

-pflanzliche Heilmittel aus zwei  
Kräuterläden in Bhaktapur und  
Kathmandu. Herman de Vries

1989

vom:	bis:
vorherige Akte von:	bis:
Im Archiv unter Nr.:	

pflanzliche heilmittel aus zwei kräuterläden  
in bhaktapur und kathmandu.

herman de vries.

vorwort.

diese zwei kleine sammlungen repräsentieren den kompletten vorrat an pflanzlichen substanz aus zwei läden in kathmandu und bhaktapur. die wenigen mineralischen substanz sind hier nicht berücksichtigt. eine tierische substanz ist mitausgestellt.(nr.2257)

der laden in kathmandu war der grössere und wurde regelmässig von kunden besucht. der händler shri dev ratna sarya, machte einen intelligenten und gebildeten eindruck. er machte die notizen alleine, am abend. bei dem händler in bhaktapur wurden die notizen gleich im laden gemacht während er zwischendurch kunden bediente. die notizzettel von shri dev ratna sarya wurden in kathmandu von einem studenten der pharmakologie, dessen sprache seiner bildung entsprach, aus dem newari übersetzt. ich unterhielt mich mit dem händler in bhaktapur mittels einem jugendlichen übersetzer mit einem etwas beschränkten aber ausreichenden vokabular. die notizen sind in ihrer ursprünglichen form wiedergegeben.  
die sammlung fand statt in februar 1989.

die anzahl kräuterhändler war seit meinem vorigen besuch an nepal 1974 stark zurückgegangen.

die wissenschaftlichen namen die hier angegeben sind, sind auf grund der einheimischen namen in der indischen und nepalesischen fachliteratur gefunden. das ist die erste arbeitsphase. in der zweite phase müssen diese angaben am pflanzlichen material botanisch gesichert werden. abweichungen werden dabei sicherlich auftreten, wie es auch bei einer sammlung von rund 700 mustern aus delhi der fall war. die hier gegebenen listen sind also vorläufige ergebnisse, die noch weiterer bearbeitung bedürfen.

zu erwähnen ist noch, dass auch bei heilkräutern und gewürzen die kulturellen verbindungen weit reichen können. als beispiel möchte ich die begegnung mit einem gewürz- und lebensmittelhändler aus patan, einem hindu, nennen. bei schwarzkümmel(nigella sativa) verwendete er den namen sanuz, dieser name war mir auch von kräuterhändlern aus marokko bekannt.

inzwischen botanisch gesichert markiert mit : \*

खाली दिन  
मुस्ताक विष, अन्धा रुक्ष  
(Jaundice) विष, अन्धा,  
अन्धा विष, अन्धा रुक्ष  
मुस्ताक

2247.

notizzettel von shri ratna sarya

gebrachte literatur :

- d.brandis-1874 (1972)-the forest flora of northwest and central india. dehra dun
- r.n.chopra,i.c.chopra,k.l.handa,l.d.kapur-1958-chopr's indigenous drugs of india. calcutta.
- j.d.hooker-1897(1978)-the flora of india. dehra dun .7 vol.
- h.a.hoppe-1975-drogenkunde. berlin.2 vol.
- k.r.kirtikar,b.d.basu-1918(1975)-indian medicinal plants. dehra dun,delhi. 8 vol.
- medicinal plants of nepal.1970-kathmandu.
- k.m.nadkarni,a.k.nadkarni-1954(1976)-indian materia medica. bombay. 2 vol.
- moodeen sheriff-1869(1978)-a catalogue of indian synonyms of medicinal plants,products,inorganic substances,etc., proposed to be included in the pharmacopoea of india. delhi,dehra dun
- herman de vries-natural relations eine skizze. katalog der sammlungen mit anmerkungen. 1989-hagen,nürnberg.
- j.forbes watson-index to the native and scientific names of indian and other eastern economic plants and products. new delhi. no date.

von kräuterhändler, n.n., bhaktapur  
1989

2155. म्यामी

samudra phal - .barringtonia acutangula+

"for making body strong.when become weak you drink powder  
in hot milk."

