	Srikanth *et al*. 2021 [1 sp.]
Total		1222	

Family wise distribution

Among 137 families, the most dominant families are Fabaceae with 59 species (8.66 %), followed by Solanaceae and Asteraceae with 25 species each (3.67 %), Malvaceae with 24 species (3.52 %), Lamiaceae with 22 species (3.23 %), Rosaceae with 21 species (3.08%), and Rubiaceae and Moraceae with 19 Sp. (2.80). Followed by this, Cucurbitaceae (18 Sp.), Poaceae and Amaranthaceae (15 Sp.) each, Apocynaceae, Phyllanthaceae and Polygonaceae (14 Sp.) each, Urticaceae and Zingiberaceae (13 Sp.) each, Apiaceae, Araceae, Arecaceae, Asparagaceae and Dioscoreaceae (12 Sp.) each, Rutaceae (11 Sp.), Vitaceae (10 Sp.), and 114 families having with less than ten species (Fig. 2). In the study, Fabaceae is most dominant family, this may be due to legumes are chief component of Indian diet in the form of pulses, vegetables, recipes etc., and considered as best source for plant-based protein. Moreover, Fabaceae has a high diversity in community forests (Meena *et al.* 2025) and strong environmental adaptability (Lalmuanpuii *et al.* 2024).

Species wise distribution

In terms of the analysis of edible plants species, the genus *Solanum* includes 17 species; *Ficus*, 11 species; *Dioscorea*, 10 species; *Garcinia*, *Rubus* and *Syzygium* each 7 species and *Grewia* each 6 species. The works viz., of Jain 1991 and Jain and Jain 2016, the Father of Indian Ethnobotany cited around 89 sources specifically focused on edible plants in India, covering the period from 1989 to 2015. Santhosh Kumar *et al.* 2019 reported 2,000 plant species belonging to 1,033 genera across 215 families, utilized for various ailments in South India, of which over 233 taxa reported as edible. Ray *et al.* 2020 documented 1,403 species of edible plants from 184 families in India. Rao and Henry 1996 documented 206 taxa from Eastern Ghats, Andhra Pradesh. The high use of wild plants as vegetables and fruits in this study highlights a rich plant diversity, easy accessibility, extensive knowledge of wild edibles, daily needs, well-preserved forests, the distance of residential areas from local markets, and/or the limited economic means of the local community.

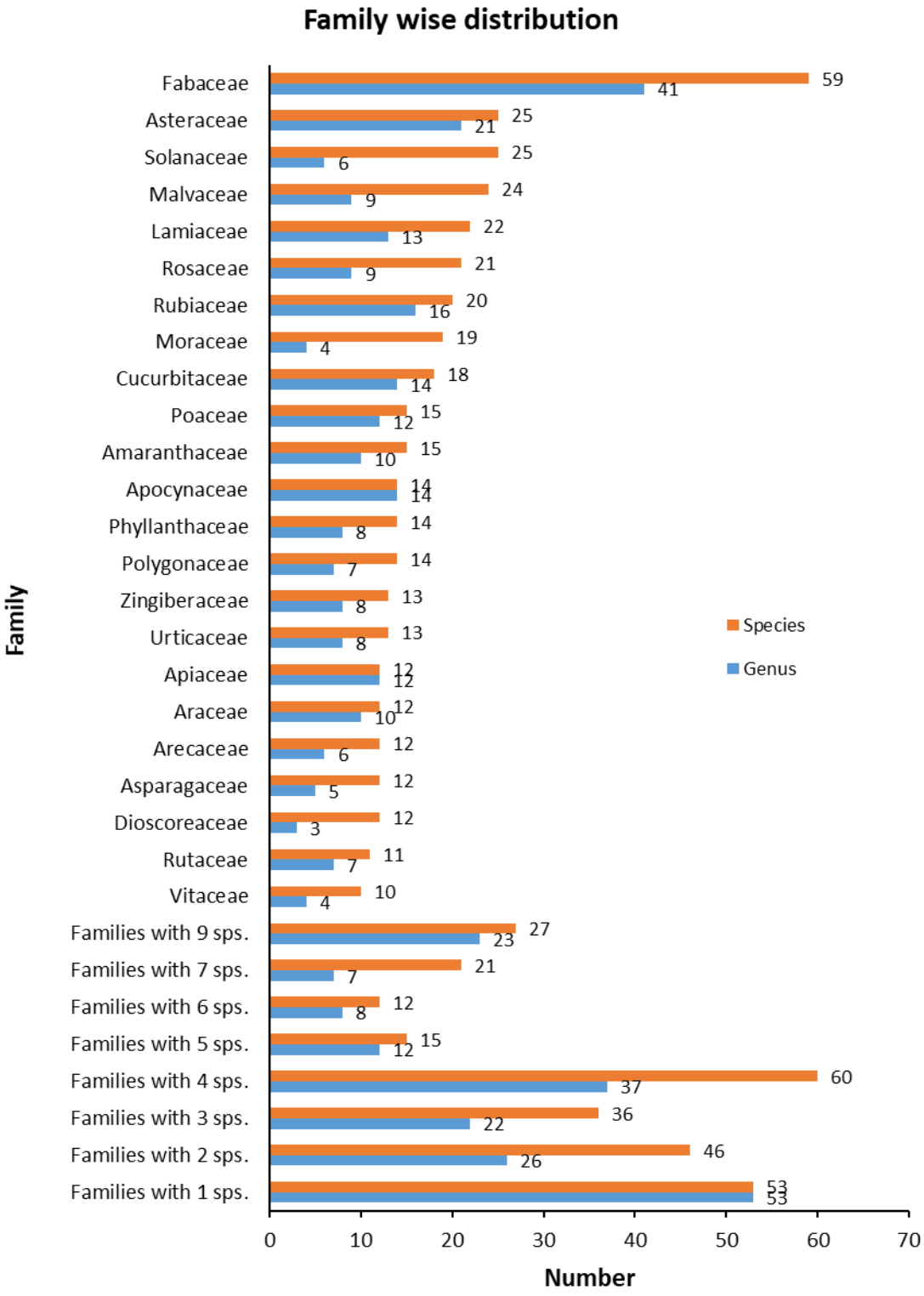

Figure 2. Family wise distribution of taxa

Life form characteristics

The study showed, herbs were the most frequently used life form, accounting for 249 reports (36.56%), followed by trees with 208 reports (30.54%), shrubs with 120 reports (17.62%), climbers and lianas with 98 reports (14.39%), and palms with 6 reports (0.88%) (Fig. 3). The prevalent utilization of wild herbs can be ascribed to their superior accessibility and proven therapeutic efficacy in addressing a diverse range of ailments, rendering them more advantageous than other life forms (Anwar *et al.* 2024). These studies emphasize the importance of herbs in the dietary practices of tribal populations or ethnic

communities, reflecting their accessibility, nutritional benefits, and cultural significance. The review data comprises 93 annuals (13.66 %), 5 biennials (0.73 %), and 583 (85.61 %) perennials of taxa. The use of perennials by ethnic communities offers a sustainable, diverse, and resilient food system deeply integrated with cultural and ecological benefits, making them particularly advantageous compared to annual plants (Kreitzman *et al.* 2020).

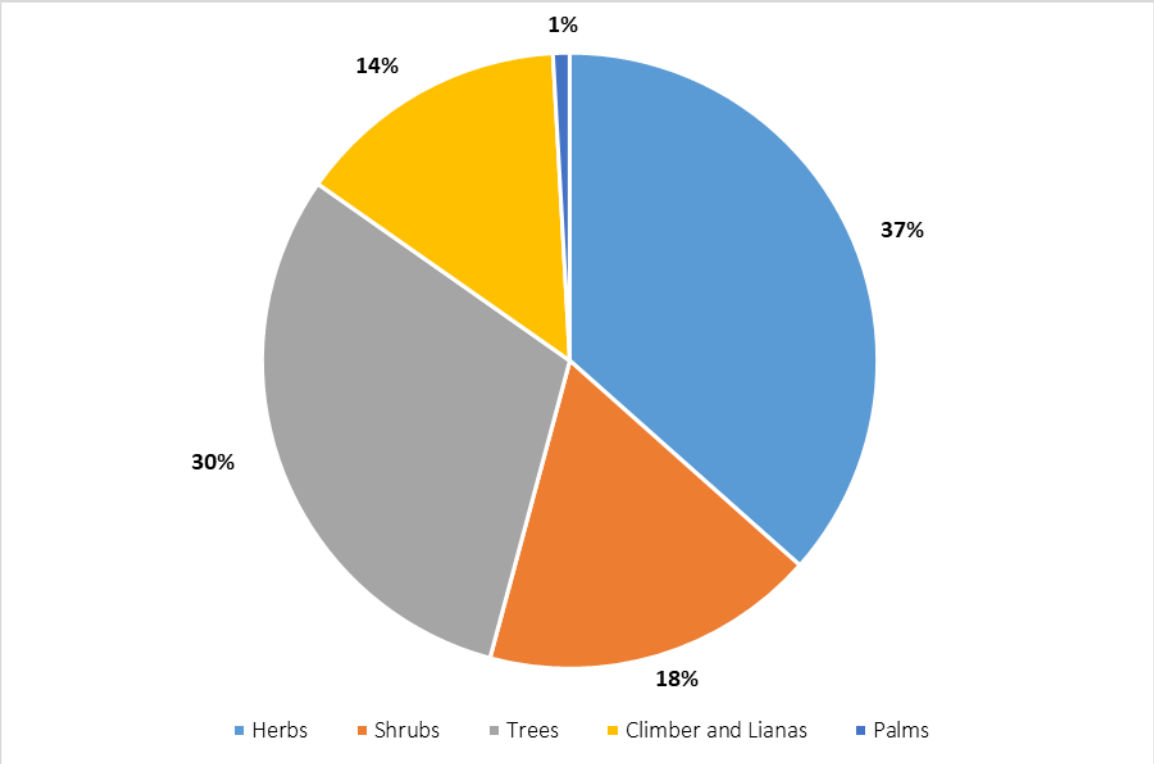

Figure 3. Habit wise diversity of taxa

Part wise distribution

The review of ethno-dietary plants reveals that various parts of these plants are consumed viz., root, rhizome, corm, tuber, aerial parts, stem, leaf, flower, fruit, seed, kernel, as well as gum and resin. The utilization of aerial parts is significantly higher (90.73%) compared to underground parts (9.26%). The study reports, fruits are most predominantly used edible part (324) and accordingly to Bhatia *et al.* 2018, wild fruits are rich in fiber and vitamins when compared to cultivated species. Followed by fruits, leaves (254), shoots (91), flowers (80), seeds (72), underground parts (62), stem (33), whole plant (32), roots (31), other edible parts (15) and 10 with edible seed oils. The allied parts are grouped with respective plant part and categorized accordingly (Table 3).

Table 3. Diversity of plant parts used as Edible

Part	Cited references	Total #
Fruit	berries (9); dried fruit (1); fruit aril (1); fruit ripe/ ripe fruit/ fruit (276); half ripen fruit/ unmatured fruit/ unripe fruit/ tender fruit/ immature fruit /young fruit (24); peduncle (2); pod (6); receptacle (1); ripened receptacle (1); tender green pod/ tender pod/ young pod/ immature pod (6); thalamus (1)	324
Leaf	frond (1); leaf petiole / petiole (7); leaf sheath (1); leaf (215); new leaf/ sprouting leaf/ tender leaf/ young leaf (25); young frond (3); young leaf tip (1); young rachis: (1)	254
Shoot	aerial part (4); incipient shoot/ shoot/ tender shoot (48); tender twigs (8); twig (6); young branches (1); young shoot (24)	91
Flower	flower bud/ tender bud/ young flower (15); flower (56); inflorescence (4); pedicle (1); perianth (3); scape (1)	80
Seed	kernel/ seed kernel (9); radicle (1); rice (2); seed/ nut (60)	72
Underground parts	bulb (3); corm (4); rhizome/ young tender rhizome (24); root tuber/ tuber/ tuberous root (31)	62

Stem	apical tender pith/ tender soft pith (2); pseudo stem/ tender inner pseudo stem (2); stem bark (2); stem pith (3); stem (17); swollen nodes (1); tender stem/ young stem (6)	33
Whole plant	herb (3); plant (14); whole plant (13); young plant (2)	32
Root	root (31)	31
Others	bulbil (2); gum (6); latex (2); mucilage (1); pseudobulb (1); resin (1); sap (1); salicaceous secretion (1)	15
Seed oil	seed oil (10)	10
PNM	part not mentioned (5)	5

The results show that the Fabaceae emerged as the leading food plant family, dominating multiple categories: leaves (24 species), flowers (15), seeds (14), and other parts (3). Solanaceae stood out in the fruits category with 21 species. In terms of underground parts, Dioscoreaceae led with 11 species, while Poaceae were most prominent in the shoot and related parts category (9 species). Polygonaceae topped the whole plant usage category with 4 species. For stems, Urticaceae, Apocynaceae, Arecaceae, Polygonaceae, Poaceae, and Musaceae contributed 3 species each. Additionally, Asteraceae and Lamiaceae were notably dominant in the seed oil category.

IUCN Status

The conservation of IUCN red-listed plants used as food by indigenous communities is crucial for several interconnected reasons. These plants are essential for food security, as many tribal communities depend on them as primary food sources. In the present study, 387 species are Not Evaluated (NE), 19 are Data deficient (DD), 259 are Least Concern (LC), two are Near Threatened (NT), eight are Vulnerable (VU), five (*Canarium strictum* Roxb., *Illicium griffithii* Hook.f. & Thomson, *Palaquium polyanthum* (Wall. ex G.Don) Baill., *Podophyllum hexandrum* Royle and *Tectona grandis* L.f.) are Endangered (EN), and one species (*Saurauia punduana* Wall.) is Critically Endangered (CR) (Fig. 4). IUCN plants are deeply embedded in tribal cultural and traditional practices, representing a living heritage that conservation efforts help to preserve. Beyond their nutritional value, many of these plants have medicinal properties, providing essential health benefits and natural remedies that are vital for community well-being (Ralte *et al.* 2024). These plants also play critical roles in their ecosystems, contributing to biodiversity and ecological balance. Their decline could trigger a ripple effect, destabilize local flora and fauna and impact the broader environment. Protecting these plants supports sustainable livelihoods, as many tribes depend on forest resources for income and sustenance. Moreover, the traditional knowledge that tribes hold about these plants is an invaluable asset to modern science and medicine, offering unique insights into natural health practices and sustainable living. Conserving these plants is essential for securing food supplies, preserving cultural heritage, maintaining environmental balance, and safeguarding precious indigenous knowledge (Baskaran 2024).

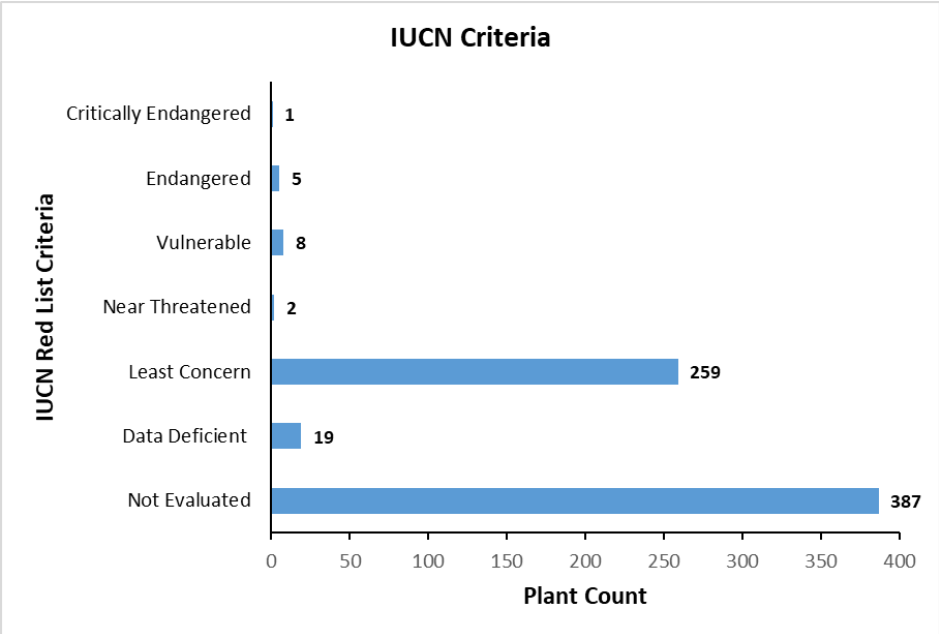

Figure 4. IUCN Global Conservation Status of wild edible plant species

Codified and non-codified drug classification

Among 681 plant species, 32.45 % (221) are reported to be mentioned in Ayurveda system; 12.04% (82) are referred in contemporary works on Ayurveda as official substitute/ substitute/ variety (*bheda*) of a principal drug, and 55.50% (378) are non-codified drugs i.e. exclusively used in folk practices.

Validation of data through Ayurvedic and Ethnomedicinal literature

Ayurvedic literature

Ayurveda comprehensively discuss the concepts of food, dietetics and nutrition. Several texts of Ayurveda have dedicated chapters/ sections on description of food and the texts viz., Kṣemakutūhala, Bhojanakutūhala, Bṛhatpākāvalī, Rucivadhu-gala-ratnamālā, Pākadarpaṇa, Pākāvalī etc., exclusively deal with Pākaśāstra - the science and art of cooking. Bhojanakutūhala, a 17th century Sanskrit treatise on principles of dietetics and culinary art, classifies edible plants under ten types: root (mūla), leaf (patra), shoot (karīra), tip (agra), fruit (phala), stem (kāṇḍa), adhirūḍha (kernel), bark (tvak), flower (puṣpa), and mushroom (kavaca). This evidences wide range and thorough knowledge on morphological aspects and properties of edible plants. In the present paper, an attempt is made to validate the data through select Ayurvedic literature to explore the influence of Ayurveda in the diet of indigenous groups and to highlight contributions of texts on edible plants. In the present data, among 303 plants mentioned in classical and contemporary works on Ayurveda and of which 133 drugs serve as source of food. The study reports:

- Among six selected treatises taken up for validation, 28 plants cited in one treatise ; 29 in two; 23 in three; 25 in four; 17 in 5, and 11 [(bilva (*Aegle marmelos*), taṇḍulīyaka (*Amaranthus spinosus*), kūṣmāṇḍa (*Benincasa hispida*), vāstuka (*Chenopodium album*), bimbī (*Coccinia grandis*); kāravellaka (*Momordica diocia*), kadalī (*Musa* x *paradisiaca*), kāsamarda (*Senna occidentalis*), vārtāka (*Solanum melongena*) and ciñcā (*Tamarindus indica*)] are cited in all 6 treatises.

- Out of 133 plants, majority are cited in Suśrutasaṃhitā (107), followed by Carakasaṃhitā (91), Bhojanakutūhala (89) and Bhāvaprakāśanighaṇṭu (74). The texts Kshemakutuhala and Rucivadhu-gala-ratnamala mentions 38 and 29 recipes respectively. The plants categorized under different groups of food in select treatises are given at Table 4.

- Validation through Ayurvedic literature showed that 133 plants are distributed under 15 different groups viz.,
- [1]. Group of vegetables (57)
- [2]. Group of fruits (56)
- [3]. Recipes (53)
- [4]. Group of leafy vegetables (34)
- [5]. Group of pot herbs (17)
- [6]. Group of root vegetables (12)
- [7]. Group of flowery vegetables (11)
- [8]. Group of fruit vegetables (11)
- [9]. Group of tubers (10)
- 10]. Group of green herbs (6)
- [11]. Group of Inferior cereals (4)
- [12]. Group of spices (4)
- [13]. Group of pulses (3);
- [14]. Group of oils (3) and
- [15]. Others (sprouts, stem) (2). Among these, 61 plants are categorized under 1 group; 26 under 2 groups, 24 under 3 groups; 17 under four groups; one under 6 group and two each in 5 and 7 groups (Table 8).

- Some of the edible plants mentioned are unique to the texts are ***Group of fruits***: Parpaṭakī - *Gardenia latifolia*: [C.Su.27(5).162 (517)]; Sītāphala - *Annona squamosa* [BK. I (162)]; Latākastūrī (*Abelmoschus moschatus*) [S.Su.46.204 (502)]; ***Group of leafy vegetables***: Hilamocikā - *Enhydra fluctuans* [BPN. 9.28 (660)]; Matsyākṣī - *Alternanthera sessilis* [BK.I.(118)]; Śatahvā - *Anethum graveolens* [BK. I (112)]; Brāhmī - *Bacopa monnieri* [BK. I (118)]; Marahaṭṭikā. *Blainvillea acmella* [BK. I (116)]; Kaiḍarya - *Murraya koenigii* [BK. I (119)], Gokṣura - *Tribulus terrestris* L. [BK. I (115)]; ***Group of flowery vegetables***: Palāśa - *Butea monosperma* [S.Su.46.288 (516)]; Gambhārī - *Gmelina arborea* [BK. I (170)]; Vārṣikī. *Jasminum sambac* [S.Su.46.286 (516)]; ***Group of green herbs***: Tumburu - *Zanthoxylum armatum* [C.Su.27(6).171 (522)].

- Recipes with leaves of agnimantha – *Premna serratifolia* (RVGR.68 (33)]; leaves of viḍaṅga - *Embelia ribes* [KK.8.147-148 (141)]; fruits of kapikacchu - *Mucuna pruriens* [KK.8.79-80 (126)]; fruits of maricamañjarī (*Capsicum annuum*) [RVGR. 115 (55)], pods of śyonāka - *Oroxylum indicum* [RVGR. 108 (52)] are considered to be unique contributions of respective texts, not found in other work/texts under scope.

Table 4. Number of edible plants categorized under different groups of food in select treatises

Title of work	Group of Inferior cereals	Group of pulses	Group of fruits	Group of vegetables	Group of leafy vegetables	Group of flowery vegetables	Group of fruit vegetables	Group of tubers/ Group of root vegetables	Group of stem vegetables	Group of green herbs	Group of oils	Group of spices	Others (sprouts)	Total
Carakasamhita Sutrasthana Chapter 27	1	3	36	45	-	-	-	-	-	6	-	-	-	91
Susrutasamhita Sutrasthana Chapter 46	1	3	35	47	-	8	-	10	-	0	3	-	-	107
Bhavaprakasha-nighantu Chapter 6, 8 and 9	2	3	28	0	17	4	11	9	-	-	-	-	-	74
Kshemakutuhala✦ Chapter 8	-	-	-	-	16	5	13	3	1	-	-	-	-	38
Bhojanakutuhala* Chapter I	-	-	44	-	30	3	-	8	-	-	-	4	-	89
Rucivadhugala-rantamala✦	-	-	-	-	6	1	17	3	1	-	-	-	1	29
*The group of fruits include both edible fruits and vegetables ✦ Recipes														

Ethnomedicinal validation

Ethnomedicinal validation carried through cross verification with standard ethnobotanical sources under scope refers to the scientific process of confirming traditional medicinal or cultural uses of plants by comparing and verifying them against documented and authoritative ethnobotanical literature or databases. According to ethnomedicinal data, edible plants are classified into three primary categories based on their traditional uses: staple foods/edible, vegetables, and other culinary applications such as beverages, spices, and condiments.

The present paper reports, out of the 681 edible plant species traditionally utilized across various regions of India, 596 species have been previously reported as edible, aligning closely with earlier ethnobotanical studies that have cataloged a significant proportion of India's flora as edible. Among 596 species, 271 species reported as edible; 123 as vegetable; 94 as both edible and vegetable; 25 others (spice, condiment, famine food etc.); 15 edible and others; 7 vegetable and others; 6 edible, vegetable and Other; 55 species as edibles other than part mentioned; 44 taxa are not listed and for 41 ethno-dietary information not reported in the sources (Fig. 5). The ethnomedicinal validation of data explored wide use of traditional foods which are region specific and provided insights into the consistency and cultural significance of plant use across different regions. Due to enormous classical Ayurveda and ethnomedicinal literature, the entire gamut has not been covered.

Species same part used as Edible (E); Vegetable (V); both Edible & Vegetable (E & V); Edible & Others edible purpose (E & O); Edible, Vegetable & other purposes (E, V & O); Neither edible and nor vegetable but the parts used for other purposes like spice, condiment, famine food etc. (O); Part using other than mentioned as edible (D); Not listed as edible (NL) and not reported (NR).

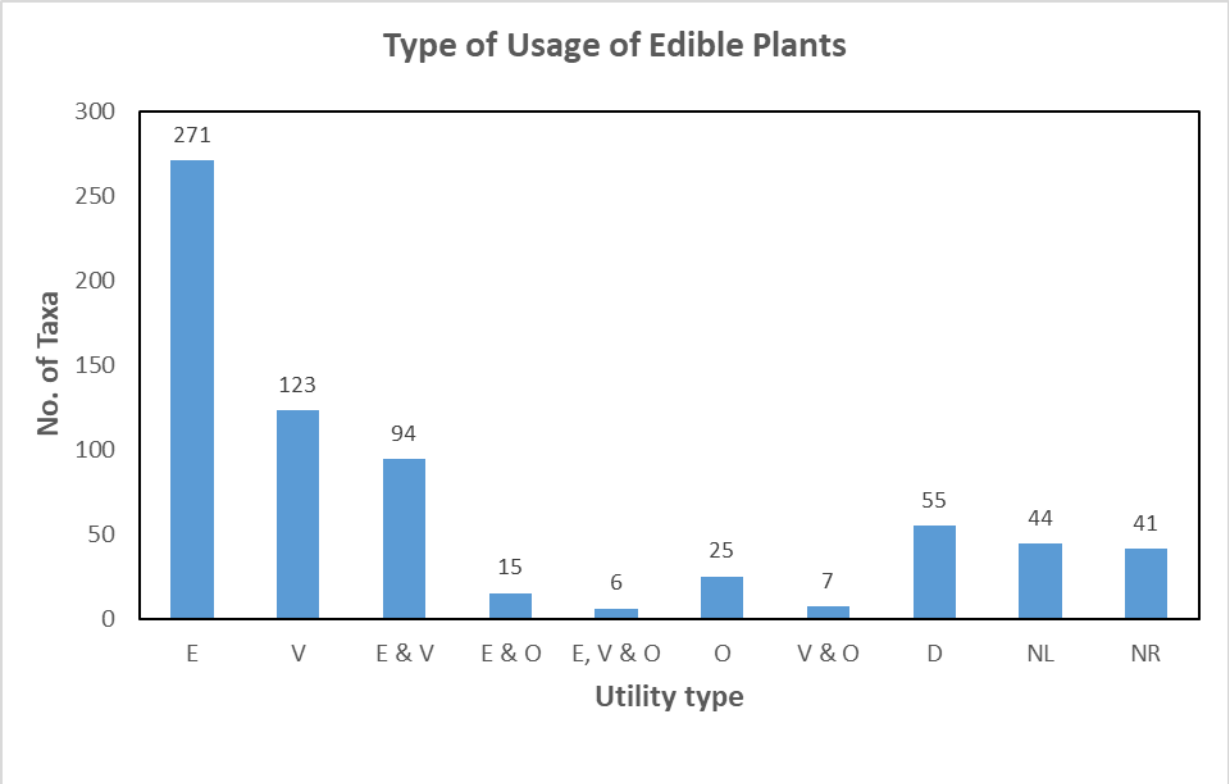

Figure 5. Utility type of wild edible plants documented in this study

Quantitative indices

Relative Frequency of Citations (RFC) values were used to classify ethno-dietary plant species based on their citation frequency in the reviewed ethnobotanical studies. *Bambusa bambos*, *Centella asiatica* and *Chenopodium album* had a highest RFC value of 0.15, followed by *Dioscorea bulbifera*, *Portulaca oleracea* and *Senna tora* each with an RFC value of 0.134. Among 681 species, 452 species are cited from one source (66.28%) and 229 (33.72 %) from at least two sources (Table 5).

Table 5. Taxa with Relative Frequence Citation (RFC)

Species	**FC**	**RFC**
Bambusa bambos (L.) Voss; *Centella asiatica* (L.) Urb.; *Chenopodium album* L. **[03]**	10	0.15
Dioscorea bulbifera L.; *Portulaca oleracea* L.; *Senna tora* (L.) Roxb. **[03]**	9	0.134
Amaranthus spinosus L.; *Colocasia esculenta* (L.) Schott; *Oxalis corniculata* L.; *Solanum nigrum* L. **[04]**	8	0.12
Alternanthera sessilis (L.) DC.; *Amorphophallus paeoniifolius* (Dennst.) Nicolson; *Celosia argentea* L.; *Eryngium foetidum* L.; *Ficus racemosa* L.; *Momordica dioica* Roxb. ex Willd.; *Moringa oleifera* Lam.; *Bauhinia variegata* L.; *Nelumbo nucifera* Gaertn. *Syzygium cumini* (L.) Skeels; *Ziziphus mauritiana* Lam. **[11]**	7	0.014
Amaranthus viridis L.; *Bauhinia purpurea* L.; *Coccinia grandis* (L.) Voigt; *Ipomoea aquatica* Forssk.; *Madhuca longifolia* (L.) J.F.Macbr.; *Musa* x *paradisiaca* L.; *Solanum torvum* Sw.; *Spondias pinnata* (L.f.) Kurz; *Terminalia bellirica* (Gaertn.) Roxb. **[09]**	6	0.09
Aegle marmelos (L.) Corrêa; *Boerhavia diffusa* L.; *Commelina benghalensis* L.; *Cordia dichotoma* G.Forst.; *Crotalaria juncea* L.; *Dendrocalamus strictus* (Roxb.) Nees; *Diplazium esculentum* (Retz.) Sw.; *Hellenia speciosa* (J.Koenig) Govaerts; *Marsilea minuta* L.; *Persicaria chinensis* (L.) H.Gross; *Phyllanthus emblica* L.; *Rotheca serrata* (L.) Steane & Mabb.; *Rubus ellipticus* Sm.; *Semecarpus anacardium* L.f.; *Ziziphus oenopolia* (L.) Mill. **[15]**	5	0.074
Alangium salviifolium (L.f.) Wangerin; *Amaranthus tricolor* L.; *Boswellia serrata* Roxb.; *Buchanania cochinchinensis* (Lour.) M.R.Almeida; *Capparis spinosa* L.; *Carissa spinarum* L.; *Cassia fistula* L.; *Celastrus paniculatus* Willd.; *Chlorophytum arundinaceum* Baker; *Cissus quadrangularis* L.; *Clerodendrum colebrookianum* Walp.; *Cucumis melo* L.; *Cucurbita maxima* Duchesne; *Dillenia pentagyna* Roxb.; *Grewia tiliifolia* Vahl; *Houttuynia cordata* Thunb.; *Momordica charantia* L.; *Oroxylum indicum* (L.) Kurz; *Parkia*	4	0.059

timoriana (DC.) Merr.; *Phoenix sylvestris* (L.) Roxb.; *Physalis minima* L.; *Podophyllum hexandrum* Royle; *Rhododendron arboreum* Sm.; *Trianthema portulacastrum* L.; *Zanthoxylum asiaticum* (L.) Appelhans, Groppo & J.Wen; *Ziziphus rugosa* Lam. **[26]**		
Abelmoschus moschatus Medik.; *Alpinia nigra* (Gaertn.) B.L. Burtt; *Antidesma acidum* Retz.; *Artocarpus heterophyllus* Lam.; *Asparagus racemosus* Willd.; *Azadirachta indica* A.Juss.; *Benincasa hispida* Cogn.; *Bergera koenigii* L.; *Bombax ceiba* L.; *Butea monosperma* (Lam.) Kuntze; *Cocculus hirsutus* (L.) W.Theob.; *Dillenia indica* L.; *Dioscorea alata* L.; *Dioscorea oppositifolia* L.; *Dioscorea pentaphylla* L.; *Diplazium maximum* (D.Don) C.Chr.; *Diplocyclos palmatus* (L.) Jeffrey; *Erythrina variegata* L.; *Euphorbia hirta* L.; *Fagopyrum acutatum* Mansf. ex K.Hammer; *Ficus auriculata* Lour.; *Ficus carica* L.; *Flacourtia indica* (Burm.f.) Merr.; *Hibiscus cannabinus* L.; *Indigofera cassioides* Rottler ex DC.; *Lagenaria siceraria* (Molina) Standl.; *Leucas cephalotes* Spreng.; *Limonia acidissima* L.; *Mangifera indica* L.; *Morus alba* L.; *Mucuna pruriens* (L.) DC.; *Nasturtium officinale* R.Br.; *Nymphaea nouchali* Burm.f.; *Opuntia stricta* (Haw.) Haw.; *Phanera vahlii* (Wight & Arn.) Benth.; *Phyllanthus acidus* (L.) Skeels; *Pueraria tuberosa* (Roxb. Ex Willd.) DC.; *Pyrus pashia* Buch. -Ham. ex D.Don; *Rhus chinensis* Mill.; *Schima wallichii* (DC.) Choisy; *Senna obtusifolia* (L.) H.S.Irwin & Barneby; *Sesbania grandiflora* (L.) Poir.; *Solanum virginianum* L.; *Solena amplexicaulis* (Lam.) Gandhi; *Sterculia urens* Roxb.; *Streblus asper* Lour.; *Tamarindus indica* L.; *Tamilnadia uliginosa* (Retz.) Tirveng. & Sastre; *Tribulus terrestris* L.; *Zingiber officinale* Roscoe **[50]**	3	0.044
Achyranthes aspera L.; *Agave americana* L.; *Allium hookeri* Thwaites; *Alocasia macrorrhizos* (L.) G. Don; *Amaranthus caudatus* L.; *Amaranthus cruentus* L.; *Anacardium occidentale* L.; *Angiopteris evecta* (Forst.) Hoffm.; *Arisaema propinquum* Schott; *Artocarpus lacucha* Roxb. Ex Buch. -Ham.; *Bacopa monnieri* (L.) Wettst.; *Basella alba* L.; *Begonia roxburghii* (Miq.) A.DC.; *Berberis aristata* DC.; *Bischofia javanica* Blume; *Canavalia gladiata* (Jacq.) DC.; *Capsicum annuum* L.; *Caralluma adscendens* (Roxb.) R.Br.; *Carthamus tinctorius* L.; *Caryota urens* L.; *Castanopsis indica* (Roxb. ex Lindl.) A.DC.; *Catunaregam spinosa* (Thunb.) Tirveng.; *Ceriscoides* turgida (Roxb.) Tirveng.; *Chamaerops humilis* L.; *Cicer arietinum* L.; *Cicer songaricum* Stephan ex DC.; *Cleome gynandra* L.; *Cleome monophylla* L.; *Cleome viscosa* L.; *Cochlospermum religiosum* (L.) Alston; *Corchorus aestuans* L.; *Corchorus capsularis* L.; *Coriandrum sativum* L.; *Curculigo orchioides* Gaertn.; *Dendrocnide sinuata* (Blume) Chew; *Dioscorea belophylla* (Prain) Voigt ex Haines; *Dioscorea hispida* Dennst.; *Dioscorea pubera* Blume; *Diospyros melanoxylon* Roxb.; *Elaeagnus caudata* Schltdl. ex Momiy.; *Elaeagnus umbellata* var. *umbellate*; *Elatostema sessile* J.R.Forst. & G.Forst.; *Embelia tsjeriam-cottam* (Roem. & Schult.) A.DC.; *Ensete superbum* (Roxb.) Cheesman; *Erythroxylum monogynum* Roxb.; *Fagopyrum esculentum* Moench; *Ficus benghalensis* L.; *Ficus hispida* L.f.; *Ficus semicordata* Buch. -Ham. ex Sm.; *Fragaria indica* Wall.; *Garcinia pedunculata* Roxb. ex Buch.-Ham.; *Garcinia xanthochymus* Hook.f. ex T.Anderson; *Garuga pinnata* Roxb.; *Gaultheria fragrantissima* Wall.; *Glinus oppositifolius* Aug.DC.; *Gnetum edule* (Willd.) Blume; *Gonostegia hirta* (Hassk.) Miq.; *Hemidesmus indicus* (L.) R.Br. ex Schult.; *Hibiscus sabdariffa* L.; *Hovenia acerba* Lindl.; *Impatiens balsamina* L.; *Juglans regia* L.; *Leucas zeylanica* var. *zeylanica*; *Litsea cubeba* (Lour.) Pers.; *Manihot esculenta* Crantz; *Mimusops elengi* L.; *Mussaenda roxburghii* Hook.f.; *Myrica esculenta* Buch. -Ham. ex D.Don; *Perilla frutescens* (L.) Britton; *Persicaria nepalensis* (Meisn.) Miyabe; *Pinanga gracilis* Blume; *Pithecellobium dulce* (Roxb.) Benth; *Plantago major* L.; *Polygonum plebeium* R.Br.; *Prunus nepalensis* K.Koch; *Radermachera xylocarpa* (Roxb.) Roxb. ex K.Schum.; *Rhynchotechum ellipticum* (Wall. ex D.Dietr.) A.DC.; *Rubus niveus* Thunb.; *Rubus rugosus* Sm.; *Rumex nepalensis* Spreng.; *Saccharum spontaneum* L.; *Santalum album* L.; *Saurauia napaulensis* DC.; *Saurauia punduana* Wall.; *Schleichera oleosa* (Lour.) Oken; *Senegalia rugata* (Lam.) Britton & Rose; *Senna occidentalis* (L.) Link; *Smilax zeylanica* L.; *Solanum incanum* L.; *Solanum melongena* L.; *Solanum viarum* Dunal; *Sphaeranthus indicus* L.; *Sterculia foetida* L.; *Sterculia lanceolata* var. *coccinea* (Jack) Phengklai; *Syzygium nervosum* DC.; *Tabernaemontana divaricata* (L.) R.Br. ex Roem. & Schult.; *Tacca integrifolia* Ker Gawl.; *Terminalia chebula* Retz.; *Tetrastigma obovatum* Gagnep.; *Thladiantha cordifolia* Cogn.; *Thymus serpyllum* L.; *Trapa natans* var. *bispinosa* (Roxb.) Makino; *Urtica dioica* L.; *Viburnum mullaha* Buch.-Ham. ex D.Don; *Xylia xylocarpa* (Roxb.) W.Theob.; *Zanthoxylum acanthopodium* DC.; *Zanthoxylum armatum* DC.; *Zanthoxylum rhetsa* (Roxb.) DC. **[108]**	2	0.03
Abelmoschus crinitus Wall.; *Acalypha indica* L.; *Achyranthes bidentata* Blume; *Acmella calva* (DC.) R.K. Jansen; *Acrostichum aureum* L.; *Actinoscirpus grossus* (L.f.) Goetgh. & D.A. Simpson; *Aerva lanata* (L.) Juss.; *Aeschynanthus parviflorus* Spreng.; *Aganope thyrsiflora* (Benth.) Polhill; *Albizia lebbeck* (L.) Benth.; *Allium carolinianum* Redouté; *Allium wallichii* Kunth; *Allmania nodiflora* (L.) R.Br. ex Wight; *Allophylus cobbe* (L.) Raeusch.; *Aloe vera* (L.) Burm.f.; *Alphonsea lutea* (Roxb.) Hook.f. & Thomson; *Alphonsea ventricosa* (Roxb.) Hook.f. & Thomson; *Amomum dealbatum* Roxb.; *Amomum pterocarpum* Thwaites;	1	0.015

