

WILD EDIBLE PLANTS OF ASSAM

The "**WILD EDIBLE PLANTS OF ASSAM**" is written by Sri Brahmananda Patiri and Sri Ananta Borah, and is published by the Director Forest Communication, Forest Department, Assam.

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&
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Tarun Gogoi



**Chief Minister
Assam**



Message

The people of Assam from time immemorial have mainly depended upon the forests to meet their daily needs. The tribal people of Assam have excellent knowledge in the use of almost all the plants of the forests as the source of food or medicine, timber etc. and they have been using such plants since several generations without having anything in written. With the change in the socio-economic conditions, some of the information have been lost and the same is also happening in case of the wild edible plants.

Scientific study and documentation of the traditional knowledge and the use of the wild edible plants is a bold step towards the preservation of such knowledge.

I am happy to learn that, Sri B.N. Patiri, DCF and Sri Ananta Borah, have come forward for the scientific documentation of the wild edible plants of Assam and the Forest Department of Assam is coming forward to publish this wonderful book.

I hope this book titled "Wild Edible Plants of Assam" will meet the need for such a publication and will receive due appreciation from one and all.

A handwritten signature in blue ink, appearing to be 'Tarun Gogoi'.

Tarun Gogoi

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MESSAGE

The concept of forest in the 21st century is changing as we consider forests as a bio-diversity stabilizer for global warming and climate change. Involvement of the community in forest and wild life management has been tried out in various parts of this world. At this juncture, it is most important to create an awareness for the immense potentiality of mother earth to sustain mankind in the present context.

In tradition, we have various knowledge on medicinal plants, edible plants, decorative plants and many other plants for their uses. Due to rapid change in our social life style in the context of globalization, most of the tribal and traditional knowledge have been forgotten or not properly documented. Because of deforestation we are losing many of our precious species every day. Assam is a land rich in Bio-diversity in terms of both flora & fauna.

The work taken up by Shri B. N. Patiri, DCF and Shri Ananta Bora for documenting the wild edible plants of Assam is indeed praise worthy.

This book is an endeavour for the upkeepment of our traditional knowledge of some of the natural resources of Assam.

A handwritten signature in blue ink, appearing to read 'Rockybul Hussain'.

Rockybul Hussain

Foreword



I went through the manuscript of “Wild Edible Plants of Assam” and was glad to see that the writers took enough pain to acquaint with the uses of plants in different parts of Assam. The contents are not only with common names of the plants but also generalise with different local names of different communities of Assam, along with their uses.

The present book aims to fulfil the knowledge gap in different plant uses. The information of plant uses from all over Assam, that have relevance to the understanding of the rich bio-diversity of Assam is covered in an integrated and comprehensive manner.

I hope this book will fulfill a long felt need for students, researchers and naturalists.

(Dr. G.C. Sarma)
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PREFACE

Survey, identification and documentation of wild plants is of great importance in assessing country's natural resources and their scope of utilization, which is a challenging aspect of plant taxonomy. Advances made in field Botany and growing interest in the search of new economically useful plants have attracted many researchers to devote attention to the study of wild edible plants. The knowledge on the use of wild edibles plants has mostly remained intact with different ethnic people and the same usually varies from tribe to tribe and place to place. Due to change in socio-economic conditions as well as food habit of the tribes, some information regarding use of wild plants as food have been lost and many more are on the verge of extinction; hence documentation of these is very important at this juncture.

Investigations have been carried out on wild edible plants in different parts of India, but in Assam we achieved some progress in this regard. Kanjilal *et al* (1934-'40) has mentioned the use of some plants as edible in “Flora of Assam”. Later, different ethno-botanical and floristic studies also highlighted some wild plants as edibles. All these information were in bits & pieces and therefore, an easily accessible and comprehensive work on wild edible plants of Assam was a long felt need.

This book is prepared using self experience with wild edible plants, survey at different locations and compilation of secondary data to fulfill at least partially, the need of society. The book enumerates 350 species of Angiosperms belonging 215 Genera under 95 Families; two species of Gymnoperms and 12 Pteridophytes. Families are arranged as per Bentham & Hooker's system with recent modifications adopted by BSI. Valid botanical names are followed by vernacular names in Assamese and other local languages have been given as much

as possible. Synonyms are kept limited and mentioned only where deemed necessary. A brief description of habit and habitat of the plants are given, mentioning flowering and fruiting seasons with a note on their uses as food by natives. Some coloured photographs of plants taken in the field and an index of scientific and vernacular names are also appended. We hope, the book will provide first hand information on wild edible plants of the state and will be the basis for further research and study.

We would like to express our sincere thanks and gratefulness to the persons from different communities in different localities of Assam, who have given a lot of information on their food habits, which helped us in gathering field knowledge towards preparing this book. We are also thankful to Dr. G.C. Sarma, Dept. of Botany, Gauhati University and Dr. Dipak Konwar, BRPL Vidyalaya, Dhaligaon and Sri Santanu Dey, Aranyak and our special thanks goes to Shri Shankar Hazarika, AFS, Director Forest Communication, for encouraging the project, and Sri A. Rabha, IFS, Field Director, Manas Tiger Project for valuable help. We are also grateful to the Forest Department, Govt. of Assam for publication of the book.

We cordially welcome any correction and suggestion to improve the quality of the book in subsequent editions.

21st March, 2007
Bongaigaon, Assam

Authors

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Introduction

Assam, one of the biodiversity hotspots occupies a special place in Northeastern India located between 24°44' N to 27°45' N Latitude and 89°41' E to 96°02' E Longitude, covering 2.4% of the geographical area of the country i.e. 78,438 sq.km. The annual rainfall ranges between 305 cm. max. to 178 cm. min. with an average of 211.76 cm. The temperature recorded in summer is 37°C max. and 18°C min. and 26°C max. and 7°C min. in winter, with an average humidity of 83.00%

Forest Status & Bio Diversity Estimation of Assam

Total recorded forest area of the state is 28,748 sq. km. out of which 359 sq. km. come under water bodies and covers 32% of the total geographical area. On the other hand forest & tree cover is 36.67% of geographical areas including homestead forestland. Out of the total forest area, 3,555 sq. km. of forests are under various types of encroachment (Source: *Assam Forests at a Glance, 2005-06*)

As per estimation, 3017 species of flowering plants, 164+ species of orchid, 42 species of bamboo & 14 species of cane, 193 species of mammals, 9 species of primates, 800+ species of birds, out of which 280 species are migratory, 60+ species of amphibians, 1500 species of butterflies & 116 species of reptiles have been recorded.

An ecological sketch

Pattern of rainfall configuration of grounds are the

(II)

factors controlling the distribution of plants in to the types of forest association. The state consists of two valleys- the Brahmaputra and the Barak, separated by range of comparatively low hills.

The Barak or Surama valley receives direct N.W. Monsoon; due to the presence of steep hills it receives a good precipitation in comparison to the Brahmaputra valley, which is much less open to the monsoon winds. It receives half spent clouds over Karbi Anglong & N.C. Hills and partly those that enter the valley through Dhubri. Therefore, there is a dry belt in the angle formed by the Karbi Anglong & Naga Hills, which are away from the main direction as Brahmaputra current and passing over clouds go without precipitation i.e. Hojai, Lanka or Southern Nagaon. Another belt lies along the foot hills of Himalaya extending from the Champa river of Kokrajhar to Panchanodi in Darrang. The Brahmaputra current passes away from this belt and also does not benefit from the Barak current. Both the currents impinge on the next range or hills, the Himalayas opposite Tezpur and they combine to drift towards the east and give very heavy rains to Upper Assam & the north bank of the eastern part of Brahmaputra.

The dry belt is characterised by deciduous type of forests, where regions with heavy rainfall are clothed with evergreen forests. Sal bearing areas are intermediate between the two extremes, where rainfall is well below 250 cm. Apart from some parts of Chirang reserve in Kokrajhar and near Boko of Kamrup Districts, all sal bearing areas come under deciduous forests.

(III)

Grass lands occur in the deciduous tracts and also in the riparian areas of the Brahmaputra and its tributaries. The length of the Brahmaputra river in Assam is 640 km. & length of the Barak river is 225 km. and there are 121 drainage systems or tributaries in both the Brahmaputra & the Barak. The river Brahmaputra covers 23,3000 sq.km. under its drainage system in India.

In this context the major forest types of Assam are --

1. Tropical wet evergreen.
2. Tropical semi evergreen.
3. Tropical moist deciduous.
4. Sub-tropical broad leaved hill .
5. Sub-tropical pine and littoral.
6. Swamp forests.

But for the point of discussion, four major patterns can be grouped together -

1. Evergreen.
2. Deciduous.
3. Swamp forest.
4. Grass lands.

Evergreen areas are under Lakhimpur, Dhemaji, Dibrugarh, Sibsagar, Tinsukia, Cachar and extend as far as up to Panchnadi in the north bank and Golaghat district. The dominant families are -- *Dilleniaceae*, *Anonaceae*, *Clusiaceae*, *Magnoliaceae*, *Fabaceae*, *Myrtaceae*, *Styraceae*, *Ebenaceae*, *Myristicaceae*, *Lauraceae*, *Euphorbiaceae*, *Fagaceae*, *Arecaceae* & *Poaceae*, and *Dipterocarpaceae* are also characterised by storied formation of a forest and presence of various climbers.

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Deciduous forests lie mainly in the sal tracts. Dhubri, Kokrajhar, Goalpara, Bongaigaon, Chirang, Baksa, Nalbari & Udalguri come under this area. Associates of sal are *Lagerstroemia perviflora*, *Kydia calycina*, *Schima Wallichii*, *Careya arborea*, *Gmelina arborea*, *Cassia fistula*, *Albizia lucida*, *A. odoratissima*, *Millusa velutina*, *Stereospermum chelonoides* etc.

Swamp areas are generally beels or low lying areas, abandoned river channels etc. In these areas following species are common: *Crataeva lophosperma*, *Eugenia species*, *Duabanga grandiflora*, *Terminalia myriocarpa*, *Lagerstroemia flos-regina*, *Trewia nudiflora*, *Ficus pyriformes* etc. and also grasses like *Hygrorhiza aristata*, *Vossia procera*, *Panicum proliferum*, *Phragmites communis* & *P. karka*, *Arundo donax* etc. Aquatic plants such as *Nymphaeaceae*, *Lamnaceae*, *Alismaceae*, *Naiadaceae*, *Eriocaulaceae*, *Cyperaceae* etc. are common.

Grass lands are of two types- one in the riparian belt, the other is in low rainfall areas. In riparian areas, *Saccharum*, *Anthistena*, *Erianthus*, *Arundo*, *Phragmites* etc. are common and on the other hand in low rainfall areas *Imperata arundinaceae*, *Aptuda varia*, *Andropogon jwarancusa*, *Nardus contortus*, *Setaria glauca* etc. are common.

(V)

Habit & People

The total population of Assam is 2,66,55,528 as per 2001 census, which consists 2.6% of country's total population. Average population density is 340 per sq.km. (2001 census) with a Male-Female ratio of 1000:932. Literacy rate is 64.28%.

There is an old saying that, who ever goes to the forest he never return back with an empty stomach. Even though the concept of modern food has invaded the Assamese kitchen, but traditional systems still persist. Assam is the home of various ethnic tribes & castes like Bodo, Mishing, Karbi, Dimasha, Rabha, Garo, Santhals, Rajbongshi, Deuri, Tiwa, Sonowal, Manipuri, Kuki, Hmar etc. Three autonomous district councils and four autonomous councils have been created to meet the aspirations of various tribes.

The Assamese household is unique in many senses, every house consists of some *Baris* and well demarcated ditches around the boundary. They have special tree & fruit orchards, kitchen and flower garden, personal pond, arecanut & citrus orchard, bamboo & banana groves in and around the house. In one sense every house is an independent institution. Although, they prefer community living but they are independent in domestic needs. Most of the wild vegetation and edible plants grow in & around their homestead. Villagers in vicinity of forest areas enjoy the privilege of visiting the forests for collection of edible plants mostly in groups. In olden days, especially in some tribal communities, womenfolk used to collect wild edible plants from neighbouring forests a day

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ahead of any community function. Due to edaphic & climatic conditions, remoteness of the localities, most of the tribals & villagefolk hardly eat vegetables found in urban areas, instead they prefer wild vegetables. Modern day foods that we are dependent on, consists only of 20 species of plants, most of them are cultivated by using inorganic fertilizer.

The history of present system of orchards of miscellaneous plants began in the 16th century during Ahom period. A boy named Mumai Tamuly kept a beautiful orchard. After being noticed by King Swargadeo Pratap Singha, he was picked up as an officer. During his tenure he taught people to up keep various gardens for household needs. In this way most of the wild edible plants, though not domesticated, got their place in the vicinity of houses, small tracts of forests near villages, river islands & in bamboo groves.

Assam is a mixture of various cultures and races. People of Indo-Tibetan origin like Bodo, Karbi, Chutia, Rabhas, Mishings, Koch, Deuris, Dimasha, Sonowals settled in this valley long back before known history. The Dravidian group represented by Kaibartas & Banikyas were the earliest settlers. Most of the place names still bear their originality like Gohati, Goalpara, Barpeta, Sarupeta, Jamuguri as Dravidian influence. The epithets like hati, guri, juli, peta claim Dravidian touch. Another aboriginal group of early settlers were Monkhmer Australoid group i.e. the Khasis & Jaintias. The Khasis still start many words & sentences with *ka*, the place names like *Kamakhya*, *Kamrup*, *Kachar*, *Kazironga*, *Kachaikhaiti*, *Kamta* are Australoid origin Assamese words, *katari* is of Khasi origin, eating of betel nut & leaf, carrying

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satchel are influences of Khasis. Aryan groups also came long back & had influence in sun worship and lot of temples etc. The famous sun temple at Malinithan near Silapathar tells its influence, that is why most of the Tani groups still practise a religion called Donyi-Polo i.e. sun & moon worship. Influence of Buddhism existed till 15th century. The great verses of *Charyapadas* are reminiscent of Buddhist influence. The popularity of Ramayana also told us about the Buddhist popularity. That is why Karbi version of Ramayana *Sabin Alun*, Khamti version of Ramayana still exist. First Ramayana in regional language written in Assamese by Madhav Kandali tells its popularity in Assam. Although Hindu influence was there from Gupta period, but only in the 16th century most of the Kings of Assam converted to Hinduism. Vaishnavite movement led by great Sankardev founded the modern Assamese life style. The great migration of Ahoms from South East Asia also brought many influences to this valley, they assimilated the various races into one homogenous group, organised the people & popularised many systems. Chinese words like *da* or *dao* became an Assamese word. Such influence are rarely visible. (U. N. Goswami 2000)

After conversion to Hinduism, the kings used to settle villages mixing all the castes in a group and many *Brahmins* & *Kayasthas* from mainland were requested to settle in various places, by granting tax-free land etc. This trend was there in Assam till eighth century A.D., but there are still some records even from 8th century AD. But in any case there was no caste system in Assam.

After plundering the state by Myanmarese during early

(VIII)

19th century, the British occupied Assam in 1826, and tea was discovered in 1831. In the name of tea plantation, and construction of roads & railways they brought many labourers mainly Adivashi, Oraong, Oriya from mainland, even from Afghanistan and China. In course of time they became part of present day Assamese culture and new streams of influence came into being.

The British introduced many new species to Assam and new food habits started to take root, like use of potato, various pulses, cabbages etc.

Turkish influence came into this part during early thirteenth century. A general from *Goura* Turbak raided Assam in 1206 A.D. in search of an old road that goes to China, and discovered a new route to China, He was thoroughly defeated by Assamese king Prithu, and most of the Turkish soldiers remained in Assam and assimilated in the great systems of Assamese culture. After 16th century the great Mughals tried 17 times to conquer these portions of India. In several cases, they advanced upto Sibsagar, but never held any territory permanently. In this process many Muslims of Turkish and Afghan origin settled down in Assam. The great sufi saint Ajan Pir popularised the religion and new influences also slowly added to this great assimilation process. The "Satriya dresses", the dress worn at various religious functions by the vaisnavites are said to be influenced by Mughals, especially by Mirjumlla, a governor of Bengal in the seventeenth century. Many words of Arabic and Turkish origin were added to Assamese vocabulary.

During the British period many Bengali Hindus were

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brought as office helpers, officers, as supervisors to various construction sites and administration, in various departments like police, forest, PWD, health etc. They also settled down almost in all present day townships and also influenced a lot in general food habits. From 1836-71 medium of education/ instruction was also in Bengali, afterwards only Assamese language came as medium of education. In this period, a lot of Bengali influences kept their identity. From 1937 after the functioning of provincial Govt. many Muslims from Maimanshingh were brought in to Assam to increase food production and later they settled in flood plains of Assam. From the days of partition, and couple of wars between India and Pakistan and political unrest in East Pakistan, thousands of refugees migrated to Assam. Due to economic & political reasons thousands of Bangladeshis settled in Assam from the middle of the 20th century. In this way also many changes in life style were contributed by these migrants to the society. Many people from mainland also settled down in this part and provided local influence.