2156. कुसुम

kussum - carthamus tinctorius+

"for praying for god.in fire for god."

2157. भाल

bhal -

"when weak get stronger when drink with boiling water".

2158. कोमल कूटा

komal kottah -

"when you did eat food with a lot of spices you eat like  
peanut. it makes stomach quiet."

2159. निर्कमल

nirkamal -

"is for stomach. when we eat a lot of food. eat after boil-  
ing in water with salt."

2160. बोज

bozo -

"cough : eat little piece"

2161. मुसली मेनावरी

musli menauwari -

"for womans blood,to help to come."

2162. मुस्ताक

mustak - .cyperus spec.+

"when we eat this we can eat much food.powder in water  
and salt."

2163. हालो

halo -

"when toilet come to strong (=diarrhoea)this helps. put  
12 h.in cold water.then drink."

2164. ਪ੍ਰੋਤੁਲੀ

panjabhala -

"fire at god's places"

2165. ਪੁਸਕ ਮੁਨ

puskra mun -

"when raining we go out. then got problem with noose.  
(drips) and head. boil this in water. drink."

2166. ਦਾਤਾਨੀ ਰੋਗੀ

belko thana - aegle marmelos (crataeva religiosa) \*

"when you eat a lot, when you go a lot to toilet, you can take to stop. one piece in boiling water."

2167. ਜੁਬਾਹੇ ਜੁਬਾਹੇ

jubanhe -

"to get stronger. to drink."

2168. ਸਿਮਲ ਫੁਲ

simal phul - bombax malabaricum \*

"when in toilet blood is coming, sometimes this helps.  
boil and eat. not with hot spices."

2169. ਰੂਪ ਕੇਸਾਰ

rup kesar -

"fire like scent for puja. or when room is smelling bad."

2170. ਬੋਨ ਟੋਰੀਆ

bon toria -

"pain in forehead. 5 cm in cold water for 12 h. drink."

2171. ਗੁਕ੍ਰੂ

(kokru) gokur tribulus terrestris \*

"when urine stops or is difficult. put 15 pieces in boiling water."

2172. ਕਾਫਲਕੋ ਬੋਕ੍ਰਾ

kaphalko bokra -

"when nose drips. powder this and drink with water."

2173. ~~२१२९१८४~~

lahkosee -

"when leg is wrong by walk. put 15 cm powdered in whisky and put on leg."

2174. ~~२१२९१८५~~

rita gera - caesalpinia crista \*

"wounds.(cuts).mix with water and put on wounds."

2175. ~~२१२९१८६~~

rati geri - abrusprecatorius \*

"with many wind man gets problems in joints. powder and put all in 1/2 l. oil. rub on joints."

2176. ~~२१२९१८७~~

tebu -

"for flatulence. make powder,ad little water and salt. then eat."

2177. ~~२१२९१८८~~

kuwindo -

"for animals,cows,giving to eat for helping birth."

2178. ~~२१२९१८९~~

khulidan - galanga spec.

"makes coming sun (= warms). eat piece."

2179. ~~(गुजराती) अवलोकना~~

pugetro -

"against worms.for adults the inner seeds,for children to put on."

2180. ~~२१२९१९०~~

rudillo -

"powder,drink with milk against shortness of breath (after exhaustion)."

2181. ~~२१२९१९१~~

gethimodu - glycyrrhiza glabra

"when voice disappears,chewing,then voice comes back."

2182. ~~fuut~~

pipi - piper longum\*

"cough, headache. boil and drink."

2183. ~~gindext~~

gangiharo - terminalia chebula\*

"against cough. roast and eat."

2184. ~~sangkatra~~

sangkhatra -

"spice.brings appetite.to be eaten like this."

2185. ~~ambo~~ ~~ambo~~

amla, ambo (newari)- phyllanthus emblica(emblica officinalis)\*

"when stomach is not good, when you eat less every day, then eat this. in cold water for 12 h. drink."