Amomum subulatum Roxb.; *Anethum graveolens* L.; *Angelica archangelica* L.; *Annona squamosa* L.; *Antidesma ghaesembilla* Gaertn.; *Aphananthe cuspidata* (Blume) Planch.; *Aponogeton natans* (L.) Engl. & K.Krause; *Aporosa octandra* (Buch.Ham. ex D.Don) Vickery; *Aralia racemosa* L.; *Ardisia solanacea* Roxb.; *Arenga pinnata* (Wurmb) Merr.; *Argentina anserina* (L.) Rydb.; *Arisaema speciosum* (Wall.) Mart.; *Artemisia absinthium* L.; *Artemisia nilagirica* (C.B.Clarke) Pamp.; *Artocarpus chama* Buch.-Ham.; *Artocarpus gomezianus* Wall. ex Trécul; *Artocarpus hirsutus* Lam.; *Asparagus adscendens* Roxb.; *Asparagus curillus* Buch.-Ham. ex Roxb.; *Averrhoa carambola* L.; *Avicennia marina* subsp. marina; *Avicennia officinalis* L.; *Baccaurea courtallensis* (Wight) Müll.Arg.; *Baccaurea ramiflora* Lour.; *Balakata baccata* (Roxb.) Esser; *Bambusa tulda* Roxb.; *Begonia obversa* C.B.Clarke; *Begonia palmata* D.Don; *Begonia thomsonii* A.DC.; *Berberis asiatica* Roxb. ex DC.; *Berberis nepalensis* Spreng.; *Bergenia ciliata* (Haw.) Sternb.; *Bergenia stracheyi* (Hook.f. & Thomson) Engl.; *Bidens biternata* (Lour.) Merr. & Sherff; *Bidens pilosa* L.; *Biophytum sensitivum* (L.) DC.; *Blainvillea acmella* (L.) Philipson; *Blechnopsis orientalis* (L.) C.Presl; *Blumea lanceolaria* Druce; *Boesenbergia longiflora* (Wall.) Kuntze; *Boucerosia umbellata* (Haw.) Wight & Arn.; *Brassica rapa* L.; *Breonia chinensis* (Lam.) Capuron; *Breynia androgyna* (L.) Chakrab. & N.P.Balakr.; *Bridelia retusa* (L.) A.Juss.; *Bridelia verrucosa* Haines; *Bruguiera gymnorhiza* (L.) Lam. ex Savigny; *Bruguiera parviflora* Wight; *Bruinsmia polysperma* (C.B.Clarke) Steenis; *Cajanus cajan* (L.) Huth; *Calamus acanthospathus* Griff.; *Calamus erectus* Roxb.; *Calamus melanochaetes* (Blume) Miq.; *Calamus tenuis* Roxb.; *Calamus thwaitesii* Becc.; *Callicarpa arborea* Roxb.; *Callicarpa macrophylla* Vahl; *Camonea umbellata* (L.) A.R.Simões & Staples; *Canarium strictum* Roxb.; *Canavalia cathartica* Thouars; *Canthium coromandelicum* (Burm.f.) Alston; *Canthiumera glabra* (Blume) K.M.Wong & Mahyuni; *Capparis cartilaginea* Decne.; *Capparis zeylanica* L.; *Capsicum frutescens* L.; *Carallia brachiata* (Lour.) Merr.; *Carya laciniosa* (F.Michx.) Loudon; *Caryota mitis* Lour.; *Casearia graveolens* Dalzell; *Celtis australis* L.; *Ceropegia candelabrum* var. biflora (L.) Ansari; *Chaerophyllum villosum* Wall. & DC.; *Chimonobambusa callosa* (Munro) Nakai; *Chlorophytum laxum* R.Br.; *Chlorophytum nepalense* (Lindl.) Baker; *Chlorophytum tuberosum* (Roxb.) Baker; *Choerospondias axillaris* (Roxb.) B.L.Burtt & A.W.Hill; *Christella dentata* (Forssk.) Brownsey & Jermy; *Chrysophyllum flexuosum* Mart.; *Cichorium intybus* L.; *Cinnamomum bejolghota* (Buch. -Ham.) Sweet; *Cinnamomum malabatrum* (Burm.f.) J.Presl; *Cinnamomum tamala* (Buch.-Ham.) T.Nees & C.H.Eberm.; *Cirsium lineare* Sch.Bip.; *Cissus obovata* Vahl; *Cissus repens* Lam.; *Citrus hystrix* DC.; *Citrus jambhiri* Lush.; *Clerodendrum glandulosum* Lindl.; *Clerodendrum infortunatum* L.; *Coelogyne ovalis* Lindl.; *Coix lacryma-jobi* L.; *Colocasia affinis* Schott; *Colubrina asiatica* Brongn.; *Commicarpus scandens* (L.) Standl.; *Cordia fragrantissima* Kurz; *Cordia obliqua* var. tomentosa Kazmi; *Cornus capitata* Wall.; *Corylus jacquemontii* Decne.; *Crinum asiaticum* L.; *Crotalaria tetragona* Roxb. ex Andrews; *Cucumis maderaspatanus* L.; *Cucurbita pepo* L.; *Curcuma angustifolia* Roxb.; *Curcuma montana* Roxb.; *Curcuma pseudomontana* J.Graham; *Cyathocalyx martabanicus* Hook.f. & Thomson; *Cycas circinalis* L.; *Cycas rumphii* Miq.; *Cyclea peltata* (Lam.) Hook.f. & Thomson; *Cymbopogon nardus* (L.) Rendle; *Cynanchum annularium* (Roxb.) Liede & Khanum; *Cynodon dactylon* (L.) Pers.; *Cyperus rotundus* L.; *Dasiphora fruticosa* (L.) Rydb.; *Debregeasia longifolia* (Burm.f.) Wedd.; *Debregeasia saeneb* (Forssk.) Hepper & J.R.I.Wood; *Decalepis khasiana* (Kurz) Ionta ex Kambale; *Dendrocalamus giganteus* Munro; *Dendrocalamus hamiltonii* Nees & Arn. ex Munro; *Dicranopteris linearis* (Burm.f.) Underw.; *Digera muricata* Mart.; *Dimocarpus longan* Lour.; *Dioscorea deltoidea* Wall. ex Griseb.; *Dioscorea esculenta* (Lour.) Burkill; *Dioscorea kamoonensis* Kunth; *Diospyros malabarica* (Desr.) Kostel.; *Diploknema butyracea* (Roxb.) H.J.Lam; *Dolichandrone falcata* (Wall. ex DC.) Seem.; *Dolichos trilobus* L.; *Dracaena spicata* Roxb.; *Duabanga grandiflora* (Roxb. ex DC.) Walp.; *Eclipta prostrata* (L.) L.; *Ehretia microphylla* Lam.; *Elaeagnus conferta* Roxb.; *Elaeagnus pyriformis* Hook.f.; *Elaeocarpus floribundus* Blume; *Elaeocarpus oblongus* Gaertn. ex Sm.; *Elaeocarpus serratus* L.; *Elaeocarpus tectorius* (Lour.) Poir.; *Elettaria cardamomum* (L.) Maton; *Eleusine coracana* (L.) Gaertn.; *Elsholtzia blanda* (Benth.) Benth.; *Elsholtzia communis* (Collett & Hemsl.) Diels; *Embelia ribes* Burm.f.; *Embelia vestita* Roxb.; *Entada rheedei* subsp. *rheedei; Enydra fluctuans* Lour.; *Erigeron bonariensis* L.; *Eriosema chinense* Vogel; *Eurya cerasifolia* (D.Don) Kobuski; *Eustigma lenticellatum* C.Y.Wu ; *Fagopyrum cymosum* (Trevir.) Meisn.; *Ficus cordata* Thunb.; *Ficus palmata* Forssk.; *Ficus simplicissima* Lour.; *Ficus tinctoria* G.Forst.; *Ficus virens* Aiton; *Flacourtia jangomas* (Lour.) Raeusch.; *Flemingia procumbens* Roxb.; *Flueggea virosa* (Roxb. ex Willd.) Royle; *Foeniculum vulgare* Mill.; *Galinsoga parviflora* Cav.; *Garcinia anomala* Planch. & Triana; *Garcinia gummi-gutta* (L.) N.Robson; *Garcinia lanceifolia* Roxb.; *Garcinia ovalifolia* Oliv.; *Garcinia sopsopia* (Buch.-Ham.) Mabb.; *Gardenia gummifera* L.f.; *Gardenia latifolia* Aiton; *Gardenia tubifera* Wall.; *Girardinia diversifolia* (Link) Friis; *Glinus lotoides* L.; *Gliricidia sepium* (Jacq.) Kunth; *Globba spathulata*

Roxb.; *Glycosmis cymosa* (Kurz) V.Naray.; *Gmelina arborea* Roxb. ex Sm.; *Gnetum gnemon* L.; *Gnetum montanum* Markgr.; *Goniothalamus sesquipedalis* (Colebr. ex Wall.) Hook.f. & Thomson; *Gonostegia triandra* (Blume) Miq.; *Grewia bracteata* Roth; *Grewia hirsuta* Vahl; *Grewia oppositifolia* Roxb. ex DC.; *Grewia optiva* J.R.Drumm. ex Burret; *Grewia sapida* Roxb. ex DC.; *Guizotia abyssinica* (L.f.) Cass.; *Gynura bicolor* (Roxb. ex Willd.) DC.; *Haematocarpus validus* (Miers) Bakh.f. ex Forman; *Halosarcia indica* (Willd.) Paul G.Wilson; *Hedychium spicatum* Buch.-Ham. ex Sm.; *Heteropanax fragrans* (Roxb.) Seem.; *Hibiscus ovalifolius* Vahl; *Hibiscus rosa-sinensis* L.; *Hibiscus surattensis* L.; *Hippophae rhamnoides* L.; *Hippophae tibetana* Schltdl.; *Hodgsonia macrocarpa* (Blume) Cogn.; *Homalomena aromatica* (Spreng.) Schott; *Homonoia riparia* Lour.; *Hultholia mimosoides* (Lam.) Gagnon & G.P.Lewis; *Hydrocotyle sibthorpioides* Lam.; *Hygrophila auriculata* (Schumach.) Heine; *Illicium griffithii* Hook.f. & Thomson; *Indigofera dosua* Buch.-Ham. ex D.Don; *Indigofera heterantha* Wall. ex Brandis; *Ipomoea cairica* (L.) Sweet; *Jasminum sambac* (L.) Aiton; *Kadsura heteroclita* (Roxb.) Craib; *Kalanchoe pinnata* (Lam.) Pers.; *Kigelia africana* (Lam.) Benth.; *Laggera pterodonta* (DC.) Sch.Bip. ex Oliv.; *Lannea coromandelica* (Houtt.) Merr.; *Lantana camara* L.; *Laphangium luteoalbum* (L.) Tzvelev; *Lasia spinosa* (L.) Thwaites; *Lathyrus oleraceus* Lam.; *Lathyrus sativus* L.; *Leea compactiflora* Kurz; *Leea indica* (Burm.f.) Merr.; *Leea macrophylla* Roxb. ex Hornem.; *Lepionurus sylvestris* Blume; *Leptadenia reticulata* (Retz.) Wight & Arn.; *Leucaena leucocephala* (Lam.) de Wit; *Leucas aspera* (Willd.) Link; *Leucas lavandulifolia* Sm.; *Lithocarpus xylocarpus* Markgr.; *Livistona chinensis* (Jacq.) R.Br. ex Mart.; *Lonicera angustifolia* Wall. ex DC.; *Luffa acutangula* Roxb.; *Lumnitzera racemosa* Willd.; *Lycianthes neesiana* (Nees) D'Arcy & Zhi Y.Zhang; *Maesa indica* (Roxb.) A. DC.; *Magnolia champaca* (L.) Baill. ex Pierre; *Malus indica* (Wall.) B.B.Liu *; Malva pusilla* Sm.; *Manilkara hexandra* Dubard; *Marsdenia formosana* Masam.; *Medicago orthoceras* (Kar. & Kir.) Trautv.; *Meliosma pinnata* (Roxb.) Maxim.; *Melocanna baccifera* (Roxb.) Kurz; *Memecylon grande* Retz.; *Memecylon randerianum* S.M.Almeida & M.R.Almeida; *Memecylon umbellatum* Burm.f.; *Mentha arvensis* L.; *Mimosa pudica* L.; *Mollugo pentaphylla* L.; *Morus serrata* Roxb.; *Musa balbisiana* Colla; *Mussaenda glabra* Vahl; *Mussaenda glabrata* (Hook.f.) Hutch. ex Gamble; *Nephrolepis cordifolia* (L.) C.Presl; *Nervilia concolor* (Blume) Schltr.; *Nicandra physalodes* (L.) Gaertn.; *Nymphoides hydrophylla* (Lour.) Kuntze; *Ocimum americanum* L.; *Ocimum basilicum* L.; *Oenanthe javanica* DC.; *Olax nana* Wall. ex Benth.; *Olax scandens* Roxb.; *Oreocnide frutescens* subsp. *occidentalis* C.J.Chen*; Oryza rufipogon* Griff.; *Osbeckia nepalensis* Hook.; *Oxalis latifolia* Kunth; *Oxyria digyna* (L.) Hill; *Paederia foetida* L.; *Paeonia emodi* Royle; *Palaquium polyanthum* Merr.; *Pandanus odorifer* (Forssk.) Kuntze; *Paris polyphylla* Sm.; *Parochetus communis* Buch. -Ham. ex D.Don; *Parthenocissus semicordata* var. *semicordata*; *Passiflora edulis* Sims; *Passiflora foetida* L.; *Pavetta crassicaulis* Bremek.; *Pedicularis gracilis* Wall. ex Benth.; *Pedicularis schizorrhyncha* Prain; *Persea americana* Mill.; *Persicaria capitata* (Buch.-Ham. ex D.Don) H.Gross; *Peucedanum dhana* Buch.-Ham. ex C.B.Clarke; *Phanera roxburghiana* (Voigt) Bandyop.· Anand Kumar & Chakrab.; *Phlogacanthus thyrsiformis* (Roxb. ex Hardw.) Mabb.; *Phlogacanthus tubiflorus* Nees; *Phoenix acaulis* Roxb.; *Phrynium pubinerve* Blume; *Phyllanthus amarus* Schumach. & Thonn.; *Phyllanthus fraternus* G.L.Webster; *Physalis angulata* L.; *Physalis peruviana* L.; *Phytolacca acinosa* Roxb.; *Pinus roxburghii* Sarg.; *Piper longum* L.; *Piper pedicellatum* C. DC.; *Piper sarmentosum* Roxb.; *Planchonella grandifolia* Pierre; *Plantago asiatica* subsp. *erosa* (Wall.) Z.Yu Li; *Plantago himalaica* Pilg.; *Podocarpus neriifolius* D.Don; *Pogostemon benghalensis* (Burm.f.) Kuntze; *Poikilospermum suaveolens* (Blume) Merr.; *Polygonatum cirrhifolium* (Wall.) Royle; *Polygonatum multiflorum* (L.) All.; *Polygonatum verticillatum* (L.) All.; *Polygonum molle* D.Don; *Pometia pinnata* J.R.Forst. & G.Forst.; *Pontederia crassipes* Mart.; *Potentilla indica* (Andrews) Th.Wolf; *Pouzolzia sanguinea* (Blume) Merr.; *Pouzolzia zeylanica* (L.) Benn.; *Premna mollissima* Roth; *Premna serratifolia* L.; *Protium serratum* (Wall. ex Colebr.) Engl.; *Prunus bracteopadus* Koehne; *Prunus buergeriana* Miq.; *Prunus cornuta* (Wall. ex Royle) Steud.; *Psammogeton involucratum* (Roxb.) Mousavi, Mozaff. & Zarre; *Pseudostachyum polymorphum* Munro; *Psychotria calocarpa* Kurz; *Pterospermum acerifolium* (L.) Willd.; *Pterygota alata* (Roxb.) R.Br.; *Pueraria montana* (Lour.) Merr.; *Pyracantha crenulata* (D.Don) M.Roem.; *Pyrularia edulis* (Wall.) A. DC.; *Pyrus lanata* Miq.; *Rhaphidophora decursiva* (Roxb.) Schott; *Rheum acuminatum* Hook.f. & Thomson; *Rheum australe* D.Don; *Rhizophora mucronata* Poir.; *Ribes alpestre* Wall. ex Decne.; *Richardia scabra* L.; *Rivea hypocrateriformis* (Desr.) Choisy; *Rosa macrophylla* Crép.; *Rosa sericea* Lindl.; *Rubia cordifolia* L.; *Rubus alceifolius* Poir.; *Rubus biflorus* Buch. -Ham. ex Sm.; *Rubus niveus* var. *niveus; Rubus sumatranus* Miq.; *Ruehssia macrophylla* (Humb. & Bonpl. ex Schult.) H.Karst.; *Rumex hastatus* D.Don; *Sageretia filiformis* (Roth) G.Don; *Sagittaria sagittifolia* L.; *Sapindus attenuatus* Wall.; *Saraca asoca* (Roxb.) W.J.de Wilde; *Saurauia armata* Kurz; *Sauromatum horsfieldii* Miq.; *Schizostachyum dullooa* (Gamble) R.B.Majumdar; *Schrebera swietenioides* Roxb.; *Schumannianthus*

benthamianus (Kuntze) Veldkamp & I.M.Turner; *Scutia myrtina* Kurz; *Searsia parviflora* (Roxb.) F.A.Barkley; *Selaginella wallichii* (Hook. & Grev.) Spring; *Senegalia ferruginea* (DC.) Pedley; *Senegalia pennata* (L.) Maslin; *Senegalia pruinescens* (Kurz) Maslin, Seigler & Ebinger; *Senna auriculata* (L.) Roxb.; *Senna septemtrionalis* (Viv.) H.S.Irwin & Barneby; *Sesuvium portulacastrum* (L.) L.; *Sicyos edulis* Jacq.; *Smilax glabra* Roxb.; *Smithia sensitiva* Aiton; *Solanum aculeatissimum* Jacq.; *Solanum aethiopicum* L.; *Solanum americanum* Mill.; *Solanum anguivi* Lam.; *Solanum lasiocarpum* Dunal; *Solanum pimpinellifolium* L.; *Solanum spirale* Roxb.; *Solanum tomentosum* L.; *Solanum trilobatum* L.; *Solanum villosum* Mill.; *Solanum violaceum* Ortega; *Solena heterophylla* Lour.; *Sonchus oleraceus* L.; *Sonchus wightianus* DC.; *Sonneratia apetala* Banks; *Sonneratia caseolaris* Engl.; *Spilanthes oleracea* L.; *Spilanthes paniculata* Wall. ex DC.; *Spinacia oleracea* L.; *Stauntonia latifolia* (Wall.) R.Br. ex Wall.; *Stellaria media* (L.) Vill.; *Sterculia versicolor* Wall.; *Sterculia villosa* Roxb.; *Stixis suaveolens* (Roxb.) Baill.; *Strobilanthes callosa* Nees; *Syzygium claviflorum* (Roxb.) Wall. ex Steud.; *Syzygium grande* (Wight) Walp.; *Syzygium hemisphericum* (Wight) Alston; *Syzygium jambos* (L.) Alston; *Syzygium praecox* (Roxb.) Rathakr. & N.C.Nair; *Tarennoidea wallichii* (Hook.f.) Tirveng. & Sastre; *Tectona grandis* L.f.; *Tephrosia candida* DC.; *Teramnus labialis* (L.f.) Spreng.; *Tetrastigma bracteolatum* (Wall.) Planch.; *Tetrastigma serrulatum* (Roxb.) Planch.; *Tetrataenium grande* (Dalzell & A.Gibson) Manden.; *Thunbergia grandiflora* Roxb.; *Tragia involucrata* L.; *Trevesia palmata* (Roxb. ex Lindl.) Vis.; *Trichopus zeylanicus* Gaertn.; *Trichosanthes dioica* Roxb.; *Tridax procumbens* L.; *Trigonella foenum-graecum* L.; *Typha domingensis* Pers.; *Typhonium trilobatum* (L.) Schott; *Uraria lagopus* DC. ; *Urtica ardens* Link; *Vaccinium sprengelii* (G.Don) Sleumer; *Vachellia farnesiana* (L.) Wight & Arn.; *Ventilago denticulata* Willd.; *Viburnum cotinifolium* D.Don; *Vicia lens* (L.) Coss. & Germ.; *Vigna mungo* (L.) Hepper; *Vigna unguiculata* (L.) Walp.; *Vigna vexillata* (L.) A.Rich.; *Viola canescens* Wall.; *Walsura robusta* Roxb.; *Wattakaka volubilis* (L.f.) Stapf; *Wendlandia budleioides* Wall. ex Wight & Arn.; *Willughbeia edulis* Roxb.; *Withania somnifera* (L.) Dunal; *Wrightia arborea* (Dennst.) Mabb.; *Xanthium strumarium* Lour.; *Xantolis hookeri* (C.B.Clarke) P.Royen; *Xantolis tomentosa* Raf.; *Ximenia americana* L.; *Zanthoxylum nitidum* (Roxb.) DC.; *Zehneria leucocarpa* (Blume) M.D.Dwivedi, A.K.Pandey & H.Schaef.; *Zingiber zerumbet* (L.) Sm.; *Ziziphus xylopyrus* (Retz.) Willd. **[452]**

The Relative Use Values (RUVs) of the ethno-dietary plant species analyzed in this study exhibited significant variation, ranging from 0.09 to 0.45. Three species (*Bambusa bambos*, *Ficus auriculata* and *Rotheca serrata*) exhibited the highest RUV value of 0.45. Following closely were seven species (*Bauhinia variegata, Chenopodium album, Colocasia esculenta, Dendrocalamus strictus, Madhuca longifolia, Musa x paradisiaca* and *Nelumbo nucifera*), each with an RUV value of 0.36. Additionally, 38 species recorded an RUV value of 0.27 each, 134 species recorded an RUV of 0.18 and 497 species recorded an RUV of 0.09; accounting for total 679 species and as for two species there is no mention of plant part (*Pedicularis gracilis*, and *Parochetus communis*) (Table 6).

Table 6. Taxa with Relative Use Value (RUV)

Species	FC	RUV
Bambusa bambos (L.) Voss; *Ficus auriculata* Lour.; *Rotheca serrata* (L.) Steane & Mabb. **[03]**	5	0.45
Bauhinia variegata L.; *Chenopodium album* L.; *Colocasia esculenta* (L.) Schott; *Dendrocalamus strictus* (Roxb.) Nees; *Madhuca longifolia* (L.) J.F.Macbr.; *Musa* x *paradisiaca* L.; *Nelumbo nucifera* Gaertn. **[07]**	4	0.36
Allium hookeri Thwaites; *Alpinia nigra* (Gaertn.) B.L. Burtt; *Amaranthus tricolor* L.; *Amomum pterocarpum* Thwaites; *Amorphophallus paeoniifolius* (Dennst.) Nicolson; *Antidesma acidum* Retz.; *Bauhinia purpurea* L.; *Benincasa hispida* Cogn.; *Capparis spinosa* L.; *Centella asiatica* (L.) Urb.; *Chlorophytum arundinaceum* Baker; *Cicer songaricum* Stephan ex DC.; *Cissus quadrangularis* L.; *Cucurbita maxima* Duchesne; *Dioscorea pentaphylla* L.; *Diploknema butyracea* (Roxb.) H.J.Lam; *Elatostema sessile* J.R.Forst. & G.Forst.; *Entada rheedei* subsp. *rheedei; Eryngium foetidum* L.; *Erythrina variegata* L.; *Fagopyrum acutatum* Mansf. ex K.Hammer; *Fagopyrum esculentum* Moench; *Ficus racemosa* L.; *Houttuynia cordata* Thunb.; *Momordica charantia* L.; *Moringa oleifera* Lam.; *Oroxylum indicum* (L.) Kurz; *Oxalis corniculata* L.; *Parkia timoriana* (DC.) Merr.; *Persicaria chinensis* (L.) H.Gross; *Phanera vahlii* (Wight & Arn.) Benth.; *Polygonum plebeium* R.Br.; *Portulaca oleracea* L.; *Solanum nigrum* L.; *Spilanthes paniculata* Wall. ex DC.; *Terminalia bellirica* (Gaertn.) Roxb.; *Urtica dioica* L.; *Zanthoxylum acanthopodium* DC. **[38]**	3	0.27
Abelmoschus moschatus Medik.; *Agave americana* L.; *Alangium salviifolium* (L.f.) Wangerin; *Allium wallichii* Kunth; *Alocasia macrorrhizos* (L.) G. Don; *Alternanthera sessilis* (L.) DC.; *Amaranthus caudatus* L.; *Amaranthus cruentus* L.; *Amaranthus spinosus* L.; *Amaranthus viridis* L.; *Amomum dealbatum* Roxb.; *Anacardium*	2	0.18

occidentale L.; *Artocarpus chama* Buch.-Ham.; *Artocarpus heterophyllus* Lam.; *Asparagus adscendens* Roxb.; *Asparagus curillus* Buch.-Ham. ex Roxb.; *Azadirachta indica* A.Juss.; *Baccaurea ramiflora* Lour.*; Basella alba* L.; *Begonia obversa* C.B.Clarke; *Begonia palmata* D.Don; *Berberis asiatica* Roxb. ex DC.; *Buchanania cochinchinensis* (Lour.) M.R.Almeida; *Butea monosperma* (Lam.) Kuntze; *Calamus erectus* Roxb.; *Calamus melanochaetes* (Blume) Miq.; *Calamus tenuis* Roxb.; *Callicarpa arborea* Roxb.; *Caryota urens* L.; *Celastrus paniculatus* Willd.; *Celosia argentea* L.; *Chamaerops humilis* L.; *Chlorophytum tuberosum* (Roxb.) Baker; *Cinnamomum tamala* (Buch.-Ham.) T.Nees & C.H.Eberm.; *Cirsium lineare* Sch.Bip.; *Cleome monophylla* L.*; Clerodendrum colebrookianum* Walp.*; Clerodendrum glandulosum* Lindl.*; Coccinia grandis* (L.) Voigt; *Cordia dichotoma* G.Forst.; *Coriandrum sativum* L.; *Crotalaria tetragona* Roxb. ex Andrews; *Cucumis melo* L.; *Cynanchum annularium* (Roxb.) Liede & Khanum; *Dendrocnide sinuata* (Blume) Chew; *Dillenia indica* L.; *Dillenia pentagyna* Roxb.; *Dioscorea alata* L.; *Dioscorea bulbifera* L.; *Diplazium esculentum* (Retz.) Sw.; *Diplazium maximum* (D.Don) C.Chr.; *Diplocyclos palmatus* (L.) Jeffrey; *Elsholtzia blanda* (Benth.) Benth.*; Embelia vestita* Roxb.; *Enydra fluctuans* Lour.; *Ensete superbum* (Roxb.) Cheesman; *Erythroxylum monogynum* Roxb.; *Euphorbia hirta* L.; *Ficus hispida* L.f.; *Ficus simplicissima* Lour.; *Fragaria indica* Wall.; *Galinsoga parviflora* Cav.; *Garcinia lanceifolia* Roxb.; *Glinus oppositifolius* Aug.DC.; *Gmelina arborea* Roxb. ex Sm.; *Gnetum edule* (Willd.) Blume; *Gonostegia hirta* (Hassk.) Miq.; *Guizotia abyssinica* (L.f.) Cass.*; Hibiscus cannabinus* L.; *Hovenia acerba* Lindl.; *Hultholia mimosoides* (Lam.) Gagnon & G.P.Lewis*; Impatiens balsamina* L.; *Ipomoea aquatica* Forssk.; *Juglans regia* L.; *Laphangium luteoalbum* (L.) Tzvelev; *Lathyrus sativus* L.; *Leucaena leucocephala* (Lam.) de Wit; *Maesa indica* (Roxb.) A. DC.; *Marsdenia formosana* Masam.; *Mentha arvensis* L.; *Morus alba* L.; *Mucuna pruriens* (L.) DC.; *Musa balbisiana* Colla; *Nasturtium officinale* R.Br.; *Nymphaea nouchali* Burm.f.; *Passiflora edulis* Sims; *Perilla frutescens* (L.) Britton; *Persicaria capitata* (Buch.-Ham. ex D.Don) H.Gross; *Persicaria nepalensis* (Meisn.) Miyabe; *Phyllanthus acidus* (L.) Skeels; *Physalis angulata* L.*; Physalis minima* L.; *Pinanga gracilis* Blume; *Pithecellobium dulce* (Roxb.) Benth; *Plantago asiatica* subsp. *erosa* (Wall.) Z.Yu Li; *Polygonatum cirrhifolium* (Wall.) Royle; *Polygonum molle* D.Don; *Pometia pinnata* J.R.Forst. & G.Forst.; *Rheum australe* D.Don; *Rhizophora mucronata* Poir.; *Rhododendron arboreum* Sm.; *Ruehssia macrophylla* (Humb. & Bonpl. ex Schult.) H.Karst.; *Rumex nepalensis* Spreng.; *Sageretia filiformis* (Roth) G.Don*; Schima wallichii* (DC.) Choisy; *Schleichera oleosa* (Lour.) Oken; *Senegalia rugata* (Lam.) Britton & Rose; *Senna obtusifolia* (L.) H.S.Irwin & Barneby; *Senna tora* (L.) Roxb.*; Sesuvium portulacastrum* (L.) L.; *Smilax zeylanica* L.; *Solanum lasiocarpum* Dunal; *Solanum spirale* Roxb.; *Solanum virginianum* L.; *Solena amplexicaulis* (Lam.) Gandhi; *Sphaeranthus indicus* L.; *Spondias pinnata* (L.f.) Kurz; *Sterculia foetida* L.; *Sterculia lanceolata* var. *coccinea* (Jack) Phengklai; *Sterculia urens* Roxb.; *Syzygium cumini* (L.) Skeels; *Tabernaemontana divaricata* (L.) R.Br. ex Roem. & Schult.; *Tacca integrifolia* Ker Gawl.; *Tamarindus indica* L.; *Thladiantha cordifolia* Cogn.; *Trevesia palmata* (Roxb. ex Lindl.) Vis.; *Tribulus terrestris* L.; *Viburnum mullaha* Buch.-Ham. ex D.Don; *Willughbeia edulis* Roxb.; *Zanthoxylum armatum* DC.; *Zanthoxylum nitidum* (Roxb.) DC.; *Zanthoxylum rhetsa* (Roxb.) DC.; *Zingiber officinale* Roscoe; *Ziziphus mauritiana* Lam. **[134]**		
Abelmoschus crinitus Wall.; *Acalypha indica* L.*; Achyranthes aspera* L.; *Achyranthes bidentata* Blume; *Acmella calva* (DC.) R.K. Jansen; *Acrostichum aureum* L.; *Actinoscirpus grossus* (L.f.) Goetgh. & D.A. Simpson; *Aegle marmelos* (L.) Corrêa; *Aerva lanata* (L.) Juss.; *Aeschynanthus parviflorus* Spreng.; *Aganope thyrsiflora* (Benth.) Polhill; *Albizia lebbeck* (L.) Benth.; *Allium carolinianum* Redouté; *Allmania nodiflora* (L.) R.Br. ex Wight; *Allophylus cobbe* (L.) Raeusch.; *Aloe vera* (L.) Burm.f.*; Alphonsea lutea* (Roxb.) Hook.f. & Thomson; *Alphonsea ventricosa* (Roxb.) Hook.f. & Thomson; *Amomum subulatum* Roxb.; *Anethum graveolens* L.; *Angelica archangelica* L.; *Angiopteris evecta* (Forst.) Hoffm.; *Annona squamosa* L.; *Antidesma ghaesembilla* Gaertn.; *Aphananthe cuspidata* (Blume) Planch.*; Aponogeton natans* (L.) Engl. & K.Krause; *Aporosa octandra* (Buch.Ham. ex D.Don) Vickery; *Aralia racemosa* L.; *Ardisia solanacea* Roxb.; *Arenga pinnata* (Wurmb) Merr.; *Argentina anserina* (L.) Rydb.; *Arisaema propinquum* Schott; *Arisaema speciosum* (Wall.) Mart.; *Artemisia absinthium* L.; *Artemisia nilagirica* (C.B.Clarke) Pamp.*; Artocarpus gomezianus* Wall. ex Trécul; *Artocarpus hirsutus* Lam.; *Artocarpus lacucha* Roxb. Ex Buch. -Ham.; *Asparagus racemosus* Willd.; *Averrhoa carambola* L.; *Avicennia marina* subsp. marina; *Avicennia officinalis* L.; *Baccaurea courtallensis* (Wight) Müll.Arg.; *Bacopa monnieri* (L.) Wettst.; *Balakata baccata* (Roxb.) Esser; *Bambusa tulda* Roxb.; *Begonia roxburghii* (Miq.) A.DC.; *Begonia thomsonii* A.DC.; *Berberis aristata* DC.; *Berberis nepalensis* Spreng.; *Bergenia ciliata* (Haw.) Sternb.; *Bergenia stracheyi* (Hook.f. & Thomson) Engl.; *Bergera koenigii* L.; *Bidens biternata* (Lour.) Merr. & Sherff; *Bidens pilosa* L.; *Biophytum sensitivum* (L.) DC.; *Bischofia javanica* Blume; *Blainvillea acmella* (L.) Philipson; *Blechnopsis orientalis* (L.) C.Presl*; Blumea lanceolaria* Druce; *Boerhavia diffusa* L.; *Boesenbergia longiflora* (Wall.) Kuntze; *Bombax ceiba* L.; *Boswellia serrata* Roxb.; *Boucerosia umbellata* (Haw.) Wight & Arn.; *Brassica rapa* L.; *Breonia chinensis* (Lam.) Capuron*; Breynia androgyna* (L.) Chakrab. & N.P.Balakr.*; Bridelia retusa* (L.)	1	0.09

A.Juss.; *Bridelia verrucosa* Haines; *Bruguiera gymnorhiza* (L.) Lam. ex Savigny; *Bruguiera parviflora* Wight; *Bruinsmia polysperma* (C.B.Clarke) Steenis; *Cajanus cajan* (L.) Huth; *Calamus acanthospathus* Griff.; *Calamus thwaitesii* Becc.; *Callicarpa macrophylla* Vahl; *Camonea umbellata* (L.) A.R.Simões & Staples; *Canarium strictum* Roxb.; *Canavalia cathartica* Thouars; *Canavalia gladiata* (Jacq.) DC.; *Canthium coromandelicum* (Burm.f.) Alston; *Canthiumera glabra* (Blume) K.M.Wong & Mahyuni; *Capparis cartilaginea* Decne.; *Capparis zeylanica* L.; *Capsicum annuum* L.; *Capsicum frutescens* L.; *Carallia brachiata* (Lour.) Merr.; *Caralluma adscendens* (Roxb.) R.Br.; *Carissa spinarum* L.; *Carthamus tinctorius* L.; *Carya laciniosa* (F.Michx.) Loudon; *Caryota mitis* Lour.; *Casearia graveolens* Dalzell; *Cassia fistula* L.; *Castanopsis indica* (Roxb. ex Lindl.) A.DC.; *Catunaregam spinosa* (Thunb.) Tirveng.; *Celtis australis* L.; *Ceriscoides* turgida (Roxb.) Tirveng.; *Ceropegia candelabrum* var. biflora (L.) Ansari; *Chaerophyllum villosum* Wall. & DC.; *Chimonobambusa callosa* (Munro) Nakai; *Chlorophytum laxum* R.Br.; *Chlorophytum nepalense* (Lindl.) Baker; *Choerospondias axillaris* (Roxb.) B.L.Burtt & A.W.Hill; *Christella dentata* (Forssk.) Brownsey & Jermy; *Chrysophyllum flexuosum* Mart.; *Cicer arietinum* L.; *Cichorium intybus* L.; *Cinnamomum bejolghota* (Buch. -Ham.) Sweet; *Cinnamomum malabatrum* (Burm.f.) J.Presl; *Cissus obovata* Vahl; *Cissus repens* Lam.; *Citrus hystrix* DC.; *Citrus jambhiri* Lush.; *Cleome gynandra* L.; *Cleome viscosa* L.; *Clerodendrum infortunatum* L.; *Cocculus hirsutus* (L.) W.Theob.; *Cochlospermum religiosum* (L.) Alston; *Coelogyne ovalis* Lindl.; *Coix lacryma-jobi* L.; *Colocasia affinis* Schott; *Colubrina asiatica* Brongn.; *Commelina benghalensis* L.; *Commicarpus scandens* (L.) Standl.; *Corchorus aestuans* L.; *Corchorus capsularis* L.; *Cordia fragrantissima* Kurz; *Cordia obliqua* var. tomentosa Kazmi; *Cornus capitata* Wall.; *Corylus jacquemontii* Decne.; *Crinum asiaticum* L.; *Crotalaria juncea* L.; *Cucumis maderaspatanus* L.; *Cucurbita pepo* L.; *Curculigo orchioides* Gaertn.; *Curcuma angustifolia* Roxb.; *Curcuma montana* Roxb.; *Curcuma pseudomontana* J.Graham; *Cyathocalyx martabanicus* Hook.f. & Thomson; *Cycas circinalis* L.; *Cycas rumphii* Miq.; *Cyclea peltata* (Lam.) Hook.f. & Thomson; *Cymbopogon nardus* (L.) Rendle; *Cynodon dactylon* (L.) Pers.; *Cyperus rotundus* L.; *Dasiphora fruticosa* (L.) Rydb.; *Debregeasia longifolia* (Burm.f.) Wedd.; *Debregeasia saeneb* (Forssk.) Hepper & J.R.I.Wood; *Decalepis khasiana* (Kurz) Ionta ex Kambale; *Dendrocalamus giganteus* Munro; *Dendrocalamus hamiltonii* Nees & Arn. ex Munro; *Dicranopteris linearis* (Burm.f.) Underw.; *Digera muricata* Mart.; *Dimocarpus longan* Lour.; *Dioscorea belophylla* (Prain) Voigt ex Haines; *Dioscorea deltoidea* Wall. ex Griseb.; *Dioscorea esculenta* (Lour.) Burkill; *Dioscorea hispida* Dennst.; *Dioscorea kamoonensis* Kunth; *Dioscorea oppositifolia* L.; *Dioscorea pubera* Blume; *Diospyros malabarica* (Desr.) Kostel.; *Diospyros melanoxylon* Roxb.; *Dolichandrone falcata* (Wall. ex DC.) Seem.; *Dolichos trilobus* L.; *Dracaena spicata* Roxb.; *Duabanga grandiflora* (Roxb. ex DC.) Walp.; *Eclipta prostrata* (L.) L.; *Ehretia microphylla* Lam.; *Elaeagnus caudata* Schltdl. ex Momiy.; *Elaeagnus conferta* Roxb.; *Elaeagnus pyriformis* Hook.f.; *Elaeagnus umbellata* var. *umbellate*; *Elaeocarpus floribundus* Blume; *Elaeocarpus oblongus* Gaertn. ex Sm.; *Elaeocarpus serratus* L.; *Elaeocarpus tectorius* (Lour.) Poir.; *Elettaria cardamomum* (L.) Maton; *Eleusine coracana* (L.) Gaertn.; *Elsholtzia communis* (Collett & Hemsl.) Diels; *Embelia ribes* Burm.f.; *Embelia tsjeriam-cottam* (Roem. & Schult.) A.DC.; *Erigeron bonariensis* L.; *Eriosema chinense* Vogel; *Eurya cerasifolia* (D.Don) Kobuski; *Eustigma lenticellatum* C.Y.Wu ; *Fagopyrum cymosum* (Trevir.) Meisn.; *Ficus benghalensis* L.; *Ficus carica* L.; *Ficus cordata* Thunb.; *Ficus palmata* Forssk.; *Ficus semicordata* Buch. -Ham. ex Sm.; *Ficus tinctoria* G.Forst.; *Ficus virens* Aiton; *Flacourtia indica* (Burm.f.) Merr.; *Flacourtia jangomas* (Lour.) Raeusch.; *Flemingia procumbens* Roxb.; *Flueggea virosa* (Roxb. ex Willd.) Royle; *Foeniculum vulgare* Mill.; *Garcinia anomala* Planch. & Triana; *Garcinia gummi-gutta* (L.) N.Robson; *Garcinia ovalifolia* Oliv.; *Garcinia pedunculata* Roxb. ex Buch.-Ham.; *Garcinia sopsopia* (Buch.-Ham.) Mabb.; *Garcinia xanthochymus* Hook.f. ex T.Anderson; *Gardenia gummifera* L.f.; *Gardenia latifolia* Aiton; *Gardenia tubifera* Wall.; *Garuga pinnata* Roxb.; *Gaultheria fragrantissima* Wall.; *Girardinia diversifolia* (Link) Friis; *Glinus lotoides* L.; *Gliricidia sepium* (Jacq.) Kunth; *Globba spathulata* Roxb.; *Glycosmis cymosa* (Kurz) V.Naray.; *Gnetum gnemon* L.; *Gnetum montanum* Markgr.; *Goniothalamus sesquipedalis* (Colebr. ex Wall.) Hook.f. & Thomson; *Gonostegia triandra* (Blume) Miq.; *Grewia bracteata* Roth; *Grewia hirsuta* Vahl; *Grewia oppositifolia* Roxb. ex DC.; *Grewia optiva* J.R.Drumm. ex Burret; *Grewia sapida* Roxb. ex DC.; *Grewia tiliifolia* Vahl; *Gynura bicolor* (Roxb. ex Willd.) DC.; *Haematocarpus validus* (Miers) Bakh.f. ex Forman; *Halosarcia indica* (Willd.) Paul G.Wilson; *Hedychium spicatum* Buch.-Ham. ex Sm.; *Hellenia speciosa* (J.Koenig) Govaerts ; *Hemidesmus indicus* (L.) R.Br. ex Schult.; *Heteropanax fragrans* (Roxb.) Seem.; *Hibiscus ovalifolius* Vahl; *Hibiscus rosa-sinensis* L.; *Hibiscus sabdariffa* L.; *Hibiscus surattensis* L.; *Hippophae rhamnoides* L.; *Hippophae tibetana* Schltdl.; *Hodgsonia macrocarpa* (Blume) Cogn.; *Homalomena aromatica* (Spreng.) Schott; *Homonoia riparia* Lour.; *Hydrocotyle sibthorpioides* Lam.; *Hygrophila auriculata* (Schumach.) Heine; *Illicium griffithii* Hook.f. & Thomson; *Indigofera cassioides* Rottler ex DC.; *Indigofera dosua* Buch.-Ham. ex D.Don; *Indigofera heterantha* Wall. ex Brandis; *Ipomoea cairica* (L.) Sweet; *Jasminum sambac* (L.) Aiton; *Kadsura heteroclita* (Roxb.) Craib; *Kalanchoe pinnata* (Lam.) Pers.; *Kigelia africana* (Lam.) Benth.;