In such type of atmosphere, Assamese culture along with strong ethnic influences moulded through history to the present status. The food habits, although under went a sea change, but due to climatic condition it still persists in originality. The British had influenced the upper strata of society, but the majority had preferred evolution rather than sudden change. Like change of food habit by Irish people into potato, during 19th century and witnessing a great famine in 1845 by potato blight disease is not seen in this case. Tribal elements are very strong and are still growing stronger. Till couple of

(X)

decades ago Assam was known as *land of forests*, mainland people had limited conception on overall living style of the society. Sir Edward Gait, the first British Historian of Assam in 1881 completed the book *A History of Assam*. In his first chapter he mentioned, the climate of the valley had such influence that, here life goes very slowly, whoever settled down in this valley in a span of 50 years, he had to slow down his pace. The process of globalisation has brought a sea of changes, markets being developed, new road links coming up, even at one time, those that were considered as weeds have also began to be sold, all eatable items are available in the market whether wild or cultivated. In these present onslaught to new invasion of habit, all wild plants must be preserved & documented before they vanish from this planet.

In this context the primary criterions of Assamese food habits are --

- (i) Use of less oil or use of mustard oil.
- (ii) Use of boiled food.
- (iii) Use of roasting or roasting by wrapping with alpina leaf, banana leaf or maranta leaf.
- (iv) Use of small fishes in various curries.
- (v) Use of less spices or restricted to the minimum.
- (vi) Use of fermented food, like fermented rice (*Pointa Bhat*) fermented bamboo shoots (*Kharisa*), fermented mustard seed (*Panitenga*), dried or semifermented & dried fishes (*Namshing or Napham or Hukati*), fermented rice with lot of herbs as country liquor, like (*Horlang, Apong, Laopani* etc.), fermented betel nut, even fermented vegetables used mostly by Nepalese-the *gundurk & narzi* by Bodos are worth

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mentioning.

(vii) Use of various types of wild vegetables. During festivals of Bohag Bihu, upto 101 types of wild vegetables are eaten, 7 types of vegetables are considered customary. In Bengal also such traditions like *Soudha Sagi* ie: eating of 14 types of vegetables are common.

(viii) Eating lots of acidic food, most of the popular Assamese dishes are acidic.(Commonly known as *Tenga*)

(ix) Extensive use of black gram. Which is a popular pulse, also among the tribals eating of pounded rice as curry, or broken rice into curry is popular.

(x) Most characteristic among them are use of alkaline substances. The popular saying of *khar howa* Assamese is from extensive use of Alkali. It is prepared from *Bhimkol (Musa bulbosiana)*. It is from the fact that, salt was very precious in Assam, the Nagas & Mishimis generally brought rock salt from the hills, some times intermitent wars disturbed such supplies. That is why "*lone... sone samaan*" i.e. salt is as precious as gold. Only influential people could afford to possess salt. The commoners had to be satisfied with home made crude alkaline substances instead of salt, it still persists as food habit.

(xi) Use of bitter substances, eaten as only bitter alternative like *phlogocenthus, chirata, momordica* used only as bitter substances from time to time. It is considered among Bodos that lot of use of bitter substances reduces occurrence of fever and considered as an antihelmenthic.

(XII)

Topography

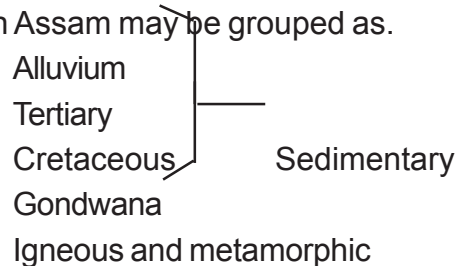
Rock and Soil

As per the report of Burma Oil Company under P.Evans (1934) topographically Assam is divided into three major zones-

1. Brahmaputra Valley.
2. Barak Valley
3. Central Assam Hills

(Karbi Anglong & N.C. Hill Districts.)

The two valleys are largely alluvial and Central Assam range is mainly gneiss with a fringe of tertiaries. As per geological formation Assam may be grouped as.



Alluviums are characterised by pebbles, sand clay and decomposed vegetative materials. Tertiary beds of assemble of rocks, hard sandstones, soft sand, conglomerate clay, clayey & shaley sandstone coal seams. In several areas, it contains oil. Tertiary deposits are

- Dihing series (un conformity.)
- Tipam series
- Surma series
- Borail series
- Disang series.

(XIII)

Out of which Dihing is the youngest. Igneous rock is not abundant but basalt is the most important rock. Metamorphic rocks are Gneiss, Schists and Quartzites. Granite, Pendolite and Dolente are found intruded into the metamorphic rock.

Barak valley consists of swampy flats broken by numerous isolated hills of low ranges. South Eastern parts are projection of Tripura & Mizoram hills strata as Barak valley belongs to newer division. Flat grounds are occupied by clayey alluvium and with large beels.

Assam valley is divided into two parts- Lower Assam plains broken by isolated groups of hills but in upper Assam almost unbroken plains. The hills of Dhubri, Goalpara, Kamrup and Tezpur are actually outlying projections of Meghalaya metamorphic complex and composed with mostly Gneiss. Valleys, plateus of these hills have red lateritic soil. On the other hand larger valleys have been formed by alluvium material brought down by the Brahmaputra and its tributaries.

At the head of the Brahmaputra valley, low spurs such as Tipam hills are structurally part of Patkai hill ranges. Foot hills of the Himalaya are clearly demarcated by Bhabar and Terai zones. In Bhabar areas, top soil is very thin and large boulders, sand, pebbles are more, water table is very low, in most of the streams of these tracts water is hardly visible. In Terai zone thicker deposit of alluvium, sand with smaller pebbles and swamp areas are visible.

Central Assam range consists large broken plateus, Meghalaya plateu merges into irregular hills of N.C. hills then join with Patkai hill ranges. Karbi Anglong hill is an extention

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of Meghalaya plateau and is composed mainly of gneiss and mostly of metamorphic rock, soil is red laterite.

Enumeration of wild food plant species

A study conducted on the wild edible food plants in various localities and with various tribes' vernacular names have been given to each species representing various tribes, photographs have also been incorporated to elaborate the same. The species included in the list have been considered for those which have been regularly used by the various ethnic groups. A little morphological description allowing any one to have idea has been described along with the localities they are generally found. Flowering time, fruit ripening time & flower colour also have been mentioned. The families have been arranged according to the Benthen & Hooker system (1862-1882) with slight modification proposed by Hutchinson (1973) regarding splitting of the families.

The principal edible wild plants of Assam have been considered according to their food potential and present status. Taxonomic account deals with 95 families, 215 genera and about 350 species. About 156 species are green vegetables, 30 species are root & root like vegetables, 147 species are fruits, 11 species are condiments, seeds of 22 species are used, of 7 species, the bark is eaten & of 25 species, flowers are eaten. The leading families of local wild edible plants are represented by -- (1) *Fabaceae* (2) *Moraceae* (3) *Euphorbiaceae* (4) *Rosaceae* (5) *Amaranthaceae* (6) *Araceae* (7) *Verbenaceae* (8) *Solanaceae* (9) *Asteraceae*.

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Present Situation & Conclusion

From the assessment made by the Forest Survey of India in its 2003 Report, the forest cover of Assam since 1987 is as below :

Year	Forest cover (F.C) (in sq. km.)
1987	25160
1989	24832
1991	24751
1993	24508
1995	24061
1997	23824
1999	23688
2001	27714
2003	27826

The figures show the fluctuation in areas and increase of forest cover. But as per the reality the actual forest is like below :

Very Dense forest	--- 1684 sq km	2.1%
Moderately Dense	-- 11358 "	14.5%
Degraded/open forest	--- 14789 "	18.5%
Non forest	--- 50612 "	64.5%

(Source: Forest Department , Assam)

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Very dense forests are generally protected areas, wild life areas and are situated in inaccessible terrain. Moderately dense forests have got tremendous biotic pressure specially tree felling. Degraded and open forests have scrubs & little tree forest. In this context it is observed that in open and moderately dense forest areas most of the original tree species have been eliminated and new species have occupied the places. Specially in deciduous and moist deciduous forests, *Fabaceae* and *Verbinaceae* species are taking the places. In sal dominated areas, sal comes out as gregerious coppice and have little place for other species to come up. In areas where teak is planted most of the undergrowth have been restricted. Teak was introduced in Assam during 1872 and is still continuing for tree plantation. For plantation also, preferable species are teak (*Tectona grandis*), sal (*Shorea robusta*), hollong (*Dipterocarpus mannii*), kadam (*Anthocephalus kadamba*), simul (*Bombax ceiba*) etc. although presently various local species are prescribed and planted, original biodiversity is being tried to be maintained; it is a good sign.

But the worst aspect is the invasion of weed, due to the process of globalization various weeds are taking up open spaces keeping no room for local useful species. In evergreen and moist deciduous forest, a gregerious climber *Mikania micrantha* is becoming a menace. In dry areas *Perthenium capitata*, *Chromolaena odoratum* occupy most of the open areas and does not allow other species to grow.

In water bodies *Eichhornia crassipes* (water hyacinth)

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which was introduced in early 19th century, is now occupying major water areas. In shallow water and damp places *Ipomea carnea var fistulosa* is presently causing a real problem, it not only inhibits the growth of local species but also expels the aquatic fauna. The invasions of weed, occupation of new species in new places, and decrease of old, useful species in forest areas is a major concern and requires a new method of survey and study. The apprehension for the depletion or even extinction of some local species population by over utilization and commercialization is still a threat. The ignorance of the new generation about the useful species is also another cause of concern. Although in the native villages most of the useful species are protected and allowed to propagate in their kitchen garden & baris.

The season of eating and the process of eating have already established norms and passed through the successive generations. Some of the species used as wild food plants known to be endangered and threatend have been mentioned in the proper places need special attention. The aim of this book is to create awareness, protection of the species and also the need to acknowledge the traditional food of this region. It is a pioneering work and in later stages all details will be considered for preservation, sustainance of such beautiful and useful biodiversity. Thus every community have their own conservation and harvesting methods.

Generally found in evergreen tract near river bank.

Uses :- Drupaceous fruit which occur in the fruiting spike is delicious, edible when ripen .

WILD EDIBLE PLANTS OF ASSAM

GYMNOSPERMS

Cycadaceae

1. ***Cycas pectinata* Griff.**

Vern : Thaljimura/Nagchampa/Nagphana (As.)
Telchupi (Rabha)

Habit & habitat :- Small evergreen palm like shrub with crown of leaves at apex. Leaflets shiny glabrous, 4 - 7 ft. long. Male flowers in compact and large cone; female flowers in loose cones, about 6 inch long and covered with brown hairs. Flowering occur usually in May. Generally found as undergrowth on the hill slopes and foot hills.

Uses :- Matured ovules are eaten and also used as medicine in gastric trouble. Fleshy stem is pounded and used to wash hairs. Young shoots used as vegetable.

Gnetaceae

2. ***Gnetum montanum* MG. E.**

Vern : Mamoi lota (As.)
Jeging reibe (Mishing)

Habit & habitat :- A large evergreen climber, stem woody. Leaves opposite, 6 - 16 cm by 5 - 12 cm. elliptic or ovate. Male & female flowers are separate, occur during Feb - April. Fruiting in cold season.

ANGIOSPERMS

Dicotyledones

Dilleniaceae

3. ***Dillenia indica* L.**

Vern : Outenga, Panchkol (As.)
Sampa (Mishing)
Thaigir (Bodo)
Pumplung (Karbi)

Habit & habitat :- An evergreen tree upto 20 mts in height. Branches generally ascending, often fluted at the base and branchlets marked with v shaped leafscars. Leaves 14 - 30 cm by 7 - 12 cm. Flowers are generally white, sepals broadly ovate, concave & pale green. Naturally occur in damp places near swamps and river banks.

Flowering : June to August and fruiting : December - April.

Uses :- Fleshy calyx eaten raw as well as cooked as vegetable suited with fish, pulses and root vegetable; pickles, Jam etc. are also prepared from it. Mucilage found in the fruit is used to wash hair as shampoo and considered good for hair growth.

4. ***Dillenia pentagyna* Roxb.**

Vern : Okshi (As.)
Chirimpi (Karbi)

Habit and habitat :- A deciduous tree about 15 - 17 m

height, branches ascending. leaves are large, 30- 50 cm by 9 - 20 cm, oblanceolate, narrow at the base, margin serrated. Flowers light greenish yellow in fascicles of 5-8 from short branch protuberance.

Generally occur in drier regions especially in lower Assam and KarbiAnglong.

Uses :- Flowers, fruits especially the fleshy calyx are eaten as vegetable.

5. *Dillenia scabrella* Roxb.

Vern : Baji ou, Panilewa (As.)
Chirinso (Karbi)

Habit & habitat :- A deciduous tree upto 19 mts in height with a fluted trunk.

Branches more or less horizontal. Leaves are larger than *D. indica* but fruits are less than 3 cm, globose, pale green with 5 - 7 carpels.

Predominant in upper Assam, Nagaon & Karbi Anglong; grows on slopes of foot hills.

Flowering & fruiting: March - May.

Uses :- The fruit is eaten either cooked or raw as vegetable.

Annonaceae

6. *Annona squamosa* L.

Vern. : Atlas, Ata-Kathal
Sitaphal/ Ata phol (Bengali)

Habit & habitat :- Small tree with bushy habit, often cultivated but in Assam it is more or less running wild.

Flowering occurs during March - May and fruiting in Aug to October.

Uses :- Ripe fruit is eaten, sweet and aromatic in taste. Leaves used as medicine for lowering blood sugar but it is considered to cause infertility if use frequently.

7. *Fissistigma verrucosum* (Hook.f. & Th.) Merr.

Syn. Melodorum verrucosum Hook.f. & Th.
Vern : Hed Vekuli (As.)

Habit & habitat :- A large woody climber, young shoots rusty tomentose. Flowers are solitary and pale yellow; occur during March - May and fruit ripen in November to January. Generally occur in evergreen patches or near hill stream . Common in upper Assam.

Uses :- Ripe berries are eaten with much relish; the pulp is aromatic which is also edible.

Nymphaeaceae.

8. *Euryle ferox* Salisb.

Vern : Nikori, Utpal (As.)(Upper Assam)
Makhna (Kamrup, Goalpara)

Habit & habitat :- A very prickly aquatic herb. Leaves are large, 30 - 40 cm in diameter. Flowers are about 5cm in dia., violet- blue or red in colour. Fruit is spongy and very prickly out side. Flowering: May to June, Fruiting: July to August.

Uses :- The seeds are considered good food for babies & invalids ; eaten either raw or roasted. It can be added in sweets, meat and makes light food with milk also.

9. *Nymphaea nouchali* Burm. f.

Vern : Boga bheth, Seluk (As.)

Habit & habitat :- A large aquatic herb with creeping root stock. Leaves peltate or sub-peltate. Flowers are white. Fruit 12-30 celled with many seeds. Flowering and fruiting occur during August to September and sometimes extends up to October.

Uses :- Fruit, leaf petiole and roots are eaten cooked as vegetable. Seeds are eaten raw or roasted.

10. *Nymphaea rubra* Roxb.ex Andrews

Vern : Ronga bhet, Mokua, Seluk (As.)

Habit & habitat :- Aquatic herb. Corm is modular and 7 - 10 cm in diameter. Leaves are 15-30 cm in dia., broad, oval or orbicular. Flowers are generally 7-10 cm. in dia. Fruit 10 - 20 celled. Flowering and fruiting occur during August to October.

Uses :- Leaf petiole, fruits and roots cooked as vegetable. Seeds are eaten either raw or roasted. Fruit and root stock can be eaten raw.

Nelumbonaceae.

11. *Nelumbo nucifera* Gaertn.

Vern : Padum (As.)

Habit & habitat :- A large aquatic herb with milky opaque juice. Root stock large, stout and creeping. Leaves peltate, young raised above water and older one generally floating. Petioles with scattered weak prickles. Flowering occur during July to September and fruit ripen in November to December.

Uses :- Petioles eaten as vegetable. Ripe carpel, seeds are eaten either raw or cooked.

Brassicaceae

12. *Lepidium sativum* L.

Vern : Halim (As.)

Habit & habitat :- A glabrous annual herb about 30 - 90 cm in height. Leaves radical and long petioled. Flowers are generally white. Flowering and fruiting occur in winter i.e. November to April.

Uses :- Leaves and tender shoots are eaten as vegetable. Also used as medicine for liver problem. It can be eaten raw also.

13. *Rorippa indica* (L.)

[*Nasturtium indicum* auct non (L.) D.C.]

Vern : Gonga mula (As.)

Habit & habitat :- An annual herb of about 12 cm long with leaves of about 5-10 cm, hairy and variously lobbed. flowers are very small. Flowering and fruiting occur during March to May.

Uses :- Young plant is used as vegetable.

Capparaceae

14. *Capparis zeylanica* L.

Vern : Gobindaphal (As.)

Habit & habitat :- A shrub leaves simple with stipulary thorn found generally in upper Assam. Fruit is hairy and flowers are generally white. Flowering occurs in March and fruits ripen during October-November.

Uses :- Seeds of the ripe fruits are eaten roasted.

15. *Stixis suavelons* (Roxb.) Pierre.Syn. *Roydsia suavelons* Roxb.

Vern : Madhumalati, Madhabilata (As.)

Habit & habitat :- A large unarmed woody climber with speckled branches. Leaves deep green above, pale underneath with raised white dots. Flowers are dull white and very sweet scented. Flowering occurs during February to March and fruits ripen in October to January. Fruit is one seeded drupe about 3cm long. Becomes pale orange when ripe.