2186. ~~barro~~

barro - terminalia belerica\*

"in cold water.against a lot of times to toilet(diarrhoea)."

2187. ~~runsa djun~~

runsa djun - berberis aristata

"for eyes.powder in 1 l water. put on eye."

von dev ratna sarya, kathmandu  
1989

2233. द्रोपुष्पी

drona pushpi - leucas cephalotes  
"fever, excess of p i t t a humour, jaundice.  
decoction twice daily."

2234. सुगंधभाला

sugandhabala - pavonia odorata  
"carminative, cough expectorant, diarrhoea."

2235. भंगा

bhang - cannabis sativa  
"sedative, analgesic, narcotic; pain in abdomen, diarrhoea,  
anorexia."

2236. चिराई

chiraito - swertia chirata  
"febrifuge, antipyretic : powder with hot water. impure blood,  
(blood purifier) : with cold water."

2237. गोरक्षमुण्डी

gorakhamundee - sphaeranthus indicus  
"dental caries".

2238. चूत्रो

chootro - berberis aristata oder/und b.nepalensis  
"make paste and apply for better eye-sight & eye disorders"

2239. सनायपत्री

sanayapatri - cassia angustifolia/c.elongata  
"for constipation : decoction. fever, vitiated p i t t a  
humour."

2240. पदामचला

padamchala - rheum emodi  
"cleans cut and infected wound and boils"

2241. वित्ती

patha - cissampelos pareira

"vitiated v a y u humour."

2242. मंजुफला /

manjuphala - quercus infectoria (gall)

"wounds, boils, haemorrhage, especially excessive menstrual bleeding. prepare powder and intake."

2243. नेपाली मुसाली

nepali musalee - curculigo orchiooides

"general tonic, vitiated v a t a, k a p h a humours:"

2244. भूत केश जटामासी

bhutakesha, jatamansi - nardostachys jatamansi

"for incense, ritual and treatment purpose. sprinkle on fire. for deranged v a t a humour."

2245. बेला गुडी /

bela gudi (bela giree) - aegle marmelos \*

"thirsty feeling(ripe fruit), dycretry(raw fruit), diarrhoea (raw fruit)."

2246. रक्त चंदना ,

rakta chandana - pterocarpus santalinus

"increase body heat, deranged, vitiated k a p h a humour and p i t t a humour, cough."

2247. कमला गत्ता /

kamala gatta - nelumbium speciosum (syn. nelumbo nucifera): \*

"tonic, jaundice, to normalise v a y u and k a p h a humours, blood disorder"

2248. धौरो को फूला

dhairo ko phoola - woodfordia fructicosa

"dysentery, diarrhoea, carminative, mucous discharge."

2249. --

---

"in case of constipation,intake with cold water."

2250. ~~ମୁଖ୍ୟ~~

bhargee - clerodendron serratum

"haematinic,for v a y u humour,general tonic."

2251. ~~କାନ୍ଦି~~ ~~ହରି~~

rubimastak - pistacia lentiscus (exudate)\*

"prevents from cold,cook in oil and apply over head to prevent cold."

2252. ~~ଶରୀର~~ ~~କମ୍ବ~~

kumkum - --

"incense. for deranged v a y u ."

2253. ~~ଜାଂଗରୋ~~ ~~ଚେବୁଳା~~

jangeharro - terminalia chebula

"unripe chebulic myrobalan boiled in cow's urine and dried. for cough."

2254. ~~ତିମ୍ବର~~

timbur - zanthoxylum armatum (syn.z.alatum)

"increases body heat,carminative,cough expectorant. indigestion."

2255. ~~ଶାଲଧୂପ~~ ~~ଶାରୀର~~

saladhoopa - shorea robusta (exudate)

"incence.neuralgia,carminative."

2256. ~~ଭରିଙ୍ଗରାଜା~~ ~~କାନ୍ଦି~~

bhringaraja - eclipta alba

"carminative,cough expectorant.indigestion."