Lagenaria siceraria (Molina) Standl.; *Laggera pterodonta* (DC.) Sch.Bip. ex Oliv.; *Lannea coromandelica* (Houtt.) Merr.; *Lantana camara* L.; *Lasia spinosa* (L.) Thwaites; *Lathyrus oleraceus* Lam.; *Leea compactiflora* Kurz; *Leea indica* (Burm.f.) Merr.; *Leea macrophylla* Roxb. ex Hornem.; *Lepionurus sylvestris* Blume; *Leptadenia reticulata* (Retz.) Wight & Arn.; *Leucas aspera* (Willd.) Link; *Leucas cephalotes* Spreng.; *Leucas lavandulifolia* Sm.; *Leucas zeylanica* var. *zeylanica; Limonia acidissima* L.; *Lithocarpus xylocarpus* Markgr.; *Litsea cubeba* (Lour.) Pers.; *Livistona chinensis* (Jacq.) R.Br. ex Mart.; *Lonicera angustifolia* Wall. ex DC.; *Luffa acutangula* Roxb.; *Lumnitzera racemosa* Willd.; *Lycianthes neesiana* (Nees) D'Arcy & Zhi Y.Zhang; *Magnolia champaca* (L.) Baill. ex Pierre; *Malus indica* (Wall.) B.B.Liu *; Malva pusilla* Sm.; *Mangifera indica* L.; *Manihot esculenta* Crantz; *Manilkara hexandra* Dubard; *Marsilea minuta* L.; *Medicago orthoceras* (Kar. & Kir.) Trautv.; *Meliosma pinnata* (Roxb.) Maxim.; *Melocanna baccifera* (Roxb.) Kurz; *Memecylon grande* Retz.; *Memecylon randerianum* S.M.Almeida & M.R.Almeida; *Memecylon umbellatum* Burm.f.; *Mimosa pudica* L.; *Mimusops elengi* L.; *Mollugo pentaphylla* L.; *Momordica dioica* Roxb. ex Willd.; *Morus serrata* Roxb.; *Mussaenda glabra* Vahl; *Mussaenda glabrata* (Hook.f.) Hutch. ex Gamble; *Mussaenda roxburghii* Hook.f.; *Myrica esculenta* Buch. -Ham. ex D.Don; *Nephrolepis cordifolia* (L.) C.Presl; *Nervilia concolor* (Blume) Schltr.; *Nicandra physalodes* (L.) Gaertn.; *Nymphoides hydrophylla* (Lour.) Kuntze; *Ocimum americanum* L.; *Ocimum basilicum* L.; *Oenanthe javanica* DC.*; Olax nana* Wall. ex Benth.; *Olax scandens* Roxb.; *Opuntia stricta* (Haw.) Haw.; *Oreocnide frutescens* subsp. *occidentalis* C.J.Chen*; Oryza rufipogon* Griff.; *Osbeckia nepalensis* Hook.; *Oxalis latifolia* Kunth; *Oxyria digyna* (L.) Hill*; Paederia foetida* L.; *Paeonia emodi* Royle; *Palaquium polyanthum* Merr.; *Pandanus odorifer* (Forssk.) Kuntze; *Paris polyphylla* Sm.; *Parthenocissus semicordata* var. *semicordata*; *Passiflora foetida* L.; *Pavetta crassicaulis* Bremek.; *Pedicularis schizorrhyncha* Prain; *Persea americana* Mill.; *Peucedanum dhana* Buch.-Ham. ex C.B.Clarke; *Phanera roxburghiana* (Voigt) Bandyop.*,* Anand Kumar & Chakrab.; *Phlogacanthus thyrsiformis* (Roxb. ex Hardw.) Mabb.; *Phlogacanthus tubiflorus* Nees; *Phoenix acaulis* Roxb.; *Phoenix sylvestris* (L.) Roxb.; *Phrynium pubinerve* Blume; *Phyllanthus amarus* Schumach. & Thonn.; *Phyllanthus emblica* L.; *Phyllanthus fraternus* G.L.Webster; *Physalis peruviana* L.; *Phytolacca acinosa* Roxb.; *Pinus roxburghii* Sarg.; *Piper longum* L.; *Piper pedicellatum* C. DC.; *Piper sarmentosum* Roxb.; *Planchonella grandifolia* Pierre; *Plantago himalaica* Pilg.; *Plantago major* L.; *Podocarpus neriifolius* D.Don; *Podophyllum hexandrum* Royle; *Pogostemon benghalensis* (Burm.f.) Kuntze*; Poikilospermum suaveolens* (Blume) Merr.; *Polygonatum multiflorum* (L.) All.; *Polygonatum verticillatum* (L.) All.; *Pontederia crassipes* Mart.; *Potentilla indica* (Andrews) Th.Wolf; *Pouzolzia sanguinea* (Blume) Merr.; *Pouzolzia zeylanica* (L.) Benn.; *Premna mollissima* Roth; *Premna serratifolia* L.; *Protium serratum* (Wall. ex Colebr.) Engl.; *Prunus bracteopadus* Koehne; *Prunus buergeriana* Miq.; *Prunus cornuta* (Wall. ex Royle) Steud.; *Prunus nepalensis* K.Koch; *Psammogeton involucratum* (Roxb.) Mousavi, Mozaff. & Zarre; *Pseudostachyum polymorphum* Munro; *Psychotria calocarpa* Kurz; *Pterospermum acerifolium* (L.) Willd*.; Pterygota alata* (Roxb.) R.Br.; *Pueraria montana* (Lour.) Merr.; *Pueraria tuberosa* (Roxb. Ex Willd.) DC.; *Pyracantha crenulata* (D.Don) M.Roem.; *Pyrularia edulis* (Wall.) A. DC.; *Pyrus lanata* Miq.; *Pyrus pashia* Buch. -Ham. ex D.Don; *Radermachera xylocarpa* (Roxb.) Roxb. ex K.Schum.; *Rhaphidophora decursiva* (Roxb.) Schott; *Rheum acuminatum* Hook.f. & Thomson; *Rhus chinensis* Mill.; *Rhynchotechum ellipticum* (Wall. ex D.Dietr.) A.DC.; *Ribes alpestre* Wall. ex Decne.; *Richardia scabra* L.; *Rivea hypocrateriformis* (Desr.) Choisy*; Rosa macrophylla* Crép.; *Rosa sericea* Lindl.; *Rubia cordifolia* L.; *Rubus alceifolius* Poir.; *Rubus biflorus* Buch. -Ham. ex Sm.; *Rubus ellipticus* Sm.; *Rubus niveus* Thunb.; *Rubus niveus* var. *niveus; Rubus rugosus* Sm.; *Rubus sumatranus* Miq.; *Rumex hastatus* D.Don; *Saccharum spontaneum* L.; *Sagittaria sagittifolia* L.; *Santalum album* L.; *Sapindus attenuatus* Wall.; *Saraca asoca* (Roxb.) W.J.de Wilde; *Saurauia armata* Kurz; *Saurauia napaulensis* DC.; *Saurauia punduana* Wall.; *Sauromatum horsfieldii* Miq.; *Schizostachyum dullooa* (Gamble) R.B.Majumdar; *Schrebera swietenioides* Roxb.; *Schumannianthus benthamianus* (Kuntze) Veldkamp & I.M.Turner; *Scutia myrtina* Kurz; *Searsia parviflora* (Roxb.) F.A.Barkley; *Selaginella wallichii* (Hook. & Grev.) Spring; *Semecarpus anacardium* L.f.; *Senegalia ferruginea* (DC.) Pedley; *Senegalia pennata* (L.) Maslin; *Senegalia pruinescens* (Kurz) Maslin*,* Seigler & Ebinger; *Senna auriculata* (L.) Roxb.; *Senna occidentalis* (L.) Link; *Senna septemtrionalis* (Viv.) H.S.Irwin & Barneby; *Sesbania grandiflora* (L.) Poir.; *Sicyos edulis* Jacq.; *Smilax glabra* Roxb.; *Smithia sensitiva* Aiton; *Solanum aculeatissimum* Jacq.; *Solanum aethiopicum* L.; *Solanum americanum* Mill.; *Solanum anguivi* Lam.; *Solanum incanum* L.; *Solanum melongena* L.*; Solanum pimpinellifolium* L.; *Solanum tomentosum* L.; *Solanum torvum* Sw.; *Solanum trilobatum* L.; *Solanum viarum* Dunal; *Solanum villosum* Mill.; *Solanum violaceum* Ortega; *Solena heterophylla* Lour.; *Sonchus oleraceus* L.; *Sonchus wightianus* DC.; *Sonneratia apetala* Banks*; Sonneratia caseolaris* Engl.; *Spilanthes oleracea* L.; *Spinacia oleracea* L.; *Stauntonia latifolia* (Wall.) R.Br. ex Wall*.; Stellaria media* (L.) Vill.; *Sterculia versicolor* Wall.; *Sterculia villosa* Roxb.; *Stixis suaveolens* (Roxb.) Baill.; *Streblus asper* Lour.; *Strobilanthes callosa* Nees; *Syzygium claviflorum* (Roxb.) Wall. ex Steud.*; Syzygium grande* (Wight) Walp.; *Syzygium hemisphericum* (Wight) Alston; *Syzygium jambos* (L.) Alston;

Syzygium nervosum DC.; *Syzygium praecox* (Roxb.) Rathakr. & N.C.Nair; *Tamilnadia uliginosa* (Retz.) Tirveng. & Sastre; *Tarennoidea wallichii* (Hook.f.) Tirveng. & Sastre*; Tectona grandis* L.f.*; Tephrosia candida* DC.; *Teramnus labialis* (L.f.) Spreng.; *Terminalia chebula* Retz.; *Tetrastigma bracteolatum* (Wall.) Planch.; *Tetrastigma obovatum* Gagnep.; *Tetrastigma serrulatum* (Roxb.) Planch.; *Tetrataenium grande* (Dalzell & A.Gibson) Manden.; *Thunbergia grandiflora* Roxb.; *Thymus serpyllum* L.; *Tragia involucrata* L.; *Trapa natans* var. *bispinosa* (Roxb.) Makino; *Trianthema portulacastrum* L.; *Trichopus zeylanicus* Gaertn.; *Trichosanthes dioica* Roxb.; *Tridax procumbens* L.; *Trigonella foenum-graecum* L.; *Typha domingensis* Pers.; *Typhonium trilobatum* (L.) Schott; *Uraria lagopus* DC. ; *Urtica ardens* Link; *Vaccinium sprengelii* (G.Don) Sleumer; *Vachellia farnesiana* (L.) Wight & Arn.; *Ventilago denticulata* Willd.; *Viburnum cotinifolium* D.Don; *Vicia lens* (L.) Coss. & Germ.; *Vigna mungo* (L.) Hepper; *Vigna unguiculata* (L.) Walp.; *Vigna vexillata* (L.) A.Rich.; *Viola canescens* Wall.; *Walsura robusta* Roxb.; *Wattakaka volubilis* (L.f.) Stapf*; Wendlandia budleioides* Wall. ex Wight & Arn.; *Withania somnifera* (L.) Dunal; *Wrightia arborea* (Dennst.) Mabb.; *Xanthium strumarium* Lour.; *Xantolis hookeri* (C.B.Clarke) P.Royen; *Xantolis tomentosa* Raf.; *Ximenia americana* L.*; Xylia xylocarpa* (Roxb.) W.Theob.; *Zanthoxylum asiaticum* (L.) Appelhans, Groppo & J.Wen; *Zehneria leucocarpa* (Blume) M.D.Dwivedi, A.K.Pandey & H.Schaef.; *Zingiber zerumbet* (L.) Sm.; *Ziziphus oenopolia* (L.) Mill.; *Ziziphus rugosa* Lam.; *Ziziphus xylopyrus* (Retz.) Willd. **[497]**

Amaranthus spinosus leaf*, Amarphopjallus paeoniifolius* corm*, Chenopodium album* leaf and *Solanum nigrum* leaf shows the highest Plant Part Value (PPV) percentage (100 %), followed by *Dioscorea bulbifera* tubers, *Senna tora* leaf with 88.89 %, *Bauhinia variegata* flower, *Celosia argentea* leaf, *Eryngium foetidum* leaf*, Syzygium cumini* fruits and *Ziziphus mauritiana* fruit with 85.17 %, *Centella asiatica* leaf with 80 % PPV percentage (Table 7). When multiple pieces of literature or research studies consistently mention the same part of a plant (e.g., leaves, roots, bark, fruits) for treating the same disease or same use, it indicates the specificity of that plant part for its medicinal properties. This consistency suggests that the particular plant part likely contains specific bioactive compounds responsible for the therapeutic effect or high nutritive value for diet. The repeated mention could reflect traditional medicinal practices validated by empirical evidence or scientific studies. The part's effectiveness has been recognized and documented, making it a focus for further research, standardization, and application. This kind of convergence in literature supports the part's specificity and reliability in traditional medicine and modern pharmacology. It also guides researchers toward focusing their studies on the most effective parts of the plant for developing drugs or herbal remedies. Gajurel *et al.* 2022 conducted a review of wild edible plants in the Arunachal Himalayas, documenting 669 taxa. Among these, *Clerodendrum glandulosum*, *Houttuynia cordata*, *Solanum americanum*, *Centella asiatica*, *Diplazium esculentum*, *Litsea cubeba*, *Solanum torvum*, *and Dillenia indica* exhibited the highest Relative Frequency of Citation (RFC) values. Another review from Manipur (Leisembi *et al.* 2024), India, documented 408 wild edible plants. Among these, *Centella asiatica* had the highest Relative Frequency of Citation (RFC) value (0.55), followed by *Curcuma angustifolia* and *Oenanthe javanica* with 0.48, *Houttuynia cordata* with 0.43, and *Alpinia nigra* with an RFC value of 0.41.

Table 7. Taxa with highest Plant Part Value (PPV).

Botanical Name	**PPV (%)**
Chenopodium album L.	100
Amaranthus spinosus L.	100
Solanum nigrum L.	100
Amorphophallus paeoniifolius (Dennst.) Nicolson	100
Dioscorea bulbifera L.	88.89
Senna tora (L.) Roxb.	88.89
Bauhinia variegata L.	85.71
Celosia argentea L.	85.71
Eryngium foetidum L.	85.71
Syzygium cumini (L.) Skeels	85.71
Ziziphus mauritiana Lam.	85.71
Centella asiatica (L.) Urb.	80
Alternanthera sessilis (L.) DC.	71.43
Ficus racemosa L.	71.43
Momordica diocia Roxb. ex Willd.	71.43
Moringa oleifera Lam.	71.43

Bambusa bambos (L.) Voss	70
Portulaca oleracea L.	66.67
Colocasia esculenta (L.) Schott	62.5
Oxalis corniculata L.	50
Nelumbo nucifera Gaertn.	42.86

Conclusion

The present study highlights a vast diversity of edible plants, encompassing nearly 681 species from 137 families, consumed regularly across India. This comprehensive dataset reflects the rich ethnobotanical heritage and dietary traditions practiced throughout the country. Further, validation of data through Ayurvedic literature confirms the use of certain edible plants since ancient times and inclusion of new edible plants, plant parts and recipes from time to time are testament to the advancement in the field of Ayurvedic dietetics. The present article serves as preliminary step to explore the potential areas for research in Ayurvedic dietetics. There is a need of comprehensive inventory of edible plants listed from the Schedule A: List of authoritative books for Ayurveda Aahara of Food Safety and Standards Authority of India (FSSAI) Regulations 2022, the Official Gazette on notified dated 05 May 2022 will serve as ready reckoner for multiple stake holders. CCRAS keenly engaged in exploring diversifying diets through systematic and meticulous scientific validation and thereby expanding the horizons of Ayurvedic dietetics.

Declarations

List of abbreviations: CCRAS – Central Council for Research in Ayurvedic Sciences; RUV – Relative Use Value; RFC – Relative Frequency of Citation; PPV – Plant Part Value

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Authors' contributions

Sridevi Venigalla: Methodology, Conceptualization, Data curation, Writing original draft, Validation, review & editing. Nagaraju Vallepu: Data curation, Writing original draft, Validation, review & editing. Vairamuthu Kanagaraj: Formal analysis, Methodology, Data curation. Hemaraju Palakuru: Formal analysis, Methodology, Data curation. Iswarya Lekshmi Jalajakumari Padmanabhan: Formal analysis, Methodology, Data curation. Penchala Prasad Goli: Visualization, Review. Shiddamallayya Nagayya: Visualization, Review. Nartunai Govindarajan: Visualization, Review. Srikanth Narayanam: Visualization, Review. Rabinarayan Acharya: Visualization, Review. All authors read, provided feedback, and approved the final manuscript.

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Table 1. List of edible plants collated from select Books, and papers published by CCRAS, New Delhi during 1972-2023

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Abelmoschus crinitus **Wall. Fam: Malvaceae**	Bondki phul	Kārpāsī Picuka (AK)	root[1]	P, H/ LC	Odisha [1]	C◆	-	Edible[69,72,73]
Abelmoschus moschatus **Medik. Fam: Malvaceae**	Kasthuri bende[3]	Latākastūrī	root[2] tender fruit[3,4]	P, H/ LC	Karnataka [3], [4] Madhya Pradesh [2]	C	Group of fruits[75]	Vegetable[69]
Acalypha indica **L. Fam: Euphorbiaceae**	Mochidaal, Mochi saag	Harita-mañjarī	leaf[1]	P, H/ NE	Odisha [1]	C	-	Others_famine food[73]
Achyranthes aspera **L. Fam: Amaranthaceae**	Chirchiri[5]	Apāmārga	leaf[4,5]	P, H/ NE	Bihar [5] Karnataka [4]	C	-	Vegetable[69,73]
Achyranthes bidentata **Blume Fam: Amaranthaceae**	Apamarga	Apāmārga-śveta (RAV 33)	plant[6]	P, H/ NE	Arunachal Pradesh [6]	C◆	-	ᴪVegetable (plant)[69]
Acmella calva **(DC.) R.K. Jansen [Syn:** ***Spilanthes calva*** **DC.] Fam: Asteraceae**	An-kasakir-lo, An-sa-te	-	twig[7]	A, H/ NE	Mizoram [7]	NC	-	Not reported
Acrostichum aureum **L. Fam: Pteridaceae**	Ankur	-	frond[8]	P, S/ LC	Maharashtra [8]	NC	-	Not reported
Actinoscirpus grossus **(L.f.) Goetgh. & D.A. Simpson [Syn:** ***Scirpus grossus*** **L.f.] Fam: Cyperaceae**	-	Kaśeru	tuber[2]	P, H/ LC	Madhya Pradesh [2]	C	Group of vegetables[74]; Group of tubers[75;] Group of root vegetables [76,78]	Edible[70,73]
Aegle marmelos **(L.) Corrêa Fam: Rutaceae**	Bel[4,11,] Billa[4,] Bilvapatre[3,] Belpatri[4]	Bilva	fruit[3,4,9,10,11]	P, T/ LC	Arunachal Pradesh [9], Karnataka [3], [4], Uttar Pradesh [10] West Bengal [11] *	C	Group of fruits[74,75,76,78;] Group of vegetables[75]; Recipe with fruits[77,79]	Edible[69,72,73]
Aerva lanata **(L.) Juss.**	-	Gorakṣa-gañjā	tender leaf[12]	P, H/	West Bengal [12]	C	-	Vegetable[69,72]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Fam: Amaranthaceae				NE				
Aeschynanthus parviflorus **Spreng. [Syn: *A. maculatus* Lindl] Fam: Gesneriaceae**	Bawlte-hlantai	-	flower[7]	P, S/ NE	Mizoram [7]	NC	-	Not reported
Aganope thyrsiflora **(Benth.) Polhill [Syn: *Derris thyrsiflora* Benth.] Fam: Fabaceae**	Hul-hu	-	young leaf[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[69]
Agave americana **L. Fam: Asparagaceae**	Kattale[13], Gethi[14], Tarur[14]	Kaṇṭāla	bulb[14] flower[13]	P, H/ LC	Karnataka [13], Uttarakhand [14]	C	-	ᴪVegetable (shoot)[69]
Alangium salviifolium **(L.f.) Wangerin Fam: Cornaceae**	Akol[10], Akola[10], Alangi[15], Ankol[10], Ankola[16], Dhera[10]	Aṅkola	fruit[4,10, 16] seed[15]	P, T/ LC	Karnataka [4] Maharashtra [16] Tamil Nadu [15] Uttar Pradesh [10]	C	Group of fruits[74,75]	Edible[69,72,73]
Albizia lebbeck **(L.) Benth. Fam: Fabaceae**	Thingchawke	Śirīṣa	young shoot[7]	P, T/ LC	Mizoram [7]	C	-	Not reported
Allium carolinianum **Redouté Fam: Amaryllidaceae**	Jambu	-	leaf[10]	P, H/ NE	Uttar Pradesh [10]	NC	-	Edible[69] and Vegetable[69]
Allium hookeri **Thwaites Fam: Amaryllidaceae**	Disang-talap[17], Pu-run-jung[7]	-	leaf[7] root[7] shoot[17]	P, H/ NE	Arunachal Pradesh [17] Mizoram [7]	NC	-	Vegetable[69]
Allium wallichii **Kunth Fam: Amaryllidaceae**	Bpyazi, Gogpa	Kṣīrapalāṇḍu (AK)	bulb[18] leaf[18]	P, H/ NE	Sikkim [18]	C◆	-	Vegetable[69,73] and Others_condiment (leaf)[73]
Allmania nodiflora **(L.) R.Br. ex Wight**	Kandu-buddegida	-	aerial parts[12]	A, H/ NE	Karnataka [12]	NC	-	Vegetable[73]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Fam: Amaranthaceae								
Allophylus cobbe **(L.) Raeusch. Fam*:* Sapindaceae**	Khondkol	-	berries[19]	P, T/ LC	Odisha [19]	NC	-	Edible[69,73]
Alocasia macrorrhizos **(L.) G. Don [Syn: *A. indica* Schott] Fam: Araceae**	Enge[17]	Mānakanda	corm[17] stem[17] tuber[9]	P, H/ NE	Arunachal Pradesh [9], [17]	C	Group of tubers[75]; Group of root vegetables[76]	Edible[69] and Vegetable[69,72,73]
Aloe vera **(L.) Burm.f. Fam: Asphodelaceae**	Ghukumari	Kumārī	whole plant[11]	P, H/ NE	Odisha [11]	C	-	[Ψ]Edible[69] and [Ψ]Vegetable (leaf)[69]
Alphonsea lutea **(Roxb.) Hook.f. & Thomson Fam: Annonacea**	Zawngbalhl a-rah-techi	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[68,72]
Alphonsea ventricosa **(Roxb.) Hook.f. & Thomson Fam: Annonaceae**	Thei-vawk ek	-	fruit[7]	P, T/ DD	Mizoram [7]	NC	-	Edible[69]
Alpinia nigra **(Gaertn.) B.L. Burtt [Syn: *A. allughas* (Retz.) Roscoe] Fam: Zingiberaceae**	Khui-jik[7,] Torapat[20]	Kṛṣṇa-kulañjana (RAV 3)	rhizome[9,20] stem pith[7] young plant[20]	P, H/ LC	Arunachal Pradesh [9], [20] Mizoram [7]	C◆	-	Vegetable[68]
Alternanthera sessilis **(L.) DC. Fam: Amaranthaceae**	Honagone soppu[22,23,] Kanchari[7,] Nghateril[7]	Matsyākṣī	leaf[4,5,12,22,23] shoot[7,21]	P, H/ LC	Andaman and Nicobar Islands [12] Bihar [5] Karnataka [22], [4], [23] Maharashtra [21] Mizoram [7]	C	Group of leafy vegetables[78]	Vegetable[69,73]
Amaranthus caudatus **L. Fam: Amaranthaceae**	Ramdana[5]	Rājadrī	leaf[5,9] young shoot[9]	A, H/ NE	Arunachal Pradesh [9] Bihar [5]	C	Group of leafy vegetables[76]	Edible[69], Vegetable[69,73] and Other Salad (leaf)[73]
Amaranthus cruentus **L. [Syn: *A. paniculatus* L.] [24] Fam: Amaranthaceae**	Anjana[24,] Monu[6]	Taṇḍulīya-harita	leaf[6,24] seed[24]	A, H/ NE	Arunachal Pradesh [6] [24]	C	-	Edible[69] and Vegetable[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Amaranthus spinosus **L.** **Fam: Amaranthaceae**	Chandaliya[11], Chua[10], Genhan[5], Guboroying[17], Jangali[10], Kanta choubi chua[10], Len-hling[7], Mullu harive soppu[23], Mullukirai[25]	Kaṇṭakī taṇḍulīya	leaf[1,5,10,23,25,11] shoot[7,17]	A, H/ NE	Arunachal Pradesh [17] Bihar [5] Karnataka [23] Mizoram [7] Odisha [1] Tamil Nadu [25] Uttar Pradesh [10] Rajasthan [11]	C	Group of vegetables[74,75]; Group of leafy vegetables[76,78]; Recipe with leaves[77,79]	Edible[69] and Vegetable[69,72,73]
Amaranthus tricolor **L.** **Fam: Amaranthaceae**	Fharyatalsag[5], Gorugukura[12], Lal bhaji[26], Lal chu[10], Lal sag[10]	Rāmaśītalikā	leaf[5,10,12,26] seed[10] tender twigs[26]	A, H/ NE	Andhra Pradesh [12] Bihar [5] Chhattisgarh [26] Uttar Pradesh [10]	C	Group of pot herbs[74]; Group of leafy vegetables[78]	Vegetable[68,72]
Amaranthus viridis **L.** **Fam: Amaranthaceae**	Baraamasi saag[1], Cholai[26], Hling nei lo[7], Janglichua[10], Nayi harive[23], Phulgenhari[5]	Vanya taṇḍulīya	leaf[1,5,10,23,26] shoot[7] tender twigs[26]	A, H/ NE	Bihar [5] Chhattisgarh [26] Karnataka [23] Mizoram [7] Odisha [1] Uttar Pradesh [10]	C◆	-	Vegetable[69,72,73]
Amomum dealbatum **Roxb.** **Fam: Zingiberaceae**	Ai-du	-	flower bud[7] rhizome[7]	P, H/ DD	Mizoram [7]	NC	-	ᴪEdible (seed)[69]; ᴪVegetable[69] (wholeplant)
Amomum pterocarpum **Thwaites [Syn:** ***A. microstephanum*** **Baker.]** **Fam: Zingiberaceae**	Kadu yellakki	-	fruit[3] rhizome[7] flower bud[7]	P, H/ LC	Karnataka [3]	NC	-	Not listed
Amomum subulatum **Roxb.** **Fam: Zingiberaceae**	Taje in Adi	Sthūla elā	fruit (ripen)[17]	P, H/ DD	Arunachal Pradesh [17]	C	-	ᴪEdible (seed)[73]

***Botanical Name* (Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Amorphophallus paeoniifolius* (Dennst.) Nicolson [Syn: *A. campanulatus*] Fam: Araceae**	Ba-tel hawng[7], Bono ulo[26], Dula dumpa[26], Jimikand[27], Lotha[27], Oal arsaghira[9], Shevalai[27], Surum kanda[26]	Sūraṇa	corm[1,4,5,7,9,26] petiole[7] tender leaf[1,27] tuber[1,27]	P, S/ LC	Arunachal Pradesh [9] Bihar [5], Chhattisgarh [26], Karnataka [4], Maharashtra [27], Mizoram [7], Odisha [1]	C	Group of tubers[75]; group of root vegetable[76,78]; Group of leafy vegetable[78]; Recipe with tubers[77,79]	Edible[69,73] and Vegetable[69,72]
***Anacardium occidentale* L. Fam: Anacardiaceae**	Geruhanna[28], Godambigeru[3], Lankabadam[3]	Kājūtaka	ripened receptacle[3] seed kernle[28]	P, T/ LC	Karnataka [3], [28]	C	-	Edible[69,73]
***Anethum graveolens* L. Fam: Apiaceae**	Soa	Śatapuṣpā	leaf[5]	A, H/ NE	Bihar [5]	C	Group of leafy vegetable[78]	Vegetable[69]
***Angelica archangelica* L. Fam: Apiaceae**	Chorak, Gant-raini, Gantrayani	Caṇḍā	root[10]	B, H/ LC	Uttar Pradesh [10]	C	-	Edible[70]
***Angiopteris evecta* (Forst.) Hoffm. Fam: Marattiaceae**	Bem[30], Nishi[29]	-	rhizome[29,30]	P, H/ NE	Arunachal Pradesh [29], [30]	NC	-	Vegetable[69]
***Annona squamosa* L. Fam: Annonaceae**	Seetha phala	Sītāphala	fruit[3]	P, T/ LC	Karnataka [3]	C	Group of fruits[78]	Edible[69,72,73]
***Antidesma acidum* Retz. [Syn: *A. diandrum* (Roxb.) Heyne ex Roth] Fam: Phyllanthaceae**	Sardikusa[1], Thurtean[7]	Amlapallava	fruit[31] leaf[1] shoot[7]	P, S/ LC	Bihar [31] Mizoram [7] Odisha [1]	C◆	-	Edible[69,73] and Vegetable[69,72,73]
***Antidesma ghaesembilla* Gaertn. Fam: Phyllanthaceae**	Jamrudi, Noniari	-	fruit[1]	P, T/ LC	Odisha [1]	NC	-	Edible[69,73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Aphananthe cuspidata* (Blume) Planch. Fam: Cannabaceae**	Thei-seh-ret	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[68]
***Aponogeton natans* (L.) Engl. & K.Krause Fam: Aponogetonaceae**	Kottegidda	-	tuber[12]	P, H/ LC	Karnataka [12]	NC	-	Edible[69,73]
***Aporosa octandra* (Buch.Ham. ex D.Don) Vickery Fam: Phyllanthaceae**	Chhawntual	-	tender leaf[7]	P, T/ LC	Mizoram [7]	NC	-	ᴪEdible (fruit)[69]
***Aralia racemosa* L. [Syn: *A. racemosa var. foliosa* Vict. & Rousseau] Fam: Araliaceae**	Chimchawk	-	tender leaf[7]	P, H/ NE	Mizoram [7]	NC	-	Not listed
***Ardisia solanacea* Roxb. Fam: Primulaceae**	Bodina gida[32]	-	fruit[32]	P, S/ LC	Karnataka [32]	NC	-	Vegetable[69]
***Arenga pinnata* (Wurmb) Merr. Fam: Araceae**	Thangtung	-	tender leaf[7]	P, P/ LC	Mizoram [7]	NC	-	ᴪVegetable (stem)[69]
***Argentina anserina* (L.) Rydb. [Syn: *Potentilla anserina* L.] Fam: Rosaceae**	Droma, Gro-lo sa-dzin	-	root[12]	P, H/ LC	Jammu & Kashmir [12]	NC	-	Not reported
***Arisaema propinquum* Schott [Syn: *A. wallichianum* Hook.f.] Fam: Araceae**	Lardwa[18], Lep[18], Thoa[18], Tow[18]	-	root tuber[18] tuber[33]	P, H/ NE	Sikkim [18], [33]	NC	-	Edible[68]
***Arisaema speciosum* (Wall.) Mart.**	Tel-hawng	Sarpā, gonasī (RAV 121)	rhizome[7]	P, H/ NE	Mizoram [7]	C◆	-	Edible[72,72,73]

***Botanical Name* (Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Fam: Araceae								
***Artemisia absinthium* L. Fam: Asteraceae**	Afanteen, Afsantin	Dvīpāntara-damanaka (RAV 144)	leaf [11]	P, H/ LC	Jammu & Kashmir [11]	C◆	-	Others_sauce[73]
***Artemisia nilagirica* (C.B.Clarke) Pamp. Fam: Asteraceae**	Koken	Nāgadamanī (AK)	leaf[29]	P, H/ NE	Arunachal Pradesh [29]	C◆	-	ᴪEdible (stem)[68]
***Artocarpus chama* Buch.-Ham. Fam: Moraceae**	Tat-kawng	-	fruit[7] seed[7]	P, T/ NE	Mizoram [7]	NC	-	Edible (fruit)[69,73]
***Artocarpus gomezianus* Wall. ex Trécul Fam: Moraceae**	-	-	fruit[3]	P, T/ NE	Karnataka [3]	NC	-	Edible[69,73]
***Artocarpus heterophyllus* Lam. Fam: Moraceae**	Bellang in Adi [17], Halasina hannu[3], Katahal[26], Phanas[26]	Panasa	fruit[17,26] perianth[3] seed[17]	P, T/ NE	Arunachal Pradesh [17], Chhattisgarh [26], Karnataka [3]	C	Group of fruits[74,75,76,78]	Edible (fruit, seed)[69], and Vegetable (fruit)[69,72]
***Artocarpus hirsutus* Lam. Fam: Moraceae**	Hebbalasu	-	perianth[3]	P, T/ LC	Karnataka [3]	NC	-	Edible[69.73] and Vegetable[68]
***Artocarpus lacucha* Roxb. Ex Buch. -Ham. Fam: Moraceae**	Jevuto[1], Thei-tat[7]	Lakuca	fruit[1,7]	P, T/ NE	Odisha [1] Mizoram [7]	C	Group of fruits[74,75,76,78]	Edible[69,73]
***Asparagus adscendens* Roxb. Fam: Asparagaceae**	Jhirna, Safed Musali, Kerva, Sataver	Śvetamusalī	root[10] young shoot[10]	P, S/ NE	Uttar Pradesh [10]	C	-	Vegetable (herb)[72,73]
***Asparagus curillus* Buch.-Ham. ex Roxb.**	Jhirna, Sataver,	-	root[10] young shoot[10]	P, S/ NE	Uttar Pradesh [10]	NC	-	Vegetable[73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Fam: Asparagaceae	Kerua, Keru							
Asparagus racemosus **Willd. Fam: Asparagaceae**	Arke-bawk[7], Hathajori[11], Jhirni[7]	Śatāvarī	rhizome[7] root[11] tuber[4]	P, C/ NE	Karnataka [4] Mizoram [7] Madhya Pradesh [11]	C	Group of pot herbs[74]; group of tubers[75]	Vegetable[69] and Other_Pickle72,[73]
Averrhoa carambola **L. Fam: Oxalidaceae**	-	Karmaraṅga	young fruit[3]	P, T/ DD	Karnataka [3]	C	Group of fruits[76,78]	Edible[69,73]
Avicennia marina **subsp. marina [Syn:** ***A. marina*** **(Forsk.) Vierh. var.** ***acutissima*** **Stapf & Mold. ex Mold.] Fam: Acanthaceae**	Tiwri, Tiwra, Salle-liver, Bhura-tivar	-	fruit[8]	P, T/ LC	Maharashtra [8]	NC	-	Not reported
Avicennia officinalis **L. Fam: Acanthaceae**	Ipad, Tivar, Upati	Tuvara (RAV 216)	seed kernel[8]	P, T/ LC	Maharashtra [8]	C◆	-	Edible[73]
Azadirachta indica **A.Juss. Fam: Meliaceae**	Kadulimb[16], Neem[5], Nimb[5]	Nimba	fruit[16] leaf[5,34]	P, T/ LC	Arunachal Pradesh [34] Bihar [5] Maharashtra [16]	C	Group of vegetables[74,75]; Group of fruits[75]; Recipe with leaves[79]	Edible (fruit)[68,73] and Vegetable (leaf)[69,73]
Baccaurea courtallensis **(Wight) Müll.Arg. Fam: Phyllanthaceae**	Mootapalam	-	fruit[15]	P, T/ NE	Tamil Nadu [15]	NC	-	Edible[69,72,73]
Baccaurea ramiflora **Lour. [Syn:** ***B. sapida (Roxb.)*** **Muell.Arg.] Fam: Phyllanthaceae**	Boa	-	fruit[20] seed[20]	P, T/ LC	Arunachal Pradesh [20]	NC	-	Edible (fruit)[69,73]
Bacopa monnieri **(L.) Wettst. Fam: Plantaginaceae**	Brahmi23, Neeru brahmi[4]	Brāhmī	leaf[4,23]	P, H/ LC	Karnataka [4], [23]	C	Group of leafy vegetables[78]	Vegetable[69] and Edible[73]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Balakata baccata **(Roxb.) Esser [Syn:** ***Sapium baccatum*** **Roxb.] Fam: Euphorbiaceae**	Thingvawk-pui	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[69]
Bambusa bambos **(L.) Voss [Syn:** ***B. arundinacea*** **(Retz.) Roxb.] Fam: Poaceae**	Bans[16], Bidirukalale[23, 13], Bidru[12], Hedva[26], Kanta bans[21], Karir[26], Nal Bans[16], Vamsha[36]	Vaṃśa	leaf[23] young tender rhizome[35] seed[12,16] shoot[13,4] young shoot[16,23,26,27] tender shoot[36] silicaceous secretion[35] rice[35]	P, S/ NE	Andhra Pradesh [35], Chhattisgarh.[26] Karnataka [4],[12],[13], [23], Maharashtra [16], [21], [27], [36]*	C	Group of inferior cerelas[74,75,76,] Group of sprouts[75]; Recipe with sprouts[79]	Vegetable[69,72,73] and Edible (Seed)[73]
Bambusa tulda **Roxb. Fam: Poaceae**	Dibang in Adi	-	tender shoot[17]	P, S/ NE	Arunachal Pradesh [17]	NC	-	Vegetable[69,73]
Basella alba **L. [Syn:** ***B. rubra*** **L.] Fam: Basellaceae**	Poi[21,26]	Upodikā	leaf[21,26] tender twig[26]	P, C/ NE	Chhattisgarh [26], Maharashtra [21]	C	Group of vegetables[74,75;] Group of leafy vegetables[76,78]; Recipe with leaves[77]	Vegetable[69,73]
Bauhinia purpurea **L. Fam: Fabaceae**	Boroda[1,] Borodo[1,] Guiral[10,] Kheruial [10,] Kherwal[10,] Koliar[10,] Kuneri[1,]	Kovidāra	flower[10] flower bud[7,10] fruit[7,10] leaf[2] tender leaf[1,5] young flower[9]	P, T/ LC	Arunachal Pradesh [9] Bihar [5] Madhya Pradesh [2] Mizoram [7] Odisha [1] Uttar Pradesh [10]	C	Group of pot herbs[74]; Group of vegetables[75]; group of flowery vegetables[75]	Vegetable[69,73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
	Rainchi Kachnar[2], Vau-fa-vang[7]							
Bauhinia variegata **L. Fam: Fabaceae**	Goriava[7], Kachnar[5,7,16] Kanchavala[13], Kavrav[7], Kuairal[10], Takki[18], Vaube[7]	Kāñcanāra	flower[5,7,10], flower bud[4,10,13,18] fruit[7] gum[16] leaf[7]	P, T/ LC	Bihar [5] Karnataka [4], [13] Maharashtra [16] Mizoram [7] Sikkim [18] Uttar Pradesh [10]	C	Group of pot herbs[74]; Group of vegetables[75]; Recipe with flowers[77]	Vegetable (flower, leaf)[69,73]
Begonia obversa **C.B.Clarke Fam: Begoniaceae**	Bob-rai	-	leaf[20] petiole[20] young stem[20]	P, H/ NE	Arunachal Pradesh [20]	NC	-	Edible (leaf)[69]
Begonia palmata **D.Don Fam: Begoniaceae**	Bekhoo	-	leaf[9] young shoot[9]	P, H/ NE	Arunachal Pradesh [9]	NC	-	Vegetable (shoot)[69] (Leaf)[73]
Begonia roxburghii **(Miq.) A.DC. Fam: Begoniaceae**	Anthur[7], Se-khupthur[7]	-	leaf[7,20]	P, H/ NE	Arunachal Pradesh [20] Mizoram [7]	NC	-	Edible[69] and Vegetable[68]
Begonia thomsonii **A.DC. [Syn:** ***B. barbata*** **Wallich ex DC] Fam: Begoniaceae**	Lalruangadar-nawhna[7], Lukhu [20]	-	leaf[7]	P, H/ NE	Mizoram [7]	NC	-	Vegetable[69]
Benincasa hispida **Cogn. Fam: Cucurbitaceae**	Kumar[5], Mai-pawl[7], Rakhiya[26], Kumhada[26]	Kūśmāṇḍa	fruit[7] flower[5] fruit[26] immature fruit[26] leaf[7]	A, C/ NE	Bihar [5] Chhattisgarh [26] Mizoram [7]	C	Group of pot herbs[74]; group of vegetables[75]; group of fruit vegetables[76]; group of fruits[78]; Recipe with fruits[77,79]	Vegetable (fruit)[69] and Edible (Fruir)[73]
Berberis aristata **DC. Fam: Berberidaceae**	Kingora[20], Shem-dham-mento[20],	Dāruharidrā	fruit[6,20]	P, H/ LC	Arunachal Pradesh [6], [20]	C	-	Edible[69,73]