Uses :- The ripe fruit is eaten which is very aromatic & sweetish.

Flacourtiaceae**16. *Casearia glomerata* Roxb ex DC.**

Vern : Tel bhuruki (As.)

Han bo Arung (Karbi)

Dauphenda (Bodo)

Habit & habitat :- A small deciduous tree with spreading crown. The leaves turn copper coloured before falling. Flowers are small, greenish yellow in dense fascicles. Fruit is less than 2cm long, ovoid & pulpy. Flowering generally during January-February and fruiting in March.

Uses :- Young shoots & leaves are eaten as vegetables, generally cooked with rice or chicken by Karbis & Bodos. For Karbis it is indispensable for offerings to their God.

17. *C. esculenta* Roxb.

Vern : Kron suri (Karbi)

Habit & habitat :- A very small tree up to 6 mts. Leaves shining and glabrous. Flowers are axillary, yellow. Fruit is a capsule with red aril. Flowering in September-October; fruiting in January-March.

Uses :- Leaves and tender shoots are cooked into curry, prevalent with Karbis.

18. *Flacourtia jangomas* (Lour.) Raeusch*(F. cataphracta* Roxb.)

Vern : Ponial/ Finel (As.)

Habit & habitat :- A small evergreen tree bearing compound spines on the trunk upto about middle edge. Flowers occur on lateral shoots. Male and female flowers are different and small. Fruits globose, dark purple when ripe. It is covered by persistent stigmas.

Flowering occur in March - April. Fruit ripen during November and January.

Uses :- Ripe fruits, which are acidic, are eaten raw. When ripe, fruits pressed with thumb for a minute reduces toughness.

Carryophyllaceae**20. *Drymaria cordata* (L.) Wild ex Roemer & Schultes**

Vern : Lai Jabori (As.)

Jabshri (Bodo)

Habit & habitat :- A diffused herb with climbing tendency, generally form a dense ground cover, usually on moist & shady places. Leaves decussate ovate, sub-orbicular or cordate. Flowers small, in axillary or terminal cymes, white.

Uses :- Tender leaves & shoots are eaten as vegetable,

suitable with small fishes. It is also used as medicine for sinus problem, and in treatment of cuts & wounds of domesticated animal.

21. *Stellaria media* (L.) Vill.

Vern : Morolia (As.)

Habit & habitat :- A diffused herb with striate branchlets; leaves decussate, lower leaves long petioled and upper ones sub-sessile. Flowers small, pale white, in dichasial cymes. Found generally at damp & shady places mixed with other herbs.

Uses :- Tender shoots, young leaves are eaten as vegetable during Autumn & winter, and are also used as medicine in nasal problems and stomach disorders.

Portulacaceae

22. *Portulaca oleracea* L.

Vern : Malbhog Khutura / Malbhog sak /
Hah thengia (As.)

Habit & habitat :- A prostrate herb with fleshy, glabrous leaves. Branchlets reddish or purple coloured. Flowers small, yellow. Generally occurs in damp and open areas.

Uses :- Tender shoots and leaves are used as vegetable mixed with other vegetables or with fish. Also used as medicine in liver problem and in Jaundice.

Hypericaceae

23. *Hypericum japonicum* Thunb. ex Murr.

Vern : Sonaphuli (Bodo)

Habit & habitat :- A small diffusely branched annual herb, up to one foot in height, generally occurs in open paddy

field and forest fringes. Leaves decussate, smooth, elliptic-ovate, sessile. Flower golden yellow and found throughout the year.

Uses :- It is used as a mixed vegetable; also used as medicine by Bodos. It is suitable to use with good amount of chillies.

Clusiaceae

24. *Garcinia cowa* Roxb. ex D.C.

Vern : Kau thekera (As.)

Habit & habitat :- A small middle sized tree with oval crown and dark green foliage, branchlets slightly 4-gonous. Generally found in evergreen tracts. Flowers are yellow, male & female flowers are separated. Fruit is about 5cm in dia., globose but slightly tapering and somewhat oblique towards the apex.

Flowering Period is March-April and fruit become edible during July-August.

Uses :- The fruit is eaten which is acidic. It is preserved after slicing and drying in the sun and is used as medicine for dysentery; also pickles are prepared from it.. Seeds of the ripe fruit are eaten fresh which is sweet.

25. *Garcinia lanceaefolia* Roxb.

Vern : Rupahi Thekera (As.)
Prangso (Karbi)

Habit & habitat :- A glabrous shrub up to 12ft. height generally grown under dense shade of other trees. Leaves are lanceolate, shining. Flowers are solitary terminal and red in colour; occur during February-March. Fruit is 6-8 seeded, smooth obovoid and red in colour. Generally ripen

during June-July.

Uses :- The red ripe fruit is very beautiful and is eaten fresh. Young leaves and shoots which are slightly acidic in taste, are eaten cooked by Karbis & Mishings.

26. *Garcinia morella* (Gaertn.) Desr.

Vern : Kuji Thekera (As.)

Thaika (Bodo)

Habit & habitat :- A small evergreen tree. Bark is dark grey in colour and significant. Generally favours evergreen tracts. Male & female flower are separated. Fruit about 2cm in dia., globose and slightly elongated, becomes yellow when ripe. Flowering during December-February & fruiting in May-June.

Uses :- Ripe fruits are eaten but very acidic. It can also be preserved by slicing and sundrying. Pickles are also prepared. Bodos cook unripe fruit as vegetable with fishes. Also by boiling, chutney can made. In main land of Assam, sundried slices are added to black green pulses for slightly acidic curry which is popular. Dried fruit slices are also considered good for dysentery patients.

27. *Garcinia paniculata* Roxb.

Vern : Sochopa Tenga (As.)

Habit & habitat :- A handsome evergreen deciduous tree with oval crown and decussate branches. Male flowers are dull white, very sweet scented. Female flowers are large but not scented. Fruits globose, about 3cm in dia. Flowering occur in December to February and fruiting occur during May to July.

Uses :- The ripe fruit is eaten with much relish. Unripe fruits can be used to prepare pickles.

28. *Garcinia pedunculata* Roxb.

Vern : Bor thekera (As.)

Tabing esing (Mishing)

Ampri Arong (Karbi)

Habit & habitat :- A large evergreen tree with fluted trunk with short spreading branches. Branchlets slightly four angled. Leaves lanceolate, midrib stout. Male flowers pale green in few flowered panicle ; female flowers solitary. Fruit is globose, 8 - 12 cm in dia., with fleshy aril.

Uses : The mature fruit is eaten cooked or raw ; generally it is mixed with other vegetables, especially with pulses.

29. *Garcinia xanthochymus* Hook . f.

Vern : Tepor tenga (As.)

Thesampreng (Karbi)

Habit & habitat : A small middle sized evergreen tree with a dense narrow crown. Generally found near riverbank i.e. favours evergreen forest with clayey soil. Leaves dark green, 20- 40 cm long and 5- 8 cm width, narrowly oblong or oblong lanceolate, shining. Flowers unisexual. The fruit is 4cm-6cm in dia., . crowned by persistent stigmatic lobes, golden yellow when ripe. Flowering season is March-May and fruiting in Octboer-February.

Uses : The ripe fruit which is very acidic can be eaten raw or cooked with other vegetables. The fruit which exudes golden yellow juices can be eaten by roasting or boiling.

Saurauiceae**30. *Saurauia armata* Wall.**

(*S. cerea* Griff.)

Vern : Parbatia Sengunia (As.)

Habit & habitat : A small tree, young smooth thick and covered with sharp pointed scale. Leaves are dark brown and placed between. Flowers white, blooms during April to May.

Uses : The ripe fruits are eaten.

31. *Saurauia panduana* Wall.

Vern : Rata gagon (As.)

Gaban (Nep)

Habit & habitat: An evergreen tree found mainly in upper Assam and Karbi Anglong. Flowers are small, white and changing to pink, occur during April to June. Fruits are berries, globose, white, occur during Sept to November.

Uses : The ripe berries are eaten.

32. *Saurauia roxburghii* Wall.

Vern : Bon Pachala, Pani Pachala, Parbatia Hengunia (As.)

Nonthler Arong (Karbi)

Daibri (Bodo)

Habit & habitat : A small tree with narrow crown, young parts covered with scurfy tomentose and subulate scales. Flowers are pink in colour, seen during March to May. Fruits are berries, white, very small and globose; occur during May to Aug.

Uses : Ripe berries are eaten fresh. Leaves are good fodder.

Malvaceae**33. *Hibiscus subdarifa* L.**

Vern : Tenga mora, Mesta tenga (As. & Bodo)

Habit & habitat : A herbaceous plant up to 6/7" in height. Generally planted or kept wild during summer and dies during winter. Stems and leaves are reddish in colour. Flowers reddish or so, occur during summer. The fruits are red, hairy. Fleshy sepals persists in fruits.

Uses : Leaves and fruits are acidic, eaten cooked. It is good with fish and pork. Jelly is prepared with ripe fruits. Some times leaves are used as medicine in dysentery of man and domestic animals.

34. *Thespesia populnea* (L.) Soland

Vern.: Parash pipal (As.)

Habit & habitat : Small tree with peltate-scaly branchlets. Leaves ovate, orbicular, 7-nerved at base, base cordate, margin entire, apex acuminate. Flowers solitary. Epicalyx segments 3-5, calyx lobes 5, small. Petals 5, yellow to pink. Fruit is globose capsule. Flowering & fruiting: Throughout the year. Common along canals, rivers etc. often planted.

Uses : Young leaves and flower buds are eaten fried.

Bombacaceae**35. *Bombax ceiba* L.**

Vern : Simalu (As.)

Singi (Mishing)

Pharkong (Karbi)

Simla (Bodo)

Habit & habitat : A lofty deciduous tree with buttressed base when old and whole trunk is covered with large conical prickles. Flowers are red, large, found during January to March. Capsule is about 7 inch long green in colour. Found generally in the river bank & flood plains.

Uses : Unripe fruits are eaten raw by Mishing although it is used for extraction of silk cotton.

Sterculiaceae

36. *Sterculia alata* Roxb.

Vern : Pahari odal, Nagasul (As)

Bong bong (Karbi)

Habit & Habitat : A very tall tree with horizontal branches, young parts are golden pubescent. Found generally in evergreen tract of Upper Assam. Flowers occur during February to April in brownish yellow and fruiting occurs during November-March. Seeds are numerous in each follicle.

Uses : The Karbi & Sonowal eat the seed roasted.

37. *Sterculia coccinea* Roxb.

Vern : Nak Chepeta (As.)

Sagla papio (Mishing)

Konkelo (Karbi)

Habit & habitat : A shrub or small tree common in moist deciduous forests of Upper Assam and Karbi Anglong. Flower pale white, blooms in August-September. Follicles scarlet & velvety, coriaceous, bright red, available during April-May.

Uses : The tender follicles or fruits are eaten cooked like

beans. Mature seeds are fried or roasted and eaten.

38. *Sterculia foetida* L.

Vern. Pohu odal (As.)

Habit & habitat : A tree with digitately lobed leaves, leaflets 5- 7, elliptic, margin entire. Flowers in axillary panicles, densely clustered, flesh coloured. Gynandrophore present. Fruits are follicles, boat shaped, 3- 5 lobed, glabrous, woody, beaked; seeds many.

Uses : Ripe beans are eaten after roasting.

39. *Sterculia guttata* Roxb.

Vern : Shirikh (As.)

Habit & habitat : A large evergreen tree with oval crown. Leaves are simple, not lobed. Flowers are white, occur during spring, follicles are red, hairy outside, available during August to September.

Uses : The seeds are eaten roasted.

40. *Sterculia roxburghii* Wall.

Vern : Nagphona (As.)

Mimong omak (Garo)

Habit & habitat : A small or middle sized tree with dark brown rough bark. Flowers are brick red in February-March. Follicles are pink, thinly coriaceous, beaked seeds are black and ovoid. It is available in forest during June-July. Common in moist deciduous forests.

Uses : The black seeds are roasted and eaten.

41. *Sterculia versicolor* Wall.

Vern : Durong (As.& Bodo)

Habit & habitat : Lofty tree predominantly found in moist

evergreen tracts of upper Assam and N.C. Hills. Leaves digitate with long petiole. Flowers are pale yellow in long penicles occur in March-April. Follicles are large, coriaceous, with dark brown brittle hairs. Each follicle contain 10 seeds.

Uses : The seeds are eaten cooked.

42. *Sterculia villosa* Roxb.

Vern : Udal (As. & Bodo)

Sargik esing (Mishing)

Chekong (Karbi)

Habit & habitat : A moderate sized deciduous tree with large lobed leaves. They are red when young and crowded near the top. Flowers are yellow, bloom during March to April unisexual. Follicles are reddish brown and tomentose outside, scarlet and shining inside, occur in April to June ; Seeds with a shining black aril.

Uses : The seeds are eaten roasted or baked.

Tiliaceae

43. *Grewia elastica* Royle.

Vern : Man Bijal, Phuhura (As)

Thusura (Bodo)

Bong der so (Karbi)

A deciduous tree found generally in deciduous tracks of Assam. Flowers are yellow. Fruit is drupe and globose hairy, blackish when ripe.

Flowering : April-May Fruiting : November- December

Uses : The ripe fruit is eaten.

44. *Grewia sapida* Roxb.

Vern: Phuhura, Thouraguti (As.)

Bong der so (Karbi)

Pumi Aye (Mishing)

Habit & habitat : A prostrate undershrub with perennial woody root stock throwing out annually number of bushy shoots. It is found generally in the dry grass land of Assam. Flowers are yellow and fruit is drupe, hirsute.

Uses : The ripe fruit is eaten by Mishing and Karbis.

45. *Grewia hirsuta* Vahl.

Vern : Hukta pata (As.)

Habit & habitat : A spreading shrub about 9 ft with annual or periodic shoot. It is also found in grass lands. Flowers are yellow and fruit is drupe and reddish brown.

Flowering : Rainy season

Fruiting : November-January

Uses : The ripe fruit is eaten; also the fruit is used to treat dysentery and diarrhoea.

46. *Grewia sclerophylla* Roxb.

Vern : Bipu Bum tha (Karbi)

Habit & habitat : A shrub with brownish young part generally occur in the open grass and in slight elevated portion. After every fire in winter in its habitat, it become more or less stunted. Flowers yellow, fruit is drupe with rough stellate hairy with crustaceous rind and sweet pulp.

Flowering: May to September

Fruiting : Autumn.

Uses : The ripe fruit is eaten.

Elaeocarpaceae**47. *Elaeocarpus floribundus* Bl.**

Vern : Jalphai (As.)

Theng Koreng (Karbi)

Habit & habitat : An evergreen tree, found generally wild as well as cultivated in the household gardens for its edible fruit. leaves are ovate - elliptic, often rounded at base, glabrous, blistered on both surfaces when dry, turning bright red before falling. The varieties have broader leaves, longer pedicles, smaller & more astringent fruit. Flowers are small & white, fruit is drupe light green.

Flowering : May to August

Fruiting : November to December.

Uses : The mature fruit is eaten fresh, or cooked and also very favourable as pickles.

Oxalidaceae**48. *Oxalis corniculata* L.**

Vern : Soru tengeshi (As.)

Habit & habitat : A prostrate herb, branchlets creeping, rooting at nodes. Leaves digitately trifoliate. Generally found in damp and open shady places as weed.

Flowering: Rainy season.

Uses : Young shoots & leaves are used as vegetable. It is mildly acidic. The plant is also highly considered medicinal in dysentery and blood pressure. It is suitable with small fish.

49. *Oxalis debilis* H.B.K. var. *corymbosa* (DC.) Lour.

Vern : Bor tengeshi (As.)

Habit & habitat : A gregarious herb with long petiole. Leaves larger than *O. corniculata*. It is a common weed in cool damp places. Flowers are rose, tinged with purple or pink striate, pick during January to March.

Uses : Leaves along with petiole are eaten as vegetable, specially with small fish & bottle gourd.

Averrhoaceae**50. *Averrhoa carambola* L.**

Vern : Kardoi (As.)

Kamranga (Bodo & Lower Assam)

Habit & habitat : A small evergreen tree, generally found all over the state. Flowers are pink white and fruits are star shaped with five prominent ridges.

Flowering : July - August Fruiting : October - January

Uses : Fleshy fruits quite acidic. They are eaten raw or cooked with sugar. Pickles, jelly and squash can be prepared. It is used as medicine for jaundice and kidney stone.

51. *Averrhoa bilimbi* L.

Vern : Bilimbi tenga, Rohdoi (As.)

Habit & habitat : A small tree, stem irregularly fluted. Generally found cultivated near homestead or running wild. Flowers small purple and white. Fruit approximately 3 inch long, oblong in outline, sharply 3 to 5 lines. Turn yellowish green when ripe. Here also sweet and sour varieties are found.

Uses : Fruits are eaten fresh, as chutny, as squash and also considered medicinal for liver trouble.

52. *Aegle marmelos* Correa

Vern : Bel (As.)

Wood apple (Eng.)

Habit & habitat : A tree with spinous branches. Leaves are trifoliolate, oil glands present in leaves. Flowers are greenish white and sweet scented. Fruits are 2 - 7 inch. in diameter, outer shell is stony hard, inside which is a strong clear waxy mass embedded in a mass of sweet aromatic pulp. Ripe fruits are sweet scented.