2257. ~~କାନ୍ଦି~~ ~~କାନ୍ଦି~~

kancho laha - coccus lacca (secret der lackschildlaus; stocklack)

"soluble in water,possesses red colour. blood purifier."

2258. ~~୪୮~~ ୩୨୮

pancha aunlee - orchis latifolia (syn.o.incarnata)<sup>+</sup>  
"general tonic, cardiac tonic. to be taken after butter frying."

2259.—

— — --

"a kind of incense"

2260. ~~୫୯~~ ୪୮

nima pata (neema pata) - azadirachta indica<sup>+</sup> - neem  
"infected wounds.boils.fever,bilious condition. to be take with cold water."

2261. ~~୩୬୫~~ କର୍ତ୍ତାମଣି ଟିନ୍କୋର୍ଇସ୍<sup>+</sup>

kusum - schleichera oleosa (syn.s.trijuga)  
"carminative,cough"

2262. ~~୫୮୯~~

indrajau - holarrhena antidysentrica wrightia?  
"amoebic dysentery,fever,carminative."

2263. ~~୫୮~~ ୫୮୧

netrabala - pavonia odorata

"carminative,cough,bilious condition. general tonic."

2264. ~~୫୮~~ ୩୮୯ ୩୮୯ ୩୮୯

rajabriksha,amalatasa - cassia fistula  
"jaundice.constipation."

2265. ଶିଲାଜୀତ

shilajeeta - asphaltum

"rejuvination. sprain. apply externally."

2266. ~~୫୮୧~~ ୩୮୮

krishna aguru - aquilaria agallocha

"general tonic,carminative. indigestion."

2267. ~~୫୮୨~~

tejapata - cinnamomum tamala<sup>+</sup>

"increased body heat.carminative. used as a spice."

2268. ~~312/~~  
ushira - imperata cylindrica (syn. i.arundinacea)

"carminative. in case of increased body"(?)

2269. ~~42/~~  
mothya - cyperus rotundus  
"carminative.eye diseases.indigestion."

2270. ~~312/~~ ~~312/~~  
nepalee bhujetro - betula utilis  
"constipation.worm infestation."

2271. ~~312/~~  
bojho - acorus calamus  
"increased body heat.cough, hoarsness,sore throat, loss of voice"

2272. ~~312/~~  
vayuvidanga - embelia ribes  
"pain in abdomen.carminative."

2273. ~~312/~~ ~~312/~~  
syaha jeera - carum nigrum(syn. c.bulbocastanum)  
"a kind of spice.used to mix in food"

2274. ~~312/~~  
barro - terminalia belerica  
"bilious condition. cough, expectoration.cooling effect on over body.(?) appetiser."

2275. ~~312/~~  
ajamoda - trachyspermum roxburghianum(syn. carum r.)  
"carminative.cough expectorant"

2276. ~~312/~~  
vidhara - rourea minor (syn. r.santalooides)  
"general tonic.vitiated v a t a humour.appetiser."

2277. ଶାନୋ ପିପାଳା

sano pipala - piper longum

"k a p h a and p i t t a vitiated humour condition. fever. cough."

2278. ମଧେସୀ ସୂପା

madhesee soopa - foeniculum vulgare

"cooling effects on body. dysentery.aromatic purpose."

2279. ତୁଲୋ ହର୍ରୋ

thulo harro - terminalia chebula\*

"clear bowels(laxative).digestive."

2280. ଜେଠିମଧୁ

jethimadhu - glycyrrhiza glabra\*

"used in cough.coryza.fever,etc."

2281. ତୁଟା ମାଲଙ୍ଗା

tuta malanga - --

"laxative.spermatorrhoe. on boils apply externally paste."

