

-pflanzliche heilmittel aus zwei
kräuter läden in bhaktapur und
kathmandu. herman de vries

1989

vom:	bis:
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pflanzliche heilmittel aus zwei kräuterläden
in bhaktapur und kathmandu.

herman de vries.

vorwort.

diese zwei kleine sammlungen repräsentieren den kompletten vorrat an pflanzlichen substanzen aus zwei läden in kathmandu und bhaktapur. die wenigen mineralischen substanzen 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 : ♦

कमल सार्या
नासात का लागि, कमल पिता
(Jaundice) का लागि, आयु,
कमल सार्या, रक्त विच्छार का
लागी।
2247.

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von kräuterhändler, n.n., bhaktapur
1989

2155. समुद्र फल
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. बाल
bhal -
"when weak get stronger when drink with boiling water".
2158. कमलकान्ठा
komal kottah -
"when you did eat food with a lot of spices you eat like
peanut. it makes stomach quiet."
2159. निरकमल
nirkamal -
"is for stomach. when we eat a lot of food. eat after boil-
ing in water with salt."
2160. बोजो
bozo -
"cough : eat little piece"
2161. मुसली मनावारी
musli menauwari -
"for womans blood, to help to come."
2162. मुस्तक
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. पंजबलहा
panjabhala -
"fire at god's places"

2165. पुस्कुरामुण्ड
puskra mun -
"when raining we go out. then got problem with noose.
(drips) and head. boil this in water. drink."

2166. बेलकोथना
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. जिउवाणे वाफाकावाय
jubanhe -
"to get stronger. to drink."

2168. सिमल को फूल
simal phul - bombax malabaricum ⁺
"when in toilet blood is coming, sometimes this helps.
boil and eat. not with hot spices."

2169. रूपकेसर
rup kesar -
"fire like scent for puja. or when room is smelling bad."

2170. बंजतोरिया
bon toria -
"pain in forehead. 5 cm in cold water for 12 h. drink."

2171. गोरु
(kokru) gokru tribulus terrestris ⁺
"when urine stops or is difficult. put 15 pieces in boiling
water."

2172. काफलाको बोक्रो
kaphalko bokra -
"when nose drips. powder this and drink with water."

2173. लाहकोसे ^{५०}
lahkosee -
"when leg is wrong by walk. put 15 cm powdered in whisky and put on leg."
2174. रिखा गेरा
rita gera - caesalpinia crista +
"wounds.(cuts).mix with water and put on wounds."
2175. राति गेरि
rati geri - abrusprecatorius +
"with many wind man gets problems in joints. powder and put all in 1/2 l. oil. rub on joints."
2176. तेबु
tebu -
"for flatulence. make powder, ad little water and salt. then eat."
2177. कुविंदो
kuwindo -
"for animals, cows, giving to eat for helping birth."
2178. कुलिजन
khulidan - galanga spec.
"makes coming sun (= warms). eat piece."
2179. (गुजेत्रो) नेवारी (पालाम्ना)
pugetro -
"against worms. for adults the inner seeds, for children to put on."
2180. रुदिलो
rudillo -
"powder, drink with milk against shortness of breath (after exhaustion)."
2181. जेथिमद (नेवारी) इरसमी
gethimodu - glycyrrhiza glabra
"when voice disappears, chewing, then voice comes back."

2182. पिपि

pipi - piper longum⁺

"cough, headache. boil and drink."

2183. गंगिहारो

gangiharo - terminalia chebula⁺

"against cough. roast and eat."

2184. संखत्र

sangkhatra -

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

2185. आमला आम्र

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. बरो

barro - terminalia belerica⁺

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

2187. रंसाजुन

runsa djun - berberis aristata

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

von dev ratna sarya,kathmandu
1989

2233. द्विपुष्प

drona pushpi - leucas cephalotes *

"fever,excess of p i t t a humour,jaundice.
decoction twice daily."

2234. सुगन्धबाला

sugandhabala - pavonia odorata

"carminative,cough expectorant,diarrhoea."

2235. भंगा

bhanga - cannabis sativa *

"sedative,analgesic,narcotic;pain in abdomen,diarrhoea,
anorexia."

2236. चिराइत

chiraito - swertia chirata

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

2237. गोरख गुंडी

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. पद्म पत्र

padamchala - rheum emodi

"cleans cut and infected wound and boils"

2241. पाठा
patha - cissampelos pareira
"vitiated v a y u humour."
2242. मंजु फल
manjuphala - quercus infectoria (gall)
"wounds,boils,haemorrhage,especially excessive menstrual bleeding. prepare powder and intake."
2243. नेपाली मुसली
nepali musalee - curcoligo orchioides
"general tonic,vitiated v a t a,k a p h a humours:"
2244. भूत केश जटामंसी
bhutakesha,jatamansi - nardostachys jatamansi
"for incense,ritual and treatment purpose. sprinkle on fire. for deranged v a t a humour."
2245. बेल गिरी
bela gudi (bela giree) - aegle marmelos +
"thirsty feeling(ripe fruit),dycentry(raw fruit), diarrhoea (raw fruit)."
2246. रक्त चंदन,
rakta chandana - pterocarpus santalinus
"increase body heat,deranged,vitiated k a p h a humour and p i t t a humour,cough."
2247. कमल गट्टा
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. धैरो को फूल
dhairo ko phoola - woodfordia fruticosa
"dysentery,diarrhoea,carminative,mucous discharge."