Flowering : March to May

Fruiting : March to June in the next year.

Uses : It is a sacred plant for Hindus. The pulp of the ripe fruit is laxative and mixed with milk and sugar and a sherbet is prepared. It is medicinal for indigestion and constipation. The unripe fruit is boiled or roasted to use as medicine for dysentery and diarrhoea. Sliced immature fruit is dried under the sun and use to prepare a kind of drink called "Bel tea" which is considered medicinal for heart weakness.

53. *Citrus medica* L.

Vern : Jara tenga (As.)

Tume han thar (Karbi)

Habit & habitat : A bushy thorny shrub common along the edges of marshes, sluggish stream and river islands in the upstream. Leaves elliptic - obovate, oblong - lanceolate, aromatic. Spines straight. Flowers are white, usually tinged with red. Fruit oblong and obovoid, yellow when ripe and highly aromatic.

Flowering & fruiting occur through out the year but more during spring.

Uses : The fleshy mesocarp of the fruit is sweet, eaten fresh; also acid juice of the fruit is taken. It was a common scene during harvesting of paddy, Assamese ladies prefers to eat this acid fruit with salt and chilli.

54. *Glycosmis arborea* (Roxb.) Corr.(*G. pentaphylla* Corr.)Vern : Hengna poka, Tultha poka, Chagol ladi,
Chaul dhuwa (As.)

Theng lokso (Karbi)

Habit & habitat : An evergreen shrub. Leaves compound, leaflets usually five. The leaves give an unpleasant smell when bruised. Generally occur in the neighbourhood of swamps or on the bank of sluggish streams, under bamboo grooves. Fruit is a berry, white or pinkish when ripe.

Flowering & fruiting: January to April

Uses : Ripe berries are eaten with much relish.

55. *Murraya koenigii* (L.) Spreng.

Vern : Narasinha, Bishahari (As.)

Thenhskso (Karbi)

Habit & habitat : A deciduous aromatic shrub with strong smell. Leaves pinnate, leaflets 15 - 25, oblique. Flowers small, white, fragrant. Fruit subglobose, purplish black when ripe. It is found all over the state and has a gregarious tendency.

Uses : The leaves are used to flavour curries; also eaten mixed with other vegetables. Often used as digestive.

56. *Zanthoxylum oxyphyllum* Edgw.

Vern : Mezenga (As.)

Onger (Mishing)

Habit & habitat : A slender scrambling shrub. It is highly aromatic. Prickles are usually hooked. Leaves 6 - 14 inch long, rachis armed with prickles beneath. Found generally in Upper Assam and Maghalaya.

Flowering : April - May Fruiting : August - September.

Uses : Tender shoots are eaten as vegetable, suitable with pork and considered a good vegetable by Mishings. It is presumed that cooking with pork deworms, specially tap worms, by this vegetable.

57. *Zanthoxylum rhetsa* (Roxb) D.C.(*Zanthoxylum budrunga* Wall.)

Vern : Bajarmoni, Bajramoni (As.)

Bajruli (Bodo)

Onger esing (Mishing)

Tenga nang (Karbi)

A deciduous tree with a large crown armoured with sharp prickles on the branches. Leaves are faintly aromatic. Flowers are small, light green or pale yellow. Fruits are bluish -black. generally found at moist forests of lower Assam and in foot hills of Himalaya in northern bank.

Uses : Tender leaves are eaten as vegetable by Aitonias & Mishings.

Burseraceae**58. *Bursera serrata* Coleb.**

Vern : Mirtenga (As.)

Neoli (Bodo)

Kisianthor (Karbi)

Habit & habitat : A large tree generally predominant on foot hills of lower Assam. It is considered as very hard wood generally not cut for firewood etc. Flowers are very small. Fruit is a drupe, 2 -3 furrowed, exocarp bright pink.

Flowering & fruiting : March - April

Uses : Ripe fruits are eaten, acidic.

Meliaceae**59. *Azadirachta indica* A. Juss**

Vern : Mahaneem (As.)

Habit & habitat : A well known middle sized tree usually planted at household gardens and roadsides but in many cases it is running wild. Leaves compound, serrated. The flowers are white and scented, fruit is drupe become greenish yellow when ripe.

Flowering : March - April

Fruit ripe : July - August.

Uses : Leaves are bitter, eaten raw, or fried, sometimes prepare curry along with pounded rice. In Assam it is valued as medicine for stomach pain, worm infection, skin diseases. In most families leaves were kept under bed to prevent tick etc. It is highly valued as air purifier.

60. *Melia azedarach* L.

Vern : Ghoraneem (As.)

Abori esing (Mishing)

Neemtita (Karbi)

Habit & habitat : A deciduous middle sized tree. It is generally planted in home steads of Assam. Leaves pinate compound, leaflets 1-5 pairs, opposite, base oblique, margin serrated. The flowers are small, petals 5, white but tinged with purplish blue. Fruits are drupe, smooth, green when unripe and yellow after ripening.

Flowering : March to May

Fruits: Ripening by August

Uses : Flowers are eaten as vegetable, it is quite bitter in taste. Some tribes of western Assam prepare dishes with pounded rice. It is a good fire wood. Leaves are used in treatment of skin diseases, to kill worms of both man and domesticated animals.

Icacinaceae

61. *Natsiatum herpeticum* Buch.-Ham.

Vern : Oupat (As.)

Target ruibe (Mishing)

Habit & habitat : A small herbaceous climber, shoots densely strigose. It is found in most of the areas of the state. Flowers are greenish yellow in receme. Fruit is compressed ovate drupe.

Flowering : December - January

Fruiting : January - February.

Uses : Leaves and tender shoots are eaten cooked as pot herbs, favourite vegetable of Mishings. It is highly delicious when it is cooked with fishes.

Rhamnaceae

62. *Hovenia dulcis* Thunb.

Vern : Chetia bola (As.)

Pinke esing (Mishing)

Habit & habitat : A middle sized deciduous tree up to 80 ft. Young shoots are tomentose. Flowers are white. The peduncle and other parts of the inflorescence thicken into fleshy mass when the fruit is ripen, latter it look like the fruit is embedded in the penduncle.

Flowering: May - June

Fruit: December - January

Uses : The fleshy penducle when ripen become very sweet and eaten. The fruit is also eaten.

63. *Zizyphus mauritiana* Lamk.

Vern : Bogori (As.)

Thakri (Karbi)

Habit & habitat : A small deciduous tree, armed with erect or recurved stipular thorn; bark dark grey . Leaves orbicular - round, basally 3-nerved, grey and glabrous above, rust-tomentose below. Flowers borne in axillary cymes in dense fascicles, small, greenish- yellow. Drupe oblong-globose. Flowering usually in September - November and fruit ripen in December - February.

The tree is found almost every where but most prominent in sandy island & banks of river.

Uses : Fruit is eaten fresh and prepared curry with fishes by Mishings. The fruits are sliced or pounded and dried under the sun and preserved for future use. The powdered

sour item is used to mix with other curries. Pickles are also prepared with this fruit.

64. *Zizyphus rugosa* Lamk.

Vern : Bon Bogori, Dindao Bogori (As.)

Bata bakuri (Karbi)

Habit & habitat : A deciduous straggler, young parts rusty tomentose. Thorns recurved. Leaves orbicular - round, basally 5-nerved. Flowering visible during March - April. Fruit is a drupe, globose or pyriform. It is found throughout the province specially along with the sal forests in Western Assam.

Uses : The ripe fruit is eaten as in *Z. mauritiana*.

Vitaceae

65. *Cissus quadrangularis* L.

Vern : Harjora (As.)

Habit & habitat : A climber with stout stem, fleshy, quadrangular and contracted at the node. Branching is dichotomous. Flowers are in cymose inflorescence, whitish. Fruit globose, red when ripe. The climber is armed with long tendrils.

Flowering: July - September

Fruit : October - January.

Uses : The young shoots are eaten as curries; also used as medicine in treatment of bone fracture.

66. *C. repens* Lam.

Vern : Soru Harjhora (As.)

A trailing, glabrous plant, young shoots are succulent, red, covered with a white bloom. Leaves are

pale green and simple. It is found both in plains and hills upto 9,600 ft.

Flowering & fruiting occur in October to January

Uses : Leaves and young shoots are eaten as vegetable.

67. *Tetrastigma lanceolarium* (Roxb.) Planch.

(*Vitis lanceolarium* Roxb.)

Vern : Tadi Ripum (Mishing)

Habit & habitat : A large climber with flat woody stem. Leaves 3-5-foliolate, leaflets oblanceolate-elliptic, apex sharply acuminate, margin serrated. Flowers small, greenish-white. Fruit berry, small, globose.

Common in all over the state especially in evergreen tracts.

Flowering : February - April

Fruit : May - August

Uses : The ripe fruit is eaten cooked with fish by Mishings.

68. *Tetrastigma thomsonianum* Planch.

[*Vitis angustifolia* (Roxb.) Wall.]

Vern : Nal tenga (ass)

Nekung (Mishing)

Demshri (Bodo)

Habit & habitat : A herbaceous climber; the colour of the stem is dark and generally flattened. leaves 3-foliolate. Tendrils are simple. Flower are light green. Fruit is berry, globose. The climber is found near the river banks, river islands and in evergreen tracts.

Flowering: September - October

Fruit ripen : December - January.

Uses : Tender shoots and leaves are eaten which are

acidic; It is very tasty when it is cooked with fish. During March - April the acid taste is reduced.

Leeaceae

69. *Leea macrophylla* Roxb.

Vern : Kath thengia (As.)

Habit & habitat : A perennial herb with annual shoots, about 3 - 5 ft long. Generally die back in March - April. Flowers are white, small. Fruit is depressed globose black when ripe.

Flowering : August - October

Fruit ripe: October - March

Uses : Young leaves are eaten as vegetable. The ripe fruit which is less than a centimeter in diameter is eaten fresh.

Sapindaceae

70. *Euphoria longan* (Lour.) Steud.

[*Nephalium longna* (Lam.) Camb.]

Vern : Naga Lichu, Tokra, Kath lichu, Mirgoch (As.)

Tegonog (Mishing)

Marli (Karbi)

Habit & habitat : An evergreen middlesized tree found mostly in the evergreen tracts of Upper Assam. leaves pinnate compound, shining when young. Flowers are pale yellow in terminal cymose panicles. Fruit is sub-globose, rough, purplish red when ripe. Aril is like Litchi but in small size, taste like litchi.

Flowering : April - May

Fruiting: July - September

Uses : Aril of the fruit which is sub acidic is eaten fresh. Tastes like litchi.

71. *Aphania rubra* Radlk.

Vern : Tanting, Bongadhi, Maiki Bandardima,

Hekokeko (As.)

Thaikhrok (Bodo)

Habit & habitat : A shrub up to 12ft. in height, branches verrucose, often with minute vertical fissure. Flowers are small, brick red. Fruit is less than an inch long, lobbed, red while ripening, purple and soft when fully ripe. It is generally found in the evergreen tracts of forests.

Flowers : October - January

Fruit ripen : March - April

Uses : The ripe fruit is eaten fresh.

Sabiaceae

72. *Meliosma pinnata* (Roxb.) Maxim. ssp. *pinnata*

Vern : Shengunia, Bon Pachala, Mamoi (As.)

Dermi esing (Mishing)

Habit & habitat : Small tree to 30ft, common in the state specially near river bank. Branchlets rusty-villous. leaves odd-pinnate, leaflets 6-pairs, oblong-lanceolate. Flowers are creamy-white, fruit is drupe.

Flowering: April - June

Fruit ripen: August - September

Uses : The young leaves are eaten cooked as vegetable, specially with fishes by Mishing.

73. *M. simplicifolia* (Roxb.) Walp. ssp *simplicifolia*

Vern : Thowthowa, Larubandha, Sankko-neru,
Hengunia, Phoko, Dhapapatia (As.)
Gurban, Nitak (Mishing)
Phaglanjan (Karbi)
Laidsbri (Bodo)

Habit & habitat : A small evergreen tree, branchlets densely tomentose. Leaves simple, quite large, 5 - 15 inch long, light green in colour. Panicles are long, densely wooly. Flowers white turning pale yellow. Fruit is drupe with persistent sepals.

Flowers : January - May

Fruit ripen: March - June

Uses : Tender leaves & young shoots are eaten cooked as vegetable especially by Mishing people. It makes a popular dish with local fishes.

Anacardiaceae**74. *Mangifera indica* L.**

Vern : Am (As.)
Kedi (Mishing)
Tharbi (Karbi)

Habit & habitat : A large evergreen tree. Leaves are oblong or elliptic-lanceolate, crowded at ends of branches. Panicles terminal, flowers uni- or bisexual, petals creamy-white in colour. Fruit is a drupe, ovoid-oblong.

Although planted but most of them are grown as uncared plant. It is grown at damp, semi-wet areas to higher

altitude. On the basis of colour, size, shape and taste there are many local varieties of mango viz. "Tiliki Am", "Senduri Am", "Matimitha Am" etc. are known to occur. These are usually with large stone, less flesh and of less commercial exploitation. The number of such plants has been decreasing due to destruction by human being. The ripe fruits are mostly infected by insects.

Flowering : February - March

Fruit ripen : May - June.

Uses : Ripe fruit is eaten with much relish. Some varieties have sweeter taste also eaten when unripe. Unripe fruits are used to prepare pickles, unripe mango-chutney with pudina is common recipe. Mishing and other tribe prepare curry with sliced unripe mango and fishes.

The wood is also valuable. Villagers use to predict monsoon by observing the flowering pattern of mango plant.

75. *Mangifera sylvatica* Roxb.

Vern : Bon Am (As.)
Chuchi Am (Nepali)

Habit & habitat : A tall lofty evergreen tree with dense globose crown. Although leaves are same as common mango but it has narrower leaf with longer petiole. Fruit is also long, ovate, often forming a hook like structure. It is found in the evergreen tract of Upper Assam, Barak valley and Kokrajhar in Ultapani area.

Flowering: September to October.

Fruit ripen : January to March

Uses : The unripe fruit is more aromatic but pleasant than

the mango and suitable to prepare curry, pickles, jelly and chutney. But ripe fruit is very inferior to common mango. The curry prepared by slicing unripe wild mango is very aromatic and pleasant although highly acidic.

76. *Pegia nitida* Colebr.

(*Tapiria hirsuta* Hook. f.)

Vern : Dhindou Bogori Lata (As.)

Midi takkir (Mishing)

Hongding (Karbi)

Chutti lara (Nepali)

Habit & habitat : A scandent shrub with hairy appearance found through out the plant. It can be found upto 4000 ft. prevalent in scrub forests, old "jhum" areas. Leaves are compound. Flowers minute, white and sweet scented. Fruit is drupe, small, oblong, black when ripe, with sub-acidic aromatic smell.

Flowers : January - March

Fruit : April - May.

Uses : The Karbis & Mishings eat the tender shoots and leaves as vegetable. The ripe fruit is also eaten. Also used as medicine by Garos as antiseptic.

77. *Rhus chinensis* Miller.

(*Rhus semialata* Murr.)

Vern : Naga tenga (As.)

Habit & habitat : A small deciduous tree, generally gregarious in habit. Leaves compound, leaflets usually 3. Branchlets spine-tipped. Flowers are small, pale green. Fruit is drupe, small, less than one inch.

Flowers : May - September

Fruit ripen: February - April

Uses : The ripe fruit is very sour, generally much eaten by Nepalese. In the "Khuti(s)" in side forest it is used to prepare curds. It is also considered medicinal for remedy of colic pain. Some times juice of the fruit is taken.

78. *Rhus griffithii* Hook. f.

Vern : Darmi easing (Mishing)

Habit & habitat : A small tree, predominantly found in Upper Assam. Leaves compound, with leaflets and about 1 - 2 feet long, smooth. Fruit is small, drupe.

Flowers : March - May

Fruit : July - October

Uses : The young leaves are used as vegetable by Mishing and Adis.

79. *Spondias axillaris* Roxb.

Vern : Khamoli Chali, Homoi tenga, Mitha amora (As.)

Belam (Mishing)

Theseli (Karbi)

Habit & habitat : An evergreen tree, ascending upto 4000 ft. but some what rare species. Branches are dense & horizontal. Leaves 12 - 18 inch long, lanceolate. Flowers greenish white; both male & female flowers are separate. Fruit is drupe more than an inch long and yellow when ripe.

Flowering : February - April

Fruit ripe: July - December.

Uses : The inner bark is chewed by most hill people and

some Assamese. It is said that by chewing the bark hunger is reduced, also give a pleasant taste to the mouth. Some times it is used as substitute of Arecanut. The ripe fruit is eaten.

80. *Spondias pinnata* (L.f.) Kurz.

Vern : Amora (As.)

Dorge (Mishing)

Chiming (Karbi)

Habit & habitat : A middle sized tree with a pleasant aromatic acidic smell. It is deciduous and remain leafless during December to March. Leaves compound, leaflets opposite, 3 paired. Flowers uni- or bisexual, greyish-white or pale yellow. Fruit is drupe more than a inch long, acidic, aromatic. It become greenish yellow when ripe. It is generally used as hedges in most Assamese localities as the tree can be propagated easily by cuttings.