2282. ଝୁଲୋ ଓଖାତୀ (ତୁଲୋ ଓଖାତୀ)

jhulo okhatee (thulo okhati) - --

"diarrhoea.carminative.blood disorders"

2283. ଅଶ୍ଵାଗଂଧା

ashwagandha - withania somnifera\*

"general tonic. increases memory power"

2284. ତାଲିଶା ପତ୍ରା

talisha patra - flacourtie jangomas (syn.f.cataphracta)

"carminative.cough.general tonic."

2285. ନାଗରମୋତ୍ତା

nagarmotha - cyperus rotundus

"carminative.expectorant."

2286.

lodhra - symplocos racemosa

"carminative.cough.general tonic."

2287.

apamarga - achyranthes aspera

"carminative.indigestion.cough."

2288.

kutakee - picrorhiza kurrooa

"febrifuge.biliousness.cough.carminative"

2289.

desee bhujetro - butea frondosa\*

"anthelmintic.febrifuge.laxative."

2290.

geeneri - premna obtusifolia (syn.p.integrifolia)

"carminative.cough expectorant.indigestion."

2291.

padam kesharee - --

"carminative.general tonic.dyspepsia."

2292.

gurjo - tinospora cordifolia

"release body heat.clear urine,diuretic.cooling effects"

2293.

sootho - zingiber officinale\*

"increase body heat.carminative.spasmodic pain relieves.flatus.appetiser.indigestion."

2294.

nimbu - citrus aurantiifolia

"prepare decoction for influenza and cough. appetiser.used as pickles."

2295.

ashoka ko phoola - saraca indica\*

"carminative.general tonic.(flowers)."

2296. ଧତୁରୋ

dhaturo - datura ferox \*

"diarrhoea, cholera, abdominal flatus, insomnia."

2297. କାଉଁଚୁ

kaicho - mucuna prurita

"for general tonic, aphrodisiacum."

2298. କାବାପ ଚିନି (କବାବ ଚିନି)

kavapha chini (kababa chini) - piper cubeba

"release body heat, used in spices."

2299. କୁତା (କୁଥା)

kuta (kutha) - saussurea lappa

"aromatic, carminative, indigestion, cough."

2300. ଶିମାଲି

simali - vitex negundo

"decoction of leaves in dysentery and constipation."

2301. ଖିଚାଯଥା (କକୁନ୍ଦାର)

khichavyatha(kakundar) - blumea lacera

"carminative, cough, biliousness."

2302. ବାର୍ଗି

bhargi - clerodendron serratum

"general tonic, carminative."

2303. କାଚୁର

kachur - curcuma zedoaria

"to be taken with lukewarm water, cough, expectorant, coryza, influenza."

2304. ବାୟାର

vayara (bayar) - zizyphus jujuba

"prepare paste and apply externally on wounds, gargle in gingivitis, stomatitis."

2305. ଠୁଲୋ ଓଖତି

thulo okhati - --

(see 2282.)

2306. ରିତ୍ତା (ସାପିନ୍ଦୁ)

rittha - sapindus trifoliatus

"make solution with water to clean gold. hair bathing prevents hair falling and turns to black."

2307. ବିଧରା କନ୍ଡା

vidhara kanda - rourea santaloïdes

"root and tubers : general tonic. carminative. cough."

2308. କାଫଳା କୋ ବୋକ୍ରା

kaphala ko bokra - myrica esculenta

"carminative.cough.indigestion-diarrhoea."

2309. ପ୍ରିୟାଙ୍ଗୁ

priyangu - setaria italica

"general tonic.mental weakness.sedative."

2310. କନ୍ତାଗରି, କନ୍ତକାରି

*valeriana*<sup>+</sup>

kantagari,kantakari(correct). - solanum surattense

"carminative.abdominal disorders"

2313. ରିତ୍ତା

rittha - sapindus trifoliatus\*

(see 2306)

2314. ରୁଦିଲୋ

rudilo - --

"for cough to small children,prepare decoction and use or either make paste and use it."