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	Shum-dham mento[6]							
Berberis asiatica **Roxb. ex DC. Fam*:* Berberidaceae**	Kilmora[10], Kilmor [10]	-	flower[10] fruit[10]	P, S/ NE	Uttar Pradesh [10]	NC	-	Edible (fruit)[69,73]
Berberis nepalensis **Spreng. Fam: Berberidaceae**	Pual-eng	-	berry[7]	P, S/ NE	Mizoram [7]	NC	-	Edible[68]
Bergenia ciliata **(Haw.) Sternb. Fam: Saxifragaceae**	Khamdamd awi	Pāṣāṇabheda	seed[7]	P, H/ LC	Mizoram [7]	C	-	Ψ Vegetable (leaf)[68]
Bergenia stracheyi **(Hook.f. & Thomson) Engl. Fam: Saxifragaceae**	Smaranga	Pāṣāṇabheda (AK)	rhizome[37]	P, H/ NE	Ladakh [37]	C◆	-	ΨOhters_tea[73]
Bergera koenigii **L. [Syn: *Murraya koenigii* (L.) Spreng.] Fam: Rutaceae**	Ar-pa-ti[7], Gania[10], Kantnim[10], Karipatta[10], Lesundo-dando[1]	Kaiḍarya	leaf[1,7,10,6]	P, T/ NE	Odisha [1], Mizoram [7], Uttar Pradesh [10]	C	Group of leafy vegetables[78]	Edible[69] Vegetable[69,73] and thers_Flavouring[73]
Bidens biternata **(Lour.) Merr. & Sherff Fam: Asteraceae**	Sum-thulpam	-	leaf[6]	A, H/ NE	Arunachal Pradesh [6]	NC	-	Others_tea[68]
Bidens pilosa **L. Fam: Asteraceae**	Chorpuspi	-	plant[11]	A, H/ NE	Himachal Pradesh [11]	NC	-	Vegetable[69] and Other_tea[73]
Biophytum sensitivum **(L.) DC. Fam: Oxalidaceae**	Mukkutty	Viparīta - lajjālu	whole plant[11]	A, H/ NE	Kerala [11]	C	-	Ψ Vegetable (leaf)[73]
Bischofia javanica **Blume Fam: Phyllanthaceae**	Khuang-thli[7], Sitir in Adi[17]	-	fruit[7,17]	P, T/ LC	Arunachal Pradesh [17] Mizoram [7]	NC	-	Vegetable[73]
Blainvillea acmella **(L.) Philipson [Syn: *Spilanthes acmella* L.] Fam: Asteraceae**	Marsang	Marahaṭṭikā (RAV 786)	shoot[17]	A, H / LC	Arunachal Pradesh [17]	C	Group of leafy vegetables[78]	Vegetable[73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Blechnopsis orientalis **(L.) C.Presl [Syn:** ***Blechnum orientale*** **L.] Fam: Blechnaceae**	Vawm-ban	-	rhizome[7]	P, H/ NE	Mizoram [7]	NC	-	Edible[69]
Blumea lanceolaria **Druce Fam: Asteraceae**	Buar-ze	-	leaf[7]	P, H/ NE	Mizoram [7]	NC	-	Edible[69] and Others_condiment[73]
Boerhavia diffusa **L. Fam: Nyctaginaceae**	Godhpurna[5], Gurru[26], Kopra saagu[5], Punarnava[10]	Punarnavā	leaf[1, 4, 5, 10,26]	P, H/ NE	Bihar [5] Chhattisgarh [26] Karnataka [4] Odisha [1] Uttar Pradesh [10]	C	Group of vegetables[74,75]; Group of leafy vegetables[78]; Recipe with leaves[77]	Vegetable[69] and Others_soup[73]
Boesenbergia longiflora **(Wall.) Kuntze [*** ***Curcumorpha longiflora*** **(Wall.) Rao & Verma] Fam: Zingiberaceae**	Ai-thur	-	petiole[7]	P, H/ NE	Mizoram [7]	NC	-	Not reported
Bombax ceiba **L. [Syn:** ***Salmalia malabarica*** **S. &E.] Fam: Malvaceae**	Kathsawar[16], Kempuburuga[13], Semal[10], Semul[10], Solmalli[10]	Śālmalī	flower bud[10,13,16]	P, T/ LC	Karnataka [13] Maharashtra [16] Uttar Pradesh [10]	C	Group of pot herbs[74]; group of vegetables[75]; group of flowery vegetables[75,76,78]	Vegetable[69,73]
Boswellia serrata **Roxb. Fam: Burseraceae**	Maddimara[13], Salai[13]	Śallakī	gum[4,13,16,21]	P, T/ NE	Karnataka [4], [13] Maharashtra [16], [21]	C	-	ᴪEdible (fruit)[68]
Boucerosia umbellata **(Haw.) Wight & Arn. [Syn:** ***Caralluma umbellata*** **Haw.] Fam: Apocynaceae**	Maganakodu	-	tender stem[13]	P, H/ NE	Karnataka [13]	NC	-	Vegetable[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Brassica rapa **L. [Syn: *B. comprestris* Linn.] Fam: Brassicaceae**	Sanson	Sarṣapa	leaf[5]	B, H/ DD	Bihar [5]	C	Group of pot herbs[74]; Group of vegetables[74,75]; Group of leafy vegetables[76,78]	Edible[69,73] and Vegetable[69]
Breonia chinensis **(Lam.) Capuron [Syn: *Anthocephalus chinensis* (Lam.) Hassk., *Anthocephalus chinensis* (Lam.) Rich. Ex Wall] Fam: Rubiaceae**	Banphar, Bhanphar	-	fruit[38,54]	P, T/ LC	Mizoram [38],[54]	NC	-	Edible[73]
Breynia androgyna **(L.) Chakrab. & N.P.Balakr. [Syn: *Sauropus androgynus* (L.) Merr.] Fam: Phyllanthaceae**	Midum-an	-	leaf[7]	P, S/ LC	Mizoram [7]	NC	-	Edible[69]
Bridelia retusa **(L.) A.Juss. Fam: Phyllanthaceae**	Goje hannu	-	fruit[3]	P, T/ LC	Karnataka [3]	NC	-	Edible[68,73]
Bridelia verrucosa **Haines Fam: Phyllanthaceae**	Gondni	-	fruit[16]	P, S/ DD	Maharashtra [16]	NC	-	Edible[68]
Bruguiera gymnorhiza **(L.) Lam. ex Savigny Fam: Rhizophoraceae**	Sanvar, Impli	-	radicle[8]	P, T/ LC	Maharashtra [8]	NC	-	Edible[69] and Vegetable[69]
Bruguiera parviflora **Wight Fam: Rhizophoraceae**	Vurada	-	leaf[8]	P, T/ LC	Maharashtra [8]	NC	-	ᴪ Vegetable (Seedlings)[73]
Bruinsmia polysperma **(C.B.Clarke) Steenis Fam: Styracaceae**	Thei-paling-kawh	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Buchanania cochinchinensis **(Lour.) M.R.Almeida [Syn: *B. lanzan* Spreng.]** **Fam: Anacardiaceae**	Char[3,] Charoli[3,] Chiroji[10,] Chironji[10,] Murakal Hannu [3,] Piyol[10]	Priyāla	fruit [3,4] seed[10] seed kernel[16]	P, T/ NE	Karnataka [3], [4], Maharashtra [16], Uttar Pradesh [10]	C	Group of fruits[74,75,76,78] and seed kernel[75]	Edible[68,73]
Butea monosperma **(Lam.) Kuntze** **Fam: Fabaceae**	Muttuga[13,] Padasa[16,] Palas[16]	Palāśa	flower[4,13] gum[16]	P, T/ LC	Karnataka [4], [13] Maharashtra [16]	C	Group of flowery vegetables[75]	Vegetable (flower)[69]
Cajanus cajan **(L.) Huth** **Fam: Fabaceae**	Rahri, Adhaki	Āḍhakī	flower[5]	A, S/ NE	Bihar [5]	C	-	ΨEdible (seed)[69]
Calamus acanthospathus **Griff.** **Fam: Arecaceae**	Mit-perh	-	fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Not reported
Calamus erectus **Roxb.** **Fam: Arecaceae**	Hrui-phi	-	fruit[7] shoot[7]	P, S/ NE	Mizoram [7]	NC	-	Edible[69] and Other-substitute for betel (Shoot)[73]
Calamus melanochaetes **(Blume) Miq.** **[Syn: *Daemonorops jenkinsiana* (Griff.) Mart.]** **Fam: Arecaceae**	Raichhawk	-	fruit[7] shoot[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[69]
Calamus tenuis **Roxb.** **Fam: Arecaceae**	Thil te	Vetra (AK)	fruit[7] shoot[7]	P, C/ LC	Mizoram [7]	C◆	-	Vegetable[69] and Edible (shoot)[73]
Calamus thwaitesii **Becc. [Syn: *Calamus thwaitesii* var. *canaranus* Becc.]** **Fam: Arecaceae**	Handibetta	-	young stem[13]	P, C/ NE	Karnataka [13]	NC	-	Not reported
Callicarpa arborea **Roxb.** **Fam: Lamiaceae**	Hnah-kiah	-	leaf[7] flower[7]	P, T/ LC	Mizoram [7]	NC	-	Vegetable[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Callicarpa macrophylla **Vahl Fam: Lamiaceae**	Doeya[10], Dai[10], Daya[10]	Priyaṅgu	fruit[10]	P, S/ LC	Uttar Pradesh [10]	C	-	Edible[69,73]
Camonea umbellata **(L.) A.R.Simões & Staples [Syn: *Merremia umbellata* Hallier f.] Fam: Convolvulaceae**	Thianpa	-	shoot[7]	P, C/ NE	Mizoram [7]	NC	-	ᴪEdible (tuber, leaf[68])
Canarium strictum **Roxb. Fam: Burseraceae**	Beraw	-	fruit[7]	P, T/ EN	Mizoram [7]	NC	-	Edible[69,73]
Canavalia cathartica **Thouars [Syn: *Canavalia virosa* W & A.] Fam: Fabaceae**	Fang-ra[7]	-	tender pods[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[69,73]
Canavalia gladiata **(Jacq.) DC. Fam: Fabaceae**	Abhaya[27], Chemba Kasya[39]	Kolaśimbī	young pod[27]	A, C/ NE	Andhra Pradesh [39], Maharashtra [27]	C	Group of fruit vegetables[76]; Group of fruits[78]; Recipe[79]	Edible[69] and Vegetable[69]
Canthium coromandelicum **(Burm.f.) Alston [Syn: *Canthium parviflorum* Lam.] Fam: Rubiaceae**	Karehannu	Kārī (RAV 401; Gāṅgerukī (AK)	fruit[3]	P, S/ NE	Karnataka [3]	C◆	-	Edible[69,73]
Canthiumera glabra **(Blume) K.M.Wong & Mahyuni [Syn: *Psydrax glaber* (Blume) Deb & Dutta] Fam: Rubiaceae**	Thingkhawi-hnun	-	fruit[7]	P, T/ NT	Mizoram [7]	NC	-	Not reported
Capparis cartilaginea **Decne. Fam: Capparaceae**	Patrai	-	fruit[40]	P, C/ LC	Gujarat [40]	NC	-	Others_pickel[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Capparis spinosa **L.** **Fam: Capparaceae**	Kabra Almose[41], Kabra[37], Kab-ra[42], Waghoti[27]	Hiṃsrā	flower bud[42] fruit[27] leaf[42] ripen fruit[42] unripe fruit [37,41]	P, C/ LC	Ladakh [37], [41], [42], Maharashtra [27]	C	-	Edible (leaf, fruit)[69,73] and Vegetable (leaf and flower bud)[69,73]
Capparis zeylanica **L.** **Fam: Capparaceae**	Aadonda	Vyaghra-nakhī	fruit[43]	P, S/ NE	Andhra Pradesh [43]	C	-	Edible[69,73]
Capsicum annuum **L.** **Fam: Solanaceae**	Mirchi[21], Parangi menasina kayi[23]	Kaṭuvīrā/ Maricamañ-jarī	fruit[21,23]	P, H/ LC	Karnataka [23], Maharashtra [21]	C	Recipe with fruits[79]	Others_condiment[69,73]
Capsicum frutescens **L.** **Fam: Solanaceae**	Parangi	-	fruit[3]	P, H/ LC	Karnataka [3]	NC	-	Vegetable[68]
Carallia brachiata **(Lour.) Merr.** **Fam: Rhizophoraceae**	Thei-ria	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[69,73]
Caralluma adscendens **(Roxb.) R.Br.** **Fam: Apocynaceae**	Kundeti Kommulu[39,44]	-	plant[39,44]	P, H/ NE	Andhra Pradesh [39],[44]	NC	-	Vegetable[68,73]
Carissa spinarum **L.** **[Syn: *C. paucinervia* A. DC. [3], *C. congesta* Wight [10,36], *C. opaca* Stapf ex Haines]** **Fam: Apocynaceae**	Karunda[10,36], Kauronda[10], Kauronda[10], Sanna Kavali[3]	Karamardikā	fruit[3,10,45] unripe fruit[36]	P, S/ LC	Jammu & Kashmir [45] Karnataka [3], Maharashtra [36] * Uttar Pradesh [10]	C	Group of fruits[74,75,76,78]; Recipe with fruit[79]; Sour gruel with fruit[79]	Edible[69,73]
Carthamus tinctorius **L.** **Fam: Asteraceae**	Kusum[5,26], Kusymbha[5]	Kusumbha	leaf[5,26]	A, H/ NE	Bihar [5], Chhattisgarh [26]	C	Group of pot herbs[74]; Group of vegetables[75]; group of leafy	Others_salad[73]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
							vegetables[78]; recipe with leaves[77]	
Carya laciniosa **(F.Michx.) Loudon** **Fam: Juglandaceae**	Hnum-reuh	-	seed kernel[7]	P, T/ LC	Mizoram [7]	NC	-	Not listed
Caryota mitis **Lour.** **Fam: Arecaceae**	Mei-hle	-	apical tender pith[7]	P, P/ LC	Mizoram [7]	NC	-	Edible[69]
Caryota urens **L.** **Fam: Arecaceae**	Baganimara[13], Tum[7]	Śrītāla	sap[13] tender bud[7]	P, P/ LC	Karnataka [13] Mizoram [7]	C	-	Edible (pith[69]) and Other_Bevarage (sap)[69,73]
Casearia graveolens **Dalzell** **Fam: Salicaceae**	Kirchi, Kidihi	-	seed oil[1]	P, T/ NE	Odisha [1]	NC	-	Edible[68]
Cassia fistula **L.** **Fam: Fabaceae**	Amaltas[2], Bahava[27], Bela[2], Bhalumasari[2], Dhanbahar[2], Kakkehuvu[46], Phung-ril[7], Sonarli[2]	Āragvadha	flower[2,27,7,46]	P, T/ NE	Karnataka [46] Madhya Pradesh [2] Maharashtra [27] Mizoram [7]	C	-	Vegetable[69,73]
Castanopsis indica **(Roxb. ex Lindl.) A.DC.** **Fam: Fagaceae**	Kra[20], Se-hawr[7]	-	seed[20] nut[7]	P, T/ LC	Arunachal Pradesh [20], Mizoram [7]	NC	-	Edible[69,73]
Catunaregam spinosa **(Thunb.) Tirveng. [Syn:** ***Randia dumetorum*** **Lamk.,** ***Xeromphis spinosa*** **(Thunb.) Keay] [47]** **Fam: Rubiaceae**	Sa-Zuk-Thei[7], Taanyum[47]	Madana	fruit[7,47]	P, S/ LC	Arunachal Pradesh [47] Mizoram [7]	C	-	Edible[69]
Celastrus paniculatus **Willd.** **Fam: Celastraceae**	Gangunge[13], Pengu lotom[1], Pengumaal[1]	Jyotiṣmatī	flower[2,4,13] seed oil[1]	P, C/ NE	Karnataka [4], [13] Madhya Pradesh [2] Odisha [1]	C	Group of oils[75,78]	Edible (flower)[69] and Vegetable (flower)[68,73]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Celosia argentea **L. [Syn: *C. cristata* Linn.]** **Fam: Amaranthaceae**	Jatadhari[5], Kurdu[27], Sirivali[26], Survari[26]	Śitivāraka	leaf[2,5,22,23,26,27] shoot[7] tender twig[26]	A, H / LC	Bihar [5] Chhattisgarh [26] Karnataka [22], [23] Madhya Pradesh [2] Maharashtra [27] Mizoram [7]	C	Group of pot herbs[74]; group of vegetables[75]	Vegetable[69,73]
Celtis australis **L.** **Fam: Cannabaceae**	Anku	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[69,73]
Centella asiatica **(L.) Urb.** **Fam: Apiaceae**	Bengcha[26], Brahmi[1], Duvaa pothro[1], Lam-bak[7], Manimuni[20], Ondelaga[32], Ondelaga[23], Vallaarai[15]	Maṇḍūka-parṇī	leaf[1,4,7,9,15,23,26,32] whole plant [15,20,32,48] young shoot[9]	A, H / LC	Arunachal Pradesh [9] [20] Chhattisgarh [26] Himachal Pradesh [48] Karnataka [4], [23], [32] Mizoram [7] Odisha [1] Tamil Nadu [15]	C	Group of vegetables[74, 75]	Vegetable[69]
Ceriscoides **turgida (Roxb.) Tirveng. [Syn: *Gardenia turgida* Roxb.]** **Fam: Rubiaceae**	Pendharun[27,36]	Karahāṭa, Mahāpiṇḍī (RAV 55)	fruit[27] unripe fruit[36]	P, T/ NE	Maharashtra [27], [36] *	C◆	-	Edible[69,73] and Vegetable[69]
Ceropegia candelabrum **var. biflora (L.) Ansari [Syn: *C. tuberosa* Roxb.]** **Fam: Apocynaceae**	-	-	tuber[4]	P, C/ NE	Karnataka [4]	NC	-	Edible[68,73]
Chaerophyllum villosum **Wall. & DC.** **Fam: Apiaceae**	Ganjiyari	-	root[10]	A, H/ NE	Uttar Pradesh [10]	NC	-	Vegetable[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Chamaerops humilis* L. [Syn. *Phoenix humilis* (L.) Cav.] Fam: Arecaceae**	Sanna echalu[3,13]	-	fruit[3] tender soft pith[3,13]	P, P/ LC	Karnataka [3], [13]	NC	-	Edible (fruit)[69,73]
***Chenopodium album* L. Fam: Amaranthaceae**	Bathuabhaji[26], Bathua[5], Bethu[10], Bethua[10], Bethuwa[14], Chakravarti soppu[23], Jhasam[6], Jhilimili[49], Ophasam[20], Paruppeekirai[25]	Vāstuka	leaf[5,6,9,10,14,20,23,25,26,49] seed[14,6] young shoot[9] stem[20] tender twig[26]	A, H/ NE	Arunachal Pradesh [6], [9], [20], [49] Assam [49] Bihar [5] Chhattisgarh [26] Karnataka [23] Tamil Nadu [25] Uttarakhand [14] Uttar Pradesh [10]	C	Group of pot herbs[74]; Group of vegetables[74,75]; Group of leafy vegetables[76,78]; Recipe with leaves[77,79]	Vegetable[69,73]
***Chimonobambusa callosa* (Munro) Nakai [Syn: *C. griffithiana* (Munro) Nakai] Fam: Poaceae**	Phar	-	shoot[7]	P, S/ NE	Mizoram [7]	NC	-	Edible[69]
***Chlorophytum arundinaceum* Baker Fam: Asparagaceae**	Kutcharu-puvvu [39,44], Phulsaag[1]	Musalībheda (RAV 501)	flower[1,2,39,44] leaf[2] tuber[2] scape[1]	P, H/ NE	Andhra Pradesh [39], [44] Madhya Pradesh [2] Odisha [1]	C◆	-	Vegetable (leaf, twig and inflorescence)[69]
***Chlorophytum laxum* R.Br. Fam: Asparagaceae**	Nalikela	-	leaf[11]	P, H/ NE	Madhya Pradesh [11]	NC	-	Vegetable[69,73]
***Chlorophytum tuberosum* (Roxb.) Baker Fam: Asparagaceae**	Safed Musali	Musalī	root[11]	P, H/ LC	Madhya Pradesh [11] *	C	-	Vegetable[73]
***Chlorophytum nepalense* (Lindl.) Baker Fam: Asparagaceae**	Kep	-	leaf[7] inflorescence[7]	P, H/ NE	Mizoram [7]	NC	-	ᴪVegetable (twig)[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Choerospondias axillaris* (Roxb.) B.L.Burtt & A.W.Hill [Syn: *Spondias axillaris* Roxb.] Fam: Anacardiaceae**	Thei khuang chawm	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[69]
***Christella dentata* (Forssk.) Brownsey & Jermy [Syn: *Christella dentata* (Forsk.) Hollt., *Thelypteris dentata* E.P.St.John] Fam: Thelypteridaceae**	Kokodi saag	-	young frond[1]	P, H/ NE	Odisha [1]	NC	-	Not listed
***Chrysophyllum flexuosum* Mart. [Syn: *C. lanceolitum* (Bl) DC.] Fam: Sapotaceae**	Thei pabuan	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[68]
***Cicer arietinum* L. Fam: Fabaceae**	Chana bhaji[26], Ghana[5]	Caṇaka	leaf[5,26]	A, H/ NE	Bihar [5], Chhattisgarh [26]	C	Group of vegetables[75]; group of leafy vegetables[76,78]; Recipe with leaves[77, 79]	Vegetable[73]
***Cicer songaricum* Stephan ex DC. Fam: Fabaceae**	Chana[10], Merkhukhani[10]	Rudantī (RAV 536)	leaf[37] fruit[37] young shoot[10]	P, H/ NE	Ladakh [37] Uttar Pradesh [10]	C◆	-	Vegetable[72] and Other_Pickel (Shoot)[73]
***Cichorium intybus* L. Fam: Asteraceae**	Kasni, Kashni	Kāsanī	leaf[10]	P, H/ LC	Uttar Pradesh [10]	C	-	Edible[72,73]
***Cinnamomum bejolghota* (Buch. -Ham.) Sweet Fam: Lauraceae**	Thak-thingsuak	-	leaf[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[69] and Other_Flavoring[73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Cinnamomum malabatrum **(Burm.f.) J.Presl Fam: Lauraceae**	Kadu dalchinni	-	stem bark[13]	P, T/ NE	Karnataka [13]	NC	-	Not listed
Cinnamomum tamala **(Buch.-Ham.) T.Nees & C.H.Eberm. Fam: Lauraceae**	Dalchini, Dalchini, Tej Patta	Tamālapatra	leaf[10] stem bark[10]	P, T/ LC	Uttar Pradesh [10]	C	-	Others_spice[69]
Cirsium lineare **Sch.Bip. [Syn: *Cnicus chinensis* (Gardner & Champ.) Benth.] Fam: Asteraceae**	Bhrengjum	-	flower[6] root[6]	P, H/ NE	Arunachal Pradesh [6]	NC	-	Not listed
Cissus obovata **Vahl Fam: Vitaceae**	Puar-peng	-	fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Not listed
Cissus quadrangularis **L. Fam: Vitaceae**	Hadjoda[12,19]	Asthisam-hāra	leaf[4] stem[19,50] whole plant[12]	P, S/ NE	Andhra Pradesh [50], Karnataka [4], Odisha [19], West Bengal [12]	C	-	Vegetable[69,73]
Cissus repens **Lam. Fam: Vitaceae**	Hrui-pawl	Amlavetasa (AK)	leaf[7]	P, C/ NE	Mizoram [7]	C◆	-	Vegetable[68]
Citrus hystrix **DC. [Syn: *C. macroptera* Montrouz.] Fam: Rutaceae**	Hatkora[7]	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[72]
Citrus jambhiri **Lush. Fam: Rutaceae**	Ser	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Not listed
Cleome gynandra **L. Fam: Cleomaceae**	Aviṭimokka[12], Kukkavaamiti[11]	Ajagandhā	leaf[12,11]	A, H/ NE	Andhra Pradesh [11], Telangana [12]	C	Group of green herbs[74]; Group of vegetables[74,75]; Group of leafy vegetables[78]	Vegetable[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Cleome monophylla **L.** **Fam: Cleomaceae**	Kolikalina gida[23], Kuriti[11]	-	leaf[23,11] young shoot[23]	A, H/ NE	Andhra Pradesh [11], Karnataka [23]	NC	-	Vegetable[69,73]
Cleome viscosa **L.** **Fam: Cleomaceae**	Hurhul[10], Hurhur[10], Jakhia[10], Jangli hurhur[16]	Tailaparṇī	seed[10,16]	A, H/ NE	Maharashtra [16], Uttar Pradesh [10]	C	-	Others_salad[73]
Clerodendrum colebrookianum **Walp.** **Fam: Lamiaceae**	Nefafu[7], Ongin[17], Oyan[7], Phui-hnam[7]	-	leaf[9,51] tender leaf[17] young shoot[9] shoot[7]	P, S/ NE	Arunachal Pradesh [9], [17], [51] Mizoram [7]	NC	-	Vegetable[69]
Clerodendrum glandulosum **Lindl.** **Fam: Lamiaceae**	Patwahama	-	leaf[20] twig[20]	P, S/ NE	Arunachal Pradesh [20]	NC	-	Vegetable[69]
Clerodendrum infortunatum **L.** **Fam: Lamiaceae**	Parake	Bhāṇḍīra	young shoot[13]	P, S/ NE	Karnataka [13]	C	-	ᴪVegetable (leaf)[69]
Coccinia grandis **(L.) Voigt [Syn:** ***C. indica*** **Wt & Arn.]** **Fam: Cucurbitaceae**	Jangli Tondali[16], Tilcor[5], Tindori[26], Tondekayi[3] Tondekayi[23]	Bimbī	fruit[16,26], leaf[5] young fruit[3,4,23]	P, C/ NE	Bihar [5] Chhattisgarh [26] Karnataka [3], [4], [23] Maharashtra [16]	C	Group of fruits[74,75,78]; Group of fruit vegetables[76]; Group of leafy vegetable[78]; Recipe with fruits[77,79]	Edible[69] and Vegetable[69,73]
Cocculus hirsutus **(L.) W.Theob.** **Fam: Menispermaceae**	Bodi[2], Dāgadiballi[12], Dusari teega[2], Musakani[1]	Pātālagāruḍī	leaf[1,2,12]	P, C/ NE	Karnataka [12] Madhya Pradesh [2] Odisha [1]	C	-	Vegetable[69,71]
Cochlospermum religiosum **(L.) Alston** **Fam: Bixaceae**	-	Pītaśālmalī	mucilage[2] gum[21]	P, T/ LC	Madhya Pradesh [2] Maharashtra [21]	C	-	ᴪEdible (flower)[69] ᴪVegetable (flower)[69]
Coelogyne ovalis **Lindl.** **Fam: Orchidaceae**	Bhangru	-	pseudobulbs[48]	P, H/ NE	Himachal Pradesh [48]	NC	-	Not listed

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Coix lacryma-jobi **L.** **Fam: Poaceae**	Phoma-ling	Gavedhukā	seed[6]	A, H/ NE	Arunachal Pradesh [6]	C	Group of inferior cereals [74, 75,76]	Edible[69], Vegetable[69] and Other_Soup[73]
Colocasia affinis **Schott** **Fam: Araceae**	Lep-lawp	-	leaf[7]	P, H/ NE	Mizoram [7]	NC	-	Not listed
Colocasia esculenta **(L.) Schott [Syn: *C. antiquorum* Schott.]** **Fam: Araceae**	Arua[5], Arvi, Kachalu[10], Bal[7], Janglighuiya[52], Kesavina Beru[22], Kesavina gedde[23], Pinalu, popas[10], Saru[19]	Ālukī	corm[9,22,23,52] leaf[5,7,19,23,52] tuber[52] root[10] young shoot[10] inflorescence[7]	P, H/ LC	Arunachal Pradesh [9] Bihar [5] Karnataka [22], [23] Maharashtra [52] Mizoram [7] Odisha [19] Uttar Pradesh [10]	C	Group of root vegetables[76,78]	Edible[69,73] and Vegetable[69,73]
Colubrina asiatica **Brongn.** **Fam: Rhamnaceae**	Guti	-	leaf[8]	P, S/ LC	Maharashtra [8]	NC	-	Vegetable[73]
Commelina benghalensis **L.** **Fam: Commelinaceae**	Kanchata Kanna[5], Kanchata[10], Kanchata[19], Kanchatu[10], Kanne soppu[23], Kennasuri saag[1]	Kañcaṭa, Karṇamoṭa (RAV 618)	leaf[1,5,10,19,23]	A, H / LC	Bihar [5], Karnataka [23], Odisha [1], [19] Uttar Pradesh [10]	C◆	-	Vegetable[69] and Edible[73]
Commicarpus scandens **(L.) Standl.** **Fam: Nyctaginaceae**	Nassarajanga	-	leaf[11]	P, H/ NE	Andhra Pradesh [11]	NC	-	Not listed
Corchorus aestuans **L.** **Fam: Malvaceae**	Budaa nalita[1], Kukurjhuntia[1]	Cañcū	leaf[1,19]	A, H/ NE	Odisha [1], [19]	C	Group of vegetables[75]; Recipe with leaves[77]	Others_salad[73]
Corchorus capsularis **L.** **Fam: Malvaceae**	Chench[26], Patua[5]	Kālaśāka	leaf[5,26]	A, H/ NE	Bihar [5], Chhattisgarh [26]	C	Group of vegetables[74,75;]	Vegetable[69,73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
							Group of leafy vegetables[76,78]	
Cordia dichotoma **G.Forst. [Syn: *C. obliqua* Willd. var. *wallichi*, *C. obliqua* Willd.] Fam: Boraginaceae**	Bhhokar[36], Bhirav[10], Laisura[10], Lassara[10], Lisora[10], Lissara[10], Lissora[10], Muk-fang[7]	Śleṣmātaka	fruit[4,7,10] tender leaf[7] half-ripe fruit[2,36]	P, T/ LC	Karnataka [4] Madhya Pradesh [2] Mizoram [7], Uttar Pradesh [10] Maharashtra [36] *	C	Group of fruits [74,75,76,78]; Group of vegetables[75]; Recipe with fruits[79]	Edible[68,73] and Vegetable[69,73]
Cordia fragrantissima **Kurz Fam: Boraginaceae**	Muk-pui	-	young leaf[7]	P, T/ LC	Mizoram [7]	NC	-	Not listed
Cordia obliqua **var. tomentosa Kazmi Fam: Boraginaceae**	Gonne hannu	Śleṣmātaka (South)	fruit[3]	P, T/ NE	Karnataka [3]	C◆	-	Not reported
Coriandrum sativum **L. Fam: Apiaceae**	-	Dhānyaka	fruit[21] leaf[5]	A, H/ NE	Bihar [5], Maharashtra [21]	C	Group of green herbs[74]; Group of vegetables[75]; Group of leafy vegetables[78]	Edible[69] and Other_soup[73]
Cornus capitata **Wall. [*Benthamidia capitata* (Wall.) Hara] Fam: Cornaceae**	Bamur, Bhamor, Bhamora, Thanboi	-	fruit[10]	P, T/ LC	Uttar Pradesh [10]	NC	-	Edible[69,73]
Corylus jacquemontii **Decne. Fam: Betulaceae**	Kabari, Kapari, Sharori	-	fruit[10]	P, T/ DD	Uttar Pradesh [10]	NC	-	Edible[68]
Crinum asiaticum **L. Fam: Amaryllidaceae**	Kep-tum	Sudarśana	leaf[7]	P, H/ NE	Mizoram [7]	C	-	Edible[70]
Crotalaria juncea **L. Fam: Fabaceae**	Sana[53, 54], Sanai[5],	Śaṇa	flower[5,7,13,53,54]	A, H/ NE	Bihar [5], Karnataka [13]	C	Group of pot herbs[74]; Group of	Edible[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
	Senabina soppu[13], Tumtang[54], Tum-thang[7], Tumthang[53]				Mizoram [7], [53], [54]		flowery vegetables[75]; Group of vegetables[75]; Recipe with flowers[77]	
Crotalaria tetragona **Roxb. ex Andrews Fam: Fabaceae**	Tum-thang	-	leaf[7] flower[7]	P, H/ NE	Mizoram [7]	NC	-	Not listed
Cucumis maderaspatanus **L. Fam: Cucurbitaceae**	Mani tonde	-	fruit[3]	A, C/ NE	Karnataka [3]	NC	-	Not listed
Cucumis melo **L. [Syn: *C. callosus* (Rottler) Cogn.[3]; *C. melo* var. *agrestis* [2], *Luffa cylindrica* (Linn.) M. Roem.] [5] Fam: Cucurbitaceae**	Futti bira[44], Gheora[5], Kadva bodilla[2], Kadvaaboda[2], Minake hannu[3], Pittaboda[2]	Kharbūja	flower[5] fruit[2,3,44]	A, C/ NE	Andhra Pradesh [44] Bihar [5] Karnataka [3] Madhya Pradesh [2]	C	Group of fruits[76,78]	Edible (fruit)[69,73] and Vegetable (fruit)[69]
Cucurbita maxima **Duchesne Fam: Cucurbitaceae**	Kadima[5], Kokharu[19], Kumabala[13]	Kūṣmāṇḍi-bheda (RAV 690)	leaf[19] flower[5] tender shoot[13,4]	A, C/ NE	Bihar [5], Karnataka [4], Odisha [11], [19]	C◆	-	Vegetable (leaf, flower)[69]
Cucurbita pepo **L. Fam: Cucurbitaceae**	Sajmani	Karkāru	flower[5]	A, C/ LC	Bihar [5]	C	-	ψVegetable (leaf, fruit)[69]
Curculigo orchioides **Gaertn. Fam: Hypoxidaceae**	Kali Musali[4,11]	Tālamūlī	root[4,11]	P, H/ NE	Karnataka [4], Madhya Pradesh [11] *	C	-	Edible[69,73] and Vegetable[69]
Curcuma angustifolia **Roxb. Fam: Zingiberaceae**	Paala Gundi, Paaluvaa	Tavakṣīrī	tuberous root[1]	P, H/ NE	Odisha [1]	C	-	Edible[68,73]
Curcuma montana **Roxb. Fam: Zingiberaceae**	-	-	rhizome[9]	P, H/ NE	Arunachal Pradesh [9]	NC	-	Edible[72]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Curcuma pseudomontana **J.Graham Fam: Zingiberaceae**	-	-	tuber[2]	P, H/ VU	Madhya Pradesh [2]	NC	-	Vegetable[68,73]
Cyathocalyx martabanicus **Hook.f. & Thomson Fam: Annonaceae**	Hrei-rawt	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[68,73]
Cycas circinalis **L. Fam: Cycadaceae**	Arguna	Hintāla	leaf[1]	P, T/ NE	Odisha [1]	C	-	Vegetable[69] and Edible[73]
Cycas rumphii **Miq. Fam: Cycadaceae**	Turiella	-	fruit[55]	P, T/ NE	Andaman and Nicobar Islands [55]	NC	-	Edible[69,73]
Cyclea peltata **(Lam.) Hook.f. & Thomson Fam: Menispermaceae**	-	Rājapāṭha, Vanatiktaka	fruit[4]	P, C/ NE	Karnataka [4]	C	Group of vegetables[74]	Not reported
Cymbopogon nardus **(L.) Rendle Fam: Poaceae**	Majjige hullu	Guchcha (AK)	stem[13]	P, H/ NE	Karnataka [13]	C◆	-	Not reported
Cynanchum annularium **(Roxb.) Liede & Khanum [Syn: *Holostemma annulare*] Fam: Apocynaceae**	-	-	flower[2] tender leaf[2]	P, C/ NE	Madhya Pradesh [2]	NC	-	Edible[69]
Cynodon dactylon **(L.) Pers. Fam: Poaceae**	-	Dūrvā	root[4]	P, H/ NE	Karnataka [4]	C	-	Other_cooling drink[73]
Cyperus rotundus **L. Fam: Cyperaceae**	-	Mustā	tuberous root[4]	P, H/ LC	Karnataka [4]	C	-	Edible[69,73]
Dasiphora fruticosa **(L.) Rydb. [Syn: *Potentilla fruticosa* L.] Fam: Rosaceae**	Sonmayaspa	Vajradantī (RAV 561)	leaf[37]	P, H/ NE	Ladakh [37]	C	-	Others_tea[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Debregeasia longifolia **(Burm.f.) Wedd.** **Fam: Urticaceae**	Siaru, Soraru, Tusar, Tusara, Tushiari, Tushiari	-	fruit[10]	P, S/ LC	Uttar Pradesh [10]	NC	-	Edible[69,73]
Debregeasia saeneb **(Forssk.) Hepper & J.R.I.Wood [Syn: *D. salicifolia* (Don) Rendle]** **Fam: Urticaceae**	Sansaru, Siar, Siaru, Tusar, Tushiari, Tushiari	-	fruit[10]	P, S/ LC	Uttar Pradesh [10]	NC	-	Edible[69]
Decalepis khasiana **(Kurz) Ionta ex Kambale [Syn: *Pentanura khasiana* Kurz]** **Fam: Apocynaceae**	Thei-kel-ki	-	fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Not listed
Dendrocalamus giganteus **Munro** **Fam: Poaceae**	Vai-mau	-	shoot[7]	P, S/ LC	Mizoram [7]	NC	-	Edible[69]
Dendrocalamus hamiltonii **Nees & Arn. ex Munro** **Fam: Poaceae**	Phul-rua	-	shoot[7]	P, S/ NE	Mizoram [7]	NC	-	Vegetable[69,73]
Dendrocalamus strictus **(Roxb.) Nees** **Fam: Poaceae**	An-Kuang[7,] Bidiru Kalale[22,] Bidiru[13,] Eeng[17]	Vaṃśa (RAV 922)	shoot[7, 17] seed[7] young shoot[13,22,35,] leaf[35] young stem[35] rice[35]	P, S/ NE	Andhra Pradesh [35] Arunachal Pradesh [17] Karnataka [13], [22] Mizoram [7]	C◆	-	Edible[69,73] and Vegetable[69,73]
Dendrocnide sinuata **(Blume) Chew** **[Syn: *Laportea crenulata* (Roxb) Gaud.]** **Fam: Urticaceae**	Peji[17,] Thak-pui[7]	-	shoot[7,17] flower[7]	P, T/ LC	Arunachal Pradesh [17], Mizoram [7]	NC	-	Edible (flower)[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Dicranopteris linearis **(Burm.f.) Underw.** **Fam: Gleicheniaceae**	-	-	young rachis[56]	P, H/ LC	Uttarakhand [56]	NC	-	ᴪEdible (stem)[69]
Digera muricata **Mart.** **Fam: Amaranthaceae**	Chenchali soppu	Kuṭhiñjara (AK 462)	leaf[23]	A, H/ NE	Karnataka [23]	C◆	-	Vegetable[69,73]
Dillenia indica **L.** **Fam: Dilleniaceae**	Kawr-thindeng[7], Tenga[20]	Bhavya	fruit[2] perianth[2] fruit[7,20,27]	P, T/ LC	Arunachal Pradesh [20] Madhya Pradesh [2],, Mizoram [7]	C	Group of fruits[74,75]	Edible[69] and Vegetable[73]
Dillenia pentagyna **Roxb.** **Fam: Dilleniaceae**	Kaltega[3], Karmal[27], Raayi[27], Thing-se-lei[7]	-	fruit[3] flower[7] half-ripe fruit[1]	P, T/ NE	Karnataka [3] Maharashtra [27] Mizoram [7] Odisha [1]	NC	-	Edible[69,73] and Vegetable[69]
Dimocarpus longan **Lour.** **[Syn:** ***Nephelium longana*** **Cambess]** **Fam: Sapindaceae**	Theifeimung	Ākṣikī? (RAV 728)	fruit[7]	P, T/ DD	Mizoram [7]	C◆	-	ᴪEdible (aril)[69,73]
Dioscorea alata **L. [Syn:** ***D. belophylla*** **Voigt ex Haines]** **Fam: Dioscoreaceae**	Ba-chhim[7], Chai[27], Hra-kai[7], Khambo aloo[7], Shakhen kanda[26]	Kāṣṭhāluka	tuber[7,26,27] bulbil[7]	P, C/ NE	Chhattisgarh [26] Maharashtra [27] Mizoram [7]	C	Group of vegetables[74]; Group of tubers[75]; Group of root vegetables[76]	Edible[69,73]
Dioscorea belophylla **(Prain) Voigt ex Haines** **Fam: Dioscoreaceae**	Hra-kai[7], Tarur[10], Turhee[10]	Taruṭa (RAV 730)	root[10] tuber[7]	P, C/ NE	Mizoram [7], Uttar Pradesh [10]	C◆	-	Edible[69,73]
Dioscorea bulbifera **L.** **Fam: Dioscoreaceae**	Aḍaviduṃpa[12], Cherangakandaa[12], Genthu[10], Gethi[10],	Vārāhī	bulb[16,45] tuber [4,9,16,27,45] bulbil[10] rhizome[12]	P, C/ NE	Andhra Pradesh [12], Arunachal Pradesh [9],[17]	C	Group of tubers[75]; Group of root vegetables[76]	Edible[69,73] and Vegetable[69]