Uses : Fruit is eaten raw when ripe; unripe green fruits are made in to curry, also forms good pickles. The tender leaves and flower buds are used to prepare a very agreeable curry with fishes. Seeds also eaten.

Moringaceae

81. *Moringa oleifera* Lamk.

Vern : Sajina (As.)

Habit & habitat : A middle sized soft tree with thick corky bark. Leaves compound, with pale green leaflets when young, become darker when older and yellow at the fall period. Generally planted in the the home stead, also use as hedge as cuttings propagate easily, found as escape

in the forest. Flowers small, whitish , honey scented. Fruit is a capsule about 9 - 20 inch. long

Flowers : January - March

Fruit ripen : March - May.

Uses : Fruits, when unripe, are used as vegetable . Young and tender leaves, and flowers are also used as vegetable. The fruit known as drum stick is highly suitable with pulses.

Connaraceae

82. *Rourea minor* (Gaertn.) Alston.

(*R. commulata* Planch.)

Vern : Makoi Lata (As.)

Habit & habitat : A large scandent, glabrous shrub, occur generally in evergreen tracts of the forest. Leaves compound, shining. Flowers white and small. Fruits are in follicles, about one inch long, oblique, curved. Seed is completely enveloped by a bright red aril.

Flowering time : May - June

Fruit ripen : July - August.

Uses : The aril of the ripe fruit is eaten.

Papilionaceae

83. *Canavalia cathartica* Thouars

Syn. C. ensiformis (L.) D.C.)

Vern : Kamtal Urahi (As.)

Thepa (Karbi)

Habit & habitat : A perennial climber, leaf pinnate 3-foliolate. Flowers large and white in axillary receme. Pods long, 8 - 10 inch by 1.3 inch, flat with two prominent longitudinal ridges.

Flowering & Fruiting : August - December.

Uses : The tender pods are used as vegetable and the seeds are used as pulse. In some areas it is cultivated as vegetable.

84. *Dalbergia pinnata* (Lour.) Prain

Syn. *D. tamarandifolia* Roxb.

Vern : Laleng Chali, Dat bijli (As.)

Subin Rikang (Karbi)

Amlai lewa (Bodo)

Habit & habitat : A large deciduous woody climber with twisted branch lets. Flowers white, with very short pedicels. Pods are small, strap shaped. Fairly common in the state.

Flowering : January - March

Fruit : October - December.

Uses : The bark is often chewed with betel vine leaves in Upper Assam.

85. *Dalbergia rimosa* Roxb.

Vern : Gajai Lota, Mermeri Lata (As.)

Phukri lewa (Bodo)

Habit & habitat : A sub-erect straggling or climbing shrub with branch lets often forming tendrils. Dormant buds some time develop in to spines. It is found through out the province. Flowers are very small, sweet scented. Pods are strap shaped.

Flowering : April - May

Fruit ripen: November - December

Uses : Seeds are eaten as pulse by many of the plain tribes.

86. *Dalbergia stipulacea* Roxb.

Vern. : Dat Bijal (As.)

Garo-deosal (Bodo)

Sabima-rikang (Karbi)

Habit & habitat : A climbing shrub or small tree with fluted old stems. Leaves with terete petiole supported by a pair of ovate falcate stipules; leaflets oblong, cuneate, slightly oblique at the base. panicles axillary, 3-5 inches long, flowers are supported by large persistent bracts and bracteoles, corolla reddish-purple, stamens diadelphous. Fruit a pod, pendulous, thin, flat, dark green, deep brown when ripe.

Flower: March-April. Fruit: Nov.- December.

Uses: Seeds are eaten by Garo people.

87. *Derris elliptica* (Roxb.) Benth.

Vern : Bakal bih, Makoi sopa, Etam chali (As.)

Hiru alu (Karbi)

Habit habitat : A large woody dextrose climber common in the plains of Assam generally found in the grass land and glades. Flower in terminal raceme, red. Pod small, less than 2 inch in length, rigid reticulate.

Flowering :March - April

Fruit ripen:March - June.

Uses : The bark is chewed with betel leaf and slight sedative. The root is used to poison fish.

88. *Desmodium triquetrum* (L.) DC.

ssp. *pseudotriquetrum* (DC.) Prain

Vern : Ulucha (As., Mishing)

Habit & habitat : An erect or semi-erect undershrub up to 3 - 5 ft. long. Branches sharply triquetrous. Flowers purplish pink. Pod 1 - 2 inch. by half inch, hairy. Common in grasslands up to 4000 ft. altitude.

Flowering: October - December

Fruiting : December - March.

Uses : Dried leaves are used as substitute of tea by Mishings & Adis in Upper Assam.

89. *Mucuna pruriens* (L.) DC

Vern : Bander Kekua (As.)

Habit & habitat : An annual climber, generally found in scrub forests, waste lands in the plain, near localities. Leaves compound, ovoid and glabrous. Flowers dark purple, calyx has irritating bristles. Pod is about 2 - 3 inches, ends curved in opposite direction, covered with dense pale brown hairs.

Flowering: January - March

Fruit ripen: April - June

Uses : Hair in the pods & calyx are highly irritating but after careful preparation seed can be separated which are delicious considered aphrodisiac in many localities.

90. *Pueraria phaseoloides* (Roxb.) Benth.

Vern : Pani Alu (As.)

Habit & habitat : An annual tuberous climber, young shoots covered with hair. Generally found in open evergreen forests along streams of Lower Assam. Flowers pale blue, pod 3 - 5 inches long, linear, black when ripe.

Flowering: September - October

Fruit ripen: October - November

Uses : The tuber is fleshy and tasty, it is often eaten raw.

91. *Pueraria tuberosa* (Roxb. ex Wild.) D.C.

Vern : Urahi alu, Pani Alu (As.)

Habit & habitat : A woody climber with large tuberous root. It is deciduous and gives flowers during leafless period. Flowers are bright blue. Pods are flat, 2 - 3 inches long, flexible. Most common in deciduous tracts.

Flowering: March - April

Fruit : May - June

Uses : The tuber is fleshy and edible; taste liquory and eaten raw, it is also used as medicine.

92. *Pueraria thomsonii* Benth.

Vern.: Pani alu(As.)

Habit & habitat : An annual tuberous climber. Commonly found in deciduous tracts of forests or in scrub forests.

Flowers: April - May

Fruits: May - June

Uses: Tuberous roots are eaten cooked.

93. *Sesbania grandiflora* (L.) Poir.

Vern : Bokphul (As.)

Habit & habitat : Small tree, often cultivated. Leaves compound, with 20- 30 pair of leaflets. It is a quick growing species. Flowers are white, about 5cm across, pendulous, petals reflexed, winged. Fruit is a long pod.

Flowers: October - November

Fruit ripen : January - February

Uses : Flowers are eaten as vegetable, either fried or with

pounded rice or gram.

94. *Sesbania sesban* (L.) Merr.

(*S. aegyptica* Pers.)

Vern : Jayantiphul (As.)

Habit & habitat : A quick growing soft wood, short lived shrub, 10 - 15 ft. in height, branchlets glabrous. Leaves peripinnate, leaflets 15-20 pairs, opposite. Flowers in racemes, dark brown to purple with golden -yellow inside. Pod is about 6 - 9 inch long.

Flowers time : August - September

Uses : Flowers are eaten fried with pounded rice or gram. The tree is generally planted for fertilizer or shade, and found wild as escape.

95. *Uraria rufescense* (DC.) Schindl.

Vern : Hikoti mah (As.)

Kolma (Mishing)

Habit & habitat : Annual herb, almost prostrate or having a climbing tendency. Flowers small, yellow. Pods smaller than black gram. Generally found in the paddy fields after harvesting or in the damp dry up areas.

Flowering & Fruiting in winter.

Uses : Seeds eaten fresh or cooked. It can be used as pulse.

96. *Vigna vexillata* Benth.

Vern : Banoria Urahi (As.)

Habit & habitat : A slender twiner with fusiform tuberous root. Leaves compound, 3 - foliate. Flowers are generally consisted at the end of peduncles appear to as head. Exists

upto 5000 ft. high. Flowers are purple; pods 3 - 4 inches by 2.5 inches, slightly compressed and covered with dark brown hairs.

Flowering: August -September

Fruit ripen: September - October.

Uses : The seeds are used as pulse. Tuberous roots are eaten cooked.

Caesalpinaceae

97. *Bauhinia acuminata* L.

Vern. Name: Mati kotora (As.)

Megong aphal (Garo)

Habit & habitat : An erect shrub up to 10 ft. high. Leaves are 3-5 inches in length, slightly longer than broad, cleft about one third way down into two acute or sub-obtuse lobes. Flowers white, in short leaf opposed raceme; bracts and bracteoles are linear, pubescent. Sepals with spatheaceous limb, acuminate. Petals with prominent midrib and ascending veins. Stamens 10, ovary stipitate. Pod glabrous.

Flowering in April to May.

Uses : Flowers are eaten fried.

98. *Bauhinia malabarica* Roxb.

Vern. name: Kotra, Tenga kotra (As.)

Khormang (Bodo)

Hanthar (Karbi)

Habit & habitat : A moderate sized tree with bushy crown. Leaves broader than length, cleft about a fourth of the way down into two rounded lobes, 7-9 or 11 nerved, cordate or

subcordate. Petiole swollen at both ends. Flowers dull white in axillary and terminal. Pod 7- 14 inch long, flat, flexible, straight, beaked, marked when dry with more or less reticulate raised lines which descend obliquely from the middle of the valves to the sutures.

Flowering: August- October, Fruiting: January- May.

Uses : Flowers are eaten cooked.

99. *Bauhinia purpurea* L.

Vern. Ronga Kanchan (As.)

Habit & habitat : Small trees with warty branchlets. Leaflets connate about half way, lobed, sometimes lobes overlapping, thin coriaceous, base subcordate, margin entire. Flowers in axillary or terminal racemes or panicle. Calyx-tube apex 2-cleft. Petals rose to pink, obovate, narrow at base, obtuse. Stamens 3-5. Pods oblong, compressed, many seeded.

Flowering: peak in September

Fruiting: Throughout the year.

Uses : Flower buds are eaten cooked. The plant is cultivated for ornamental purposes.

100. *Bauhinia variegata* L.

Vern : Kanchan, Boga Kitora, Kitora, Kuroi (As.)

Inku (Karbi)

Kharmang (Bodo)

Habit & habitat : A small tree; leaves are simple, deeply cordate, dull green, Found throughout the province upto 2000 ft. Often cultivated for its beautiful flower. Flowers large, white, pink or purple. Pods 6 - 10 inch. long, hard, flat.

Flowering: February - April

Fruit ripen: Rainy Season

Uses : Flower buds are eaten cooked, seeds are also eaten by roasting.

101. *Cassia fistula* L.

Vern : Sonaru / Sonalu (As.)

Habit & habitat : A medium - large sized deciduous tree found all over the state ascending up to 2000 ft. Leaves compound, leaflets come in 5 pairs, opposite, oblong-broadly obovate, glabrous above, pubescent below, base subacutre, margin entire, apex gradually tapering. Flowers in terminal racemes, pedicel elongated. Petals 5, yellow, stamens 10, carpel one. Pod oblong, 1 - 2 ft long, cylindrical, smooth. Seeds many, immersed in a dark brown pulp. During leaf less period flower occur covering all branches.

Flowering : March - July

Fruit: Ripe in cold season.

Uses : Flowers and flower buds are eaten cooked. The pulp of the ripe pod is eaten fresh, also use as medicine to cure mouth ulcers. The pulp is considered a powerful purgative.

102. *Cassia siamea* Lamk.

Vern : Sia Sunaru (As.)

Habit & habitat : A middle size evergreen tree, usually planted on roadside. Leaves pinnate compound, leaflets 7-10 pairs, ovate-oblong, 2.5-6 cm long and 1.5-2 cm width, base and apex obtuse. Flowers in panicles, about 3 cm

across, yellow. Fruit is pod, 20-25 cm long, compressed, woody with thick sutures.

Although the tree has been introduced by forest department of Assam during 80's it is now localised in many places.

Flowering : June - August

Fruit ripen : October - November

Uses : Flowers & tender leaves are cooked as vegetable by Garos in Lower Assam.

103. *Cassia tora* L.

Vern : Soru-Medelua (As.)

Hadi diga (Karbi)

Adi diga (Bodo)

Habit & habitat : A softwooded undershrub or annual; branchlets glabrous. Leaflets 3-5 pairs, thin coriaceous, base oblique, apex obtuse, margin entire. Flowers in terminal racemes. petals 5, golden yellow. Stamens 10 including 3 staminodes. Pod short, compressed; seeds many. Fairly common in forest edges, waste lands upto 3000 ft. in the road side. Generally dies during winter.

Flowering: July to September

Fruit: Early winter.

Uses : Young leaves are used as vegetables by Bodos, favourable with pork / fish or as mixed vegetable. The leaves, seeds and roots are considered to having medicinal properties for skin diseases.

104. *Saraca ashoca* (Roxb.) de Wilde

(*S. indica* Sensus Baker)

Vern : Ashok (As.)

Mir krem (Karbi)

Habit & habitat : A middle sized handsome tree. Leaves paripinnate, glabrous, leaflets 4-5 pairs, 10- 20 cm long, margin slightly wavy. Flowers are fragrant, orange scarlet in terminal or axillary racemes. Pods are 5 - 10 inch compressed, tapering at the both ends. Very beautiful tree when flowers. The purplish pink new leaves appear at the intervals.

Uses : Although it is considered highly medicinal Karbis use to chew the fruit as substitute for arecanut. Usually planted for ornamental purposes.

105. *Tamarindus indica* L.

Vern : Teteli (As.)

Habit & habitat : A large evergreen tree with rough bark, branchlets warty tomentose. Leaves even pinnate, leaflets 15-17 pairs, small, narrowly oblong, base and apex obtuse, margin entire. Racemes terminal on short peduncle. Flowers 1 cm across, pale yellow. Pods indehiscent, 3 - 8 inches, flat, usually curved, seeds dark brown and smooth. Mostly planted in the homestead. There is a common proverb to never plant tamarindus tree in front of house.

Flowers : April - June

Fruit ripen : Cold season

Uses : Fruits are sour, eaten fresh or by drying prepare Jelly, pickles or eaten in curries & chutneys. Tender leaves

are eaten as vegetable by Mishings.

Mimosaceae

106. *Mimosa imbricata* D.C.

Vern : Mekuri ghila (As.)

Tapo tapi ruibe (Mishing)

Habit & habitat : A large climber with slender branches; leaves compound, leaflets ovate-lanceolate, long petioled. Flowers are dull purple. Pods are 4 - 6 inch long, oblong, 2 - 4 seeded. Generally concentrate in Upper Assam.

Flowering : Rainy Season

Fruit ripen: December - April.

Uses : Unripe / immature pods are eaten cooked as vegetable by Mishings; match with fishes.

107. *Mimosa monosperma* DC.

Vern. : Kauri kanta (As.)

Habit & habitat : Armed stragglers. leaves alternate, bipinnate; rachis prickly. Flower heads in axillary clusters. Stamens many, pinkish. Pods oblong, flat.

Uses : Sometimes seeds are eaten.

108. *Parkia timoriana* (A. DC) Merr.

(= *P. roxburghii* G. Don)

Vern : Kharial, Manipuri Urahi (As.)

Yonchak (Manipuri)

Thenuk (Karbi)

Habit & habitat : A middle sized unarmed tree with spreading branches. Leaves bipinnate. Flowers pale yellow; pod 10 - 20 inch. by 1- 5 inch., smooth, dark brown. Generally found in Sibsagar & Barak valley and in Karbi

Anglong.

Uses : The tender pods are eaten as vegetable especially with fishes.

Rosaceae

109. *Fragraria indica* Andrew

Vern : Gorukhish (As.)

Gudali (Mishing)

Habit & habitat : A sliky pubescent herb with perennial rootstock and slender runner. Leaves dark green, 3-foliolate. Flowers yellow, fruits are achenes on a fleshy red receptacle. Found almost all over the state generally near river banks upto 6000 ft.

Flowering & fruiting occur almost through out the dry season.

Uses : Ripe red fruits are eaten.

110. *Potentilla nepalensis* Hook. f.

Vern : Nepali Gorukhis (As.)

Habit & habitat : A prostrate or erect hirsute herb with perennial root stock found generally open up and shady areas rich in moisture. It is generally common in the Northern bank of Brahmaputra. Fruit is achene with elevated hairy receptacle.

Flowering and fruiting : October to February.

Uses : Ripe fruits are eaten.

111. *Potentilla supina* L.

Vern : Gorukhis (As.)

Habit & habitat : A prostrate or erect herb with slender, hairy stems. Leaves digitately 3 - 5 foliolate. Flowers are

yellow. Fruit is achenes on an elevated villous receptacle. The plant is generally found in damp open grass lands or harvested paddy field prefer partial shed.

Flowering & fruiting :March - July.

Uses : Ripe fruit is eaten. The young leaves can used as vegetable.

112. *Prunus domestica* L.

Vern : Ahom bogori (As.)

Habit & habitat : A small deciduous shrub, domesticated or running as wild near the homestead gardens/scrub forest. Leaves lanceolate. Flowers are bluish white in colour. Fruit is drupe and hairy above, slightly hooked or pointed apex. Green-white when unripe turn red when ripe. Inner pulp is red when mature. Smelling strongly as almond.