2315. ବିହୀ

bihee - solanum indicum

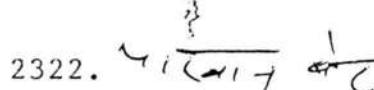
--

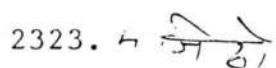
2320. ଅମାଲା

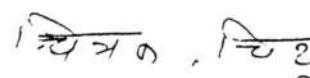
amala - emblica officinalis\*

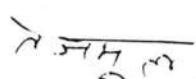
"appetiser,cools blood,clear bowel."

2321.   
lamo pipala - piper longum<sup>+</sup>  
"cough-decoction."

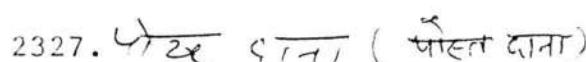
2322.   
pakhan beda - coleus amboinicus or saxifraga ligulata  
"diarrhoea, abdominal pain"

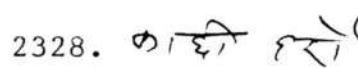
2323.   
manjitho - rubia cordifolia  
"for red colouring purpose. purifies blood. normalises  
vitiated v a t a humours."

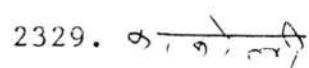
2324.   
chitraka chitu - plumbago zeylanica  
"carminative".

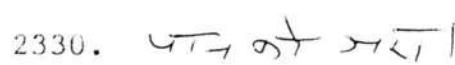
2325.   
teja mula - --  
"carminative.cough."

2326.   
shreekhanda - santalum album  
"for tonic. to cool body heat. burning micturition."

2327.   
posta dadna (posta dana) - papaver somniferum<sup>+</sup>  
"cough.mix any types of food for better taste."

2328.   
kachi harro - a variety preparation of terminalia chebula<sup>+</sup>  
"cough.biliousness.laxative.purgative."

2329.   
kakoli - luvanga scandens  
"general tonic.cough.carminative.normalises the vitiated  
humours v a t a and k a p h a ."

2330.   
pano ko jara - piper betle  
"cough.expectorant.dryness of vocal-cord.taken during cold."

2331. बना तोरिया

bana toriya - *luffa amara*

"sinusitis,nasal sneezing : apply drop fresh juice.

purgative,jaundice : to be taken with lukewarm water."

2332. धुलो रक्तचंदना

dhulo raktachandana - *pterocarpus santalinus*

"cough expectorant.indigestion."

2333. पातली

patali - *stereospermum suaveolens*

"cough.indigestion. carminative.normalises the vitiated humour v a t a ."

2334. निशोथा

nishotha - *ipomeoa turpethum*

"cholagogue.cough expectorant.abdominal disorder."

2335 a. बाकुची

bakuchi - *psoralea corylifolia*

"blood disorders. blood impurities.cough.haematinic."

2335 b. दुरालम्भा ( दुरालभा )

duralambha(duralabha) - --

"high blood pressure.vertigo.burning micturition."

2336. महारंगी

maharangi - *onosma emodi*

"red colourresembles with blood. used to mix for red colourisation in food and other materials."

2337. शतावरी ( शतावरी )

satabari (shatavari) - *asparagus racemosus*

"general tonic.to relieve body heat."

2338. भलायो

bhalayo - *semecarpus anacardium* +

"used to make solution with water.gives a severe allergic reaction,so avoid contact of the body."

2339. ~~ପାତା~~

gokhuru - tribulus terrestris \*

"relieves body heat.clears micturition-diuretic."

2340. ~~ପାତା~~

nira masi - kyllinga triceps

"pain in abdomen.carminative. acts as antidote for many types of poisons"

2341. ~~ପାତା~~

kuviraksha - caesalpinia bonducella \*

"general tonic.carminative.indigestion"

2342. ~~ପାତା~~

maricha - piper longum

"induce body heat.carminative.indigestion."

2343. ~~ପାତା~~

pipalamula - piper longum

"root,normalises all vata, pitta and kapha humours.indigestion."

2344.

bel - aegle marmelos