2249. --

-- -- --

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

2250. अ. म. स. स. -

bhargee - clerodendron serratum

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

2251. क. म. स. स. -

rubimastak - pistacia lentiscus (exudate)*

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

2252. कु. म. स. स. -

kumkum - --

"incense. for deranged v a y u."

2253. अ. म. स. स. -

jangeharro - terminalia chebula

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

2254. त. म. स. स. -

timbur - zanthoxylum armatum (syn. z. alatum)

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

2255. श. म. स. स. -

saladhoopa - shorea robusta (exudate)

"incence. neuralgia, carminative."

2256. अ. म. स. स. -

bhringaraja - eclipta alba

"carminative, cough expectorant. indigestion."

2257. क. म. स. स. -

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

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

2258. पाँच अंगुली

pancha aunlee - orchis latifolia (syn.o.incarnata)⁺

"general tonic,cardiac tonic. to be taken after butter frying."

2259.—

— - —

"a kind of incense"

2260. निम पात

nima pata (neema pata) - azadirachta indica⁺ - neem

"infected wounds.boils.fever,bilious condition. to be take with cold water."

2261. कुसुम

carthamus tinctorius⁺

kusum - schleichera oleosa (syn.s.trijuga)-

"carminative,cough"

2262. इन्द्रजौ

indrajau - holarrhena antidysentrica

"amoebic dysentery,fever,carminative."

wrightia[?]

2263. नेत्र बाल

netrabala - pavonia odorata

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

2264. राज ब्रिक्षा अमलता

rajabriksha,amalatasa - cassia fistula

"jaundice.constipation."

2265. शिलाजीत

shilajeeta - asphaltum

"rejuvination. sprain. apply externally."

2266. कृष्ण अगुरु

krishna aguru - aquilaria agallocha

"general tonic,carminative. indigestion."

2267. तेजपात

tejapata - cinnamomum⁺ tamala

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

2268. शिशिर
ushira - imperata cylindrica (syn. i. arundinacea)

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

2269. हृत्पत्र
mothya - cyperus rotundus

"carminative. eye diseases. indigestion."

2270. शुक्र शुक्र
nepalee bhujetro - ~~betula utilis~~

"constipation. worm infestation."

2271. बोज
bojho - acorus calamus

"increased body heat. cough, hoarseness, sore throat, loss of voice"

2272. वयु विडा
vayavidanga - ~~ambelia ribes~~

"pain in abdomen. carminative."

2273. सयाही सिरा
syaha jeera - carum nigrum (syn. c. bulbocastanum)

"a kind of spice. used to mix in food"

2274. बर
barro - terminalia belerica*

"bilious condition. cough, expectoration. cooling effect on over body. (?) appetiser."

2275. अजमोदा
ajamoda - trachyspermum roxburghianum (syn. carum r.)

"carminative. cough expectorant"

2276. विधारा
vidhara - rourea minor (syn. r. santaloides)

"general tonic. vitiated v a t a humour. appetiser."

2277. सानो पिपला
sano pipala - piper longum
"k a p h a and p i t t a vitiated humour condition. fever.
cough."

2278. मधे सो सूय
madhesee soopa - foeniculum vulgare
"cooling effects on body. dysentery. aromatic purpose."

2279. थूलो हारो
thulo harro - terminalia chebula †
"clear bowels(laxative).digestive."

2280. जेथी मधु
jethimadhu - glycyrrhiza glabra †
"used in cough.coryza.fever,etc."

2281. तूत मलंगा
tuta malanga - --
"laxative.spermatorrhoe. on boils apply externally paste."

2282. थूलो ओखती (थूलो ओखती)
jhulo okhatee (thulo okhati) - --
"diarrhoea.carminative.blood disorders"

2283. अश्वगंधा
ashwagandha - withania somnifera †
"general tonic. increases memory power"

2284. तालिश पत्रा
talisha patra - flacourtia jangomas (syn.f.cataphracta)
"carminative.cough.general tonic."

2285. नागमोथा
nagarmotha - cyperus rotundus
"carminative.expectorant."