Flowering :February - April

Fruit ripen:August - September.

Uses : Mature fruit is eaten. Slightly acidic to sweet in taste.

113. *Prunus jenkinsii* Hook f. & Th.

Vern : Bon thereju / Thereju tenga.(As.)

Habit & habitat : An evergreen medium sized tree mainly found in Upper Assam. Flowers are white. Fruit is a drupe, less than an inch, ovoid or obovoid.

Leaves turn yellow before falling hence two colours of leaves are found in the same tree.

Flowering:October

Fruit:February

Uses : Ripe fruits are eaten fresh.

114. *Prunus persica* (L.) Stokes

Vern : Nara Bogori (As.)

Habit & Habitat : A small moderate sized deciduous tree. Leaves lanceolate. Flowers are pink and solitary. Fruit is drupe and succulent. Usually planted as ornamental, almost found as wild.

Flowering :January - February

Fruit ripen:May - June.

Uses : Ripe fruit is eaten with delicacy.

115. *Rubus alcerifolius* Poir.

(*R. moluccanus* sensu Hook. f.)

Vern : Jetulipoka (As.)

Inshumaring Kang (Karbi)

Habit & habitat : A straggling or sub-scandent shrub. Stem robust with hooked prickles scattered in branches, petiole, midrib of leaves, sometimes on leaf veins. Leaves broad and pubescent. Flowers small, white in axillary receme. Fruit succulent drupes, globose, scarlet . It is found all over Assam ascending up to 6000 ft.

Flowering & fruiting time:June to September.

Uses : The ripe fruit smells sweet and is very tasty; eaten with much relish. The juice of root of the plant is used as medicine in fistula.

116. *Rubus ellipticus* Smith

Vern : Borjetulipoka (As.)

Habit & habitat : A large straggling shrub with stout prickles. Leaves are pinnately 3-foliolate, prickly on the under side .

Flowers are small white, crowded in short terminal raceme. Fruit about half inch, succulent drupe, orange-yellow in colour. It is mostly found in southern Assam usually in hilly terrain. It is very gregarious in open areas. It can grow up to 6000 ft.

Flowering : February - March

Fruit ripen : May - June.

Uses : The fruit has an excellent flavour and is eaten.

117. *Rubus lucens* Focke

Vern : Jeheru Poka / Noga jhejheru (As.)

Habit & habitat : A stout scandent shrub. The plant has small hooked prickles scattered all over the body. Leaves pinnate, 3-foliolate. Flowers pink. Fruit drupe, enclosed in the calyx, juicy and red. It is mostly found in Northern Assam.

Flowering & fruiting : October to February.

Uses : Ripe fruits are delicious and eaten.

Crassulaceae

118. *Kalanchoe pinnata* (Roxb.) Pers.

(*Bryophyllum Pinnatum* Roxb.)

Vern : Pategoja, Dupar tenga (As.)

This is a succulent perennial plant distributed throughout the state. Young plants grow from the margins of old leaves. Leaves are thick, soft, juicy; basal leaves are simple but upper one become 3-5-foliolate pinnate, margin slightly serrated. Flowers pinkish.

Flowering & fruiting: May - September

Uses : Leaves eaten as vegetable. It is acidic during

morning to midday and gradually reduces thereafter; also less acidic in April. Curry is prepared from the leaves of this plant with fish and other vegetables. It medicinal for kidney stone and constipation.

Rhizophoraceae

119. *Carallia brachiata* (Lour.) Merr.

Sy. *C. lucida* Roxb.

Vern : Mahithekera / Kathal boula /

Daini Jam (As.)

Habit & habitat : A medium size small tree often with branches of adventitious roots on the trunk. Flowers sessile, creamy. Fruit is globose, small and one seeded. It Occurs almost all over the state more visible in Southern Assam.

Although fruits are small but sometimes large depressed gall fruits about one inch across are formed which are very succulent.

Flowering & fruiting : December - February

Uses : Fruits are eaten, acidic in taste.

Combretaceae

120. *Combretum decundrum* Roxb.

Vern : Latachali / Dhuna chali / Jonari lewa / Jangta

/Tuta chali / Dhenai chali / Droa chali / Dhoba

lata / Boin lewa (As.)

Arkeng (Karbi)

Habit & habitat : A large evergreen woody climber with reddish brown bark peeling off in thin flakes. Leaves

opposite. Flowers greenish white. Fruit with papery wing. It is found throughout the province in the evergreen tracts or on the river bank.

Flowering : October to January

Fruit ripen : March to April

Uses : Bark is chewed as substitute of betelnut in Upper Assam.

121. *Terminalia arjuna* (DC.) W.& A.

Vern : Arjun (As.)

Habit & habitat : A medium sized deciduous tree, branchlets pubescent. Leaves alternate to opposite, oblong-lanceolate, thick coriaceous, margin crenate-serrate, apex obtuse; two glands on the petiole close to the leaf-blade. Flowers small, in axillary spikes. Fruit a 5-angled drupe, 5-winged.

Found generally in the hill slopes near the water bodies.

Flowers : May - June. Fruits : October - November.

Uses : It is considered highly medicinal for heart diseases, diabetes and in lowering high blood pressure. In Western Assam barks are cut into small pieces dried and use as substitute of tea.

122. *Terminalia chebula* Retz.

Vern : Silikha (As.)

Habit & habitat : A medium sized to large deciduous tree. Leaves alternate-opposite, thin coriaceous, ovate or elliptic obovate, entire, apex sub-acute. Flowers in axillary spikes, yellowish white and with offensive smell. Fruit is drupe, Obovoid, more or less five ribbed. Commonly found

in deciduous forests of lower Assam. In Upper Assam it is commonly found near river bank or as planted tree.

Flowering: April - May

Fruiting : February - March of the next year.

Uses : It is considered as one of the best known medicinal plant or tanning material in world. The both unripe and ripe fruits as eaten raw or used as medicine. The fruits are boiled, sliced and sun dried and preserved for medicinal purposes; usually chewed after meal as digestive.

123. *T. citrina* Roxb. ex Flem.

Vern : Silikha (As.)

Cheluka : Karbi

Ilikang (Mishing)

Selekhai (Bodo)

Habit & habitat : A medium to large deciduous tree often with buttressed stem. Leaves sub-opposite, lanceolate, pubescent when young. Flowers occur in the spikes. Fruit drupe, oblong, obscurely 5- ridged. The tree is found through out the state.

Flowering : June-July

Fruit ripen : November to January

Uses : Fruits are either eaten raw or dried mostly as masticator also medicinal in some diseases.

Myrtaceae

124. *Syzygium cumini* (L.) Skeels

Vern : Kola jamu (As.)

Jam esing (Mishing)

Jangmi (Karbi)

Khorjam (Bodo)

Habit & habitat : An evergreen tree. Leaves smooth, glossy, elliptic to oblong or ovate. Found through out the state often gregarious in swamp. Cultivated trees have broader leaves. Flowers are greenish white; fruits are berry oblong, black, juicy shining when thoroughly ripe.

Flower : April - May

Fruit : June - July

Uses : Ripe fruits are edible, barks are used as medicine for diabetics.

125. *Syzygium formosum* (Wall.) Masam

Vern : Bhukua Chepa / Labung garai (As.)

Mirte phong (Karbi)

Kurak (Mishing)

Habit & habitat : It is a medium sized tree with large leaves about more than a foot found mostly in the Northern Assam and Southern Assam. Flowers are distinct rosy pink in corymbose cyme. Fruits berry, globose white or pink when ripe with persistent calyx limb.

Flowering & Fruiting : March - April

Uses : The fleshy calyx are eaten cooked either with other vegetable or with fish. It gives a delicious scent.

126. *Syzygium fruticosum* DC.

Vern : Kathiya Jamu (As.)

Habit & habitat : A shrub or small tree closely related to *S. cumini*. Branches are glabrous. Generally found in the Southern Assam upto 3000 ft and. Flowers are small & sessile, white. Fruit berry, small, globose.

Flowering : March -- April

Fruit ripn : May - June.

Uses : Small ripe fruits are eaten.

127. *Syzygium jamboos* (L.) Alston

Vern : Golapi Jamu (As.)

Habit & habitat : A medium sized evergreen tree. Flowers white in terminal raceme. Fruit is berry, globose crowned by intixed calyx lobes, delicate, white, yellowish when ripe, scented and sweet.

Generally cultivated but it is found in forest as escape. Found throughout the state.

Flowering time: February - April

Fruit ripen : June - July.

Uses : Ripe fruits are eaten.

128. *Syzygium kurzii* (Duthie) Balak.

Vern : Bogi Jamu (As.)

Girgum datke (Mishing)

Habit & habitat : A large to moderate sized tree with pale grey compressed branches. Flowers are white in branched cyme. Fruit berry, crowned by spreading calyx limb. Found mostly in Eastern & Northern Assam and other district of Upper Assam.

Flowering & Fruiting : March to June.

Uses : Ripe fruits are eaten.

129. *Syzygium malaccansis* L.

Vern : Pani Jamu (As.)

Habit & habitat : A handsome tree with compressed branches. Leaves large oblanceolate. Flowers red or purple

distinct. Fruit berry, about 2 inch long. It is generally cultivated but in most cases found acclimated in the forest.

Flowering time: April - May

Fruits ripen :May - June

Uses : Ripe fruits are eaten fresh.

130. *Syzygium operculatum* (Roxb.) Niedenzu

Vern : Godhajam (As.)

Sumuk (Karbi)

Habit & habitat : A small evergreen tree; all parts are glabrous. Leaves are moderate sized, smell like mango when smeared. Flowers are small, sessile, greenish-white. Fruit small, berry, globose, white, with a truncated tip.

It is found in most parts of Assam, generally favours red lateritic soil.

Flowering time: April - May

Fruiting time :June - July.

Uses : The ripe fruit are eaten.

Lecythidaceae

131. *Careya arborea* Roxb.

Vern : Kumbhi, Panibhela, Kum Kumari (As.)

Koring (Karbi)

Khum (Bodo)

Habit & habitat : A medium sized deciduous tree, found in the most areas of the state especially lower Assam. Leaves large, alternate, glabrous, about one foot long. Leaf become red before falling. Flowers distinct with an unpleasant

smell, white or pink. Fruit berry, globose 2 - 3 inch long with numerous seed.

Flowering :March - April

Fruiting : June.

Uses : The bark, flowers, juices and fruit are considered medicinal. Ripe fruits are eaten raw and seeds are eaten roasted by the Santhals.

Melastomaceae

132. *Medinilla erythrophylla* Lindl.

(*M. rubicunda sensu Cl.*)

Vern : Bogitenga (As.)

Habit & habitat : A shrub or small tree upto 15 ft. height, generally found in Upper Assam, Northern Assam. Leaves small lanceolate. Flowers are tetramerous, pink, fruit berry, very small

Flowering : August - October.

Fruiting time :January - February.

Uses : The leaves and fruits are eaten cooked as vegetable.

133. *Melastoma malabathricum* L.

Vern : Phutuka / Phutkala (As.)

Bit-Bit (Karbi)

Thung khu (Bodo)

Habit & habitat : A shrub with much branched, hard, 4-angled stem; young one armed with rigid, wedge shaped spinous outgrowth. Leaves simple, opposite, decussate, one of a pair sometimes smaller than other, broad, ovate-lanceolate, coriaceous, hispid; usually with 5 palmate

veins. Flowers in terminal dichasial cymes, pink. Stamens yellow, large, 10 of which 5 are straight and other five are bent. Fruit a loculicidal capsule. It is found generally in waste land, flood plains, sandy banks of the river and in degraded forests.

Flowering: February - June

Fruiting : November - December

Uses : Roots and leaves are used as medicine. Ripe fruits are eaten. In this plant generally preying moths prefer to lay eggs which are look like foam in early stages. It is there fore proverbial "phutukar phan" i.e. meaningless or "phutukani" i.e. scrub forest come out.

Memecylaceae

134. *Memecylon umbellatum* Burm. f. var. *umbellatum* (*M. edule* Roxb.)

Vern : Lali Dimabo (Ass.)

A moderate sized tree mostly found in Southern Assam generally in low elevation. Leaves smaller and lanceolate. Flowers in cyme, small, bright blue. Fruit berry, globose, small.

Flowering time: March - June

Fruiting time : October - November

Uses : The ripe fruits are eaten.

Trapaceae

135. *Trapa natans* L. var. *bispinosa* (Roxb.) Makino

Vern : Bor singori / Paniphal (As.)

Habit & habitat : An aquatic floating herb, leaves dimorphic; submerged leaves are modified into thread like segments,

floating leaves in rosettes like segments, green & rhomboid. Flowers white, close to the surface of water. Fruit single seeded hard obovoid with two short beak and lateral sharp spines. Dark brown or black when ripe.

It is most common in all ponds and beels of the state.

Flowering & Fruiting : October to March.

Uses : Seeds are is eaten either raw or cooked.

136. *Trapa natans* L. var. *quadrispinosa* (Roxb.) Makino

Vern : Soru singori (As.)

Habit & habitat : Flowering leaves of this plant is small, sparingly hairy beneath on the nerves. Fruits have spines in all the four angles. Generally found in all over the state. Cows and buffaloes generally do not go to such type of ponds where this plant is plenty.

Flowering & Fruiting in cold season.

Uses : The seeds are eaten either raw or cooked.

Passifloraceae

137. *Passiflora foetida* L.

Vern : Lota bel/ Koth bel / Mewa (As.)

Habit & habitat : A vine with densely hispid branchlets. Leaves usually 3-5-lobed to halfway, suborbicular -ovate, appressed glandular-pubescent, base cordate, margin subentire to ciliate, apex acute; stipules sub-reniform, deeply cleft into glandular processes. Flowers about 4 cm across, axillary, often solitary; bract and bracteoles 2-3 cm, deeply pinnateisect, glandular -pubescent. Calyx tube short, saucer shaped, lobes ovate-lanceolate. Petals slightly

shorter than the calyx lobes. Androgynophore 4-6 mm. Ovary globose. Fruit berry, subglobose, approximately 4 cm across.

Flowering : July - September

Fruiting : October

Uses : Pulp of the ripe fruit is eaten; it can also be taken as "shorbet".

Cucurbitaceae

138. *Coccinia grandis* (L.) Voigt.

Syn. *C. cordifolia* Cogn.

(*Cephalandra indica* Naud.)

Vern : Belipoka (As.)

Telkocha / Kauwa-luli (Beng.)

Habit & habitat : A herbaceous climber with branchlets apically pubescent, glabrous at base. Leaves simple, 5-lobed, glabrous, punctate above, glandular below; basal sinus subrotund-cordate, margin denticulate, apex obtuse, mucronate; tendril simple. Flower solitary, dioecious. Male flower: calyx-tube campanulate; corolla campanulate, white, petals 5, ca. 1 cm, glabrous without, villous within. Stamens 3, inserted at the base of calyx-tube, filaments connate into a column, about 3 mm, anthers connate, triplicate, flexous. Female flower: calyx and corolla campanulate. Ovary oblong, glandular-pubescent. placentae 3, ovule indefinite; stigma 3-partite, fimbriate; staminodes 3. Fruit ovoid-oblong, striped, seeds compressed.

Flowering & fruiting : June - August

Uses : Fruits and leaves are eaten cooked as vegetable.

139. *Cucumis trigonus* Roxb.

Vern : Jangli Indrayan / Ghimaru (As.)

Habit & habitat : A annual climber found generally in open areas or low scrubs, grows from persistent root stocks.. Stem quadrangular, hairy. Leaves 5-lobed, margin serrated. Male flowers in clusters while female flowers solitary. Petals 5, stamens 5. Fruits almost round, 4 cm across, green with white stripes.

Flowering & fruiting: August - November.

Uses : Fruits are eaten raw or cooked as vegetable.

140. *Cucumis utilissimus* Roxb.

Vern : Kakur (As.)

Habit & habitat : Annual climber. Leaves simple, broad, ovate. Flowers unisexual, axillary. Male flowers in clusters of 2-3 individuals while females are solitary, yellow. Fruits 12-15 cm long, 5-8 cm wide.

Cultivated for the fruit but also found as wild.

Flowering & fruiting : August to September.

Uses : Fruits are eaten raw, leaves also can be eaten as vegetable.

141. *Hodgsonia macrocarpa* (Bl.) Congn.

(*H. heteroclita* Roxb.)

Vern : Thebou lata / Topou guti (As.)

Hanthar angpher (Karbi)

Tatar reibe (Mishing)

Til lou (Bodo)

Habit & habitat : A woody climber with extremely bitter

bark. Leaves large, palmately 3 - 5 lobed. Flowers large, both male & female flowers are distinct, out side brown, in side yellow. Fruit 4 - 5 inch wide, depressed globose, red-brown, closely tomentose, 12 grooved, seed usually six. It is found throughout the state, specially near river, hill streams etc.

Flowering time : February - March.

Fruit ripen : October - November.

Uses : The kernel of the seed is eaten. Empty seed coat like a shell is used as container for lime, tobacco etc.

Begoniaceae

142. *Begonia picta* A. DC.

Vern : Maikhi Phagla (B)

Habit & habitat : An under growth in forest generally in the damp place. A hairy herb. Leaves ovate, oblique, hispid, ciliate. It is of 2 - 3 feet in height, branching occurs at the nodes. Roots tuberous. Flowers pale white; capsule hairy.