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	Mataru[16], Pita kanda[12], Uli[17]		tuber[1] Part Not mentioned[17]		Jammu & Kashmir [45] Karnataka [4] Maharashtra [16], [27] Odisha [1] Uttar Pradesh [10]			
Dioscorea deltoidea **Wall. ex Griseb. Fam: Dioscoreaceae**	Gethi	-	tuber[11]	P, C/ NE	Uttar Pradesh [11]	NC	-	Edible[68]
Dioscorea esculenta **(Lour.) Burkill Fam: Dioscoreaceae**	Gethi	Madhvāluka	tuber[27]	P, C/ NE	Maharashtra [27]	C	Group of tubers[75]	Edible[69] and Vegetable[69,73]
Dioscorea hispida **Dennst. Fam: Dioscoreaceae**	Kāḍugiṇasina-giḍḍa[12], Vajkanda[27]	Hastyāluka	rhizome[12], tuber[27]	P, C/ NE	Karnataka [12], Maharashtra [27]	C	Group of tubers[75]	Edible[69,73]
Dioscorea kamoonensis **Kunth Fam: Dioscoreaceae**	Muya, Van Gethi	-	root[10]	P, C/ NE	Uttar Pradesh [10]	NC	-	Not reported
Dioscorea oppositifolia **L. Fam: Dioscoreaceae**	Adavi tega[11], Hake genasu[22]	-	tuber[2,22,11]	P, C/ NE	Andhra Pradesh [11], Karnataka [22], Madhya Pradesh [2]	NC	-	Edible[69,73]
Dioscorea pentaphylla **L. Fam: Dioscoreaceae**	Engin[20], Shendvel[27]	Vidārikanda (substitute) (RAV 936)	flower[27] tuber[20] leaf[12]	P, C/ NE	Andaman and Nicobar Islands [12], Arunachal Pradesh [20], Maharashtra [27]	C◆	-	Edible[69,73] and Vegetable[69,73]
Dioscorea pubera **Blume Fam: Dioscoreaceae**	Chavide teega[43]	Kāsālu	tuber[2,43]	P, C/ NE	Andhra Pradesh [43], Madhya Pradesh [2]	C	-	Edible[69] and Vegetable[73]
Diospyros malabarica **(Desr.) Kostel.**	Thei-kum	Tinduka-bheda	fruit[7]	P, T/ NE	Mizoram [7]	C	Group of fruits[74,75,76,78]	Edible[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
Fam: Ebenaceae								
Diospyros melanoxylon **Roxb. Fam: Ebenaceae**	Tembhrun[27], Temru[16], Tendu[16]	-	fruit[16,27]	P, T/ NE	Maharashtra [16], [27]	NC	-	Edible[68,73]
Diplazium esculentum **(Retz.) Sw. Fam: Athyriaceae**	Cha-kawk[7], Dhakia sag[20]	-	shoot[9] leaf[7,9] young fronds[20],[56] young leaves[30]	P, H/ LC	Arunachal Pradesh [9], [20], [30] Mizoram [7] Uttarakhand [56]	NC	-	Vegetable[69]
Diplazium maximum **(D.Don) C.Chr. [Syn: *D. frondosum* Wall.] Fam: Athyriaceae**	Cha-kawk[7], Leangur[10], Ligur[10], Limora[10], Lingara[10], Lingura[56], Lyona[56]	-	leaf[7] young fronds[56] young shoot[10]	P, H/ NE	Mizoram [7] Uttarakhand [56] Uttar Pradesh [10]	NC	-	Edible (leaf)[69]
Diplocyclos palmatus **(L.) Jeffrey Fam: Cucurbitaceae**	Lingatonde balli[3], Shivlingi[3]	Śivaliṅgī	leaf[21] young fruit[3,4]	P, C/ NE	Karnataka [3], [4], Maharashtra [21]	C	-	Edible (fruit)[69]
Diploknema butyracea **(Roxb.) H.J.Lam Fam: Sapotaceae**	Cheura	-	fruit[10] seed[10] flower[10]	P, T/ NE	Uttar Pradesh [10]	NC	-	Edible (fruit)[69]
Dolichandrone falcata **(Wall. ex DC.) Seem. Fam: Bignoniaceae**	Medhashing	-	pod[27]	P, T/ LC	Maharashtra [27]	NC	-	Not reported
Dolichos trilobus **L. Fam: Fabaceae**	Kaduavare	-	seed[3]	P, C/ NE	Karnataka [3]	NC	-	Edible[70]
Dracaena spicata **Roxb. Fam: Asparagaceae**	Sa thang-dai	-	flower[7]	P, S/ NE	Mizoram [7]	NC	-	[Ψ]Vegetable (tuber)[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Duabanga grandiflora **(Roxb. ex DC.) Walp.** **Fam: Lythraceae**	Zuang	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[69]
Eclipta prostrata **(L.) L.** **Fam: Asteraceae**	Maka	Bhṛṅgarāja	leaf[21]	A, H / LC	Maharashtra [21]	C	-	Vegetable[69,73]
Ehretia microphylla **Lam. [Syn:** ***Carmona retusa*** **(Vahl.) Masam.]** **Fam: Boraginaceae**	Heleadike hannu	-	fruit[3]	P, H/ NE	Karnataka [3]	NC	-	Edible[73]
Elaeagnus caudata **Schltdl. ex Momiy.** **Fam: Elaeagnaceae**	Giwai[10], Loharu[10], Sar-zuk-pui[7]	-	fruit[7,10]	P, S/ DD	Mizoram [7], Uttar Pradesh [10]	NC	-	ΨVegetable (flower)[69]
Elaeagnus conferta **Roxb.** **Fam: Elaeagnaceae**	Hurabalu hannu	-	fruit[46]	P, S/ LC	Karnataka [46]	NC	-	Edible[69]
Elaeagnus pyriformis **Hook.f.** **Fam: Elaeagnaceae**	Sar-zuk-te	-	fruit[7]	P, S/ DD	Mizoram [7]	NC	-	Edible[69,73]
Elaeagnus umbellata **var.** ***umbellate*** **[Syn:** ***E. parvifolia*****,** ***Elaeagnus parvifolia*** **Wall. ex Royle]** **Fam: Elaeagnaceae**	Ginroi[10], Gioben[10], Gitvai[10]	-	fruit[10,20]	P, S/ NE	Arunachal Pradesh [20], Uttar Pradesh [10]	NC	-	Edible[69,73]
Elaeocarpus floribundus **Blume** **Fam: Elaeocarpaceae**	Jalpai	-	fruit[20]	P, T/ LC	Arunachal Pradesh [20]	NC	-	Edible[69,73]
Elaeocarpus oblongus **Gaertn. ex Sm.** **Fam: Elaeocarpaceae**	Vekki	-	fruit[25]	P, T/ NE	Tamil Nadu [25]	NC	-	Edible[68,73]
Elaeocarpus serratus **L.** **Fam: Elaeocarpaceae**	Tupra	Rudrākṣa	fruit[3]	P, T/ NE	Karnataka [3]	C	-	Edible[69,73] and Vegetable[73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Elaeocarpus tectorius **(Lour.) Poir.** **Fam: Elaeocarpaceae**	Um-khal	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[70]
Elatostema sessile **J.R.Forst. & G.Forst.** **Fam: Urticaceae**	Hippy Hama[20,] Dawh-vannei[7]	-	stem[20] leaf[20] shoot[7]	P, H/ LC	Arunachal Pradesh [20], Mizoram [7]	NC	-	Vegetable[69]
Elettaria cardamomum **(L.) Maton** **Fam: Zingiberaceae**	Veldoda	Sūkṣmailā	fruit[21]	P, H/ NE	Maharashtra [21]	C	Group of spices[78]	Others_spice[69]
Eleusine coracana **(L.) Gaertn.** **Fam: Poaceae**	-	Madhūlikā	seed[9]	A, H/ NE	Arunachal Pradesh [9]	C	Group of inferior cereals[74,75]	Others_food/Famine food[69,73]
Elsholtzia blanda **(Benth.) Benth.** **Fam: Lamiaceae**	Neb-shu	-	flower[20] fruit[20]	P, H/ NE	Arunachal Pradesh [20]	NC	-	Edible (fruit)[68]
Elsholtzia communis **(Collett & Hemsl.) Diels** **Fam: Lamiaceae**	Leng-ser	-	leaf[7]	A, H/ NE	Mizoram [7]	NC	-	Others_condiment[69]
Embelia ribes **Burm.f.** **Fam: Primulaceae**	-	Viḍaṅga	leaf[44]	P, S/ NE	Andhra Pradesh [44]	C	Recipe with leaves[77]	Edible[69]
Embelia tsjeriam-cottam **(Roem. & Schult.) A.DC.** **Fam: Primulaceae**	Maraharive	Viḍaṅga-bheda (RAV 1060)	fruit[3,4]	P, S/ NE	Karnataka [3], [4]	C◆	-	Edible[68]
Embelia vestita **Roxb.** **Fam: Primulaceae**	Tling	-	leaf[7] fruit[7]	P, C/ LC	Mizoram [7]	NC	-	Edible[73] and Vegetable (leaf)[68]
Enydra fluctuans **Lour.** **Fam: Asteraceae**	Harkuch	Hilamocikā	leaf[26] tender twig[26]	P, H/ LC	Chhattisgarh [26]	C	Group of leafy vegetables[76]	Vegetable[69,73]
Ensete superbum **(Roxb.) Cheesman** **Fam: Musaceae**	Kallubale[13,] Sai-su[7]	-	stem pith[13] leaf sheath[7] flower[7]	P, H/ NT	Karnataka [13], Mizoram [7]	NC	-	Edible (stem, inflorescence)[69] and Vegetable (stem pith)[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Entada rheedei* subsp. *rheedei* [Syn: *E. pursaetha* DC.] Fam: Fabaceae**	Kawi-hrui	-	leaf[7] seed[7]	P, C/ NE	Mizoram [7]	NC	-	Edible (Seed)[69]
***Erigeron bonariensis* L. [Syn: *Conyza bonariensis* (L.) Cronquist] Fam: Asteraceae**	Buar-zen	-	leaf[7]	A, H/ NE	Mizoram [7]	NC	-	Not reported
***Eriosema chinense* Vogel [Syn: *E. himalaicum* Ohashi] Fam: Fabaceae**	Ban, Bhoda, Kandan, Kondan	-	tuber[10]	A, H/ NE	Uttar Pradesh [10]	NC	-	Edible[68,73]
***Eryngium foetidum* L. Fam: Apiaceae**	Bahkhawr[53], Ba-khawr[7], Dhania pat[20,29], Kaadu kothambari[32], Kadu kottamri soppu[23], Ori-ritak in Adi[17]	-	plant[29] leaf [7,17,20,32,23,53] fruit[7]	B, H/ NE	Arunachal Pradesh [17], [20], [29], Karnataka [23], [32], Mizoram [7], [53]	NC	-	Edible[69] and Other_flavouring[73]
***Erythrina variegata* L. Fam: Fabaceae**	Far-tuah[7], Pangra[7]	Pāribhadra	leaf[16,21] seed oil[16] immature pod[7]	P, T/ LC	Maharashtra [16], [21], Mizoram [7]	C	-	Vegetable (pod)[68,73]
***Erythroxylum monogynum* Roxb. Fam: Erythroxylaceae**	Bedne hannu[3], Devadaru[3]	Kaṭṭu-candana (RAV 1108)	leaf[44] fruit[3]	P, T/ LC	Andhra Pradesh [44], Karnataka [3]	C◆	-	Edible (fruit)[68] and Vegetable[73]
***Euphorbia hirta* L. Fam: Euphorbiaceae**	Lahan nahati[16], Dudhi[5], Midum-an[7]	Dugdhikā	leaf[16,5] shoot[7]	A, H/ NE	Bihar [5], Maharashtra [16], Mizoram [7]	C	Group of vegetables[75]	Edible[69], Vegetable (Leaf)[73]; others_famine food (Shoot)[73]
***Eurya cerasifolia* (D.Don) Kobuski Fam: Pentaphylacaceae**	Si-hnegh	-	leaf[7]	P, S/ LC	Mizoram [7]	NC	-	Not reported

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Eustigma lenticellatum **C.Y.Wu [Syn: *Sycopsis griffithiana* D. Oliver] Fam: Hamamelidaceae**	Mam-chawpum-te	-	seed[7]	P, T/ NE	Mizoram [7]	NC	-	Not listed
Fagopyrum acutatum **Mansf. ex K.Hammer [Syn: *F. dibotrys* (D.Don) Hara] Fam: Polygonaceae**	An-bawng[7], Tern [6]	-	plant[6] seed[6] leaf[7,10]	P, H/ NE	Arunachal Pradesh [6], Mizoram [7], Uttar Pradesh [10]	NC	-	Edible (seed)[68,73] and Vegetable (leaf)[69,73]
Fagopyrum cymosum **(Trevir.) Meisn. Fam: Polygonaceae**	-	-	plant[57]	P, H/ NE	Arunachal Pradesh [57]	NC	-	[Ψ]Vegetable (leaf)[72]
Fagopyrum esculentum **Moench Fam: Polygonaceae**	Amintatek [20], Kotu [58]	-	leaf[20,58] fruit[58] young stem[20]	A, H/ NE	Arunachal Pradesh [20] Himachal Pradesh [58]	NC	-	Vegetable (leaf)[69]
Ficus auriculata **Lour. Fam: Moraceae**	Thei-bal[7], Timla[10], Timul [14], Timul[10]	-	fruit[7,10] leaf[7,14] flower[14] root[14] latex[14]	P, T/ LC	Mizoram [7] Uttarakhand [14] Uttar Pradesh [10]	NC	-	Edible (fruit)[69,73]
Ficus benghalensis **L. Fam: Moraceae**	Vad	Nyagrodhā	fruit[16,21]	P, T/ NE	Maharashtra [16], [21]	C	Group of fruits[74,75]	Edible[69,73]
Ficus carica **L. Fam: Moraceae**	-	Añjīra	fruit[3,4,21]	P, T/ LC	Karnataka [3], [4], Maharashtra [21]	C	-	Edible[69,73]
Ficus cordata **Thunb. Fam: Moraceae**	Takuk	-	fruit[17]	P, T/ LC	Arunachal Pradesh [17]	NC	-	Not listed
Ficus hispida **L.f. Fam: Moraceae**	Dimbiri[19], Thei-thawt[7]	Kākodum-bara	leaf[7], fruit[7,19]	P, T/ LC	Mizoram [7], Odisha [19]	C	Group of fruits[74,75]	Edible[69,73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Ficus palmata **Forssk.** **Fam: Moraceae**	Bedu[10], Beru[10], Feru[10], Khamri[10]	-	fruit[10]	P, T/ LC	Uttar Pradesh [10]	NC	-	Edible[69]; Others_famine food[73]
Ficus racemosa **L. [Syn: *F. lucescens* Bl.*; F. glomerata* Roxb.] [5]** **Fam: Moraceae**	Attihannu[3], Dimbiri[19], Gular[5], Pakhad[16], Takpiya[20], Thei-chek[7]	Udumbara	incipient shoot[16] fruit[3,4,7,19,20] flower[5]	P, T/ LC	Arunachal Pradesh [20] Bihar [5] Karnataka [3], [4] Maharashtra [16] Mizoram [7] Odisha [19]	C	Group of fruits[74,78]; Group of vegetables[75]; Recipe with fruits[77]	Edible (fruit)[69,73] and Vegetable (fruit)[69]
Ficus semicordata **Buch. - Ham. ex Sm. [Syn: *F. cunia* Buch. Ham. ex Roxb.]** **Fam: Moraceae**	Podai[1], Veru bodda[43], Yerubodda-chettu[43]	-	fruit[1,43]	P, T/ LC	Andhra Pradesh [43], Odisha [1]	NC	-	Edible[69] and Others_famine food[73]
Ficus simplicissima **Lour. [Syn: *F. hirta* Vahl.]** **Fam: Moraceae**	Sa-zu-theipui	-	leaf[7] fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Vegetable[68] and Edible[73]
Ficus tinctoria **G.Forst.** **Fam: Moraceae**	Hmei-thaithei	Udumbara (RAV 143)	fruit[7]	P, T/ LC	Mizoram [7]	C◆	-	Not reported
Ficus virens **Aiton** **Fam: Moraceae**	Jari	Plakṣa	fruit[1]	P, T/ LC	Odisha [1]	C	-	Vegetable[69]
Flacourtia indica **(Burm.f.) Merr.** **Fam: Salicaceae**	Bilangur[10], Binagra[10], Gedluke Hannu[3], Kande[10], Kandi[10], Kango[10], Kenel[10]	Vikaṅkata	fruit[3,4,10]	P, T/ LC	Karnataka [3], [4], Uttar Pradesh [10]	C	Group of fruits[74,76,78]	Edible[69,73]

***Botanical Name* (Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Flacourtia jangomas* (Lour.) Raeusch. Fam: Salicaceae**	Karinelli	Prācīnāma-laka	fruit[3]	P, T/ NE	Karnataka [3]	C	Group of fruits[74,75,76,78]	Edible[69,73]
***Flemingia procumbens* Roxb. Fam: Fabaceae**	Fung, Fung	-	root[10]	P, H/ NE	Uttar Pradesh [10]	NC	-	Edible[69,73]
***Flueggea virosa* (Roxb. ex Willd.) Royle [*Securinega virosa* Roxb. ex Willd.] Fam: Phyllanthaceae**	Sai-siak	-	fruit[7]	P, S/ LC	Mizoram [7]	NC	-	Edible[69]
***Foeniculum vulgare* Mill. Fam: Apiaceae**	Saunf	Śatapuṣpā	fruit[21]	B, H/ LC	Maharashtra [21]	C	Group of spices[78]	Edible[73], Others_flavoring[73]
***Fragaria indica* Wall. Fam: Rosaceae**	Butra[20,59]	-	leaf[59] berry[20]	P, H/ NE	Arunachal Pradesh [20], Assam [59]	NC	-	Edible (fruit)[69]
***Galinsoga parviflora* Cav. Fam: Asteraceae**	Nirangm	-	stem[20] leaf[20]	A, H/ NE	Arunachal Pradesh [20]	NC	-	Vegetable[73]
***Garcinia anomala* Planch. & Triana Fam: Clusiaceae**	Dang-kha	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Not listed
***Garcinia gummi-gutta* (L.) N.Robson Fam: Clusiaceae**	Hulimara	-	fruit[3]	P, T/ LC	Karnataka [3]	NC	-	Edible (fruit)[69]
***Garcinia lanceifolia* Roxb. Fam: Clusiaceae**	Cheng-kek	-	leaf[7] fruit[7]	P, S/ LC	Mizoram [7]	NC	-	Edible (fruit)[69,73] and Vegetable (leaf)[68,73]
***Garcinia ovalifolia* Oliv. [Syn: *G. acuminata* Planchon & Triana] Fam: Clusiaceae**	Kawr vawm-va	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Garcinia pedunculata **Roxb. ex Buch.-Ham. Fam: Clusiaceae**	Thekra-tenga[20], Vawm-vapui[7]	Vṛntāmla-phala	fruit[7,20]	P, T/ NE	Arunachal Pradesh [20], Mizoram [7]	C	-	Edible[69] and Vegetable[73]
Garcinia sopsopia **(Buch.-Ham.) Mabb. Fam: Clusiaceae**	Vawm-va	-	fruit[7]	P, T/ DD	Mizoram [7]	NC	-	Edible[69,73]
Garcinia xanthochymus **Hook.f. ex T.Anderson Fam: Clusiaceae**	Kadujerige hannu[3], Tuai-ha-bet[7]	-	fruit[3,7]	P, T/ LC	Karnataka [3], Mizoram [7]	NC	-	Vegetable[73]
Gardenia gummifera **L.f. Fam: Rubiaceae**	Adavibikke hannu	Nāḍīhiṅgu	fruit[3]	P, S/ LC	Karnataka [3]	C	-	Edible[69,73]
Gardenia latifolia **Aiton Fam: Rubiaceae**	Aare Bikke hannu	Parpaṭakī (RAV 178)	fruit[3]	P, T/ LC	Karnataka [3]	C	Group of fruits[74]	Edible[68,73]
Gardenia tubifera **Wall. [Syn: *Gardenia resinifera* Korth.] Fam: Rubiaceae**	-	-	fruit[2]	P, T/ NE	Madhya Pradesh [2]	NC	-	Edible[73]
Garuga pinnata **Roxb. Fam: Burseraceae**	Bung-butuai-ram[7], Kakad[36]	Kiṅkirāta (RAV 1103)	fruit[7,36]	P, T/ LC	Mizoram [7], Maharashtra [36] *	C◆	-	Edible[69,73]
Gaultheria fragrantissima **Wall. Fam: Ericaceae**	Shuk sheng[20], Shukshong[6]	Gandhapūra, Gandhaparṇa (RAV 1104)	fruit[6,20]	P, S/ LC	Arunachal Pradesh [6], [20]	C	-	Edible[68,73]
Girardinia diversifolia **(Link) Friis Fam: Urticaceae**	Kang-thai	Vṛścikālī? (RAV 1114)	tender leaf[7]	P, H/ NE	Mizoram [7]	C◆	-	Vegetable[69,73]
Glinus lotoides **L. Fam: Molluginaceae**	Dussera sag	Uṣandī (RAV 1116)	leaf[19]	A, H / LC	Odisha [19]	C◆	-	ᴪVegetable (shoot)[69]
Glinus oppositifolius **Aug.DC. [Syn: *Mollugo oppositifolia* Linn.]**	Bak-kha-te[7], Isakaraasikoora[43]	-	leaf[43] whole plant[7]	A, H / LC	Andhra Pradesh [43], Mizoram [7]	NC	-	Vegetable[69]

***Botanical Name* (Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
Fam: Molluginaceae								
***Gliricidia sepium* (Jacq.) Kunth Fam: Fabaceae**	Khat	-	flower[27]	P, T/ LC	Maharashtra [27]	NC	-	Vegetable[73]
***Globba spathulata* Roxb. [Syn: *Mantisia spathulata* Schult.] Fam: Zingiberaceae**	Ai-thing	-	rhizome[7]	P, H/ VU	Mizoram [7]	NC	-	Not reported
***Glycosmis cymosa* (Kurz) V.Naray. Fam: Rutaceae**	Thei-sam tawk	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Not listed
***Gmelina arborea* Roxb. ex Sm. [Syn: *G. oblongifolia* Roxb.] Fam: Lamiaceae**	Thlamvawng, Vawng -thla	Gambhārī	flower[7] tender leaf[7]	P, T/ LC	Mizoram [7]	C	Group of flowery vegetables[78]	Edible (flower)[69] and Vegetable (flower)[69]
***Gnetum edule* (Willd.) Blume [Syn: *G. ula* Brogn] [1] Fam: Gnetaceae**	Lolloribandhu[11], Lollorimaal[1]	-	fruit[1] seed[11]	P, C/ NE	Andhra Pradesh [11] Odisha [1]	NC	-	Edible[69,73]
***Gnetum gnemon* L. Fam: Gnetaceae**	Pelh	-	leaf[7]	P, C/ LC	Mizoram [7]	NC	-	Vegetable[68]
***Gnetum montanum* Markgr. Fam: Gnetaceae**	Thal-ping	Mṛgaliṇḍikā (RAV 1135)	seed[7]	P, C/ LC	Mizoram [7]	C◆	-	Edible[73]
***Goniothalamus sesquipedalis* (Colebr. ex Wall.) Hook.f. & Thomson Fam: Annonaceae**	Kham	-	fruit[7]	P, S/ NE	Mizoram [7]	NC	-	Not reported
***Gonostegia hirta* (Hassk.) Miq. [Syn: *Pouzolzia hirta* Hassk] [29] Fam: Urticaceae**	Dike[29], Oike[20]	-	stem[20] leaf[20] NM[29]	P, H/ NE	Arunachal Pradesh [20], [29]	NC	-	Vegetable[69]

***Botanical Name* (Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Gonostegia triandra* (Blume) Miq. [Syn: *Pouzolzia bennettiana* Wight.] Fam: Urticaceae**	Oyik	-	shoot[17]	P, H/ NE	Arunachal Pradesh [17]	NC	-	Vegetable (leaf)[69]
***Grewia bracteata* Roth [Syn: *G. obtusa* Wall.ex Dunn.] Fam: Malvaceae**	Bekkinatoraduha nnu	-	fruit[3]	P, S/ NE	Karnataka [3]	NC	-	Edible[70]
***Grewia hirsuta* Vahl Fam: Malvaceae**	Khaddamni, Kamoni	Guḍaśarkarā	fruit[16]	P, S/ LC	Maharashtra [16]	C	-	Edible[69,73]
***Grewia oppositifolia* Roxb. ex DC. [Syn: *G. emarginata* Wight & Arn.] Fam: Malvaceae**	Kattukadalai	Todana/ Dhanvana-bheda (RAV 1151)	fruit[25]	P, T/ NE	Tamil Nadu [25]	C◆	Group of fruits [74,75,78]	Edible[70]
***Grewia optiva* J.R.Drumm. ex Burret Fam: Malvaceae**	Behal, Bekku, Bheul, Bhimal, Biwal, Biyual, Biyur	-	fruit[10]	P, T/ LC	Uttar Pradesh [10]	NC	-	Edible[69]
***Grewia sapida* Roxb. ex DC. Fam: Malvaceae**	Bistu, Flasa, Falsa	-	fruit[10]	P, S/ NE	Uttar Pradesh [10]	NC	-	Edible[69,73]
***Grewia tiliifolia* Vahl Fam: Malvaceae**	Dbaman[16], Dhaman[1], Ganguti[1], Gulkesar[16], Tadasalu hannu[3]	Dhanvana	fruit[1,3,4,16]	P, T/ LC	Karnataka [3], [4], Maharashtra [16] Odisha [1]	C	Group of fruits[74,75]	Edible[69,73]
***Guizotia abyssinica* (L.f.) Cass. Fam: Asteraceae**	Kardi, Jangni, Ramtil	-	seed[16] seed oil[16]	A, H/ NE	Maharashtra [16]	NC	-	Edible (seed oil)[69]
***Gynura bicolor* (Roxb. ex Willd.) DC. Fam: Asteraceae**	Tlang-nal	-	leaf[7]	P, H/ NE	Mizoram [7]	NC	-	Vegetable[69]
***Haematocarpus validus* (Miers) Bakh.f. ex Forman**	Theichhung-sen	-	fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[68]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
Fam: Menispermaceae								
Halosarcia indica **(Willd.) Paul G.Wilson [Syn: *Arthrocnemum indicum* Moq.; *Salicornia brachiata* Miq.] Fam: Amaranthaceae**	Machul, Machur	-	plant[8]	P, S/ NE	Maharashtra [8]	NC	-	Edible[68]
Hedychium spicatum **Buch.-Ham. ex Sm. [Syn: *H. acuminatum* Roscoe] Fam: Zingiberaceae**	Ai-thur[7]	Śaṭī	rhizome[7]	P, H/ LC	Mizoram [7]	C	Group of vegetables[74,75]; Group of root vegetables[78]	ΨEdible (shoot)[69]
Hellenia speciosa **(J.Koenig) Govaerts [Syn: *Costus speicosus* Koerning ex Retz.) Smith.] Fam: Costaceae**	Bāsinaduṃpa[12], Kemukh[10], Keul[10], Keul[10], Kevukanda[2], Kevukonda[1]	Kemuka	rhizome[1,2,4, 10,12]	P, H/ NE	Andhra Pradesh [12] Karnataka [4] Madhya Pradesh [2] Odisha [1] Uttar Pradesh [10]	C	Group of vegetables[75]; Group of root vegetables[76]	Edible[69,73] and Vegetable[69]
Hemidesmus indicus **(L.) R.Br. ex Schult. Fam: Apocynaceae**	Makali Kilazhangu[25]	Śvetaśārīvā	root[4,25]	P, C/ NE	Karnataka [4], Tamil Nadu [25]	C	-	Others_local drink[68]
Heteropanax fragrans **(Roxb.) Seem. Fam: Araliaceae**	Chang-khen	-	leaf[7]	P, T/ LC	Mizoram [7]	NC	-	Not reported
Hibiscus cannabinus **L. Fam: Malvaceae**	Ambadi[21], Kanuriya[19], Pundi soppu[23]	Ambaṣṭhā? (RAV 1230)	leaf[19,21,23] flower[21]	P, H/ NE	Karnataka [23], Maharashtra [21], Odisha [19]	C◆	-	Vegetable (flower, leaf)[69] and Edible (flower)[73]
Hibiscus ovalifolius **Vahl Fam: Malvaceae**	-	-	fruit[19]	P, H/ NE	Odisha [19]	NC	-	Not reported
Hibiscus rosa-sinensis **L. Fam: Malvaceae**	Kultrum	Japā	leaf[5]	P, S/ NE	Bihar [5]	C	-	Edible[73] and Vegetable[73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Hibiscus sabdariffa* L. [Syn: *H. sabdariffa* var. *sabdariffa* Linn.] Fam: Malvaceae**	An-thur[7], Lakheranthur[7]	Ambaṣṭhakī, raktanāla	leaf[4,7]	P, H/ NE	Karnataka [4], Mizoram [7]	C	Group of vegetables[74]	Edible[69] and Vegetable[69,73]
***Hibiscus surattensis* L. Fam: Malvaceae**	Mizo-anthur	-	leaf[7]	A, S/ NE	Mizoram [7]	NC	-	Vegetable[69] and Others_salad[73]
***Hippophae rhamnoides* L. Fam: Elaeagnaceae**	Amish, Chuk, Chuk, Chookh	Amlavetasa (AFI. III)	fruit[10]	P, T/ LC	Uttar Pradesh [10]	C	Group of fruits [74,76,78]	Edible[69,73]
***Hippophae tibetana* Schltdl. Fam: Elaeagnaceae**	Dharchuk, Tarua, Chua, Turua, Chookh	-	fruit[10]	P, S/ NE	Uttar Pradesh [10]	NC	-	Edible[69] and Others_fruit squash[69]
***Hodgsonia macrocarpa* (Blume) Cogn. Fam: Cucurbitaceae**	Kha-um	-	kernel[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[69] and Vegetable[69]
***Homalomena aromatica* (Spreng.) Schott Fam: Araceae**	An-chi-ri	-	petiole[7]	P, H/ NE	Mizoram [7]	NC	-	Edible[69]
***Homonoia riparia* Lour. Fam: Euphorbiaceae**	Tuipui-sulhlah	Pāṣāṇabheda substitute (RAV 1233)	shoot[7]	P, S/ LC	Mizoram [7]	C◆	-	ᴪEdible (fruit)[69] and ᴪVegetable (leaf)[69]
***Houttuynia cordata* Thunb. Fam: Saururaceae**	Pan[10], Pipal[10], Pipali[10], Reram[17], Ui-thinthang[7]	Mastya-gandhā (RAV1239)	leaf[9] young shoot[7,9] root[7] rhizome[10] shoot[17]	P, H/ NE	Arunachal Pradesh [9], [17] Mizoram [7] Uttar Pradesh [10]	C◆	-	Edible[69] (tuber) and Vegetable (leaf)[69], (rhizome)[73]
***Hovenia acerba* Lindl. Fam: Rhamnaceae**	Vau-tangbawk[7]	-	fruit[9] peduncle[7]	P, T/ LC	Arunachal Pradesh [9], Mizoram [7]	NC	-	Edible (peduncle)[68]
***Hultholia mimosoides* (Lam.) Gagnon & G.P.Lewis [Syn:**	Kenjurke kudi	Vātakaṇḍakī (RAV 110)	leaf[23] young shoot[23]	P, S/ LC	Karnataka [23]	C	-	Not reported

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Caesalpinia mimosoides **Lam.] [23]** **Fam: Fabaceae**								
Hydrocotyle sibthorpioides **Lam.** **Fam: Apiaceae**	Killing-kiro	-	shoot[17]	P, H/ LC	Arunachal Pradesh [17]	NC	-	Vegetable[69]
Hygrophila auriculata **(Schumach.) Heine** **Fam: Acanthaceae**	Gobbikoora	Kokilākṣa	leaf[43]	P, H/ LC	Andhra Pradesh [43]	C	-	Edible[69] and Vegetable[69]
Illicium griffithii **Hook.f. & Thomson** **Fam: Schisandraceae**	Lissi	-	fruit[20]	P, T/ EN	Arunachal Pradesh [20]	NC	-	Not listed
Impatiens balsamina **L.** **Fam: Balsaminaceae**	Karnakundala[28], Terha[27]	-	leaf[27] flower[28]	A, H/ NE	Karnataka [28] Maharashtra [27]	NC	-	Edible[73,73]
Indigofera cassioides **Rottler ex DC.** **Fabaceae**	Chilli chettu[43], Gerli[1]	Śaṇapuṣpī	flower [1,16,43]	P, S/ NE	Andhra Pradesh [43] Maharashtra [16] Odisha [1]	C	-	Vegetable[69]
Indigofera dosua **Buch.-Ham. ex D.Don** **Fam: Fabaceae**	Aoha Kitam	-	leaf[57]	P, S/ NE	Arunachal Pradesh [57]	NC	-	ᴪVegetable (flower)[68]
Indigofera heterantha **Wall. ex Brandis [Syn:** ***I. gerardiana*** **Wall. ex Baker]** **Fam: Fabaceae**	Kathi, Kathol, Sakina, Sakina	-	flower bud[10] flower[10]	P, S/ LC	Uttar Pradesh [10]	NC	-	Vegetable[68]
Ipomoea aquatica **Forssk.** **Fam: Convolvulaceae**	Ballesoppu[12], Ballesoppu[13,23], Karma bhaji[26], Karmi sag[49], Karmi[26], Kuang-kua[7]	Kalambī, Nāḍī	shoot[7] leaf[12,26] aerial plant[49] young shoot[13] young leaf[23]	P, H/ LC	Arunachal Pradesh [49], Assam [49], Chhattisgarh [26], Karnataka [12], [13], [23]	C	Group of vegetables[74]; Group of leafy vegetables[76]; Recipe with leaves[77]	Edible[69] and Vegetable[69,73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
					Mizoram [7]			
***Ipomoea cairica* (L.) Sweet Fam: Convolvulaceae**	Bilaikuji	-	leaf[5]	P, H/ LC	Bihar [5]	NC	-	Vegetable[69]
***Jasminum sambac* (L.) Aiton Fam: Olacaceae**	Bch	Vārṣikī	flower[5]	P, S/ NE	Bihar [5]	C	Group of flowery vegetables[75]	Others_tea[73]
***Juglans regia* L. Fam: Juglandaceae**	Khaw-kherh[7], Slarge[37]	Akṣoḍa	fruit[37] seed kernal[7]	P, T/ LC	Ladakh [37], Mizoram [7]	C	Group of fruits [74,75,76,78]	Edible[69]
***Kadsura heteroclita* (Roxb.) Craib Fam: Schisandraceae**	Thei-arbaw	-	fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[69,73]
***Kalanchoe pinnata* (Lam.) Pers. [Syn: *Bryophyllum pinnatum* (Lam.) Oken] Fam: Crassulaceae**	Patharchur	Parṇabīja	leaf[5]	P, H/ NE	Bihar [5]	C	-	Edible[69] and Others_ festival recipe[69]
***Kigelia africana* (Lam.) Benth. Fam: Bignoniaceae**	Bilayati imlee	-	seed[16]	P, T/ NE	Maharashtra [16]	NC	-	Not reported
***Lagenaria siceraria* (Molina) Standl. [Syn: *L. vulgaris* Ler.] [19] Fam: Cucurbitaceae**	Kahi sore soppu[23], Lau[19]	Ālābū	leaf[19,23] young leaf[4]	A, C/ NE	Karnataka [4], [23] Odisha [19]	C	Group of pot herbs[74]; Group of vegetables[75]	ᴪVegetable (fruit)[69]
***Laggera pterodonta* (DC.) Sch.Bip. ex Oliv. [Syn: *Blumea pterodonta* DC.] Fam: Asteraceae**	Buar-ban	-	leaf[7]	P, H/ NE	Mizoram [7]	NC	-	Not reported
***Lannea coromandelica* (Houtt.) Merr. [Syn: *L. grandis* Engl.] Fam: Anacardiaceae**	Tawi-tawsuak	Jiṅginī	leaf[7]	P, T/ LC	Mizoram [7]	C	-	Edible[72]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Lantana camara* L.** **Fam: Verbenaceae**	Simesime hannu	Vanacchedi, caturaṅgī (RAV 126)	fruit[3]	P, S/ NE	Karnataka [3]	C◆	-	Edible[69,73]
***Laphangium luteoalbum* (L.) Tzvelev [Syn: *Gnaphalium luteoalbum* L.] [20]** **Fam: Asteraceae**	Shutamento	-	leaf[20] stem[20]	A, H / LC	Arunachal Pradesh [20]	NC	-	Edible[70]
***Lasia spinosa* (L.) Thwaites** **Fam: Araceae**	Cengmora	Lakṣmaṇā (RAV 129)	rhizome[60]	P, H/ LC	Assam [60]	C◆	-	Edible[68]
***Lathyrus oleraceus* Lam. [Syn: *Pisum sativum* L.]** **Fam: Fabaceae**	Matar, Watana	Kalāya	seed[21]	A, C/ NE	Maharashtra [21]	C	Group of pulses [74,75,76]	Edible[69]
***Lathyrus sativus* L.** **Fam: Fabaceae**	Tivda, Khesari, Lakhari, Tivriya	Tripuṭa	leaf[26], tender twig[26]	A, C/ NE	Chhattisgarh [26]	C	Group of vegetables[74]; Group of leafy vegetables[78]	ΨEdible (fruit, seed)[69]
***Leea compactiflora* Kurz** **Fam: Vitaceae**	Kum-tintuai	-	leaf[7]	P, S/ NE	Mizoram [7]	NC	-	Edible[69]
***Leea indica* (Burm.f.) Merr.** **Fam: Vitaceae**	Kawl-kar	Kukurajihvā (RAV 10)	leaf[7]	P, S/ LC	Mizoram [7]	C◆	-	Edible[69] and Vegetable[73]
***Leea macrophylla* Roxb. ex Hornem.** **Fam: Vitaceae**	Dinda	Hastikarṇa	leaf[27]	P, T/ LC	Maharashtra [27]	C	-	Vegetable[68,73]
***Lepionurus sylvestris* Blume** **Fam: Opiliaceae**	An-pang-thuam	-	leaf[7]	P, S/ LC	Mizoram [7]	NC	-	Edible[69]
***Leptadenia reticulata* (Retz.) Wight & Arn.** **Fam: Apocynaceae**	Jivati, Kherkhodi, Peela teega	Jīvantī	leaf[11]	P, C/ NE	Andhra Pradesh [11]	C	Group of pot herbs[74]; Group of vegetables[75]; Group of leafy	Edible[68]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
							vegetables[78]; Recipe with leaves[77]	
Leucaena leucocephala **(Lam.) de Wit Fam: Fabaceae**	Kawl zawng-tah [7]	-	Leaf[7], pods[7]	P, T/ NE	Mizoram [7]	NC	-	Edible (fruit)[69]
Leucas aspera **(Willd.) Link Fam: Lamiaceae**	Dronphol/Donphuk	Droṇapuṣpī bheda	aerial part[11]	A, H/ NE	Assam [11]	C◆	-	Vegetable[73]
Leucas cephalotes **Spreng. Fam: Lamiaceae**	Guma bhaji[26], Guma[61], Gumi[26], Tummi[12]	Droṇapuṣpī	leaf[12,26,61]	A, H/ NE	Andhra Pradesh [12], Chhattisgarh [26], Uttar Pradesh [61]	C	Group of vegetables[75]; Group of leafy vegetables[76,78]	Edible[69] and Vegetable[69,73]
Leucas lavandulifolia **Sm. Fam: Lamiaceae**	Goyasa, Gubi, Tumi	-	leaf[1]	A, H/ NE	Odisha [1]	NC	-	Edible[73], Vegetable[68] and Others_chutney
Leucas zeylanica **var. *zeylanica* [Syn: *L. indica* (L.) Br] Fam: Lamiaceae**	Drona[49], Gunna[5]	-	leaf[5,49]	A, H/ NE	Arunachal Pradesh [49], Assam [49], Bihar [5]	NC	-	Vegetable[68,73]
Limonia acidissima **L. Fam: Rutaceae**	Belada hannu[3], Kawath[62]	Kapittha	fruit[3,4,62]	P, T/ NE	Karnataka [3], [4], Maharashtra [62]	C	Group of fruits[74,75,76,78]	Edible[69]
Lithocarpus xylocarpus **Markgr. Fam: Fagaceae**	Then-hang	-	seed kernle[7]	P, T/ LC	Mizoram [7]	NC	-	Edible (nut)[73]
Litsea cubeba **(Lour.) Pers. Fam: Lauraceae**	Rajil[17], Ser-nam[7]	-	fruit[7,17]	P, T/ LC	Arunachal Pradesh [17], Mizoram [7]	NC	-	Edible[69,73]
Livistona chinensis **(Jacq.) R.Br. ex Mart. Fam: Arecaceae**	Buar-pui	-	inflorescence[7]	P, T/ LC	Mizoram [7]	NC	-	Not listed

***Botanical Name* (Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Lonicera angustifolia* Wall. ex DC.** **Fam: Caprifoliaceae**	Chalu, Fislu, Giyang, Kirkuli, Vanchula	-	fruit[10]	P, S/ NE	Uttar Pradesh [10]	NC	-	Edible[68,73]
***Luffa acutangula* Roxb.** **Fam: Cucurbitaceae**	Taroi	Dhāmārgava,kośātakī	fruit[,26]	P, C/ NE	Chhattisgarh [26]	C	Group of vegetables[75], Group of fruit vegetables[76]; Group of fruits[78]; Recipe [77,79]	Vegetable[69,73]
***Lumnitzera racemosa* Willd.** **Fam: Combretaceae**	Kharo kamdel	-	leaf[8]	P, T/ LC	Maharashtra [8]	NC	-	Not reported
***Lycianthes neesiana* (Nees) D'Arcy & Zhi Y.Zhang [Syn: *Lycianthes subtruncata* (Wall. ex Dunal) Bitter]** **Fam: Solanaceae**	Va-ni-an	-	leaf[7]	P, S/ NE	Mizoram [7]	NC	-	Not listed
***Madhuca longifolia* (L.) J.F.Macbr.** **Fam: Sapotaceae**	Iopa[44,] Mahua[10,16,] Mau[10,] Moha[27,] Mohul[1,] Mohuli[1,] Mohwa[10,] Mowa[10,16,] Sanna hippe[3]	Madhūka	flower [10,16,27,44] fruit[3,10,16] seed[1] seed oil[1]	P, T/ NE	Andhra Pradesh [44], Karnataka [3], Maharashtra [16], [27] Odisha [1], Uttar Pradesh [10]	C	Group of fruits[74,76]; Group of oils[75,78;] Group of flowery vegetables[78]; Recipe with flowers[77]	Edible[69,73] and Vegetable[69]
***Maesa indica* (Roxb.) A. DC.** **Fam: Primulaceae**	Ar-ngeng	-	leaf[7] fruit[7]	P, S/ LC	Mizoram [7]	NC	-	Edible[69,73] and Vegetable[73]
***Magnolia champaca* (L.) Baill. ex Pierre** **Fam: Magnoliaceae**	Salyo	Campaka	seed[29]	P, T/ LC	Arunachal Pradesh [29]	C	-	ᴪEdible (fruit)[73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Malus indica **(Wall.) B.B.Liu [Syn:** ***Docynia indica*** **(Colebr.) Decne.] Fam: Rosaceae**	Sun-hlu-phi	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[69,73] and Vegetable[73]
Malva pusilla **Sm. [Syn:** ***M. rotundifolia*** **L.] Fam: Malvaceae**	Chamapachunguna	Suvarcalā (RAV 127)	whole plant[18]	A, H/ NE	Sikkim [18]	C◆	-	ᴪOther_Salad (shoot)[73]
Mangifera indica **L. Fam: Anacardiaceae**	Mavinannu[3,] Purain[5]	Āmra	fruit[3,4,16]	P, T/ DD	Maharashtra [16], Karnataka [3], [4]	C	Group of fruits[74,75,76,78]; Recipe with fruits[79]	Edible[69,73]
Manihot esculenta **Crantz Fam: Euphorbiaceae**	Pang-bal[7]	Kalpakanda	tuber[9] root[7]	P, S/ NE	Arunachal Pradesh [9], Mizoram [7]	C◆	-	Edible[69] and Vegetable[69]
Manilkara hexandra **Dubard Fam: Sapotaceae**	-	Rājādana, kṣīriṇī	fruit[4]	P, T/ LC	Karnataka [4]	C	Group of fruits [74,75,76,78]	Edible[69,73]
Marsdenia formosana **Masam. Fam: Apocynaceae**	An-kha-te	-	stem[7] leaf[7]	P, C/ NE	Mizoram [7]	NC	-	Not listed
Marsilea minuta **L. Fam: Marsileaceae**	Hulisoppu[23,] Pilliadugu Koora[43,] Silingi[63,] Sunsunia[19,26]	Sunişannaka	leaf[19,23,26,43,63]	A, H / LC	Andhra Pradesh [43], Bihar [63], Chhattisgarh [26], Karnataka [23], Odisha [19]	C	Group of vegetables[74,75]; Group of leafy vegetables[76,78]	Edible[69] and Vegetable[69]
Medicago orthoceras **(Kar. & Kir.) Trautv. [Syn:** ***Trigonella polycerata*** **L.] Fam: Fabaceae**	Ban methi, Jangali Methi	-	leaf[10]	A, H/ NE	Uttar Pradesh [10]	NC	-	Not reported