2286. लोध्र
lodhra - symplocos racemosa
"carminative.cough.general tonic."
2287. अमर्ग
apamarga - achyranthes aspera
"carminative.indigestion.cough."
2288. कुटकी
kutakee - picrorhiza kurrooa
"febrifuge.biliousness.cough.carminative!"
2289. देसी भुजेटो
desee bhujetro - butea frondosa*
"anthelmintic.febrifuge.laxative."
2290. गिजेरी
geeneri - premna obtusifolia (syn.p.integrifolia)
"carminative.cough expectorant.indigestion."
2291. पदम केशरी
padam kesharee - --
"carminative.general tonic.dyspepsia."
2292. गुर्जो
gurjo - tinospora cordifolia
"release body heat.clear urine,diuretic.cooling effects"
2293. सुठो
sootho - zingiber officinale*
"increase body heat.carminative.spasmodic pain relieves.
flatus.appetiser.indigestion."
2294. निम्बु
nimbu - citrus aurantiifolia
"prepare decoction for influenza and cough. appetiser.
used as pickles."
2295. अशोक को फूलो
ashoka ko phoola - saraca indica*
"carminative.general tonic.(flowers)."

2296. धतुंरु
 dhaturu - daturo ferox +
 "diarrhoea, cholera. abdominal flatus. insomnia."
2297. कौडु
 kaucho - mucuna prurita
 "for general tonic. aphrodisiacum."
2298. कवाफु चिनी (कबाब चिनी)
 kavapha chini (kababa chini) - piper cubeba
 "release body heat. used in spices."
2299. कुट (कुठ)
 kuta (kutha) - saussurea lappa
 "aromatic. carminative. indigestion. cough."
2300. सिमली
 simali - vitex negundo
 "decoction of leaves in dysentery and constipation."
2301. खिचव्याथा (ककुंदर)
 khichavyatha (kakundar) - blumea lacera
 "carminative. cough. biliousness."
2302. भार्गी
 bhargi - clerodendron serratum
 "general tonic. carminative."
2303. कचुर
 kachur - curcuma zedoaria
 "to be taken with lukewarm water. cough, expectorant. coryza. influenza."
2304. वयार
 vayara (bayar) - zizyphus jujuba
 "prepare paste and apply externally on wounds. gargle in gingivitis. stomatitis."

2305. थूलो ओखती
thulo okhati - --
(see 2282.)

2306. रिठ्ठा (रिठ्ठा)
rittha - sapindus trifoliatus
"make solution with water to clean gold. hair bathing prevents hair falling and turns to black."

2307. विधारा कन्द
vidhara kanda - rourea santaloides
"root and tubers : general tonic. carminative. cough."

2308. कफला को बोक्रा
kaphala ko bokra - myrica esculenta
"carminative.cough.indigestion-diarrhoea."

2309. प्रियंगु
priyangu - setaria italica
"general tonic.mental weakness.sedative."

2310. कंठगारी, कंठकारी
kantagari, kantakari (correct). - solanum surattense ^{valeriana+}
"carminative.abdominal disorders"

2313. रिठ्ठा
rittha - sapindus trifoliatus⁺
(see 2306)

2314. रुदिलो
rudilo - --
"for cough to small children,prepare decoction and use or either make paste and use it."

2315. बिहू
bihee - solanum indicum
--

2320. अमला
amala - emblica officinalis⁺
"appetiser,cools blood,clear bowel."

2321. लामो पिपला
lamo pipala - piper longum +
"cough-decoction."

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

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

2324. चित्रक, चितु
chitraka chitu - plumbago zeylanica
"carminative".

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

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

2327. पोष्ट दादा (पोष्ट दादा)
posta dadna (posta dana) - papaver somniferum +
"cough. mix any types of food for better taste."

2328. काही हरो
kachi harro - a variety preparation of terminalia chebula.
"cough. biliousness. laxative. purgative."

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

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

2331. बन तोरीया

bana toriya - luffa amara

"sinusitis, nasal sneezing : apply drop fresh juice.
purgative, jaundice : to be taken with lukewarm water."

2332. धूलो रक्तचन्दना

dhulo raktachandana - pterocarpus santalinus

"cough expectorant. indigestion."

2333. पटली

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 (दुरालम्भा)

duralambha (duralabha) - --

"high blood pressure. vertigo. burning micturition."

2336. महारंगी

maharangi - onosma emodi

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

2337. सतावरी (शतावरी)

satabari (shatavari) - asparagus racemosus

"general tonic. to relieve body heat."

2338. भलाय

bhalayo - semecarpus anacardium +

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

2339. गोकुल
gokhuru - tribulus terrestris +
"relieves body heat. clears micturition-diuretic."

2340. निरासा
nira masi - kyllinga triceps
"pain in abdomen. carminative. acts as antidote for many types of poisons"

2341. कुविराक्षा
kuviraksha - caesalpinia bonducella +
"general tonic. carminative. indigestion"

2342. मरिच
maricha - piper longum
"induce body heat. carminative. indigestion."

2343. पिपलामुला
pipalamula - piper longum
"root, normalises all v a t a , p i t t a and k a p h a humours. indigestion."

2344.
bel - aegle marmelos