Flowering and fruiting during August to October.

Uses : The leaves which are succulent are slightly acidic, can be cooked and eaten as vegetable, either with fish or other vegetable; roots have medicinal value with bitter taste used in diarrhoea.

Molluginaceae

143. *Mollugo pentaphylla* L.

Vern : Khet papra (As. - Beng)

Habit & habitat : A erect slender glabrous herb, leaves are very variable. Flowers in compound inflorescence.

Generally found in foot hills and household gardens.

Flowering and fruiting in June - July.

Uses : Young leaves are eaten cooked as vegetable.

Apiaceae

144. *Centella asiatica* (L.) Urban

Vern : Bor manimuni (As.)

Habit & habitat : A prostrate herb, leaves sub-orbicular, reniform, 1-4 cm in diameter, petioles 1-10 cm long. Inflorescence 3-5 flowered umbels. Flowers subsessile, petals obtuse. Mericarps laterally compressed.

Grows in open up areas, back yard or damp places.

Flowering: April.

Uses : Leaves, young shoots are eaten as vegetable. It is considered medicinal in stomach complains and usually used locally as liver tonic making curry with small fishes. Pounded leaves are used to treat wounds, cuts etc.

145. *Eryngium foetidum* L.

Vern : Man dhania / Jangali Memedhu

Brahma memedhu (As.)

Habit and habitat : A very aromatic, glabrous, erect, perennial herb. Basal leaves spatulate, spinous, toothed, leaves in the flowering branches are small, lanceolate, pointed, rosette. Flowers are white, in subsessile umbels. Fruit ellipsoid.

Flowering: May.

Fruit ripen : cold season.

Uses : This aromatic herb is used to increase taste in various curries. It is also used to add in chutneys, torka

etc. for its attractive flavour and taste.

146. *Hydrocotyle sibthorpioides* Lamk.

Vern : Haru manimuni

Habit & habitat : A diffuse prostrate herb. Leaves small, hispid, orbicular, cordate, sub-entire or lobed; petiole 2-10 cm long. Peduncles very short. Bracts minute, flowers subsessile, 8- 10 per umbel. Fruits orbicular.

Found generally in open areas or damp places.

Flowering : April-May.

Uses : Young leaves and shoots are cooked as vegetable specially with small fish etc., also prepare chutney. Leaves are used in healing wounds of man and animals.

Araliaceae

147. *Trevesia palmata* (Roxb.) Vis.

Vern : Bhotola (As.)

Chena thong (Garo)

Habit & habitat : An unbranched tree with sharp prickles, young shoots rusty pubescent and prickly. Leaves large, 1 - 2 feet long, palmate. Flowers polygamous, white. Fruit fleshy. Found generally in central Assam & N.C. hills.

Flowering : February to April

Fruit ripen : May.

Uses : Flower buds are eaten cooked by Garos and Bodos in Kamrup area.

Caprifoliaceae

148. *Sambucus hookeri* Rehd.

(*S.javanica* Bl.)

Vern : Hukati (As.)

Habit & habitat : A small tree or shrub, leaves imparipinnate with 2 - 6 leaflets. Flowers small in terminal raceme. Fruit is drupe, globose, black, crowned by calyx teeth. Generally found in Upper, North & Central Assam, rare in Western Assam.

Flowering : May to August.

Fruiting time : October to December

Uses : Roots are used as medicine, leaves are used as vegetable.

Rubiaceae

149. *Anthocephalus chinensis* (Lamk.) A. Rich. ex. Walp.

[*A. cadamba* (Roxb.) Miq.]

Vern : Raghu / Kadam (As.)

Logehu Arong (Kerbi)

Nipang lulang esing (Mishing)

Habit & habitat : A common large fast growing tree in Assam generally found near water bodies or damp / wet places, very straight. Leaves large, elliptic-oblong. Flowers small, pentamerous, orange coloured. Fruit pseudocarp, large, fleshy, orange coloured.

Flowering: December - June

Fruiting ripen : May to October

Uses : Mild acidic fruit either eaten raw or cooked with fish or as vegetable by the Adivashis of Lower Assam.

150. *Gardenia angusta* L.

(*G. jasminioides* Ellis.)

Vern : Togor / Gandharaj (As., Beng.)

A deciduous shrub. Leaf dark green and shiny, opposite. Flowers are white with pleasant smell, fruit not

beaked, subglobose. Usually planted in household gardens as ornamental plant.

Flowering : March - April

Fruit ripen : October - November

Uses : Petals of the flower are eaten after fried with powdered rice or gram in the oil or some time it can be fried with egg.

151. *Gardenia campanulata* Roxb.

(*G. florida* L.)

Vern : Bitmora / Bihmona / Dhubia Khola (As.)

Gandhaphaji (Bodo)

Habit & habitat : A large shrub or a small tree, leaves opposite. Flowers dimorphic. Fruit is subglobose, 5-ridged with fleshy pericarp.

The plant is commonly found through out the state ascending upto 1200 ft.

Flowering: March - April Fruit ripen: October - November

Use : Leaves and young fruits are eaten cooked. Boiled fruit is used for washing purposes.

152. *Hedyotis corymbosa* (L.) Lamk.

Syn. *Oldenlandia diffusa* L.

Vern : Bonjaluk (As.)

Deushri Atheng (Bodo)

Habit & habitat : A small herb, leaves opposite and entire, lanceolate. Flowers white in long peduncled terminal cymes. Fruit is hemispheric capsule. It is generally found in the open areas often with grass or damp shady areas,

Flowering: July - August

Fruit ripen : October - November.

Uses : Young branches along with leaves are cooked as vegetable occasionally. It can be cooked with fish or meat. It is also considered medicinal.

153. *Hedyotis diffusa* (Willd.) Roxb.

(*Oldenlandia diffusa* Willd.)

Vern : Bonjaluk (As.)

Deusri Atheng (Bodo)

Habit and habitat : A prostrate herb, small. Leaves small, opposite, alternate 2-3 cm long, 2-3 mm broad. Flowers solitary, small, short peduncled, white. Fruit almost round with persistent calyx.

Uses : Leaves are cooked with other vegetables occasionally. Leaves are considered medicinal for stomach trouble.

154. *Hedyotis scandens* Roxb. ex G. Don

Vern. name: Bhedeli lota (As.)

Habit & habitat : Scandent herbaceous climber with aromatic smell in leaves. Grows on open areas or scrub forests.

Uses : Leaves are eaten cooked with other vegetable or fish.

155. *Menya spinosa* Roxb. ex Link

Vern : Kotkora (As.)

Habit & habitat : A small tree with ascending branches. Leaves opposite, glabrous. Stem is covered with long spines. Flowers pale white. Fruit berry, greenish- yellow when young, yellow when ripe. It occurs mainly on plain

near water body or sometimes roadsides.

Flowering : March - June.

Fruit ripen : Cold season

Uses : Ripe dried fruits are eaten with salts.

156. *Paederia foetida* L.

Vern : Paduri lota / Bhedai lota (As.)

Bonki repuk (Mishing)

Pakhi bendang (Bodo)

Habit & habitat : A slender climber. Leaves opposite, elliptic-ovate. Flowers greyish-purple. Fruit ellipsoids & reddish. The climber is common throughout the state easily available near river banks. It has got unpleasant smell when any part is smeared.

Flowering : July to October

Fruit : Cold season.

Uses : Leaves, tender twigs are used as vegetable, suitable with fish. A pancake is prepared by pounding it with rice, which is blackish in colour. It is also considered medicinal for stomach ache, gastric problem etc..

157. *Paederia scandens* (Lour.) Merr.

Syn. *P. tomentosa* Bl.

Vern : Paduri lota / Bhedai lota (As.)

Bonkiripuk (Mishing)

Oasibu (Karbi)

Daukhi bendung (Bodo)

Habit & habitat : A slender climber. Leaves opposite, ovate-lanceolate sparsely pubescent, with unpleasant smell. Flower tomentose or velvety; fruit subglobose, yellow-brown

when ripe. It is found all over the state .

Flowering : July

Fruit ripen : Cold season

Uses : Young leaves are cooked as vegetable, also as medicine for indigestion.

158. *Pavetta subcapitata* Hook f.

Vern : Mir arong / Usupi ron (Karbi)

Khem arkhu (Dimasa)

Patang esing (Mishing)

Habit & habitat : A shrub, with opposite, glabrous but pubescent beneath, elliptic-lanceolate leaves . Flowers white in terminal sessile capitate cyme. Fruit Berry, round. Generally found in the Southern Assam including Nowgaon, Sibsagar, Golaghat, Jorhat.

Uses : Young leaves and shoots are used as vegetable.

Asteraceae

159. *Bidens pilosa* Hook.

Vern : Deumeubai (Bodo)

Nat bar (Mishing)

Habit & habitat : An annual herb with long sessile leaves , leaves are often hairy. Heads occur on terminal or axillary in long elongated peduncle from the main stem. Flowering & fruiting in cold season. Generally grows on open areas, partially shade places.

Uses : Young leaves & shoots are used as vegetable by Mishing & Bodos.

160. *Blumea balsamifera* D.C.

Vern : Kaphur goch. (As.)

Habit & habitat : A large but short lived aromatic undershrub, very gregarious in open or jhum areas; branches and leaves are silky tomentose. Leaves oblong-lanceolate. Flower head small, sessile. Fruit ribbed. Generally occur in hilly areas of Assam, sporadically found in South bank of Brahmaputra.

Flowering : October - November. Fruit: March - April.

Uses : The leaf has very pleasant aromatic smell. It is used in food to give pleasant smell.

161. *Centipeda minima* (L.) A. Br. & Asch.

Vern : Hachuti / Hansia bon (As.)

Hansio bighang (Bodo)

Habit & habitat : A diffuse, often prostrate, annual weed of wet places. Leaves alternate, obovate, remotely dentate. Flower heads solitary, axillary, whitish. Fruit a cypsela. It is found throughout the state upto 200 ft.

Flowering : summer season

Uses : As vegetable or mixed vegetable by Bodos & Mishing.

162. *Chromolaena odorata* (L.) Voigt.

Syn. *Eupatorium odoratum* L.

Tongol loti

Vern : Bagh dhaka bon / Jarmani bon / Koli bon /

Nogor bera (As.)

Bangri lewa (Bodo)

Kal bun (Karbi)

Habit & habitat : A coarse perennial fast growing straggling shrub up to 2 metre tall. Stem fleshy but woody below.

Leaves opposite; ovate, lanceolate, acute, dentate. Flower heads corymbose. Flowers homogamous, ebracteate, sessile. Corolla 5-petalous, united 1.5 mm long, bluish-white, hairy, complete. Calyx pappus white, hairy. Fruit truncate black with 5 ridges. Stamens syngeneceous. Ovary inferior.

It gives a unpleasent smell when bruished. Generally gregerious in open areas.

Uses : Tender leaves are eaten cooked with other vegetable by Bodos. It is also highly medicinal in intermitent fever and dysentery; also use externally in swellings, cuts and wounds.

163. *Eclipta prostrata* L.

Vern : Keharaj (As.)

Habit & habitat : A diffuse or erect much branched hirsute annual dark green leaves. Heads small, axillary or terminal, receptacle flatened, pale. It is found in open up areas specially in the flood plains.

Flowering : August - September.

Fruit ripen : October - December

Uses : It is considered highly medicinal for liver problem. Tender leaves are used as vegetable.

164. *Enhydra fluctuans* Lour.

Vern : Helonchi / Helchi (As. & Beng.)

Elashi moigong (Bodo)

Habit & habitat : A prostrate herb, glabrous, rooting at the nodes. Leaves opposite & sessile, lanceolate, entire. Flower heads terminal, small. Common throughout the

plains of Assam on rich damp soil or as aquatic.

Flowering & fruiting : December to January.

Uses : Leaves are eaten as vegetable. It is some what bitter in taste. It is also used as medicine.

164. *Erechthites valerianaefolia* D.C.

Vern : Bon kapahi (As.)

Ogen (Mishing)

Habit & habitat : A small annual herb with soft stem. Leaves simple, alternate, ovate-lanceolate, serrated, sometimes lobed. Highly aromatic. Flowers occur in long conical head. Upper portion red, pappus few in a touch when achene is ripen. Generally found in Upper Assam foot hills of Himalaya.

Flowering & fruit : winter.

Uses : Tender leaves are used as vegetable or tastifier in other preparation.

165. *Sonchus brachyotus* DC.

(*S. arvensis* auct non L.)

Vern : Moira thiki (Bodo)

Habit & habitat : An annual milky herb with creeping root stock. Leaves radical, long serrated, mid vein prominent, slightly grooved. Flower heads terminal. It is commonly occur in open areas, grass land etc.

Flowering & fruiting : October to February.

Uses : Leaves are eaten cooked as curry; Santhals use the root for treatment of Jaundice.

166. *Spilanthes paniculata* Wall. ex D.C.

[*S. acmella* var. *paniculata* (DC.) Cl.]

Vern : Bhringaraj/ Huhuni Sak (As.)

Marchang (Mishing)

Ushumoi (Bodo)

Habit & habitat : A trailing, annual herb, rooting at basal nodes. Leaves opposite, ovate, elliptic narrowed at base, margin distantly serrate, obtuse or acute at apex. Heads with long peduncle, axillary or terminal, heterogamous and rayed or homogamous and disciform; ray florets, when present, female, 1-seriate; disc florets hermaphrodite, all fertile. Involucre ovoid or campanulate, bracts 2-3 seriate. Calyx limb obsolete. Petals on ray florets connate in a yellow, ligulate corolla; of hermaphrodite florets regular tubular with 4-lobed limb.

Found all over the state generally with partially shady moisture rich areas. Two varieties come under same place found side by side, other than large in size there is no morphological differences.

Flowering & fruiting: cold season.

Uses : Young shoots and leaves are eaten cooked as vegetable also used as medicine in sore mouth, tooth ache and in wounds etc.

165. *Xanthium strumarium* L.

Vern : Ogara (As.)

Paroanthor (Karbi)

Habit & habitat : It is an annual herb comes after rainy season is over. Stem hispid with black stripes arise later. Leaves broad triangular, ovate, hispid. Flowers in clustered axillary heads. Fruits cypsela, enclosed in hardened cells of the utricle, hooked. It is common throughout the state.

Flowering : Winter, Fruiting : April.

Uses : Saplings, young shoots and leaves are used as vegetable usually with potato and other vegetables.

Myrsinaceae

166. *Ardisia polycephala* Wall. ex A.DC.

Vern : Thaidi bu (Dimasha)

Habit & habitat : A small tree with brownish-grey, wrinkled & warty barks, inside reddish brown. Leaves moderate sized, oblong-lanceolate, or elliptic-lanceolate, acute, entire, membranous, glabrous.

Flowers in bracteate corymbose raceme, pink coloured. Fruit berry, globose. This plant is mostly found in N. C. hills district.

Uses : Young plants are eaten as vegetable. Ripe fruits are eaten raw.

167. *Ardisia thrysiflora* D. Don.

Syn. *A. floribunda* Wall.

Vern : Pachala rong (As.)

Thengpi Chorleng (Karbi)

Habit & habitat : A small tree, leaves narrow lanceolate, entire, acute, membranous, glabrous & gland dotted. Flowers in panicles, reddish. Fruit depressed, red dotted, 5-angled.

Commonly found in South bank of Brahmaputra ascending upto 4000 ft.

Flowering : June to October.

Fruit : Cold season.

Uses : Ripe fruit are eaten fresh.

168. *Embelia nahushia* Don. Prodr.

Vern : Bonpui (As.)

Habit & habitat : An extensive woody climber. Leaves elliptic or obovate lanceolate, entire, acute or bluntly acuminate, glabrous, dark green, shiny. Flowers small, in simple raceme. Fruit small, globose.

Flowering: March - May

Fruit ripen : September - December.

The species mostly concentrated in central Assam, Kamrup, Nawgaon, Karbi Anglong.

Uses : Leaves are eaten cooked as vegetable especially with fish.

169. *Embelia subcoriacea* (Clarke) Mez.

Vern : Poimuri Tenga (As.)

Trimong ruibe (Mishing)

Habit & habitat : An extensive climber. Leaves small, usually acute with translucent bars & dots. Flowers in raceme, usually arise from old stem. Fruits red. Generally found in Northern Assam.

Flowering : May - June

Fruit : Cold season.

Uses : Leaves are eaten cooked as vegetable.

170. *Maesa indica* (Roxb.) A.DC. var. *indica*

Vern : Sesu / Awa pat / Machpora (As.)

Sirkhi (Bodo)

Kiso tanop

Tasing moni (Mishing)

Habit & habitat : A small tree common throughout the province. Leaves are elliptic, elliptic-lanceolate or elliptic-oblong, acute, or acuminate, coarsely toothed, glabrous. Flowers white & scented in axillary raceme. Fruits are small succulent berry, pinkish white.

Flowering : December to March.

Fruit ripen : June to July.

Uses : Ripe fruit are edible.

171. *Maesa chisia* L.

Vern : Susi Porma (As.)

Gonpuloda (Dimasha.)

Bilount (Nepali)

Habit & habitat : A gregeerious shrub found in almost all areas of the state ascending upto 500 ft . Branches angled. Leaves small lanceolate, glabrous, distantly crenate or serrulate, acuminate. Flower in lax raceme, shorter than leaves. Fruit white, spongy, juicy.