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Meliosma pinnata **(Roxb.) Maxim. Fam: Sabiaceae**	Buang-thei	-	shoot[7]	P, T/ NE	Mizoram [7]	NC	-	Vegetable[68]
Melocanna baccifera **(Roxb.) Kurz Fam: Poaceae**	Mau-tak	-	shoot[7]	P, H/ NE	Mizoram [7]	NC	-	Edible[69]
Memecylon grande **Retz. [Syn: *M. celastrinum* Kurz] Fam: Melastomataceae**	Thei-kawr ak	-	fruit[7]	P, S/ VU	Mizoram [7]	NC	-	Not listed
Memecylon randerianum **S.M.Almeida & M.R.Almeida [Syn: *M. malabaricum* (C.B. Clarke) Cogn.] Fam: Melastomataceae**	Gandu kepula	-	fruit[3]	P, S/ NE	Karnataka [3]	NC	-	Not reported
Memecylon umbellatum **Burm.f. Fam: Melastomataceae**	Kadu kepula	-	fruit[3]	P, T/ LC	Karnataka [3]	NC	-	Edible[72,73]
Mentha arvensis **L. Fam: Lamiaceae**	Bettada pudina	Pūtihā	leaf [13] tender stem[13]	P, H/ LC	Karnataka [13]	C	-	Edible[69] and Others_condiement[69]
Mimosa pudica **L. Fam: Fabaceae**	Muttidaremuni	Lajjālū	whole plant[12]	P, H/ LC	Karnataka [12]	C	-	Edible[70]
Mimusops elengi **L. Fam: Sapotaceae**	Pagade mara[3]	Bakula	fruit[3,4]	P, T/ LC	Karnataka [3], [4]	C	Group of fruits[75,78]	Edible[69,73]
Mollugo pentaphylla **L. Fam: Molluginaceae**	Va-umim bung	-	plant[7]	A, H/ NE	Mizoram [7]	NC	-	Vegetable[69,73]
Momordica charantia **L. Fam: Cucurbitaceae**	Chang Kha[7,] Karla[21,] Kolra[19]	Kāravellaka	leaf[7,19] seed[21] fruit[26]	A, C/ NE	Maharashtra [21] Mizoram [7] Odisha [19] Chhattisgarh [26]	C	Group of vegetables[74,75;] Group of fruit vegetables[76]; Group	Vegetable (fruit, leaf)[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
							of fruits[78]; Recipe with fruits[77,79]	
Momordica dioica **Roxb. ex Willd. [*Momordica tuberosa* (Roxb.) Cogn.] Fam: Cucurbitaceae**	Kasaragadda[39,44] Katoli[21,] Midi hagala[3,22]	Karkoṭi	fruit[4,21,22,26, 39] tender fruit[3]	P, C/ NE	Andhra Pradesh [39], [44] Chhattisgarh [26] Karnataka [3], [4], [22] Maharashtra [21]	C	Group of vegetables[74,75;] Group of fruit vegetables[76]; Group of fruits[78]; Recipe with fruits[77,79]	Vegetable[69] and Edible[73]
Moringa oleifera **Lam. Fam: Moringaceae**	Munaga[16,] Munga[26,] Nugge soppu[23,] Nugge[13,] Sahjan[10,] Sanjan[10,] Shevaga[16,] Shigru[10,] Shohjan[5]	Śigru	fruit[5,16,23, 26] flower[4,13,23] leaf[4,23,26] un matured fruit[10]	P, T/ LC	Bihar [5] Chhattisgarh [26] Karnataka [4], [13], [23] Maharashtra [16] Uttar Pradesh [10]	C	Group of green herbs[74]; Group of flowery vegetables[75,76;] Group of vegetables[75]; Group of fruit vegetables[76]; Group of fruits[78]; Group of leafy vegetables[78;] Recipe with flowers[77]	Vegetable[69,73]
Morus alba **L. Fam: Moraceae**	Chang Kha[7,] Hinskai[17,] Huppu nerale[3]	Tūda	fruit[3,17] leaf[7]	P, S/ LC	Arunachal Pradesh [17], Karnataka [3], Mizoram [7]	C	Group of fruits[74,76,78]	Edible[69,73]
Morus serrata **Roxb. Fam: Moraceae**	Heenul, Kemu, Kimu, Tut	Kramuka? (RAV 226)	fruit[10]	P, T/ NE	Uttar Pradesh [10]	C◆	-	Edible[68]
Mucuna pruriens **(L.) DC. Fam: Fabaceae**	Gaunji[10,] Kaunch[10,] Khaj Khujali[16, 21] Kiwach[10]	Kapikaccū	young pods [16,21] seed[10,16,21]	A, C/ NE	Maharashtra [16], [21], Uttar Pradesh [10]	C	Group of fruits[78], Recipe with fruits[77]	Vegetable[68]
Musa balbisiana **Colla**	Chang-el	-	stem pith[7]	P, H/	Mizoram [7]	NC	-	Vegetable[69]

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Fam: Musaceae			flower[7]	LC				
***Musa* x *paradisiaca* L. [Syn: *M. sapientum* L.] [17] Fam: Musaceae**	Baledantu[13], Banana[36], Kela[5,64], Kolung[17]	Kadalī	flower[5] pseudo stem[13,4] fruit[17] stem[64] tender inner pseudo stem[36]	P, H/ NE	Arunachal Pradesh [17] Bihar [5], Karnataka [4], [13] Maharashtra [64], [36] *	C	Group of fruits[74,75,76,78]; Group of flowery vegetables[76]; Group of root vegetables[76,78]; Group of inner stem vegetables[78]; Recipe with fruit, tuber, stem[77]; Recipe with root, fruit, flower and inner stem[79]	Edible[69] and Vegetable[69]
***Mussaenda glabra* Vahl Fam: Rubiaceae**	Taksap	-	tender shoot[17]	P, S/ NE	Arunachal Pradesh [17]	NC	-	ΨEdible (leaf)
***Mussaenda glabrata* (Hook.f.) Hutch. ex Gamble Fam: Rubiaceae**	Va-kep	-	leaf[7]	P, S/ NE	Mizoram [7]	NC	-	Others_chutney[72]
***Mussaenda roxburghii* Hook.f. Fam: Rubiaceae**	Cil[7], Nishi[7], Va-kep[7]	-	leaf[7,20]	P, S/ NE	Arunachal Pradesh [20], Mizoram [7]	NC	-	Edible[69] and Vegetable[69,73]
***Myrica esculenta* Buch. -Ham. ex D.Don Fam: Myricaceae**	Kaphal[10], Kaphal[10], Kapho[10], Kei-fang[7]	Kaṭphala	fruit[7,10]	P, T/ NE	Mizoram [7], Uttar Pradesh [10]	C	-	Edible[69,73]
***Nasturtium officinale* R.Br. Fam: Brassicaceae**	Pania[10], Shim-Shuh[10]	-	whole plant[6] leaf[10] herb[20]	P, H/ LC	Arunachal Pradesh [6], [20], Uttar Pradesh [10]	NC	-	Vegetable[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Nelumbo nucifera **Gaertn.** **Fam: Nelumbonaceae**	Ambo[16], Kamala[12], Tavare beru[22,23], Tavare[3]	Kamala	flower[5] pedicle[9] root[4,22,23] seed[3,12]	P, H/ DD	Arunachal Pradesh [9], Bihar [5], Karnataka [3], [4], [12], [22], [23]	C	Group of pot herbs[74]; Group of vegetables[74]; Group of flowery vegetables[75]; Group of tubers[75]; Group of root vegetables[76,78]; Group of fruits[75,76]; Recipe with roots[77]	Edible[69,73] and Vegetable[69]
Nephrolepis cordifolia **(L.) C.Presl** **Fam: Nephrolepidaceae**	-	-	tuber[30]	P, H/ NE	Arunachal Pradesh [30]	NC	-	Edible[69]
Nervilia concolor **(Blume) Schltr.** **Fam: Orchidaceae**	-	Padmacāriṇi? (RAV)	tuber[12]	P, H/ NE	Andaman and Nicobar Islands [12]	C◆	-	Edible[70]
Nicandra physalodes **(L.) Gaertn.** **Fam: Solanaceae**	Gooseberi, Makai	-	fruit[10]	A, H/ NE	Uttar Pradesh [10]	NC	-	Edible[73]
Nymphaea nouchali **Burm.f.** **Fam: Nymphaeaceae**	Rangkain, Subaikain	Utpalā – nīla (RAV 284)	seed[19] leaf petiole[4,13]	P, H/ LC	Karnataka [4], [13], Odisha [19]	C◆	-	Edible (seed)[69,73] and Vegetable (petiole)[69]
Nymphoides hydrophylla **(Lour.) Kuntze** **Fam: Menyanthaceae**	-	-	rhizome[2]	P, H/ LC	Madhya Pradesh [2]	NC	-	Edible[70]
Ocimum americanum **L.** **Fam: Lamiaceae**	Run-hmui	Tulasībheda	leaf[7]	P, H/ NE	Mizoram [7]	C◆	-	Edible[69] and Other_Condiment[73]
Ocimum basilicum **L.** **Fam: Lamiaceae**	Sabja[16]	Vanabarbarī	seed oil[16]	P, H/ NE	Maharashtra [16]	C	-	ᴪEdible (leaf)[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Oenanthe javanica **DC. Fam: Apiaceae**	Shim-ru	-	Plant[6]	P, H LC	Arunachal Pradesh [6]	NC	-	Edible[69] and, Vegetable[69]
Olax nana **Wall. ex Benth. Fam: Olacaceae**	Se-may	-	leaf[7]	P, H/ NE	Mizoram [7]	NC	-	ᴪEdible (fruit)[68]
Olax scandens **Roxb. Fam: Olacaceae**	Hittimaada	-	leaf[1]	P, C/ NE	Odisha [1]	NC	-	Vegetable[69,73]
Opuntia stricta **(Haw.) Haw. [Syn:** ***O. dillenii*** **Haw.] [3] Fam: Cactaceae**	Nagphani[10], Nagpheni[10], Papasukalli hannu[3], Rul-pui-lei[7]	Kanthārī (RAV 329)	fruit[3,7,10]	P, S/ LC	Karnataka [3], Mizoram [7], Uttar Pradesh [10]	C◆	-	Edible[69]
Oreocnide frutescens **subsp.** ***occidentalis*** **C.J.Chen [Syn:** ***Pouzolzia frondosa*** **(D.Don) Kuntze] Fam: Urticaceae**	Egropicha	-	leaf[20]	P, H/ NE	Arunachal Pradesh [20]	NC	-	Not reported
Oroxylum indicum **(L.) Kurz Fam: Bignoniaceae**	Archang - kawm[7], Tetu[27,36]	Śyonāka	pod[27, 36] shoot[7] young flower[9]	P, T/ LC	Arunachal Pradesh [9] Maharashtra [27], [36] * Mizoram [7]	C	Recipe with pods[79]	Edible (fruit)[68] (flower)[73] and Vegetable (flower)[68](shoot, pod)[73]
Oryza rufipogon **Griff. Fam: Poaceae**	Kalule	-	seed[13]	P, H/ LC	Karnataka [13]	NC	-	Edible[69]
Osbeckia nepalensis **Hook. [Syn:** ***Melastoma napalense*** **Lodd] Fam: Melastomataceae**	Builukhamnu	-	fruit[7]	P, H/ NE	Mizoram [7]	NC	-	Edible[69]
Oxalis corniculata **L. Fam: Oxalidaceae**	Ambhit[1], Ambuti[16], Bhuisarpati[16], Chalmar[10],	Cāṅgerī	fruit[4] leaf[1,4,17,10] plant[16] tender fruit[3]	P, H/ NE	Arunachal Pradesh [17], Karnataka [3], [4], Madhya Pradesh [2],	C	Group of vegetables[74,75]; Group of leafy vegetables[76,78]	Edible[69] and Vegetable[69,73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
	Cholmor[10], Hulisoppu[3], Pak iyup[17], Siak-thur[7]		whole plant[2,7]		Maharashtra [16], Mizoram [7], Odisha [1], Uttar Pradesh [10]			
Oxalis latifolia **Kunth Fam: Oxalidaceae**	Hulisoppu	-	leaf[23]	P, H/ NE	Karnataka [23]	NC	-	Vegetable[68]
Oxyria digyna **(L.) Hill Fam: Polygonaceae**	Chumcha	-	whole plant[37]	P, H/ NE	Ladakh [37]	NC	-	Vegetable[69]
Paederia foetida **L. Fam: Rubiaceae**	-	Prasāriṇī	whole plant[12]	P, C/ NE	West Bengal [12]	C	-	[Ψ]Vegetable (leaf)[69]
Paeonia emodi **Royle Fam: Paeoniaceae**	Dhamni, Udsalap	Udsalapa (DG I.19)	young shoot[10]	P, H LC	Uttar Pradesh [10]	C	-	Vegetable[69,73]
Palaquium polyanthum **Merr. Fam: Sapotaceae**	Hnai-bung	-	fruit[7]	P, T EN	Mizoram [7]	NC	-	[Ψ]Edible (flower)[68]
Pandanus odorifer **(Forssk.) Kuntze [Syn:** ***P. fascicularis*** **Lamk.] Fam: Pandanaceae**	Ram-lakhuih	Ketaka	seed[7]	P, S/ LC	Mizoram [7]	C	-	[Ψ]Edible (seed)[73]
Paris polyphylla **Sm. Fam: Melanthiaceae**	Ratena	Haimavatī, Śveta-vacā (RAV 110)	fruit[20]	P, H/ VU	Arunachal Pradesh [20]	C◆	-	Edile[69]
Parkia timoriana **(DC.) Merr. [Syn:** ***P. roxburghii*** **D.Don] Fam: Fabaceae**	Zawngtah[38,53]	-	young pods[38,53,54] seed[54] leaf[7] fruit[7]	P, T/ LC	Mizoram [7], [38], [53], [54]	NC	-	Edible and Vegetable (fruit)[68]
Parochetus communis **Buch. - Ham. ex D.Don Fam: Fabaceae**	Ninshen	-	-	P, H/ LC	Arunachal Pradesh [20]	NC	-	Not reported

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Parthenocissus semicordata* var. *semicordata* [Syn: *Vitis himalayana* (Royle) Planch.] Fam: Vitaceae**	Ban Angoor, Jangali Angoor	-	fruit[10]	P, C/ NE	Uttar Pradesh [10]	NC	-	Edible[69]
***Passiflora edulis* Sims Fam: Passifloraceae**	Sap-thei	-	shoot[7] fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Edible (fruit)[68] and Vegetable (fruit)[69]
***Passiflora foetida* L. Fam: Passifloraceae**	Kukkeballi	-	fruit[3]	P, C/ NE	Karnataka [3]	NC	-	Edible[69] and Vegetable[69]
***Pavetta crassicaulis* Bremek. Fam: Rubiaceae**	Thai-nu-rual	-	flower[7]	P, T/ LC	Mizoram [7]	NC	-	Vegetable[68]
***Pedicularis gracilis* Wall. ex Benth. Fam: Orobanchaceae**	Chongta	-	-	A, H/ NE	Arunachal Pradesh [20]	NC	-	Not listed
***Pedicularis schizorrhyncha* Prain Fam: Orobanchaceae**	KyouKta	-	herb[20]	P, H/ NE	Arunachal Pradesh [20]	NC	-	Not listed
***Perilla frutescens* (L.) Britton [Syn: *P. ocymoides* Linn.] Fam: Lamiaceae**	Bhangir[10], Bhangra[10], Bhanjira[10], Seelam[18]	-	seed[10,18] seed oil[18]	A, H / LC	Sikkim [18], Uttar Pradesh [10]	NC	-	Edible (seed)[69]
***Persea americana* Mill. Fam: Lauraceae**	Butter-thei	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[70]
***Persicaria capitata* (Buch.-Ham. ex D.Don) H.Gross Fam: Polygonaceae**	Hamang	-	twigs[20] leaf[20]	P, H/ NE	Arunachal Pradesh [20]	NC	-	Vegetable[69]
***Persicaria chinensis* (L.) H.Gross [Syn: *P. chinense* L.] [17,20] Fam: Polygonaceae**	Rawing Hama[20], Surle hannu[3], Surle soppu[23], Ta-ham[7], Tasummomi[17]	-	leaf[20,23,7] fruit[3] tender shoots[17]	P, S/ NE	Arunachal Pradesh [17], [20], Karnataka [3], [23] Mizoram [7]	NC	-	Vegetable[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Persicaria nepalensis **(Meisn.) Miyabe [Syn: *Polygonum alatum* Buch. Ham.,** ***P. nepalense*** **Meisn] [6] Fam: Polygonaceae**	Chak-aitu[7], Nyegon[6]	-	leaf[6] stem[7]	A, H/ NE	Arunachal Pradesh [6], Mizoram [7]	NC	-	Vegetable[69]
Peucedanum dhana **Buch.-Ham. ex C.B.Clarke Fam: Apiaceae**	Vangajar, Vaugajar	-	root[10]	P, H/ NE	Uttar Pradesh [10]	NC	-	ᴪOthers_condiment (seed)[68]
Phanera roxburghiana **(Voigt) Bandyop., Anand Kumar & Chakrab. [Syn: *Lasiobema retusum* (Benth.) de Wit] Fam: Fabaceae**	-	-	seed[2]	P, T/ NE	Madhya Pradesh [2]	NC	-	Not listed
Phanera vahlii **(Wight & Arn.) Benth. [Syn: *Bauhinia racemosa* Vahl] Fam: Fabaceae**	Dondra[1], Konchana[1], Shida[1], Siali[1]	-	seed[1,2] flower[1] leaf[27]	P, C/ NE	Madhya Pradesh [2], Maharashtra [27], Odisha [1]	NC	-	Edible (seed)[69,73]
Phlogacanthus thyrsiformis **(Roxb. ex Hardw.) Mabb. Fam: Acanthaceae**	-	-	young flower[9]	P, S/ NE	Arunachal Pradesh [9]	NC	-	Vegetable[69,73]
Phlogacanthus tubiflorus **Nees Fam: Acanthaceae**	Va-te-zu	-	flower[7]	P, S/ NE	Mizoram [7]	NC	-	Vegetable[69]
Phoenix acaulis **Roxb. Fam: Arecaceae**	-	Piṇḍa-kharjūra (RAV 432)	Tender basal portion of young plant[2]	P, P/ NE	Madhya Pradesh [2]	C◆	-	Edible[69]
Phoenix sylvestris **(L.) Roxb. Fam: Arecaceae**	Echalu hannu[3], Ichalugida[28], Sindhodi[16]	Kharjūra	fruit[3,4,16,28]	P, P/ NE	Karnataka [3], [4], [28] Maharashtra [16]	C	Group of fruits[74, 75,76,78]; Group of vegetables[74]	Edible[69,73]

***Botanical Name* (Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Phrynium pubinerve* Blume [Syn: *P. capitatum* Willd.] Fam: Marantaceae**	Hnah-thial	-	leaf[7]	P, H/ NE	Mizoram [7]	NC	-	Edible[73]
***Phyllanthus acidus* (L.) Skeels Fam: Phyllanthaceae**	Kawl-sunhlu[7], Rai avala[36], Usiri chettu[39]	Lavalī	leaf[7] fruit[7,39,36]	P, T/ NE	Andhra Pradesh [39], Mizoram [7], Maharashtra [36] *	C	Group of fruits [74,75,76,78]	Edible[69]
***Phyllanthus amarus* Schumach. & Thonn. Fam: Phyllanthaceae**	-	Bhūmyāmalakī (AK 1127)	leaf[4]	A, H/ NE	Karnataka [4]	C◆	-	Edible[70]
***Phyllanthus emblica* L. [Syn: *Emblica officinalis* Gaertner] Fam: Phyllanthaceae**	Anwau[10], Aunla[10], Avala[16], Awanla[10], Awla[10,36], Nallikayi[3]	Āmalakī	fruit[3,4,10,16] dried fruit[36]	P, T/ LC	Karnataka [3], [4] Maharashtra [16], [36] * Uttar Pradesh [10]	C	Group of fruits[74,75,78]; Recipe[77,79]	Edible[69]
***Phyllanthus fraternus* G.L.Webster Fam: Phyllanthaceae**	Mitthi sunula	Bhūmyāmalakī (AK 1127)	shoot[7]	A, H/ NE	Mizoram [7]	C◆	-	Edible[70]
***Physalis angulata* L. Fam: Solanaceae**	Tumpet	Ṭaṅkārī (RAV 453)	leaf[49] fruit[49]	A, H/ LC	Assam [49], Arunachal Pradesh [49]	C	-	Edible[70]
***Physalis minima* L. Fam: Solanaceae**	Bark Makor[10], Budde hannu[3], Chalpangpuak[7], Makoi[10]	Ṭaṅkārī-bheda (RAV 454)	leaf[7] fruit[3,10] berries[2] ripe fruit[7]	P, H/ NE	Karnataka [3], Madhya Pradesh [2], Mizoram [7], Uttar Pradesh [10]	C◆	-	Edible (fruit)[69], (leaf, fruit)[73]
***Physalis peruviana* L. Fam: Solanaceae**	Gooseberi, Tipari	-	fruit[10]	P, H/ NE	Uttar Pradesh [10]	NC	-	Edible[68]
***Phytolacca acinosa* Roxb. Fam: Phytolaccaceae**	Jhigroo, Jirrag	-	leaf[10]	P, H/ NE	Uttar Pradesh [10]	NC	-	Vegetable[69,73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Pinanga gracilis* Blume** **Fam: Arecaceae**	Tagir[20], Tar-tiang[7]	-	twigs[20] nut[7]	P, S/ NE	Arunachal Pradesh [20], Mizoram [7]	NC	-	Edible (fruit)[69]
***Pinus roxburghii* Sarg.** **Fam: Pinaceae**	Chir, Sawa, Syont	Sarala	seed[10]	P, T/ LC	Uttar Pradesh [10]	C	-	Edible[69,73]
***Piper longum* L.** **Fam: Piperaceae**	Pipali, Pippali	Pippalī	fruit[10]	P, C/ NE	Uttar Pradesh [10]	C	Group of vegetables[75]; Group of spices[78]	Others_spice[68]
***Piper pedicellatum* C. DC.** **Fam: Piperaceae**	Lori	-	leaf[17]	P, C/ VU	Arunachal Pradesh [17]	NC	-	Vegetable[69]
***Piper sarmentosum* Roxb.** **[Syn: *Piper diffusum* Blume ex Miq.]** **Fam: Piperaceae**	Hnah-thak	-	fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Others_spice[69]
***Pithecellobium dulce* (Roxb.) Benth** **Fam: Fabaceae**	Sihihunase[3]	-	seed[21] fruit aril[3]	P, T/ LC	Karnataka [3], Maharashtra [21]	NC	-	Edible[69]
***Planchonella grandifolia* Pierre [Syn: *Pouteria grandifolia* (Wallich) Baehni]** **Fam: Sapotaceae**	Thei-pabuan	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Not listed
***Plantago asiatica* subsp. *erosa* (Wall.) Z.Yu Li [Syn: *P. erosa* Wall.]** **Fam: Plantaginaceae**	-	-	young shoot[9] leaf[9]	P, H/ NE	Arunachal Pradesh [9]	NC	-	Vegetable[69]
***Plantago himalaica* Pilg.** **Fam: Plantaginaceae**	Karache, Khiche, Knrpo, Tberem	-	plant[65]	P, H/ NE	Ladakh [65]	NC	-	Vegetable[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Plantago major **L.** **Fam: Plantaginaceae**	Isabgol[10], Isabgol[10], Kel-ba-an[7]	Asvagola-bheda (RAV 492)	leaf[7,10]	P, H/ LC	Uttar Pradesh [10] Mizoram [7]	C◆	-	Edible[73]
Podocarpus neriifolius **D.Don** **Fam: Podocarpaceae**	Tu-far	-	receptacle[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[68,73]
Podophyllum hexandrum **Royle** **Fam: Berberidaceae**	Limosisi[10], Van kakri[10], Van Karkali[10], Van[10]	Vanavṛṇtaka (AK)	fruit[10,18,37,58]	P, H/ EN	Ladakh [37], Himachal Pradesh [58], Sikkim [18], Uttar Pradesh [10]	C◆	-	Edible[68,73]
Pogostemon benghalensis **(Burm.f.) Kuntze** **Fam: Lamiaceae**	Sa-khi-chil	-	shoot[7]	P, H/ NE	Mizoram [7]	NC	-	ᴪVegetable (leaf)[69]
Poikilospermum suaveolens **(Blume) Merr.** **Fam: Urticaceae**	Khuangkhau	-	shoot[7]	P, C/ NE	Mizoram [7]	NC	-	Vegetable[68]
Polygonatum cirrhifolium **(Wall.) Royle** **Fam: Asparagaceae**	Garamgusa[18]	Medā	tuber[18] sprouting leaf[18]	P, H/ NE	Sikkim [18]	C	-	ᴪEdible (shoot)[68]
Polygonatum multiflorum **(L.) All.** **Fam: Asparagaceae**	Meda[10], Maha meda[10]	-	rhizome[10]	P, H/ NE	Uttar Pradesh [10]	NC	-	Edible[69]
Polygonatum verticillatum **(L.) All.** **Fam: Asparagaceae**	Meda, Mhameda, Meda	Medā-bheda (RAV 546)	rhizome[10]	P, H/ NE	Uttar Pradesh [10]	C◆	-	Edible[69]
Polygonum molle **D.Don** **Fam: Polygonaceae**	Chhom-cha	-	stem[6] leaf[6]	P, S/ NE	Arunachal Pradesh [6]	NC	-	Edible (leaf)[69]
Polygonum plebeium **R.Br.** **Fam: Polygonaceae**	Chemti[16]	-	twigs[2] leaf[2]	A, H / LC	Maharashtra [16], Madhya Pradesh [2]	NC	-	Edible[69] and Vegetable[73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
			plant[16]					
Pometia pinnata **J.R.Forst. & G.Forst. Fam: Sapindaceae**	Chitlikandu, Tibilacho	-	aerial parts[55] kernel[55]	P, T/ LC	Andaman and Nicobar Islands [55]	NC	-	ᴪEdible (fruit)[68]
Pontederia crassipes **Mart. Fam: Pontederiaceae**	Meteka	-	flower[49]	P, H/ NE	Assam [49], Arunachal Pradesh [49]	NC	-	Not listed
Portulaca oleracea **L. Fam: Portulacaceae**	An-thau[7], Dodda goni soppu[23], Ghol[26], Khursa[10], Kulfa bhaji[26], Kulfi[10], Kulpha[10], Lonica[10], Lunia[26], Paayilikura[44], Pappu kura[44], Pathavi[29], Puruni[19], Thingsull[38], Thingwel[38]	Bruhad loṇikā/ Ghoṭikā	plant[29,44,38] leaf[4,7,10,19,23,26] tender twigs[26]	A, H / LC	Andhra Pradesh [44] Arunachal Pradesh [29] Chhattisgarh [26] Karnataka [4], [23] Mizoram [7], [38] Odisha [19] Uttar Pradesh [10]	C	Group of pot herbs[74]; Group of vegetables[75]; Group of leafy vegetables[76,78]; Recipe with leaves[77]	Vegetable[69] and Other_Salad (plant)[73]
Potentilla indica **(Andrews) Th.Wolf [Syn:** ***Fragaria indica*** **Andrews] Fam: Rosaceae**	Lei-theihmu	-	fruit[7]	P, H/ NE	Mizoram [7]	NC	-	Edible[69]
Pouzolzia sanguinea **(Blume) Merr. [Syn:** ***P. viminea*** **Wedd.] Fam: Urticaceae**	Dhountoyut, Phutibum	-	leaf[29]	P, S/ NE	Arunachal Pradesh [29]	NC	-	Edible[69]
Pouzolzia zeylanica **(L.) Benn. Fam: Urticaceae**	-	-	leaf[23]	P, H/ NE	Karnataka [23]	NC	-	Edible[69] and Vegetable[69]
Premna mollissima **Roth [Syn:** ***P. latifolia*** **Roxb.]**	Aggibatthu	-	leaf[1]	P, T/ LC	Odisha [1]	NC	-	Vegetable[69,73]

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Fam: Lamiaceae								
***Premna serratifolia* L. [Syn: *P. integrifolia* Linn.] Fam: Lamiaceae**	Ami, Narvel	Agnimantha	leaf[8]	P, S/ LC	Maharashtra [8]	C	Recipe with leaves[79]	ᴪEdible (fruit)[68]
***Protium serratum* (Wall. ex Colebr.) Engl. [Syn: *Bursera serrata* Wall.ex Colebr] Fam: Burseraceae**	Bil	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[69,73]
***Prunus bracteopadus* Koehne [Syn: *P. nepalensis* Hook.] Fam: Rosaceae**	Lum-ler	-	fruit[7]	P, T/ DD	Mizoram [7]	NC	-	Edible[73]
***Prunus buergeriana* Miq. [Syn: *Prunus venosa* Koehne] Fam: Rosaceae**	Thei-anlung	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[70]
***Prunus cornuta* (Wall. ex Royle) Steud. Fam: Rosaceae**	Jamnoi, Jamoi, Jamun, Jamuna	-	fruit[10]	P, T/ LC	Uttar Pradesh [10]	NC	-	Edible[69,73]
***Prunus nepalensis* K.Koch Fam: Rosaceae**	Bhang-Bhalu[10], Bhanga[10], Bhalu[10], Lum-ler[7]	-	fruit[10,7]	P, T/ NE	Uttar Pradesh [10] Mizoram [7]	NC	-	Edible[69] ,73
***Psammogeton involucratum* (Roxb.) Mousavi, Mozaff. & Zarre [*Trachyspermum roxburghianum* H.Wolff] Fam: Apiaceae**	Par-di	Kharhvā	leaf[7]	A, H/ NE	Mizoram [7]	C	Group of green herbs[74]; Group of leafy vegetables[76]	Not reported
***Pseudostachyum polymorphum* Munro [Syn:**	Chal	-	shoot[7]	P, S/ NE	Mizoram [7]	NC	-	Not reported

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Schizostachyum polymorphum **(Munro) Majumdar] Fam: Poaceae**								
Psychotria calocarpa **Kurz Fam: Rubiaceae**	Kawr-pelh	-	leaf[7]	P, S/ NE	Mizoram [7]	NC	-	Not listed
Pterospermum acerifolium **(L.) Willd. Fam: Malvaceae**	Sik-sil	Mucukunda (RAV 594)	flower[7]	P, T /LC	Mizoram [7]	C	-	Edible[69,73]
Pterygota alata **(Roxb.) R.Br. [Syn:** ***Sterculia alata*** **Roxb] Fam: Malvaceae**	Leng-lep	-	seed[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[69,73]
Pueraria montana **(Lour.) Merr. Fam: Fabaceae**	Thing-ba	-	root[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[72]
Pueraria tuberosa **(Roxb. Ex Willd.) DC. Fam: Fabaceae**	Biralu[10], Dhara gummudi[43], Oddu gummadi kaya[43], Siahi[10], Siralu kana Bid[10], Vidari[10]	Vidārī	tuber[4,10,43] root[10]	P, C/ NE	Andhra Pradesh [43], Karnataka [4], Uttar Pradesh [10]	C	Group of vegetables[74]; Group of tubers[75]; Group of root vegetables[78]	Edible[69,73] and Vegetable[69]
Pyracantha crenulata **(D.Don) M.Roem. Fam: Rosaceae**	Ghingaru	-	fruit[10]	P, T/ LC	Uttar Pradesh [10]	NC	-	Edible[69]
Pyrularia edulis **(Wall.) A. DC. Fam: Santalaceae**	Thei-letling, Thlumzu	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[68,73]
Pyrus lanata **Miq. Fam: Rosaceae**	Mol, Pai, Patha Galab	-	fruit[10]	P, T/ NE	Uttar Pradesh [10]	NC	-	Edible[68]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Pyrus pashia **Buch. -Ham. ex D.Don Fam: Rosaceae**	Kaint[10], Mail[10], Me[10], Mehal[10], Mohal[10], Sho-shur[20], Vul[7]	-	fruit[7,10,20]	P, T/ LC	Arunachal Pradesh [20] Mizoram [7] Uttar Pradesh [10]	NC	-	Edible[69]
Radermachera xylocarpa **(Roxb.) Roxb. ex K.Schum. Fam: Bignoniaceae**	Kharshing[27,36]	Pāṭalā, śvetapāṭalā (AK)	pod[27] tender green pod[36]	P, T/ LC	Maharashtra [27], [36] *	C◆	-	Vegetable[73]
Rhaphidophora decursiva **(Roxb.) Schott Fam: Araceae**	Tu-bal	-	stem[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[69,73] and Vegetable[73]
Rheum acuminatum **Hook.f. & Thomson Fam: Polygonaceae**	Churchumne	-	petiole[66]	P, H/ NE	Arunachal Pradesh [66]	NC	-	Not reported
Rheum australe **D.Don Fam: Polygonaceae**	Kechum	Pītamūli (RAV 93)	leaf[6] root[6]	P, H/ DD	Arunachal Pradesh [6]	C◆	-	[Ψ]Edible (flower)[69]
Rhizophora mucronata **Poir. Fam: Rhizophoraceae**	Dumbi, Kandal, Komdlam	Bāṇa? (RAV 76)	fruit[8] young shoot[8]	P, T/ LC	Maharashtra [8]	C◆	-	Edible (fruit)[69]
Rhododendron arboreum **Sm. Fam: Ericaceae**	Burans[10], Burans[10], Buras[10], Chhawkhlei-par-sen[7], Dham mento[20], Gurans[18], Ittok[18]	Pullāsa	flower[10,18,20] leaf[7]	P, T/ LC	Arunachal Pradesh [20], Mizoram [7] Sikkim [18] Uttar Pradesh [10]	C	-	Edible (flower)[69]
Rhus chinensis **Mill. [Syn:** ***R. semialata*** **Murray] [20,24] Fam: Anacardiaceae**	Kamanbo[24, 20], Kamasee[24], Khawmhma[7]	-	fruit[20,24,7]	P, T/ LC	Arunachal Pradesh [20], [24] Mizoram [7]	NC	-	Edible[69]
Rhynchotechum ellipticum **(Wall. ex D.Dietr.) A.DC.**	Jaka[20], Tiar-rep[7]	-	leaf[7] young leaf[20]	P, H/ NE	Arunachal Pradesh [20]	NC	-	Edible[69] and Vegetable[73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Fam: Gesneriaceae					Mizoram [7]			
Ribes alpestre **Wall. ex Decne. Fam: Grossulariaceae**	Emali, Lipchi, Sirkuti	-	fruit[10]	P, S/ NE	Uttar Pradesh [10]	NC	-	Edible[69]
Richardia scabra **L. [Syn: *R. pilosa* Ruiz & Pav] [20] Fam: Rubiaceae**	-	-	leaf[20]	P, H/ NE	Arunachal Pradesh [20]	NC	-	Not reported
Rivea hypocrateriformis **(Desr.) Choisy Fam: Convolvulaceae**	Boddhi-tiga	Phañjī (RAV 114)	leaf[44]	P, C/ LC	Andhra Pradesh [44]	C◆	-	Vegetable[69,73]
Rosa macrophylla **Crép. Fam: Rosaceae**	Scm-jong-se	Vanya Taruṇī (RAV 124)	fruit[20]	P, S/ NE	Arunachal Pradesh [20]	C◆	-	Edible[68]
Rosa sericea **Lindl. Fam: Rosaceae**	Durkunj, Gavina, Sepala, Shedum	-	fruit[10]	P, S/ NE	Uttar Pradesh [10]	NC	-	Edible[68]
Rotheca serrata **(L.) Steane & Mabb. [Syn: *Clerodendrum serratum* (L.) Moon] Fam: Lamiaceae**	Bharangi[27], Gantu-bharangi [3,44], Leidumsuak[7]	Bhārgī	leaf[7,44] flower[7,27] root[44] resin[44] fruit[3,4]	P, S/ NE	Andhra Pradesh [44] Karnataka [3], [4] Maharashtra [27] Mizoram [7]	C	Group of vegetables[75]	Vegetable (leaf, flower)[69,73]
Rubia cordifolia **L. Fam: Rubiaceae**	Chot	Mañjiṣṭhā	whole plant[6]	P, C/ NE	Arunachal Pradesh [6]	C	-	Edible[70]
Rubus alceifolius **Poir. Fam: Rosaceae**	Sial-inuchhu	-	fruit[7]	P, S/ NE	Mizoram [7]	NC	-	Edible[69]
Rubus biflorus **Buch. -Ham. ex Sm. Fam: Rosaceae**	Achol, Kala Hisalu, Kau Hisau	-	fruit[10]	P, C/ NE	Uttar Pradesh [10]	NC	-	Edible[68,73]
Rubus ellipticus **Sm. Fam: Rosaceae**	Henchi[20], Hinsal[10], Hinsalu[10], Hinsara[10], Hisau[10],	-	fruit[3,7,9,10,20]	P, S/ LC	Arunachal Pradesh [9], [20] Karnataka [3] Mizoram [7],	NC	-	Edible[69,73]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
	Hmu-tau[7,] Kadumulli hann[3]				Uttar Pradesh [10]			
Rubus niveus **Thunb. Fam: Rosaceae**	Anchi[10,] Bheri[10,] Hmu-pa [7,] Kala Hisalu[10,] Kali[10]	-	fruit[7,10]	P, S/ NE	Mizoram [7], Uttar Pradesh [10]	NC	-	Edible[69,73]
Rubus niveus **var. *niveus* [Syn: *Rubus lasiocarpus* var. *furfuraceus* Hook.f.] Fam: Rosaceae**	Thelna	-	berry[20]	P, S/ NE	Arunachal Pradesh [20]	NC	-	Edible[72]
Rubus rugosus **Sm. Fam: Rosaceae**	Nke-e-yonwon[6,] Youngtham-cops[24]	-	fruit[6,24]	P, S/ NE	Arunachal Pradesh [6], [24]	NC	-	Edible[69]
Rubus sumatranus **Miq. [Syn: *R. indotibetanus* Koidzumi.] Fam: Rosaceae**	Hmu-belbing	-	fruit[7]	P, S/ NE	Mizoram [7]	NC	-	Edible[69]
Ruehssia macrophylla **(Humb. & Bonpl. ex Schult.) H.Karst. [Syn: *Marsdenia maculata* Hook.f.] Fam: Apocynaceae**	An-kha-pui	-	leaf[7] stem[7]	P, L/ NE	Mizoram [7]	NC	-	Not listed
Rumex hastatus **D.Don Fam: Polygonaceae**	Bhimoru, Bhilmor	Cukram – śāka (RAV 355)	leaf[10]	P, S/ NE	Uttar Pradesh [10]	C◆	-	Edible[69]
Rumex nepalensis **Spreng. Fam: Polygonaceae**	Jangli-Palak[58]	-	leaf[58] root[6]	P, H/ NE	Arunachal Pradesh [6], Himachal Pradesh [58]	NC	-	Vegetable (leaf)[69]
Saccharum spontaneum **L. Fam: Poaceae**	Kadukabbu[13]	Kāśa	stem[4,13]	P, H/ LC	Karnataka [4], [13]	C	-	ΨEdible (pith)[69]

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							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Sageretia filiformis **(Roth) G.Don Fam: Rhamnaceae**	Abinkanda, Abiknania, Gonta	-	flower[10] fruit[10]	P, S/ NE	Uttar Pradesh [10]	NC	-	Edible[72,73]
Sagittaria sagittifolia **L. Fam: Alismataceae**		-	tuber[25]	P, H/ LC	Tamil Nadu [25]	NC	-	Edible[69,73]
Santalum album **L. Fam: Santalaceae**	Sri ganda[3]	Candana	fruit[3,4]	P, T/ VU	Karnataka [3], [4]	C	-	Edible[72]
Sapindus attenuatus **Wall. Fam: Sapindaceae**	Zu-til	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[72]
Saraca asoca **(Roxb.) W.J.de Wilde Fam: Fabaceae**	Bai-kang	Aśoka	leaf[7]	P, T/ VU	Mizoram [7]	C	-	[Ψ]Edible (cotyledon)
Saurauia armata **Kurz Fam: Actinidiaceae**	Poparar	-	fruit[29]	P, T/ LC	Arunachal Pradesh [29]	NC	-	Edible[69]
Saurauia napaulensis **DC. Fam: Actinidiaceae**	Betendu[10], Goganai[10], Gogin[10], Gogina[10], Gogona[10], Gugna[10], Gugna[10], Tiar-pui[7]	-	fruit[7,10]	P, T/ LC	Mizoram [7], Uttar Pradesh [10]	NC	-	Edible[69,42]
Saurauia punduana **Wall. Fam: Actinidiaceae**	Chirui[20], Ningichec[20], Tiar[7]	-	fruit[7,20]	P, T/ CR	Arunachal Pradesh [20], Mizoram [7]	NC	-	Edible[69,73]
Sauromatum horsfieldii **Miq. [Syn:** ***Typhonium horsfieldii*** **(Miq.) Steenis] Fam: Araceae**	Tel-hawngnu	-	corm[7]	P, H/ NE	Mizoram [7]	NC	-	Not listed
Schima wallichii **(DC.) Choisy Fam: Theaceae**	Khedau[20], Khiang [7],	-	fruit[20,9] tender leaf[7]	P, T/ LC	Arunachal Pradesh [9], [20]	NC	-	Edible (leaf, twig)[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
	Tagc[20]				Mizoram [7]			
Schizostachyum dullooa **(Gamble) R.B.Majumdar Fam: Poaceae**	Raw-thla	-	shoot[7]	P, S/ NE	Mizoram [7]	NC	-	Edible[70]
Schleichera oleosa **(Lour.) Oken [Syn. *S trijuga* Willd. Fam: Sapindaceae**	Busi chettu[43]	Kośāmra	fruit [2,43] seed[43]	P, T/ LC	Andhra Pradesh [43] Madhya Pradesh [2]	C	Group of fruits[,75,76,78]	Edible (fruit)[69,73,] (seed)[73]
Schrebera swietenioides **Roxb. Fam: Oleaceae**	Mokha	Paṭalī, śveta-mokṣaka	leaf[27]	P, T/ LC	Maharashtra [27]	C◆	-	Edible[73]
Schumannianthus benthamianus **(Kuntze) Veldkamp & I.M.Turner [Syn: *Maranta dichotoma* (Roxb)Wall] Fam: Marantaceae**	Hnah-thialalu	-	rhizome[7]	P, C/ NE	Mizoram [7]	NC	-	Not listed
Scutia myrtina **Kurz Rhamnaceae**	Kurudi hannu	-	fruit[3]	P, S/ LC	Karnataka [3]	NC	-	Edible[68]
Searsia parviflora **(Roxb.) F.A.Barkley [Syn: *Rhus parviflora* Roxb.] Fam: Anacardiaceae**	Tang, Tunga, Tungala	Tintiḍikā	fruit[10]	P, S/ LC	Uttar Pradesh [10]	C	-	Edible[69,73]
Selaginella wallichii **(Hook. & Grev.) Spring Fam: Selaginellaceae**	-	-	leaf[30]	P, H/ NE	Arunachal Pradesh [30]	NC	-	Vegetable[69]
Semecarpus anacardium **L.f. Fam: Anacardiaceae**	Bhilawa[16,] Bibba[16,] Kadugeru[3,] Kawh-tebel[7]	Bhallātaka	fruit[2,16,3,4] peduncle[7] thalamaus[2]	P, T/ LC	Karnataka [3], [4] Maharashtra [16] Madhya Pradesh [2] Mizoram [7]	C	Group of fruits[74,75]	Edible[69,73]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Senegalia ferruginea **(DC.) Pedley Fam: Fabaceae**	Kiribanni	-	gum[13]	P, T/ VU	Karnataka [13]	NC	-	Not listed
Senegalia pennata **(L.) Maslin [Syn: *S. pennata* Willd.] Fam: Fabaceae**	Khanghu	Latākhadira	shoot[7]	P, S/ LC	Mizoram [7]	C	-	Not listed
Senegalia pruinescens **(Kurz) Maslin, Seigler & Ebinger [Syn: *Acacia pruinescens* Kurz.] Fam: Fabaceae**	Khang-pawl	-	leaf[7]	P, S/ LC	Mizoram [7]	NC	-	Not listed
Senegalia rugata **(Lam.) Britton & Rose [Syn. *Acacia sinuata* (Lour.) Merrill, *Acacia concinna* (Willd.) DC.] Fam: Fabaceae**	Khang-thur[7], Seekaaya teega[43]	Saptalā	leaf[43,7] seed[7]	P, S/ NE	Andhra Pradesh [43] Mizoram [7]	C	-	Vegetable (leaf)[69]
Senna auriculata **(L.) Roxb. [Syn: *Cassia auriculata* L.] Fam: Fabaceae**	Avarike	Āvartakī	flower bud[13]	P, S/ LC	Karnataka [13]	C	-	Edible[73] and Others_tea[73]
Senna obtusifolia **(L.) H.S.Irwin & Barneby Fam: Fabaceae**	Ban chakunda[19], Chakunda[1], Tarota[16]	-	leaf[1,19] pod[16]	A, H / LC	Maharashtra [16] Odisha [1], [19]	NC	-	Vegetable[69,73]
Senna occidentalis **(L.) Link [Syn: *Cassia occidentalis* Linn.] Fam: Fabaceae**	Bada chakunda[1], Reng-an[7]	Kāsamarda	leaf[1,7]	A, H / LC	Odisha [1] Mizoram [7]	C	Group of vegetables[74,75]; Group of leafy vegetables[76,78]; Recipe with leaves[77,79]	Vegetable[69] and Edible[73]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Senna septemtrionalis **(Viv.) H.S.Irwin & Barneby [Syn: *Cassia laevigata* Willd.] Fam: Fabaceae**	Tagarai	-	pod[25]	P, S/ LC	Tamil Nadu [25]	NC	-	Edible (fruit)[69]
Senna tora **(L.) Roxb. [Syn: *Cassia tora* L.] Fam: Fabaceae**	Chaakunda[1], Chagate soppu[23], Chakoda[26], Charota[2], Charota[26], Kelbe[7], Panvara[11], Phuario[5], Tarvata[27]	Cakramarda	leaf[1,2,23,26,27,11] flower[5] tender leaf[7] young leaf[4]	P, H/ NE	Bihar [5] Chhattisgarh [26] Karnataka [4], [23] Madhya Pradesh [2] Maharashtra [27] Mizoram [7] Odisha [1] Rajasthan [11]	C	Group of pot herbs[74]; Group of vegetables[75]; Group of leafy vegetables[76,78]; Recipe with leaves[77]	Vegetable (flower)[68], Edible (leaf)[73], Others_soup[73]
Sesbania grandiflora **(L.) Poir. Fam: Fabaceae**	Agase[13], Agasti[19]	Agastya	flower[4,13,19]	P, T/ DD	Karnataka [4], [13] Odisha [19]	C	Group of flowery vegetables[75,76;] Recipe with flowers[77]	Edible[69] and Vegetable[69,73]
Sesuvium portulacastrum **(L.) L. Fam: Aizoaceae**	Dhapa	-	stem[8] leaf[8]	P, H/ LC	Maharashtra [8]	NC	-	Vegetable (stem)[68]
Sicyos edulis **Jacq. [Syn: *Sechium edule* (Jacq.) Sw.] Fam: Cucurbitaceae**	Iskut	-	shoot[7]	P, C/ NE	Mizoram [7]	NC	-	[Ψ]Vegetable (bud, fruit)[69]
Smilax glabra **Roxb. Fam: Smilacaceae**	Kai tluang	-	root[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[70]
Smilax zeylanica **L. Fam: Smilacaceae**	Hambu tavare[3]	-	root[2] fruit[3]	P, C/ NE	Karnataka [3] Madhya Pradesh [2]	NC	-	Edible (fruit)[69] and Others_pickel[69]
Smithia sensitiva **Aiton [Syn: *S. laxiflora* Wight & Arn.] Fam: Fabaceae**	Kaila	-	leaf[27]	A, H / LC	Maharashtra [27]	NC	-	Vegetable[69,73]

***Botanical Name* (Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
***Solanum aculeatissimum* Jacq. [Syn: *S. khasianum* Clarke] [17] Fam: Solanaceae**	Kosiyang kopi	-	berry[17]	P, S/ NE	Arunachal Pradesh [17]	NC	-	Not reported
***Solanum aethiopicum* L. [Syn: *S. gilo* Raddii.] Fam: Solanaceae**	Samtawk	-	fruit[7]	P, H/ NE	Mizoram [7]	NC	-	Edible[70]
***Solanum anguivi* Lam. Fam: Solanaceae**	Samtawk-te, Tawk-teaka	Kākamācī	fruit[7]	P, S/ LC	Mizoram [7]	C	-	Edible[69] and Vegetable[69]
***Solanum americanum* Mill. Fam: Solanaceae**	Mako	-	leaf[11]	A, H/ NE	Rajasthan [11]	NC	-	Vegetable[69]
***Solanum incanum* L. Fam: Solanaceae**	Challamulamkaayalu[43]	-	fruit[20,43]	P, S/ LC	Andhra Pradesh, [43]	NC	-	Edible[69]
***Solanum lasiocarpum* Dunal [Syn: *S. indicum* Linn.] Fam: Solanaceae**	Banko[20], Chitra[43], Chitti Mulaga[43]	Bṛhatī	fruit[43]	P, S/ NE	Andhra Pradesh [43] Arunachal Pradesh [20]	C	Group of vegetables[75]; Recipe with fruit[79]	Edible[69]
***Solanum melongena* L. Fam: Solanaceae**	Vankaya[39]	Śveta-vṛnttāka	fruit[39]	A, H/ NE	Andhra Pradesh [39], [44]	C	Group of fruits[74,78]; Group of vegetables[74,75]; Group of fruit vegetables[76]; Recipe with fruits[77,79]	Edible[69]
***Solanum nigrum* L. Fam: Solanaceae**	Ganake hannu[3], Ganike soppu[22,23], Giurai[10], Kakaisoppu[25], Makoi[10],	Kākamācī	leaf[4,9,14,22, 23,24,25] fruit[3,10], young shoot[9,23] stem[24] tender leaf [17]	A, H/ NE	Arunachal Pradesh [9], [24] Karnataka [3], [4], [22], [23] Tamil Nadu [25] Uttar Pradesh [10]	C	Group of vegetables[74,75]; Group of leafy vegetables[78]; Recipe with leaves[77]	Edible[69] and Vegetable[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
	Makoi[10], Okomamang[17]		fruit (ripe)[23]					
Solanum pimpinellifolium **L. [Syn: *Lycopersicon pimpinellifolium* (L.) Miller] Fam: Solanaceae**	Nayi tomato	Raktaphala	fruit[3]	B, H/ LC	Karnataka [3]	C◆	-	Edible[70]
Solanum spirale **Roxb. Fam: Solanaceae**	Bangko	-	tender leaf[17] berry[17]	P, S/ NE	Arunachal Pradesh [17]	NC	-	Vegetable[69]
Solanum tomentosum **L. [Syn: *S. ferox* L.] Fam: Solanaceae**	Tootguna, Kadubhedri	Garbhadā (RAV 763)	fruit[2]	P, S/ LC	Madhya Pradesh [2]	C◆	-	Edible[69] and Vegetable[69]
Solanum torvum **Sw. Fam: Solanaceae**	Gometi[27], Kadu sonde[3], Migom-kopi[17], Sonde gida[32], Tawkpui[7]	-	fruit[3,7,9,27,32] berry[17]	P, S/ NE	Arunachal Pradesh [9], [17], Karnataka [3],[32] Maharashtra [27] Mizoram [7]	NC	-	Vegetable[69,73]
Solanum trilobatum **L. Fam: Solanaceae**	Utchinta teega	Vallikaṇṭa-kārīkā (RAV 774)	fruit[43]	P, C/ NE	Andhra Pradesh [43]	C◆	-	Vegetable[72,73]
Solanum viarum **Dunal Fam: Solanaceae**	Jangali bhindi[48], Kasikarthiri[15], Katiyari[48]	-	young fruit[15,48]	P, S/ LC	Himachal Pradesh [48] Tamil Nadu [15]	NC	-	Vegetable[69]
Solanum villosum **Mill. Fam: Solanaceae**	An-hling	-	shoot[7]	P, H/ NE	Mizoram [7]	NC	-	Vegetable (tender plant)[69]
Solanum violaceum **Ortega [Syn: *Solanum kurzii* Brace ex Prain] [17] Fam: Solanaceae**	Kopir	Bṛhatībheda (RAV 742)	berry[17]	P, S/ NE	Arunachal Pradesh [17]	C◆	-	Vegetable[72]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Solanum virginianum **L. [Syn: *S. surattense*] Fam: Solanaceae**	Bhejri[2], Bhejri[2], Bhuiringni[16] Chokkada-bheji[1], Nelamulaka[2], Revatimu-naga[1], Renginibhejri[1],	Kaṇṭakārī	fruit[16] seed[16] half-ripe fruit[1,2]	P, H/ NE	Madhya Pradesh [2] Maharashtra [16] Odisha [1]	C	Group of vegetables[75]; Group of fruit vegetables[76]; Group of fruits[78]; Recipe with fruits[77]	Edible (fruit)[69]
Solena amplexicaulis **(Lam.) Gandhi Fam: Cucurbitaceae**	Ban Karela[10], Ban Karela[10], Gometi[27], Kwai Kakri[10], Nawh phuai[7]	Amlavetasā (RAV 777)	fruit[7,10,27] leaf[7]	P, C/ NE	Maharashtra [27] Mizoram [7] Uttar Pradesh [10]	C◆	-	Edible (fruit)[69] and Vegetable (leaf)[69]
Solena heterophylla **Lour. [Syn: *Melothria heterophylla* (Lour.) Cogn.] Fam: Cucurbitaceae**	Gulakhari, Vanakundaru	-	tuber[11]	P, C/ NE	Uttar Pradesh [11]	NC	-	Edible[69]
Sonchus oleraceus **L. Fam: Asteraceae**	Kadasanna hogesoppu	-	leaf[23]	A, H/ NE	Karnataka [23]	NC	-	Vegetable[69,73]
Sonchus wightianus **DC. Fam: Asteraceae**	Tlangnalshak	-	leaf[7]	P, H/ NE	Mizoram [7]	NC	-	Edible[69] and Vegetable[69]
Sonneratia apetala **Banks Fam: Lythraceae**	Kandal, Undi	-	fruit[8]	P, T/ LC	Maharashtra [8]	NC	-	Edible[69,73] and Vegetable[73]
Sonneratia caseolaris **Engl. Fam: Lythraceae**	Ambeti, Chipi, Tiwar,	-	fruit[8]	P, T/ LC	Maharashtra [8]	NC	-	Edible[69]
Sphaeranthus indicus **L. Fam: Asteraceae**	Godel[2], Godelia[2], Gondri[2], Mundikasa[28]	Muṇḍī, Kulāhala	leaf[2] plant[28]	A, H / LC	Karnataka [28] Madhya Pradesh [2]	C	Group of vegetables[75]	Vegetable[69]
Spilanthes oleracea **L. Fam: Asteraceae**	An-kasa-kir, An-sa-pui	-	Twigs[7]	A, H/ NE	Mizoram [7]	NC	-	[ψ]Vegetable (leaf)[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Spilanthes paniculata **Wall. ex DC.** **Fam: Asteraceae**		-	leaf[9] young flower[9] young shoot[9]	A, H/ NE	Arunachal Pradesh [9]	NC	-	Others_local drink (leaf)[68]
Spinacia oleracea **L.** **Fam: Amaranthaceae**	Palak	Pālakyā	leaf[21]	A, H/ NE	Maharashtra [21]	C	Group of pot herbs[74]; Group of vegetables[75]; Group of leafy vegetables[76,78], Recipe with leaves[77]	Vegetable[69]
Spondias pinnata **(L.f.) Kurz** **Fam: Anacardiaceae**	Amra[20], Ambatte kayi[3], Amvara[10], Amara[10], Amu[10], Amra[10], Amia[10], Tawi-taw suak[7]	Āmrātaka	fruit[20,9,3,4,7,10] flower bud[10] flower[10]	P, T/ LC	Arunachal Pradesh [9], [20] Karnataka [3], [4] Mizoram [7] Uttar Pradesh [10]	C	Group of fruits[74,75,76,78]; Recipe with fruits[79]	Edible[69] and Vegetable (fruit, flower)[69,73]
Stauntonia latifolia **(Wall.) R.Br. ex Wall. [Syn:** ***Holboellia latifolia*** **Wall.]** **Fam: Lardizabalaceae**	Gophala, Jangali Sarifa	-	fruit[10]	P, C/ NE	Uttar Pradesh [10]	NC	-	Edible[68]
Stellaria media **(L.) Vill.** **Fam: Caryophyllaceae**	Chang-kal-rit	-	whole plant[7]	A, H/ NE	Mizoram [7]	NC	-	Vegetable[69]
Sterculia foetida **L.** **Fam: Malvaceae**	Giringal[19], Karangli[11]	-	seed[19] unripe fruit[11]	P, T/ LC	Madhya Pradesh [11], Odisha [19]	NC	-	Edible[68]
Sterculia lanceolata **var.** ***coccinea*** **(Jack) Phengklai [Syn:** ***S. hamiltonii*** **(Kuntze) Adelb]**	Ngama inchhawl[7]	-	fruit[7] seed[7,47]	P, T/ NE	Arunachal Pradesh [47], Mizoram [7]	NC	-	Vegetable[68] and Edible[73]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
Fam: Malvaceae								
Sterculia urens **Roxb. Fam: Malvaceae**	Kadai[16]	-	gum[16,21] seed[7]	P, T/ LC	Maharashtra [16], [21], Mizoram [7]	NC	-	Edible[69] and Vegetable (seed)[69]
Sterculia versicolor **Wall. Fam: Malvaceae**	Pang-khau	-	seed[7]	P, T/ LC	Mizoram [7]	NC	-	Vegetable[68]
Sterculia villosa **Roxb. Fam: Malvaceae**	Khau-pui	Uddālaka-vṛkṣa (RAV 799)	seed[7]	P, T/ LC	Mizoram [7]	C◆	-	Edible[69,73]
Stixis suaveolens **(Roxb.) Baill. Fam: Resedaceae**	-	-	fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[69,73]
Streblus asper **Lour. Fam: Moraceae**	Mitli hannu[3], Shakhotak[10], Siora khous[10]	Śākhoṭaka	fruit[3,4,10]	P, T/ LC	Karnataka [3], [4], Uttar Pradesh [10]	C	-	Edible[69,73]
Strobilanthes callosa **Nees [Syn:** ***Carvia callosa*** **(Nees.) Bremck.] Fam: Acanthaceae**	Bhandar, Karvi	-	fruit[52]	P, S/ NE	Maharashtra [52]	NC	-	Edible[69]
Syzygium claviflorum **(Roxb.) Wall. ex Steud. Fam: Myrtaceae**	Pichil-i-mim	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible[72]
Syzygium cumini **(L.) Skeels Fam: Myrtaceae**	Jaman[10], Jambhad[16], Jamun[10], Jamun[16,11], Lambuk[20], Len-hmui[7], Nerale hannu[3]	Rājajambū	fruit[16,3,4,7,10,20] seed[11]	P, T /LC	Arunachal Pradesh [20] Karnataka [3], [4] Maharashtra [16] Mizoram [7] Punjab [11]* Uttar Pradesh [10]	C	-	Edible (fruit)[69,73]
Syzygium grande **(Wight) Walp.**	Thei-chhawl	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Not listed

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Fam: Myrtaceae								
Syzygium hemisphericum **(Wight) Alston Fam: Myrtaceae**	Nayi nerale hannu	-	fruit[3]	P, T/ LC	Karnataka [3]	NC	-	Not listed
Syzygium jambos **(L.) Alston Fam: Myrtaceae**	Panerale hannu	Jambū	fruit[3]	P, T/ LC	Karnataka [3]	C	Group of fruits[74,75,76,78]	Edible[73]
Syzygium nervosum **DC. [Syn: *S. operculatum* (Roxb.) Nied., *S. operculatum* (Roxb.) Gamble var. *obovata* (Duthie) Gamble] Fam: Myrtaceae**	Hmui-zubel[7], Kutni jumbu[1]	-	fruit[1,7]	P, T/ LC	Mizoram [7] Odisha [1]	NC	-	Edible[69]
Syzygium praecox **(Roxb.) Rathakr. & N.C.Nair Fam: Myrtaceae**	Hmui-fang	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[69]
Tabernaemontana divaricata **(L.) R.Br. ex Roem. & Schult. [Syn: *Ervatamia coronaria* (Jacq.) Stapf] Fam: Apocynaceae**	Par-ar-si[7], Tagar [5]	Nandīvṛkṣa	flower[5] leaf[7]	P, T/ LC	Bihar [5] Mizoram [7]	C	-	Not reported
Tacca integrifolia **Ker Gawl. Fam: Dioscoreaceae**	Thial-kha[7]	-	rhizome[9] petiole[7]	P, H/ NE	Arunachal Pradesh [9] Mizoram [7]	NC	-	Not reported
Tamarindus indica **L. Fam: Fabaceae**	Imlica[16], Teng-te-re[7]	Ciñcā	tender leaf[4] leaf[16,7] fruit[16,7]	P, T/ LC	Karnataka [4] Maharashtra [16] Mizoram [7]	C	Group of fruits[74,75,76,78]; Recipe with leaves[77]; Recipe[79]	Edible[69]
Tamilnadia uliginosa **(Retz.) Tirveng. & Sastre [Syn:**	Telko[26], Thelka[1], Thelko[1]	Piṇḍāra	fruit[1,2,26] young fruit[2]	P, T/ LC	Chhattisgarh [26] Madhya Pradesh [2] Odisha [1]	C	Group of fruit vegetables[76]; Group of fruits[78]	Edible[69] and Vegetable[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
Catunaregam uliginosa **(Retz.) Sivar.] [1]** **Fam: Rubiaceae**								
Tarennoidea wallichii **(Hook.f.) Tirveng. & Sastre [Syn: *Randia wallichii* Hook.f.]** **Fam: Rubiaceae**	Sa-phut	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Not listed
Tectona grandis **L.f.** **Fam: Lamiaceae**	Tlawr	Śāka	leaf[7]	P, T\ EN	Mizoram [7]	C	-	Others_alcoholic beverage[69]
Tephrosia candida **DC.** **Fam: Fabaceae**	Ghirdi	Śveta-śarapuṅkhā (RAV 1213)	flower[1]	P, S/ NE	Odisha [1]	C◆	-	Edible[70]
Teramnus labialis **(L.f.) Spreng.** **Fam: Fabaceae**	Ranmuga	Māṣaparṇī	seed[27]	P, C/ NE	Maharashtra [27]	C	-	ᴪEdible (leaf and fruit)[69]
Terminalia bellirica **(Gaertn.) Roxb.** **Fam: Combretaceae**	Behada[1], Masambo[20], Taandrikaaya chettu[43], Tare kayi[3], Thing-Vandawt[7]	Vibhītakī	fruit[20,4], seed[3] seed kernel[43,7] seed oil[1] fruit[1]	P, T/ LC	Andhra Pradesh [43] Arunachal Pradesh [20] Karnataka [3], [4] Mizoram [7] Odisha [1]	C	Group of fruits[74,75,78]; Group of oils[75,78]	Edible[69,73]
Terminalia chebula **Retz.** **Fam: Combretaceae**	Aalale kayi[3], Harar[4]	Harītakī	fruit[3,4]	P, T/ LC	Karnataka [3], [4]	C	Group of fruits[75,78]	Edible[69]
Tetrastigma bracteolatum **(Wall.) Planch.** **Fam: Vitaceae**		-	fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[73]
Tetrastigma obovatum **Gagnep.** **Fam: Vitaceae**	Damaru[20]	-	fruit[20,24]	P, C/ NE	Arunachal Pradesh [20], [24]	NC	-	Not listed

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Tetrastigma serrulatum **(Roxb.) Planch. Fam: Vitaceae**	Rem-te	-	fruit[7]	P, C/ NE	Mizoram [7]	NC	-	Edible[70]
Tetrataenium grande **(Dalzell & A.Gibson) Manden. [Syn.** ***Peucedanum grande*****] C.B.Clarke Fam: Apiaceae**	Baphali	-	leaf[27]	A, H/ NE	Maharashtra [27]	NC	-	Not listed
Thladiantha cordifolia **Cogn. [Syn:** ***T. calcarata*** **var.** ***subglabra*** **Cogn.] [20] Fam: Cucurbitaceae**	Kang-mang[7,] Ru-shi-theppa[20,]	-	leaf[7] herb[20]	P, C/ NE	Arunachal Pradesh [20] Mizoram [7]	NC	-	Not listed
Thunbergia grandiflora **Roxb. Fam: Acanthaceae**	Va-ko	-	flower[7]	P, C/ NE	Mizoram [7]	NC	-	ᴪVegetable (leaf)[69]
Thymus serpyllum **L. Fam: Lamiaceae**	Banaajwain[11,] Van Ajwain[11]	Ajagandhā? RAV 1123)	leaf[11,45]	P, S/ LC	Jammu & Kashmir [45] Uttar Pradesh [11]	C◆	-	Others_condiment[68]
Tragia involucrata **L. Fam: Euphorbiaceae**	Pezipemang	Durālabhā	tender shoot[17]	P, C/ NE	Arunachal Pradesh [17]	C	-	Not reported
Trapa natans **var.** ***bispinosa*** **(Roxb.) Makino [Syn:** ***T. bispinosa*** **Roxb.] Fam: Lythraceae**	Mullukombu balli[3,] Singhara[11]	Śṛṅgāṭaka	fruit[3] nut[11]	P, H/ LC	Karnataka [3] Uttar Pradesh [11]	C	Group of vegetables74; Group of fruits[76]; Recipe with fruits[77]	Edible[69,73]
Trevesia palmata **(Roxb. ex Lindl.) Vis. Fam: Araliaceae**	Kawh-te-bel	-	flower bud[7] young fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Edible (fruit)[69,73] and Vegetable (flower bud)[73]
Trianthema portulacastrum **L. Fam: Aizoaceae**	Gaijasoppu[23,]	Punarnavā śveta	leaf[1,10,19,23]	A, H/ NE	Karnataka [23] Odisha [1], [19]	C	-	Vegetable[69]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
	Lal Punernava[10], Lalsabuni[10], Luduru saag[1], Punarnava[19], Punernaua[10]				Uttar Pradesh [10]			
Tribulus terrestris **L.** **Fam: Zygophyllaceae**	Chibuk kata[62], Gokhru[16]	Gokṣura	leaf[4,15] fruit[16,62]	P, H/ LC	Karnataka [4] Maharashtra [62] Odisha [16]	C	Group of leafy vegetables[78]	Edible (fruit)[69] and Vegetable (leaf)[69,73]
Trichopus zeylanicus **Gaertn.** **Fam: Dioscoreaceae**	Sattithan-patchilai	-	fruit[15]	P, H/ NE	Tamil Nadu [15]	NC	-	Edible (seed)[69]
Trichosanthes dioica **Roxb.** **Fam: Cucurbitaceae**	Parval	Paṭola	fruit[26]	P, C/ NE	Chhattisgarh [26]	C	Group of vegetables[74,75]; Group of fruit vegetables[76]; Group of fruits[78]; Recipe with fruits[79]	Vegetable[68]
Tridax procumbens **L.** **Fam: Asteraceae**	Kambarmodi	Avantī	leaf[16]	A, H/ NE	Maharashtra [16]	C	-	Edible[70]
Trigonella foenum-graecum **L.** **Fam: Fabaceae**	Methi	Methikā	seed[21]	A, H/ NE	Maharashtra [21]	C	-	[Ψ]Edible (leaf)[69]
Typha domingensis **Pers.** **Fam: Typhaceae**	Ane jondu	-	young shoots[13]	P, H/ LC	Karnataka [13]	NC	-	Edible[69]
Typhonium trilobatum **(L.) Schott** **Fam: Araceae**	Tel-hawngnu	-	leaf[7]	P, H/ NE	Mizoram [7]	NC	-	Vegetable[69]
Uraria lagopus **DC. [Syn:** ***U. arboreum*** **(D. Don) G. Don] [20]** **Fam: Fabaceae**	Tripta	-	fruit[20]	P, H/ NE	Arunachal Pradesh [20]	NC	-	Not listed

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature** Vegetable/ Fruit/ Recipe/ Others	**Validation through Ethnomedicinal Literature** Edibles/ Vegetables/ Others/ Not reported/ Not listed
Urtica ardens **Link [Syn: *U. parviflora* Roxb.] Fam: Urticaceae**	Bichu ghasr, Kankali, Shisoon, Syon	Vṛścīyaśāka(RAV 1225)	new leaf[10]	P, H/ NE	Uttar Pradesh [10]	C◆	-	Vegetable[69,73]
Urtica dioica **L. Fam: Urticaceae**	Aine[48], Bicchu[10], Bichu[10], Cholai[48], Kogsi[48], Sisoon[10], Sisunu[10]	Vṛścīyaśāka-bheda (RAV 1224)	young leaf tip[10] shoot[48] swollen nodes[10]	P, H/ LC	Himachal Pradesh [48] Uttar Pradesh [10]	C◆	-	Vegetable[69,73]
Vaccinium sprengelii **(G.Don) Sleumer Fam: Ericaceae**	Sir-Kam	-	leaf[7]	P, S/ LC	Mizoram [7]	NC	-	Edible[69] and Vegetable[69,73]
Vachellia farnesiana **(L.) Wight & Arn. [Syn: *Acacia farnesiana* (L.) Willd.] Fam: Fabaceae**	Khanghu	-	tender fruit[7]	P, S/ LC	Mizoram [7]	NC	-	Ψ Vegetable (leaf)[73]
Ventilago denticulata **Willd. Fam: Rhamnaceae**	Raktapapdee	-	seed oil[21]	P, C/ NE	Maharashtra [21]	NC	-	Edible[68,73]
Viburnum cotinifolium **D.Don Fam: Viburnaceae**	Ghenu, Ghenua, Giwa	-	fruit[10]	P, S/ NE	Uttar Pradesh [10]	NC	-	Edible[69,73]
Viburnum mullaha **Buch.-Ham. ex D.Don Fam: Viburnaceae**	Lei-dum[7], Malyo[10], Malyo[10], Richoi[10]	-	leaf[7] fruit[7,10]	P, S/ LC	Mizoram [7], Uttar Pradesh [10]	NC	-	Edible (fruit)[68,73]
Vicia lens **(L.) Coss. & Germ. [Syn: *Lens culinaris* Medik] Fam: Fabaceae**	Maassor[11]	Masūra	seed[11]	A, H/ NE	Punjab [11] *	C	Group of pulses [74,75,76]	Edible[68]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Vigna mungo **(L.) Hepper Fam: Fabaceae**	Gavathiudad[27]	Māṣa	seed[27]	A, H/ NE	Maharashtra [27]	C	Group of pulses [74,75,76]	Edible[69]
Vigna unguiculata **(L.) Walp. Fam: Fabaceae**	Be-hlawi[7]	Rājamāṣa (AK)	leaf[7]	A, C/ NE	Mizoram [7]	C◆	-	Not reported
Vigna vexillata **(L.) A.Rich. Fam: Fabaceae**	Gohteri[10,] Hatiunda[10]	-	root[10]	P, C/ NE	Uttar Pradesh [10]	NC	-	Vegetable[68] and Edible[73]
Viola canescens **Wall. Fam: Violaceae**	Gulbans, Vanapsa, Vanapsa	-	flower[10]	P, H/ NE	Uttar Pradesh [10]	NC	-	Not reported
Walsura robusta **Roxb. Fam: Meliaceae**	Per-te	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Edible[73]
Wattakaka volubilis **(L.f.) Stapf Fam: Apocynaceae**	Thei-kel ki	-	leaf[7]	P, C /NE	Mizoram [7]	NC	-	Edible[69,73]
Wendlandia budleioides **Wall. ex Wight & Arn. [Syn:** ***W. grandis*** **Cowan] Fam: Rubiaceae**	Ba-tling	-	flower[7]	P, T/ NE	Mizoram [7]	NC	-	ᴪEdible (leaf)[69]
Willughbeia edulis **Roxb. Apocynaceae**	Vuak-dup	-	fruit[7] latex[7]	P, C/ NE	Mizoram [7]	NC	-	Edible (fruit)[68,73]
Withania somnifera **(L.) Dunal Fam: Solanaceae**	Penneru gadda[44]	Aśvagandhā	seed[44]	P, H/ DD	Andhra Pradesh [44]	C	-	ᴪVegetable (shoot)[69]
Wrightia arborea **(Dennst.) Mabb. Fam: Apocynaceae**	Hleng	Kṛṣṇa-kuṭaja (RAV 1317)	leaf[7]	P, T/ LC	Mizoram [7]	C◆	-	Edible[70]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Xanthium strumarium **Lour.** **Fam: Asteraceae**		Ārtagala?, kaccaka (RAV 1236)	seed oil[16]	A, H/ NE	Maharashtra [16]	C◆	-	ᴪVegetable (leaf, flower, seedling)[69]
Xantolis hookeri **(C.B.Clarke) P.Royen** **Fam: Sapotaceae**	Doju	-	fruit[7]	P, T/ NE	Mizoram [7]	NC	-	Not listed
Xantolis tomentosa **Raf.** **Fam: Sapotaceae**	Mau-do	-	fruit[7]	P, T/ LC	Mizoram [7]	NC	-	Others_pickle[73]
Ximenia americana **L.** **Fam: Olacaceae**	Lerak	-	fruit[55]	P, S/ LC	Andaman and Nicobar Islands [55]	NC	-	Edible[69]
Xylia xylocarpa **(Roxb.) W.Theob.** **Fam: Fabaceae**	Tangini[1]	Pratiśīṃśapā (RAV 1322)	seed[1,2]	P, T/ LC	Madhya Pradesh [2], Odisha [1]	C◆	-	Edible[69,73]
Zanthoxylum acanthopodium **DC.** **Fam: Rutaceae**	-	Tumburu (RAV 1330)	fruit[57] young branches[24] leaf[24]	P, S/ LC	Arunachal Pradesh [24], [57]	C◆	-	Edible[69] and Vegetable[69]
Zanthoxylum armatum **DC.** **Fam: Rutaceae**	Hling-hiar[7], Temuru[10], Timbur[10], Timoor[10], Timur[10], Timuru[10]	Tejohvā	leaf[7] fruit[10]	P, T/ LC	Mizoram [7], Uttar Pradesh [10]	C	Group of green herbs[74]	Edible[69] and Vegetable[69]
Zanthoxylum asiaticum **(L.) Appelhans, Groppo & J.Wen [Syn:** ***Toddalia asiatica*** **(L.) Lam.]** **Fam: Rutaceae**	Kadumenashi[3], Kanchana[67], Nghar-dai[7], Tundapoda[7]	Kaṭugulma (RAV 1130)	fruit[3,7,19,67]	P, C/ NE	Arunachal Pradesh [67] Karnataka [3] Mizoram [7] Odisha [19]	C◆	-	Edible[69,73]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
Zanthoxylum nitidum **(Roxb.) DC. [Syn: *Z. hamiltonian* Wall. Ex Hook.] [17] Fam: Rutaceae**	Ombeng	-	tender shoot[17] fruit [17]	P, C/ LC	Arunachal Pradesh [17]	NC	-	Edible (shoot, fruit)[68]
Zanthoxylum rhetsa **(Roxb.) DC. Fam: Rutaceae**	Ching-it[7], Onger[17]	-	leaf[7] tender shoot[17]	P, T/ LC	Arunachal Pradesh [17] Mizoram [7]	NC	-	Edible (leaf) and Vegetable[68]
Zehneria leucocarpa **(Blume) M.D.Dwivedi, A.K.Pandey & H.Schaef. [*Melothria leucocarpa* (Blume) Cogn.] [20] Fam: Cucurbitaceae**		-	fruit[20]	A, C/ NE	Arunachal Pradesh [20]	NC	-	Not reported
Zingiber officinale **Roscoe Fam: Zingiberaceae**	Kekir[17], Sawh-thing[7]	Śuṇṭhī	inflorescence[7] rhizome[9] Not mentioned[17]	P, H/ DD	Arunachal Pradesh [9] [17] Mizoram [7]	C	Group of green herbs[74]; Group of vegetables[75]; Group of root vegetables[78]; Group of spices[78]; Recipe[79]	Others_condiment[73]
Zingiber zerumbet **(L.) Sm. Fam: Zingiberaceae**	Sawh-thing-pon	Sthūlagranthi (RAV 1340)	rhizome[7]	P, H/ DD	Mizoram [7]	C◆	-	Others_soup[69]
Ziziphus mauritiana **Lam. Fam: Rhamnaceae**	Bar[16], Ber[10,20], Bo-rai[7], Renga[21], Yelachi[3]	Badara, kolī, kuvala	fruit[21, 20, 3, 4, 10, 7] seed[16]	P, T/ LC	Arunachal Pradesh [20] Karnataka [3], [4] Maharashtra [16], [21] Mizoram [7] Uttar Pradesh [10]	C	Group of fruits[74,75,76,78]; Recipe with fruits[79]	Edible (fruit)[69,73]
Ziziphus oenopolia **(L.) Mill. Fam: Rhamnaceae**	Kantaikoli[19], Makai, Komon[16],	Śṛṅgalagoli (RAV 1346)	fruit[2,3,16,19,21]	P, T/ LC	Karnataka [3] Madhya Pradesh [2]	C◆	-	Edible[69,73]

Botanical Name **(Family)**	**Local name**	**Sanskrit name**	**Part Used**	**Life Form[a] / ICUN Status [b]**	**State and Reference**	**C/ C◆/ NC[b]**	**Validation through Ayurvedic Literature**	**Validation through Ethnomedicinal Literature**
							Vegetable/ Fruit/ Recipe/ Others	Edibles/ Vegetables/ Others/ Not reported/ Not listed
	Yelachi hannu[3,] Yernil[21]				Maharashtra [16], [21] Odisha [19]			
Ziziphus rugosa **Lam. Fam: Rhamnaceae**	Chatte hannu[3,] Tinkoli[1,] Toran[8]	-	fruit[1,2,3] immature fruits[36]	P, T/ LC	Karnataka [3], Madhya Pradesh [2] Odisha [1], Maharashtra [36] *	NC	-	Edible[69,73]
Ziziphus xylopyrus **(Retz.) Willd. Fam: Rhamnaceae**	Kotta Kai	Ghoṇṭā (RAV 1335)	fruit[25]	P, T/ LC	Tamil Nadu [25]	C◆	-	Edible[69,73]

a. Life forms: A: Annual; B: Biennial; P: Perennial; H: Herb; S: Shrub; T: Tree; C: Climber; P: Palm; L: Liana

b. IUCN Category: NE: Not Evaluated; DD: Data Deficient; LC: Least Concern; NT: Near Threatened ; VU: Vulnerable; EN: Endangered; CR: Critically Endangered

c. C: Codified; C◆ mentioned in contemporary works on Ayurveda; NC: Non-codified

AK: Abdul Kareem [93]; RAV: Rashtriya Ayurveda Vidyapeeth [94]; ψ Part (s) mentioned other than cited parts (s); *Indicates recipe with multiple ingredients

RFC: Relative Frequency Citation; RUV: Relative Use Value

1. Hemadri *et al.* 1996, 2. Pandey *et al.* 1990, 3. Prashanth Kumar and Shiddamallayya 2016a, 4. Prashanth Kumar and Shiddamallayya 2016b, 5. Singh and Das 2000, 6. Rawat *et al.* 1997, 7. Kar *et al.* 2013, 8. Billore and Hole 2008, 9. Shankar and Rawat 2004, 10. Joshi and Tewari 2000, 11. CCRAS 1999, 12. Srikanth *et al.* 2021, 13. Prashanth Kumar and Shiddamallayya 2015, 14. Kumari *et al.* 2011, 15. Dhiman KS *et al.* 2016, 16. Badbe and Pandey 1990, 17. Payum *et al.* 2014, 18. Pandey and Issar 1991, 19. Kishore *et al.* 1989, 20. Rawat *et al.* 1998 , 21. Badhe and Pande 1999, 22. Prashanth Kumar *et al.* 2016, 23. Prashanth Kumar and Shiddamallayya 2020, 24. Rawat *et al.* 1996a, 25. Raghunathan and Ramadas 1976, 26. Lale and Gaur 2017, 27. Gurav *et al.* 2022, 28. Yoganarasimhan *et al.* 1982, 29. Singh *et al.* 1993, 30. Shankar *et al.* 1994, 31. Chandra *et al.* 1989, 32. Vendrapati *et al.* 2020, 33. Uniyal 1980, 34. Shankar *et al.* 2003, 35. Prasad *et al.* 2023, 36. Gurav *et al.* 2019, 37. Uniyal 1981, 38. Shankar *et al.* 2009, 39. Raghunathan 1976a, 40. Goyal *et al.* 1998, 41. Uniyal and Issar 1988, 42. Dawa *et al.* 2021, 43. Hemadri 1989, 44. Raghunathan 1976b, 45. Srivastava *et al.* 1981b, 46. Doddamani *et al.* 2023, 47. Rawat *et al.* 1996b, 48. Gaur and Singh 1993 , 49. Shankar *et al.* 2012a, 50. Prasad *et al.* 2018, 51. Rawat *et al.* 1995, 52. Badhe and Pande 1993 , 53. Shankar and Rawat 2013, 54. Shankar *et al.* 2012b, 55. Yoganarasimhan *et al.* 1988, 56. Upreti *et al.* 2009, 57. Shankar *et al.* 1998, 58. Uniyal *et al.* 1981, 59. Bora *et al.* 2020, 60. Bora *et al.* 2016, 61. Pandey *et al.* 1993, 62. Gaykar *et al.* 2006, 63. Chandra and Pandey 1987, 64. Prasad *et al.* 2011, 65. Srivastava *et al.* 1981a, 66. Raghunathan 1976c, 67. Shankar and Rawat 2008, 68. Jain 1991, 69. Jain and Jain 2016, 70. Ray *et al.* 2020, 71. Baskaran 2024, 72. Singh and Arora 1978, 73. Roy *et al.* 1988, 74. Sharma and Bhagawan Dash 2008, 75. Priyavrat Sharma 2004, 76. Chunekar and Pandey 2010, 77. Indradev Tripathi 1978, 78. FRLHT 2012, and 79. Acharya Balakrishna 2014

Table 8. Categorization of edible plants under different groups of food in select treatises.

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Abelmoschus moschatus* Medik. Fam: Malvaceae**	Latākastūrī	root tender fruit	-	Group of fruits [S.Su.46.204 (502)]	-	-	-	-
***Actinoscirpus grossus* (L.f.) Goetgh. & D.A. Simpson [Syn: *Scirpus grossus* L.f.] Fam: Cyperaceae**	Kaśeru	tuber	Group of vegetables [C.Su.27(4).116-117 (514)	Group of tubers [S.Su.46.304 (519)]	Group of root vegetables [BPN.9.112-113 (687)]	-	Group of root vegetables [BK. I (107)]	-
***Aegle marmelos* (L.) Corrêa Fam: Rutaceae**	Bilva	fruit	Group of fruits [C.Su.27(5).138 (516)]	Group of fruits [S.Su.46.174-175 (496-497)] | Group of vegetables [S.Su.46.254 (510)]	Group of fruits [BPN.6.56 (552)]	Recipe with fruits [KK. 8.48-49 (118)]	Group of fruits [BK. I (154)]	Recipe with fruits [RVGR. 105 (51)]
***Alangium salviifolium* (L.f.) Wangerin Fam: Cornaceae**	Aṅkola	Fruit seed	Group of fruits [C.Su.27(5).159 (517)]	Group of fruits [S.Su.46.197 (501)]	-	-	-	-
***Alocasia macrorrhizos* (L.) G. Don [Syn: *A. indica* Schott] Fam: Araceae**	Mānakanda	corm stem tuber	-	Group of tubers [S.Su.46.307 (520)]	Group of root vegetables [BPN.9.106 (685)]	-	-	-
***Alternanthera sessilis* (L.) DC. Fam: Amaranthaceae**	Matsyākṣī	Leaf shoot	-	-	-	-	Group of leafy vegetables [BK.I.(118)]	-
***Amaranthus caudatus* L. Fam: Amaranthaceae**	Rājadrī	Leaf young shoot	-	-	Group of leafy vegetables [BPN.9 (654)]	-	-	-
***Amaranthus spinosus* L. Fam: Amaranthaceae**	Kaṇṭakī taṇḍulīya	Leaf shoot	Group of vegetables	Group of vegetables [S.Su.46.258 (511)]	Group of leafy vegetables [BPN.9.12-13 (653)]	Recipe with leaves [KK.8.105-	Group of leafy	Recipe with leaves [RVGR.

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
			[C.Su.27(4).94-95 (509)]			107 (131-132)]	vegetables [BK. I (113)]	45 (22); 55 (26)]
***Amaranthus tricolor* L. Fam: Amaranthaceae**	Rāmaśī-talikā, māriṣā	leaf seed tender twigs	Group of pot-herbs [C.Su.27(4). 98-104 (511)]	-	-	-	Group of leafy vegetables [BK. I (110)]	-
***Amorphophallus paeoniifolius* (Dennst.) Nicolson [Syn: *A. campanulatus*] Fam: Araceae**	Sūraṇa	Corm petiole tender leaf tuber	-	Group of tubers [S.Su.46.306 (519)]	Group of root vegetables [BPN.9.91-93 (679)]	Recipe with tuber / root [KK.8.195-200 (153-154)]	Group of leafy vegetables [BK. I (121)] | Group of root vegetables [BK. I (99)]	Recipe with corm [RVGR.25 (13); 26 (13); 69 (33); 112 (54)]
***Anethum graveolens* L. Fam: Apiaceae**	Śatahvā	leaf	-	-	-	-	Group of leafy vegetables [BK. I (112)]	-
***Annona squamosa* L. Fam: Annonaceae**	Sītāphala	fruit	-	-	-	-	Group of fruits [BK. I (162)]	-
***Artocarpus heterophyllus* Lam. Fam: Moraceae**	Panasa	fruit perianth seed	Group of fruits [C.Su.27(5).143-144 (516)]	Group of fruits [S.Su.46.181 (498)]	Group of fruits [BPN.6.25-29 (543)]	-	Group of fruits [BK. I (132)]	-
***Artocarpus lacucha* Roxb. Ex Buch.-Ham. Fam: Moraceae**	Lakuca	fruit	Group of fruits [C.Su.27(5).132 (516)]	Group of fruits [S.Su.46.155 (494)]	Group of fruits [BPN.6.30-32 (544)]	-	Group of fruits [BK. I (133)]	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Asparagus racemosus* Willd. Fam: Asparagaceae**	Śatāvarī	rhizome root tuber	Group of pot-herbs [C.Su.27(4). 107-108 (511)]	Group of tubers [S.Su.46.301 (519)]	-	-	-	-
***Averrhoa carambola* L. Fam: Oxalidaceae**	Karmaraṅga	young fruit	-	-	Group of fruits [BPN.6.141 (585)]	-	Group of fruits [BK. I (147)]	-
***Azadirachta indica* A. Juss. Fam: Meliaceae**	Nimba	fruit leaf	Group of vegetables [C.Su.27(4).95-97 (509)]	Group of fruits [S.Su.46.197 (501)] | Group of vegetables [S.Su.46.270 (512)].	-	-	-	Recipe with leaves [RVGR.67 (32)]
***Bacopa monnieri* (L.) Wettst. Fam*:* Plantaginaceae**	Brāhmī	leaf	-	-	-	-	Group of leafy vegetables [BK. I (118)]	-
***Bambusa bambos* (L.) Voss [Syn: *B. arundinacea* (Retz.) Roxb.] Fam: Poaceae**	Vaṃśa	leaf young tender rhizome seed shoot young shoot tender shoot silicaceous secretion rice	Group of inferior cereals [C.Su.27.20 (496)]	Group of sprouts [S.Su.46.292 (516)] | Group of inferior cereals [S.Su.46.26 (468)] |	Group of inferior cereals [BPN.8.82 (646)]	-	-	Recipe with sprouts [RVGR. 88 (43); 109 (53)]

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Basella alba* L. [Syn: *B. rubra* L.] Fam: Basellaceae**	Upodikā	leaf tender twig	Group of vegetables [C.Su.27(4).93-94 (509)]	Group of vegetables [S.Su.46.259 (511)]	Group of leafy vegetables [BPN.9.8-9 (652)]	Recipe with leaves [KK.114-117 (134)]	Group of leafy vegetables [BK. I (110)]	-
***Bauhinia purpurea* L. Fam: Fabaceae**	Kovidāra	flower flower bud fruit leaf tender leaf young flower	Group of pot-herbs [C.Su.27(4). 104-105 (511)]-flower	Group of flowery vegetables [S.Su.46.281 (515)] | Group of vegetables [S.Su.46.249 (509)]	-	-	-	-
***Bauhinia variegata* L. Fam: Fabaceae**	Kāñcanāra	flower flower bud fruit gum leaf	Group of pot-herbs [C.Su.27(4). 104-105 (511)]-flower	Group of vegetables [S.Su.46.249 (509)]	-	Recipe with flowers [KK.8.167 (146)]	-	-
***Benincasa hispida* Cogn. Fam: Cucurbitaceae**	Kūśmāṇḍa	fruit flower fruit immature fruit leaf	Group of pot-herbs [C.Su.27(4).113 (512)]-fruit	Group of vegetables [S.Su.46.213 (503)]	Group of fruit vegetables [BPN.9.53-55 (666)]	Recipe with fruits [KK.8.50-59 (118-120)]	Group of fruits [BK. I (125)]	Recipe with fruits [RVGR. 42 (20); 78 (37);
***Bergera koenigii* L. [Syn: *Murraya koenigii* (L.) Spreng.] Fam: Rutaceae**	Kaiḍarya	leaf	-	-		-	Group of leafy vegetables [BK. I (119)]	-
***Blainvillea acmella* (L.) Philipson [Syn: *Spilanthes acmella* L.]**	Marahaṭṭikā (RAV 2429)	shoot	-	-	-	-	Group of leafy	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
Fam: Asteraceae							vegetables [BK. I (116)]	
***Boerhavia diffusa* L.** **Fam: Nyctaginaceae**	Punarnavā	leaf	Group of vegetables [C.Su.27(4).95-97 (509)]	Group of vegetables [S.Su.46.239-(508)]	-	Recipe with leaves [KK.8.151-152 (142)]	Group of leafy vegetables [BK. I (114)]	-
***Bombax ceiba* L. [Syn: *Salmalia malabarica* S. &E.]** **Fam: Malvaceae**	Śālmalī	flower bud	Group of pot-herbs [C.Su.27(4). 104-105 (511)]-flower	Group of flowery vegetables [S.Su.46.281 (515)] | Group of vegetables [S.Su.46.251 (510)]	Group of flowery vegetables [BPN.9.51-52 (665)]	-	Group of flowery vegetables [BK. I (171)]	-
***Brassica rapa* L. [Syn: *B. comprestris* Linn.]** **Fam: Brassicaceae**	Sarṣapa	leaf	Group of pot-herbs [C.Su.27(4). 98-104 (511)] | Group of vegetables [C.Su.27(4). 122 (514)]- leaf	Group of vegetables [S.Su.46.238-(508)]	Group of leafy vegetables [BPN.9.47 (664)]	-	Group of leafy vegetables [BK. I (113)]	-
***Buchanania cochinchinensis* (Lour.) M.R.Almeida [Syn: *B. lanzan* Spreng.]** **Fam: Anacardiaceae**	Priyāla	fruit seed seed kernel	Group of fruits [C.Su.27(5).158 (517)]	Group of fruits [S.Su.46.156 (494-495)- fruit [S.Su.46.205 (502)- seed kernel	Group of fruits [BPN.6.83-85 (563)]	-	Group of fruits [BK. I (153)]	-
***Butea monosperma* (Lam.) Kuntze** **Fam: Fabaceae**	Palāśa	flower gum	-	Group of flowery vegetables [S.Su.46.288 (516)	-	-	-	-
***Canavalia gladiata* (Jacq.) DC.** **Fam: Fabaceae**	Kolaśimbī	young pod	-	-	Group of fruit vegetables [BPN.9.76-77 (675)]	-	Group of fruits [BK. I (130)]	Recipe with fruits [RVGR.58 (27)]

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Capsicum annuum* L.** **Fam: Solanaceae**	Kaṭuvīrā/Maric a-mañjarī	fruit	-	-	-	-	-	Recipe with fruits [RVGR. 115 (55)]
***Carissa spinarum* L.** **[Syn: *C. paucinervia* A. DC.** [17]**, *C. congesta* Wight** [24,81]**, *C. opaca* Stapf ex Haines]** **Fam: Apocynaceae**	Karamard-ikā	Fruit unripe fruit	Group of fruits [C.Su.27(5).161 (517)]	Group of fruits [S.Su.46.156 (494-495)	Group of fruits [BPN.6.81-82 (562)]	-	Group of fruits [BK. I (140)]	Recipe Sour gruel with fruit [RVGR. 94 (45)] Recipe with fruits [RVGR. 119 (56)]
***Carthamus tinctorius* L.** **Fam: Asteraceae**	Kusumbha	leaf	Group of pot-herbs [C.Su.27(4).110 (511)]	Group of vegetables [S.Su.46.272 (513)]	-	Recipe with leaves [KK.8.155-156 (143)]	Group of leafy vegetables [BK. I (112)]	-
***Celastrus paniculatus* Willd.** **Fam: Celastraceae**	Jyotiṣmatī	flower seed oil	-	Group of oils [S.Su.45.115 (439)]	-	-	Group of oils [BK. I (258)]	-
***Celosia argentea* L. [Syn: *C. cristata* Linn.]** **Fam: Amaranthaceae**	Śitivāraka	leaf shoot tender twig	Group of pot-herbs [C.Su.27(4). 98-104 (511)]	Group of vegetables [S.Su.46.274-275 (513)]	-	-	-	-
***Centella asiatica* (L.) Urb.** **Fam: Apiaceae**	Maṇḍūka-parṇī	leaf whole plant young shoot	Group of vegetables [C.Su.27(4).95-97 (509)]	Group of vegetables [S.Su.46.264 (512)]	-	-	-	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Chenopodium album* L.** **Fam: Amaranthaceae**	Vāstuka	leaf seed young shoot stem tender twig	Group of vegetables [C.Su.27(4).88-89 (509) | Group of pot-herbs [C.Su.27(4). 98-104 (511)]	Group of vegetables [S.Su.46.261 (511)]	Group of leafy vegetables [BPN. 9.5-7 (650)]	Recipe with leaves [KK.8.103-104 (131)]	Group of leafy vegetables [BK. I (107)	Recipe with leaves [RVGR. 44 (21)]
***Cicer arietinum* L.** **Fam: Fabaceae**	Caṇaka	leaf	-	Group of vegetables [S.Su.46. 277 (514) (Harimantha)	Group of leafy vegetables [BPN.9.45 (664)]	Recipe with leaves [KK.8.133-136 (138-139)]	Group of leafy vegetables [BK. I (123)]	Recipe with leaves RVGR. 85 (41)]
***Cleome gynandra* L.** **Fam: Cleomaceae**	Ajagandhā	leaf	Group of green herbs [C.Su.27(6).173 (522)] | Group of vegetables [C.Su.27(4).91 (509)]	Group of vegetables [S.Su.46.239-(508)]	-	-	Group of leafy vegetables [BK. I (117)]	-
***Coccinia grandis* (L.) Voigt** **[Syn: *C. indica* Wt & Arn.]** **Fam: Cucurbitaceae**	Bimbī	fruit leaf young fruit	Group of fruits [C.Su.27(5). 142-143 (516)]	Group of fruits [S.Su.46.176 (497)]	Group of fruit vegetables [BPN.9.73-74 (674)]	Recipe with fruits [KK.8. 31-36 (115-116)]	Group of leafy vegetables [BK. I (120)] | Group of fruits [BK. I (134)]	Recipe with fruits [RVGR.36 (18); 65 (31-32)
***Coix lacryma-jobi* L.** **Fam: Poaceae**	Gavedhukā	seed	Group of inferior cereals [C.Su.27.17 (495)]	Group of inferior cereals [S.Su.46.21-23 (467)]	Group of inferior cereals [BPN.8.85 (647)]	-	-	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Colocasia esculenta* (L.) Schott [Syn: *C. antiquorum* Schott.] Fam: Araceae**	Ālukī	corm leaf tuber root young shoot inflorescence	-	-	Group of root vegetables [BPN.9.98 (682)]	-	Group of root vegetables [BK. I (100) - piṇḍālu	-
***Corchorus aestuans* L. Fam: Malvaceae**	Cañcū	leaf	-	Group of vegetables [S.Su.46.251 (510)]	-	Recipe with leaves [KK.8.137-138 (139)]	-	-
***Corchorus capsularis* L. Fam: Malvaceae**	Kālaśāka, nāḍiśāka	leaf	Group of vegetables [C.Su.27(4).91 (509)]	Group of vegetables [S.Su.46.272 (513)]	Group of leafy vegetables [BPN.9.17 (655)]		Group of leafy vegetables [BK. I (117)]	
***Cordia dichotoma* G.Forst. [Syn: *C. obliqua* Willd. var. *wallichi*, *C. obliqua* Willd.] Fam: Boraginaceae**	Śleṣmātaka	fruit tender leaf half-ripe fruit	Group of fruits [C.Su.27(5).159 (517)]	Group of fruits [S.Su.46.193 (500)] | Group of vegetables [S.Su.46.249 (509)]	Group of fruits [BPN.6.105-107 (571)]	-	Group of fruits [BK. I (141)]	Recipe with fruits [RVGR. 114 (55)]
***Coriandrum sativum* L. Fam: Apiaceae**	Dhānyaka	fruit leaf	Group of green herbs [C.Su.27(6).173 (522)]	Group of vegetables [S.Su.46.230-232 (506-507)]	-	-	Group of leafy vegetables [BK. I (119)]	-
***Crotalaria juncea* L. Fam: Fabaceae**	Śaṇa	flower	Group of pot-herbs [C.Su.27(4).104-105 (511)]	Group of flowery vegetables [S.Su.46.281 (515)] | Group of vegetables [S.Su.46.249 (509)]	-	Recipe with flowers [KK.8.174-175 (148)]	-	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Cucumis melo* L. [Syn: *C. callosus* (Rottler) Cogn.[17]; *C. melo* var. *agrestis* [16], *Luffa cylindrica* (Linn.) M. Roem.] [19]** **Fam: Cucurbitaceae**	Kharbūja	flower fruit	-	-	Group of fruits [BPN.6.44-46 (549)]	-	Group of fruits [BK. I (128)]	-
***Cyclea peltata* (Lam.) Hook.f. & Thomson** **Fam: Menispermaceae**	Rājapāṭha / Vanatiktaka	fruit	Group of vegetables [C.Su.27(4).95-97 (509)]	-	-	-	-	-
***Dillenia indica* L.** **Fam: Dilleniaceae**	Bhavya	fruit perianth fruit	Group of fruits [C.Su.27(5).131 (516)]	Group of fruits [S.Su.46.157 (494-495)	-	-	-	-
***Dioscorea alata* L. [Syn: *D. belophylla* Voigt ex Haines]** **Fam: Dioscoreaceae**	Kāṣṭhāluka	tuber bulbil	Group of vegetables [C.Su.27(4). 123 (514)]	Group of tubers [S.Su.46.298 (518)]	Group of root vegetables [BPN.9.94-95 (680)]	-	-	-
***Dioscorea bulbifera* L.** **Fam: Dioscoreaceae**	Vārāhī	bulb tuber bulbil rhizome tuber Part Not mentioned	-	Group of tubers [S.Su.46.309 (520)]	Group of root vegetables [BPN.9.107 (686)]	-	-	-
***Dioscorea esculenta* (Lour.) Burkill** **Fam: Dioscoreaceae**	Madhvāluka	tuber	-	Group of tubers [S.Su.46.298 (518)]	-	-	-	-
***Dioscorea hispida* Dennst.** **Fam: Dioscoreaceae**	Hastyāluka	rhizome, tuber	-	Group of tubers [S.Su.46.298 (518)]	-	-	-	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Diospyros malabarica* (Desr.) Kostel.** **Fam: Ebenaceae**	Tinduka	fruit	Group of fruits [C.Su.27(5).147 (516)]	Group of fruits [S.Su.46.168 (496)	Group of fruits [BPN.6.65 (555)]	-	Group of fruits [BK. I (140)]	-
***Elettaria cardamomum* (L.) Maton** **Fam: Zingiberaceae**	Sūkṣmailā	fruit	-	-	-	-	Group of spices [BK. Pg. 186]	-
***Eleusine coracana* (L.) Gaertn.** **Fam: Poaceae**	Madhūlikā	seed	Group of inferior cereals [C.Su.27.22 (496)]	Group of inferior cereals [S.Su.46.24(468)]	-	-	-	-
***Embelia ribes* Burm.f.** **Fam: Primulaceae**	Viḍaṅga	leaf	-	-	-	Recipe with leaves [KK.8.147-148 (141)]	-	-
***Enhydra fluctuans* Lour.** **Fam: Asteraceae**	Hilamocikā	leaf tender twig	-	-	Group of leafy vegetables [BPN. 9.28 (660)]	-	-	-
***Euphorbia hirta* L.** **Fam: Euphorbiaceae**	Dugdhikā	Leaf shoot	-	Group of vegetables [S.Su.46.274-275 (513)]- (triparṇikā in mula)	-	-	-	
***Ficus benghalensis* L.** **Fam: Moraceae**	Nyagrodhā	fruit	Group of fruits [C.Su.27(5).164 (517)]	Group of fruits [S.Su.46.163 (495-496)]	-	-	-	-
***Ficus hispida* L.f.** **Fam: Moraceae**	Kāko-dumbara	Leaf fruit	Group of fruits [C.Su.27(5).128 (515)]	Group of fruits [S.Su.46.171 (496)]	-	-	-	-
***Ficus racemosa* L. [Syn: *F. lucescens* Bl.*; F. glomerata* Roxb.] [19]**	Udumbara	incipient shoot fruit	Group of fruits [C.Su.27(5).164 (517)]	Group of vegetables [S.Su.46.249 (509)] | Group of fruits	-	Recipe with fruits	Group of fruits [BK. I (140)]	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
Fam: Moraceae		flower		[C.Su.46. 163 (494)]		[KK.8.83-84 (126)]		
***Flacourtia indica* (Burm.f.) Merr. Fam: Salicaceae**	Vikaṅkata	fruit	Group of fruits [C.Su.27(5).145-146 (516)]	-	Group of fruits [BPN.6.88 (565)]	-	Group of fruits [BK. I (155)]	-
***Flacourtia jangomas* (Lour.) Raeusch. Fam: Salicaceae**	Prācīnāma-laka	fruit	Group of fruits [C.Su.27(5).145-146 (516)]	Group of fruits [S.Su.46.158 (494)]	Group of fruits [BPN.6.78 (561)]	-	Group of fruits [BK. I (152)]	-
***Foeniculum vulgare* Mill. Fam: Apiaceae**	Śatapuṣpā	fruit	-	-	-	-	Group of spices [BK. Pg. 187]	-
***Gardenia latifolia* Aiton Fam: Rubiaceae**	Parpaṭakī (RAV 1241)	fruit	Group of fruits [C.Su.27(5).162 (517)]	-	-	-	-	-
***Gmelina arborea* Roxb. [Syn: *G. oblongifolia* Roxb.] Fam: Lamiaceae**	Gambhārī	flower tender leaf	-	-	-	-	Group of flowery vegetables [BK. I (170)]	-
***Grewia oppositifolia* Roxb. ex DC. [Syn: *G. emarginata* Wight & Arn.] Fam: Malvaceae**	Todana/ Dhanvana-bheda (RAV 1294)	fruit	Group of fruits [C.Su.27(5).142-143 (516)]	Group of fruits [S.Su.46.167 (496)]	-	-	Group of fruits [BK. I (157)]	-
***Grewia tiliifolia* Vahl Fam: Malvaceae**	Dhanvana	fruit	Group of fruits [C.Su.27(5).142-143 (516)]	Group of fruits [S.Su.46.170 (496)]	-	-	-	-
***Hedychium spicatum* Buch. - Ham. ex Sm. [Syn: *H. acuminatum* Roscoe] Fam: Zingiberaceae**	Śaṭī	rhizome	Group of vegetables [C.Su.27(4). 88-89 (509)	Group of vegetables [S.Su.46.276 (514)]	-	-	Group of root vegetables [BK. I (106)]	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Hellenia speciosa* (J.Koenig) Govaerts [Syn: *Costus speicosus* Koerning ex Retz.) Smith.] Fam: Costaceae**	Kemuka	rhizome	-	Group of vegetables [S.Su.46.262 (511)]	Group of root vegetables [BPN.9.110-111 (687)]	-	-	-
***Hibiscus sabdariffa* L. [Syn: *H. sabdariffa* var. *sabdariffa* Linn.] Fam: Malvaceae**	Ambaṣṭhakī, raktanāla	leaf	Group of vegetables [C.Su.27(4). 123 (514)	-	-	-	-	-
***Hippophae rhamnoides* L. Fam: Elaeagnaceae**	Amlavetasa (AFI. III)	fruit	Group of fruits [C.Su.27(5).152 (517)	-	Group of fruits [BPN.6.144 -147 (587)]	-	Group of fruits [BK. I (151)]	-
***Ipomoea aquatica* Forssk. Fam: Convolvulaceae**	Kalambī, Nāḍī	shoot leaf aerial plant young shoot young leaf	Group of vegetables [C.Su.27(4).95-96 (509)]	-	Group of leafy vegetables [BPN.9.19 (656)]	Recipe with leaves [KK.8.139-140 (139-140)]	-	-
***Jasminum sambac* (L.) Aiton Fam: Olacaceae**	Vārṣikī	flower	-	Group of flowery vegetables [S.Su.46.286 (516)	-	-	-	-
***Juglans regia* L. Fam: Juglandaceae**	Akṣoḍa	fruit seed kernal	Group of fruits [C.Su.27(5).157 (517)	Group of fruits [S.Su.46.188 (499)]	Group of fruits [BPN.6.129 (579)]	-	Group of fruits [BK. I (160)]	-
***Lagenaria siceraria* (Molina) Standl. [Syn: *L. vulgaris* Ler.] [32] Fam: Cucurbitaceae**	Ālābū	leaf young leaf	Group of pot-herbs [C.Su.27(4). 112 (512)]	Group of vegetables [S.Su.46.215 (503)]	-	-	-	-
***Lathyrus oleraceus* Lam. [Syn: *Pisum sativum* L.]**	Kalāya	seed	Group of pulses [C.Su.27.29 (497)]	Group of pulses [S.Su.46.27 (468)]	Group of pulses [BPN.8.57 (636)]	-	-	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
Fam: Fabaceae								
***Lathyrus sativus* L.** **Fam: Fabaceae**	Tripuṭa	leaf tender twig	Group of vegetables [C.Su.27(4).92 (509)]	-	-	-	Group of leafy vegetables [BK. I (123)]	-
***Leptadenia reticulata* (Retz.) Wight & Arn.** **Fam: Apocynaceae**	Jīvantī	leaf	Group of pot-herbs [C.Su.27(4). 107-108 (511)]	Group of vegetables [S.Su.46.252 (510)]	-	Recipe with leaves [KK.8.159-160 (144)]	Group of leafy vegetables [BK. I (114)]	-
***Leucas cephalotes* Spreng.** **Fam: Lamiaceae**	Droṇapuṣpī	leaf	-	Group of vegetables [S.Su.46.274-275 (513)]- kutumbaka in mula	Group of leafy vegetables [BPN. 9.34 (662)]	-	Group of leafy vegetables [BK. I (119)]	-
***Limonia acidissima* Houtt.** **Fam: Rutaceae**	Kapittha	fruit	Group of fruits [C.Su.27(5).136-137 (516)]	Group of fruits [S.Su.46.147-148 (493)]	Group of fruits [BPN.6.61-62 (553)]	-	Group of fruits [BK. I (152)]	-
***Luffa acutangula* Roxb.** **Fam: Cucurbitaceae**	Dhāmārgava,kośātakī	fruit	-	Group of vegetables [S.Su.46.262 (511)]	Group of fruit vegetables [BPN.9.67-68 (671)]	Recipe with fruits [KK.8.39-40 (116-117)]	Group of fruits [BK.I. Pg. 129]	Recipe with fruits [RVGR.33 (16); 59 (29)]
***Madhuca longifolia* (L.) J.F.Macbr.** **Fam: Sapotaceae**	Madhūka	flower fruit seed seed oil	Group of fruits [C.Su.27(5).128 (515)	Group of oils [S.Su.45.121 (440)]	Group of fruits [BPN.6.95-97 (567)]	Recipe with flowers [KK.8.176-177 (148)]	Group of flowery vegetables [BK. I (171)] | Group of oils [BK. I (260)]	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Mangifera indica* L.** **Fam: Anacardiaceae**	Āmra	fruit	Group of fruits [C.Su.27(5).139 (516)	Group of fruits [S.Su.46.152-154 (494)]	Group of fruits [BPN.6.5 (538)]	-	Group of fruits [BK. I (165)]	Recipe with fruits [RVGR. 110 (53); 123 (58)]
***Manilkara hexandra* Dubard** **Fam: Sapotaceae**	Rājādana	fruit	Group of fruits [C.Su.27(5).143-144 (516)]	Group of fruits [S.Su.46.166 (496)]	Group of fruits [BPN.6.85-87 (564)]	-	Group of fruits [BK. I (153)]	-
***Marsilea minuta* L.** **Fam: Marsileaceae**	Sunişannakā	leaf	Group of vegetables [C.Su.27(4).88-89 (509)]	Group of vegetables [S.Su.46.265 (512)]	Group of leafy vegetables [BPN. 9.29-32 (661)]	-	Group of leafy vegetables [BK. I (122)]	-
***Mimusops elengi* L.** **Fam: Sapotaceae**	Bakula	fruit	-	Group of fruits [S.Su.46.169 (496)]	-	-	Group of fruits [BK. I (152)]	-
***Momordica charantia* L.** **Fam: Cucurbitaceae**	Kāravella	leaf seed fruit	Group of vegetables [C.Su.27(4).95-97 (509)]	Group of vegetables [S.Su.46.269 (512)]	Group of fruit vegetables [BPN.9.63-64 (670)]	Recipe with fruits [KK.8.66-69 (122-123)]	Group of fruits [BK. I (135)]	Recipe with fruits [RVGR. 41 (20)]
***Momordica diocia* Roxb. ex Willd. [*Momordica tuberosa* (Roxb.) Cogn.]** **Fam: Cucurbitaceae**	Karkoṭi	fruit tender fruit	Group of vegetables [C.Su.27(4).95-97 (509)]	Group of vegetables [S.Su.46.269 (512)]	Group of fruit vegetables [BPN.9.86 (677)]	Recipe with fruits [KK.8.70-71 (123)]	Group of fruits [BK. I (135)]	Recipe with fruits [RVGR. 43 (21)]
***Moringa oleifera* Lam.** **Fam: Moringaceae**	Śigru	fruit flower leaf un matured fruit	Group of green herbs [C.Su.27(6).170 (522)]	Group pf flowery vegetable [S.Su.46.289 (516) | Group of vegetables [S.Su.46.237-(507)]	Group of flowery vegetables [BPN.9.50 (665)] | Group of fruit vegetables [BPN.9.78 (675)]	Recipe with flowers [KK.8.165-166 (145-146)]	Group of leafy vegetables [BK. I (109)] | Group of fruits [BK. I (131)]	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Morus alba* L.** **Fam: Moraceae**	Tūda	fruit leaf	Group of fruits [C.Su.27(5).135 (516)]	-	Group of fruits [BPN.6.100 (569)]		Group of fruits [BK. I (156)]	-
***Mucuna pruriens* (L.) DC.** **Fam: Fabaceae**	Kapikaccū	young pods seed	-	-	-	Recipe with fruits [KK.8.79-80 (126)]	Group of fruits [BK. I (129)]	-
***Musa* x *paradisiaca* L. [Syn: *M. sapientum* L.] [30]** **Fam: Musaceae**	Kadalī	flower pseudo stem fruit stem tender inner pseudo stem	Group of fruits [C.Su.27(5).143-144 (516)] | Group of tuber vegetable 8.105 (685)	Group of fruits [S.Su.46.181 (498)]	Group of flowery vegetables [BPN.9.49 (665)] | Group of root vegetables [BPN.9.91-93 (679)] | [BPN.9.105 (685) |Group of fruits [BPN.6.33-34 (544-545)]	Recipe with fruits [KK.8.95-96 (129)] | Recipe with stem [KK.8.183-184 (150)] | Recipe with tuber / root [KK.8.193-194 (153)]	Group of fruits [BK. I (138)] | Group of root vegetables [BK. I (100)] | Group of inner stems [BK. I (169)]	Recipe with roots [RVGR. 37 (18)] Recipe with fruits [RVGR. 38 (19)] Recipe with flowers [RVGR. 48 (23)] Recipe with inner stem [RVGR. 87 (42)]
***Nelumbo nucifera* Gaertn.** **Fam: Nelumbonaceae**	Kamala	flower pedicle root seed	Group of pot-herbs [C.Su.27(4). 98-104 (511)]- stalk |	Group pf flowery vegetable [S.Su.46.285 (515) | Group of tubers [S.Su.46.308	Group of root vegetables [BPN.9.114-116 (688)] | Group of	Recipe with roots [KK.8.201-202 (155)]	Group of root vegetables [BK. I (105)]	-

Botanic al Name **(Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
			Group of vegetables [C.Su.27(4).116-117 (514) | Group of vegetables [C.Su.27(4).118-119 (514)-seed	(520)] | Group of fruits [S.Su.46.173 (496)]	fruits [BPN.6.89-90 (565)]			
Oroxylum indicum **(L.) Kurz Fam: Bignoniaceae**	Śyonāka	pod shoot young flower	-	-	-	-	-	Recipe with pods [RVGR. 108 (52)]
Oxalis corniculata **L. Fam: Oxalidaceae**	Cāṅgerī	fruit leaf plant tender fruit whole plant	Group of vegetables [C.Su.27(4).92-93 (509)]	Group of vegetables [S.Su.46.273 (513)]	Group of leafy vegetables [BPN.9.23-24 (658)]	-	Group of leafy vegetables [BK. I (113)]	-
Phoenix sylvestris **(L.) Roxb. Fam: Arecaceae**	Kharjūra	fruit	Group of fruits [C.Su.27(5).127 (515)] | Group of vegetables [C.Su.27(4). 116 (514)	Group of fruits [S.Su.46.185-186 (499)]	Group of fruits [BPN.6.122- (575)]	-	Group of fruits [BK. I (144)]	-
Phyllanthus acidus **(L.) Skeels Fam: Phyllanthaceae**	Lavalī	leaf fruit	Group of fruits [C.Su.27(5).144-145 (516)]	Group of fruits [S.Su.46.189 (499-500)]	Group of fruits [BPN.6.79-80 (562)]	-	Group of fruits [BK. I (153)]	-
Phyllanthus emblica **L. [Syn: *Emblica officinalis* Gaertner] Fam: Phyllanthaceae**	Āmalakī	fruit dried fruit	Group of fruits [C.Su.27(5).147 (516)]	Group of fruits [S.Su.46. 143-144 (492)]	-	Recipe with fruits [KK.8.64-65 (122)]	Group of fruits [BK. I (152)]	Recipe with fruits [RVGR.53

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
								(25); 104 (50-51)]
***Piper longum* L.** **Fam: Piperaceae**	Pippalī	fruit	-	Group of vegetables [S.Su.46.223 (505)]	-	-	Group of spices [BK. Pg. 188]	-
***Portulaca oleracea* L.** **Fam: Portulacaceae**	Bruhat Loṇikā/ Ghoṭikā	plant leaf tender twigs	Group of pot-herbs [C.Su.27(4). 98-104 (511)]	Group of vegetables [S.Su.46.274-275 (513)]	Group of leafy vegetables [BPN.9.21-22 (657-658)]	Recipe with leaves [KK.8.131-132 (138)]	Group of leafy vegetables [BK. I (114)]-ghola	-
***Premna serratifolia* L. [Syn: *P. integrifolia* Linn.]** **Fam: Lamiaceae**	Agnimantha	leaf	-	-	-	-		Recipe with leaves [RVGR.68 (33)]
***Psammogeton involucratum* (Roxb.) Mousavi, Mozaff. & Zarre [Syn: *Trachyspermum roxburghianum* H.Wolff]** **Fam: Apiaceae**	Kharahvā	leaf	Group of green herbs [C.Su.27(6).172 (522)]	-	Group of leafy vegetables [BPN.935 (662)]	-	-	-
***Pueraria tuberosa* (Roxb. Ex Willd.) DC.** **Fam: Fabaceae**	Vidārī	tuber root	Group of vegetables [C.Su.27(4). 120-121 (514)]	Group of tubers [S.Su.46.300 (518)]	-	-	Group of root vegetables [BK. I (103)]	-
***Rotheca serrata* (L.) Steane & Mabb. [Syn: *Clerodendrum serratum* (L.) Moon]** **Fam: Lamiaceae**	Bhārgī	leaf flower root resin fruit	-	Group of vegetables [S.Su.46.249 (509)]-phañjī	-	-	-	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Schleichera oleosa* (Lour.) Oken [Syn. *S trijuga* Willd.** **Fam: Sapindaceae**	Kośāmra	fruit seed	-	Group of fruits [S.Su.46.159-160 (494)]	Group of fruits [BPN.6.23-24 (542)]	-	Group of fruits [BK. I (167)]	-
***Semecarpus anacardium* L.f.** **Fam: Anacardiaceae**	Bhallātaka	fruit peduncle thalamaus	Group of fruits [C.Su.27(5).165 (517)]	Group of fruits [S.Su.46.196 (501)]	-	-	-	-
***Senna occidentalis* (L.) Link [Syn: *Cassia occidentalis* Linn.]** **Fam: Fabaceae**	Kāsamarda	leaf	Group of vegetables [C.Su.27(4).88-89 (509)	Group of vegetables [S.Su.46.236-(507)]	Group of leafy vegetables [BPN.9.43-44 (663)]	Recipe with leaves [KK.8.108-109 (132)]	Group of leafy vegetables [BK. I (117)]	Recipe with leaves [RVGR. 46 (22)]
***Senna tora* (L.) Roxb. [Syn: *Cassia tora* L.]** **Fam: Fabaceae**	Cakra-marda	leaf flower tender leaf young leaf	Group of pot-herbs [C.Su.27(4). 98-104 (511)]	Group of vegetables [S.Su.46.271 (512)]	Group of leafy vegetables [BPN.9.36 (662)]	Recipe with leaves [KK.8.130 (137)]	Group of leafy vegetables [BK. I (117)]	
***Sesbania grandiflora* (L.) Poir.** **Fam: Fabaceae**	Agastya	flower	-	Group of Flowery vegetables [S.Su.46.281-282 (515)]	Group of flowery vegetables [BPN.9.48 (665)]	Recipe with flowers [KK.8.170-171 (147)	-	-
***Solanum lasiocarpum Dunal* [Syn: *S. indicum* Linn.]** **Fam: Solanaceae**	Bṛhatī	fruit	-	Group of vegetables [S.Su.46.267 (512)]	-	-	-	Recipe with fruits [RVGR.113 (54)
***Solanum melongena* L.** **Fam: Solanaceae**	Śveta-vṛnttāka	fruit	Group of fruits [C.Su.27(5).162 (517)] | Group of vegetables [C.Su.27(4).95-97 (509)]	Group of vegetables [S.Su.46.269 (512)]	Group of fruit vegetables [BPN.9.79 (675)]	Recipe with fruits [KK.8.12-30 (110-115)]	Group of fruits [BK. I (136)]	Recipe with fruits [RVGR.34 (17); 54 (26); 63 (30-31)]

Botanic al Name **(Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
Solanum nigrum **L.** **Fam: Solanaceae**	Kākamācī	leaf fruit young shoot stem tender leaf fruit (Ripe)	Group of vegetables [C.Su.27(4).89-90 (509)]	Group of vegetables [S.Su.46.266 (512)]	-	Recipe with leaves [KK.8.125-126 (136)]	Group of leafy vegetables [BK. I (116)]	-
Solanum virginianum **L. [Syn:** ***S. surattense*****]** **Fam: Solanaceae**	Kaṇṭakārī	fruit seed half-ripe fruit	-	Group of vegetables [S.Su.46.267 (512)] * based on commentary	Group of fruit vegetables [BPN.9.89 (679)]	Recipe with fruits [KK.8.62-63 (121-122)]	Group of fruits [BK. I (137)]	-
Sphaeranthus indicus **L.** **Fam: Asteraceae**	Muṇḍī, Kulāhala (Muṇḍī-taka)	leaf plant	-	Group of Vegetables [S.Su.46.221 (505)]	-	-	-	-
Spinacia oleracea **L.** **Fam: Amaranthaceae**	Pālakyā	leaf	Group of pot-herbs [C.Su.27(4). 98-104 (511)]	Group of vegetables [S.Su.46.261 (511)]	Group of leafy vegetables [BPN.9.16 (655)]	Recipe with leaves [KK.8.141-142 (140)]	Group of leafy vegetables [BK. I (109)]	-
Spondias pinnata **(L.f.) Kurz** **Fam: Anacardiaceae**	Āmrātaka	fruit flower bud flower	Group of fruits [C.Su.27(5).129 (515)]	Group of fruits [S.Su.46.154-155 (494)]	Group of fruits [BPN.6.19-20 (541)]		Group of fruits [BK. I (166)]	Recipe with fruits [RVGR. 120 (57)]
Syzygium jambos **(L.) Alston** **Fam: Myrtaceae**	Jambū	fruit	Group of fruits [C.Su.27(5).140 (516)	Group of fruits [S.Su.46.166 (496)]	Group of fruits [BPN.6.70 (559)]	-	Group of fruits [BK. I (155)]	-
Tamarindus indica **L.** **Fam: Fabaceae**	Ciñcā	tender leaf leaf fruit	Group of fruits [C.Su.27(5).152 (517)]	Group of fruits [S.Su.46.160 (494)]	Group of fruits [BPN.6.142 -143 (585-586)]	Recipe with leaves [KK.8.149-150(141-142)]	Group of fruits [BK. I (154)]	Recipe [RVGR.29 (15)]

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Tamilnadia uliginosa* (Retz.) Tirveng. & Sastre [Syn: *Catunaregam uliginosa* (Retz.) Sivar.] [15] Fam: Rubiaceae**	Piṇḍāra	fruit young fruit	-	-	Group of fruit vegetables [BPN.9.85 (677)	-	Group of fruits [BK. I (168)]	-
***Terminalia bellirica* (Gaertn.) Roxb. Fam: Combretaceae**	Vibhītakī	fruit seed seed kernel seed oil fruit	Group of fruits [C.Su.27(5).148 (516)]	Group of fruits [S.Su.46.200 (501)] | Group of oils [S.Su.45.200 (501a)]	-	-	Group of fruits [BK. I (160)] | Group of oils [BK. I (258)]	-
***Terminalia chebula* Retz. Fam: Combretaceae**	Harītakī	fruit	-	Group of fruits [S.Su.46.199 (501)]	-	-	Group of fruits [BK. I (158)]	-
***Trapa natans* var. *bispinosa* (Roxb.) Makino [Syn: *T. bispinosa* Roxb.] Fam: Lythraceae**	Śṛṅgāṭaka	fruit nut	Group of vegetables [C.Su.27(4). 116-117 (514)	-	Group of fruits [BPN.6.92-93 (566)]	Recipe with fruits [KK.8.81-82 (126)]	-	-
***Tribulus terrestris* L. Fam: Zygophyllaceae**	Gokṣura	leaf fruit	-	-	-	-	Group of leafy vegetables [BK. I (115)]	-
***Trichosanthes dioica* Roxb. Fam: Cucurbitaceae**	Paṭola	fruit	Group of vegetables [C.Su.27(4).95-97 (509)]	Group of vegetables [S.Su.46.268 (512)]	Group of fruit vegetables [BPN.9.69-70 (672)]	-	Group of fruits [BK. I (129)]	Recipe with fruits [RVGR.32 (16); 61 (30)]
***Vicia lens* (L.) Coss. & Germ. [Syn: *Lens culinaris* Medik] Fam: Fabaceae**	Masūra	seed	Group of pulses [C.Su.27.29 (497)]	Group of pulses [S.Su.46.30 (469)]	Group of pulses [BPN.8.50 (634)]	-	-	-

***Botanic al Name* (Family)**	**Sanskrit name**	**Part Used**	**Validation through Ayurvedic Literature (group of vegetable/ fruits/ pot herbs/ Recipes and others)**					
			Carakasamhita Sutrastana (C.Su.)	Sushrutasamhita Sutrastana (S.Su.)	Bhavaprakasha-Nighantu (BPN)	Kshema-kutuhala (KK)	Bhojana-kutuhala (BK)	Rucivadhu-gala-ratnamala (RVGR)
***Vigna mungo* (L.) Hepper Fam: Fabaceae**	Māṣa	seed	Group of pulses [C.Su.27.24 (497)]	Group of pulses [S.Su.46.34 (470)]	Group of pulses [BPN.8.41-43 (631)]	-	-	-
***Zanthoxylum armatum* DC. Fam: Rutaceae**	Tejohvā/ Tumburu	leaf fruit	Group of green herbs [C.Su.27(6).171 (522)]	-	-	-	-	-
***Zingiber officinale* Roscoe Fam: Zingiberaceae**	Śuṇṭhī	inflorescence rhizome Not mentioned	Group of green herbs [C.Su.27(6).171 (522)]	Group of vegetables [S.Su.46.226-227 (506)]	-	-	Group of spices [BK. I (187)] | Group of root vegetables [BK. I (105)]	Recipe [RVGR. 102 (50); 103 (50)]
***Ziziphus mauritiana* Lam. Fam: Rhamnaceae**	Badara, kolī, kuvala	Fruit seed	Group of fruits [C.Su.27(5).141 (516)]	Group of fruits [S.Su.46.145 (493)]	Group of fruits [BPN.6.72-77 (559)]	-	Group of fruits [BK. I (147)]	Recipe with fruits [RVGR. 118 (56)]