Flowering : January to February

Fruit ripen : October comes under.

Uses : Young shoots & leaves used as vegetable; ripe fruits are eaten.

Sapotaceae

172. *Chrysophyllum lanceolatum* (Bl.) D.C.

Vern : Bon pitha (As.)

Thaibon biphang (Dimasha)

Habit & habitat : An evergreen tree, with dark foliages young parts rusty, exudes milky juice. Leaves oblong-

lanceolate, caudate, shining, glabrous. Flowers small, shortly pedicellate. Fruit berry rusty tomentose when young, yellow and soft when ripe. Found throughout the state upto 3000 ft. Less common in Kamrup, Nalbari & Barpeta District.

Flowering : April - May

Fruit : cold season

Uses : The ripe fruits are eaten.

173. *Madhuca indica* Gmel.

Vern. Mahua (As.)

Habit & habitat : A middle sized tree with broad leaves clustered towards end of branchlets. Flowers pale yellow, fruit a berry.

Flowering : October November

Fruit : February

Uses : Flowers are eaten as vegetable

It is not commonly occured plant, either cultivated or found as escape. In Western Assam it is generally found near the home stead.

174. *Manilkara zapota* (L.) van Royen

Vern.: Sopheda / Sopeta (As. & Beng.)

Habit & habitat : A small, evergreen tree having a crown of branches with milky latex in young parts. Leaves elliptic-lanceolate, smooth shining, dark green above and pale beneath arranged almost in whorl manner at the apex of branches. Flowers pale yellow, clustered at the apex of branches. Fruit a berry, globose, rusty and sweet scented

when ripe.

Flowering: August - October.

Fruit ripening : January onwards

Uses : Ripe fruits are eaten fresh.

175. *Mimusops elengi* Roxb.

Vern : Bakul (As.)

Boal (Cachar Dist)

Habit & habitat : A large hand some evergreen tree with almost round crown. Leaves dark green, elliptic- acuminate, shining, glabrous. Flowers 8-merous, creamy white with pleasant fragrant star like, solitary. Fruit generally globose about 1 inch long, yellow- orange when ripe. Found throughout the state as cultivated plant near road side and home steads; often escape.

Flowering : March - July

Fruit : Cold weather.

Uses : Ripe fruits are eaten, very astringent. The fruit is considered rich in calcium content and have been used as medicine for toothache. Flowers are generally used for gerlands. The whole plant is used as ornamental and shade provider.

Ebenaceae

176. *Diospyros kaki* L.

Vern : Halwa tendu

Tendu pat (As.)

Habit & habitat : A moderate sized tree. Leaves bifarious, oblanceolate, obovate or ovate, acuminate, glabrous above, pubescent beneath. Flowers small, shortly pedicillate in small cymose clusters. Fruit shining globose, orange red

or yellow when ripe, about 2-3 inch across. Generally found in the hilly terrains of Upper and Central Assam.

Flowering : March to May

Fruit ripen : July to September.

Uses : Ripe fruit are eaten

177. *Diospyros lancaefolia* Roxb.

Vern. : Kendu (As.)

Habit & habitat : Evergreen tree, young shoots pubescent, branchlets and bark with peculiar pungent smell. bark blackish more or less with vertical fissures. Leaves 2-farious, narrow-elliptic or lanceolate to oblong acuminate, glabrous, shining above, midrib depressed above, conspicuous beneath. Male flowers clustered, sessile; female ones solitary. Corolla rusty and silky. Stamens many. Ovary 8-celled, hairy. Fruit subglobose or ovoid, astringent.

Floweres: April- May,

Fruits: December- February.

Uses : Ripe fruits are eaten by Nepalese.

178. *Diospyros malabarica* (Desr.) Kostel.

(*Diospyros embryopteris* Pers.)

Vern : Kandu (As.)

Habit & habitat : A middle sized evergreen tree with short trunk and spreading crown. Leaves generally glossy green, distichous, oblong or narrowly oblong, subacute or obtuse, coriaceous, smooth, glabrous. Flowers are tetramerous and white or green coloured; male flowers in clusters while female ones solitary. Fruit globose, about 2 inches across,

yellowish when ripe. Generally found all over the Brahmaputra valley.

Flowering time May - June

Fruit March-April in the next year.

Uses : Ripe fruits are astringent but edible.

Oleaceae

179. *Nyctanthes arbor-tristis* L.

Vern : Sewali (As.), Sephali (Beng.)

Habit & habitat : A deciduous shrub or small tree, sometimes found in forest fringe as escape. Branchlets pubescent, 4-angled. Leaves ovate, shortly acuminate, distantly toothed or entire, coriaceous, scabrid, base rounded, cuneate or acute. Flowers white, sweet scented, sessile, 3-7 together on hairy quadrangular peduncles arranged in cymose panicles. Calyx tube funnel shaped, 4-5 toothed; corolla tube cylindrical, orange red, lobes white, 5-8, contorted in bud. Anthers subsessile near the mouth of the corolla tube. Ovary two celled, style cylindrical, bifid. Fruit is a compressed orbicular capsule. It is a very common ornamental species planted in many places for its fragrant flower. Autumn and flower of this plant is synonym to Assam.

Flowering : September - October.

Fruit ripen : February - March

Uses : Flowers are eaten as vegetable either as fresh or as dried one. The taste is pleasant bitter. Leaves are used in making curry. It is said to be antihelminthic & aphrodisiac. Leaves are also used to treat skin diseases.

Apocynaceae

180. *Carissa carandus* L.

Vern : Karenja (As. & Beng.)

Habit & habitat : A large shrub having paired (sometimes branched) stout, spreading spines up to 2 inch long. Leaves oblong, distinctly nerved. Flowers scented, in corymbose cyme. Fruit is berry. Mostly planted, sometimes found as escape in the forest.

Flowering : April to May Fruit ripen : December

Uses : Fruits are either eaten raw or prepared pickle from it. They are known to have antiscorbutic properties.

181. *Willoughbeia edulis* Roxb.

Vern : Gedra phol / Laleng tenga /

Bel tota (As.)

Pabhoi Tenga (Bodo)

Lalong (Dimasha)

Kenjet (Karbi)

Habit & habitat : A woody climber exuding milky juice. Branchlets ribbed, tendrils long branched. Leaves oblong, acuminate, coriaceous, dark above, reddish brown beneath. Flowers yellowish cream coloured, fragrant in axillary cyme. Fruit pyriform, many seeded. Common in the Brahmaputra valley.

Flowering : May

Fruit: Winter.

Uses : Ripe fruits are eaten, the pulp is acidic but palatable.

Buddleiaceae**182. *Buddleia asiatica* Lour.**

Vern : Agiachita / Posutia / Bonchini (As.)

Nuneheru-arong (Karbi)

Markong-abang (Mishing)

Khundamora (Bodo)

Habit & habitat : A gregarious shrub. Leaves narrow lanceolate, acute, acuminate, glabrous, dark green above, white tomentose beneath. Flowers small, white, odorous, in cymose clusters in panicles. Fruit is a capsule, small, ellipsoid. Found almost all over the state ascending up to 5000 ft.

Flowering : January - June .

Fruit ripen: April - November

Uses : Flowers are eaten by Santhals & Syntengs as vegetable.

Also leaves are used in poisoning water to kill fishes by Karbis

Menyanthaceae**183. *Nymphoides hydrophyllum* (Lour.) Kuntze**

Vern : Panikola (As.)

Habit & habitat : An aquatic herb, stem rooting at the nodes. Leaves orbicular, floating, deeply cordate. Flowers dimorphic, white with yellowish tinge in dense cluster. Capsule sub globose. Found through out the state.

Flowering: April - May

Fruiting : Autumn.

Uses : Mature fruits are eaten either raw or cooked.

Hydrophyllaceae**184. *Hydrolea zeylanica* (L.) Vahl.**

Vern : Leheti Bon / Indranil (As.)

Habit & habitat : A swamp weed making a matted covering often found in rice field. Stems sometimes swollen. Leaves lanceolate, acuminate, sessile. Flowers deep bluish purple, solitary or in cymose inflorescence. Calyx 5-partite, glandular. Corolla rotate, bright bluish purple with a greenish white centre. Anthers versatile. Fruit a many seeded berry. Mostly found in Upper Assam.

Flowering : November - December

Fruit ripen in hot weather.

Uses : Young shoots are used as vegetable by the plain tribes.

Ehretiaceae**185. *Cordia dichotoma* Forest.**

Vern : Kotra / Boal / Gobarhuta (As.)

Doba Khari (Bodo)

Siumung esing (Mishing)

Habit & habitat : A middle sized deciduous tree with drooping branches. Leaves are variable in shape, broad-ovate or elliptic-oblong, acute or acuminate, coriaceous, base rounded or cuneate.. Flowers white, small. Fruit conical when young, fragrant, yellow and glossy when ripe. Found through out Assam.

Flowering : March - April.

Fruit ripen: July - August.

Uses : Young leaves are used as vegetable; fruits are

eaten, pickles are prepared from unripe fruits. Bark is medicinal.

186. *Ehretia acuminata* R. Br. var. *serrata* (Roxb.) Johns

Vern. Uzal / Pojar / Gual (As.)

Susang esing / Sishu-payang (Mishing)

Jasim-jola / Bojo (Bodo)

Bol-artok (Garo)

Chelwan-arong / Chorsing-soh (Karbi)

Habit & habitat : A tree with more or less fluted stem. Bark grey with vertical fissures, fibrous. Leaves elliptic to elliptic-oblong, acuminate, acute, sharply serrate, glabrescent, shining above. Flowers small, white with an unpleasant smell, in terminal dense panicles. Fruit small, ellipsoid with 2-celled pyrenes, 4-seeded.

Uses : Fruits are eaten and leaves are used as cattle fodder.

Convolvulaceae

187. *Argyreia nervosa* (Burm. f.) Bojr.

(*A. speciosa* Sweet.)

Vern : Jatak mashi / Bih dharak (As.)

Khawashang (Bodo)

Jomagpi danok soh / Ringkang (Karbi)

Habit & habitat : A large climber. Leaves ovate, or sub-orbicular, cordate, acute, chartaceous, glabrous above, grey tomentose beneath.; petiole white tomentose. Flowers in axillary ciliate cymes, Corolla white tinged with light

rose. Fruit depressed apiculate. Found generally in the foot hills and forest fringes.

Flowering : October.

Uses : It is considered medicinal by Bodos, leaves are eaten as vegetable.

188. *Erycibe paniculata* Roxb

Vern : Nigoni boal lota (As.)

Habit & habitat : A large evergreen woody climber. Leaves moderate size ovate, oblong, abruptly acuminate, entire coriaceous glabrous. Flowers fragrant, yellow. Fruit berry ellipsoid, small black when ripe.

Flowering : February to April.

Fruit ripen after a year.

Uses : The fruit is sweet and eaten ; it is also used as medicine, specially Santhals treat cholera with the bark of the climber.

189. *Ipomoea alba* L.

(*I. bona-nox* Boj.)

Vern. Dudh kol mou (As.)

Dudhia kalmi (Beng.)

Habit & habitat : A large, scandent twiner. Leaves large, cordate, entire or angled. Flowers solitary or in 2-flowered axillary cymes. Sepals 5, smooth. Petals 5, connate in a large, glabrous, white, salver shaped corolla. stamens exerted. Fruit a capsule.

Flowering and fruiting in summer season.

Uses : Leaves and calyxes are eaten cooked as vegetable.

190. *Ipomoea aquatica* Forsk.

Vern : Kolmou (As.)

Mande maigong (Bodo)

Habit & habitat : A glabrous aquatic herb with milky juice; stem floating or trailing, rooting at the nodes. Leaves hestate or cordate, entire. Flowers bell shaped, pale rosy. It is common in the plains usually in ponds, low lying swampy localities.

Flowering and fruiting generally in rainy season, but in many cases flowering seen in many cases throughout the year.

Uses : The leaves and undershoots are eaten cooked as vegetable. Fruit are also eaten fried.

191. *Ipomoea batatas* (L.) Lamk.

Vern : Mitha Alu / Goría alu (As.)

Habit & habitat : A prostrate annual trailing on the ground with milky juice, leaves cordate. Flowers purple about 2 inch long. Roots are swollen due to storage of food materials, they are usually redish in colour. Although the species is introduced and cultivated one but already naturalised in many areas, in many occasions found wild.

Uses : Generally it is cultivated for tuberous root which are eaten fresh, boiled, fried; tender leaves are also used as vegetable.

192. *Ipomoea quamoclit* L.

Vern. Kunja lota (As.)

Habit & habitat : A beautiful slender climber. Leaves pinnate-partite; segments filiform. Corolla salver-shaped, bright red or white.

Though cultivated commonly, it is also found as wild.

Flowering & fruiting: rainy season.

Uses : Leaves are occasionally eaten as vegetable.

193. *Merremia umbellata* Hallier f.

Vern : Goría lota / Kolia lota (As.)

Turnaisa (Dimasha)

Bongki ripuk (Mishing)

Guna bendung (Bodo)

Habit & habitat : A variable scandent perennial somewhat angular, hairy or glabrous rooting at the nodes. Leaves ovate oblong lanceolate, acute entire pubescent on both surfaces. Flowers in axillary cymes, white or with a cream coloured yellow tinge, capsule globose, glabrous. Occur mostly in Brahmaputra valley and N.C. hills District.

Flowering : February - April

Fruit ripen : May - August.

Uses : Young shoots & leaves are used as vegetable; it is also considered medicinal and use to relieve pain by tie round the pained area.

Solanaceae

194. *Physalis minima* L.

Vern : Pokmou (As.)

Habit & habitat : A bushy herbaceous annual, leaves soft glabrous, sometimes shallowly lobed, veins prominent violet. Flowers solitary, axillary. Fruit berry, with a cover of enlarged calyx like a bladder. It is a common weed in open areas, rice field, road sides etc.

Flowering and fruiting occur during winter.

Uses : Ripe fruits are eaten raw which is sweet scented and delicious.

195. *Solanum indicum* L.

Vern : Bhot bengena / Deuri tita /

Tit bhek

uri / Bhekuri (As.)

Hecho (Karbi)

Habit & habitat : A shrub up to 10 ft high, branches herbaceous. Stem and branches often with curved prickles; young parts, inflorescence, leaves with stellate tomentose. Leaves ovate or oblong, serrate or obtusely lobed. Flower bluish-purple in extra-axillary cyme. Fruit berry, globose, smooth about an inch in dia.. Generally found in all over the Brahmaputra valley.

Flowering : June to October

Fruit ripen in cold season

Uses : Fruits are eaten as vegetable, also used in preparation of starter in country liquor. Also considered medicinal for worm infection and skin diseases.

196. *Solanum kurzii* Brace ex Prain

Vern : Bhekuri (As.)

Banko (Mishing)

Habit & habitat : A shrub up to 3 - 4 ft. high, extremities & leaves densely stellate tomentose. Leaves ovate, entire or more or less irregularly lobed. Flowers small in rusty woolly stellate pubescent sub-terminal racemose cyme. Berry glabrous globose, bitter.

Very common in the countryside.

Uses : Fruit is eaten cooked as vegetable or raw and roasted.

197. *Solanum myriacanthum* L.

(*S. khasianum* Cl.)

Vern : Bhekuri tita / Bilkuli tita (As.)

Banko (Mishing)

Habit & habitat : A shrub having leaves and stem armed with prickles. Leaves like eggplant, hairy. Flowers white, in clusters from the axils of leaves. Fruit small, berry, green with white stripe when unripe, yellow when ripe. It is common in open areas, scrub forests etc.

Flowering and fruiting : throughout the year.

Uses : Fruit are eaten cooked roasted, very bitter in taste, considered medicinal for worm infection and skin diseases but not recommended for persons having gastric trouble.

198. *Solanum nigrum* L.

Black night shade

Vern : Kochi / Los kochi (As.)

Habit & habitat : An annual herbaceous weed, leaves ovate lanceolate entire, sinuate, toothed acute, thin glabrous. Flowers white, small. Fruit berry, black when ripe, shining but some time yellow red when ripe. Found throughout the state ascending upto 5000 ft.

Flowering : March onwards

Fruiting : Summer

Uses : Young leaves are used as mixed vegetable with others. Ripe fruits are eaten. It is also considered highly

medicinal for burns.

199. *Solanum spirale* Roxb.

Vern : Titakuchi / Loya tita (As.)

Oko oing (Mishing)

Khunthai goukha (Bodo)

Habit & habitat : An undershrub up to 12 ft. with erect stem and sharp ridges. Leaves are generally subtended by small much reduced leaves. Flowers small in dense spirally arranged raceme. Fruit globose berry, orange-yellow when ripe.

Flowering : May - September

Fruit ripen in cold season.

Uses : Fruit & leaves are eaten cooked, fruit are also eaten raw. The root is considered medicinal for toothache, useful as an expectorant, cough and catarrhal affections.

200. *Solanum surattense* Burm f.

(*S. xanthocarpum* Schard & Wendle)

Bitter brinjal

Vern : Bilkulitita (Ass) in Goalpara

Habit & habitat : It is a perennial herb. Both stem and leaves have sharp straight prickles also pubescent. Leaves pinnatifid. Flowers distinct and deep blue in few flowered raceme. Calyx lobes recurved. Fruit is globose, yellow when ripe about 1 inch in dia variegated or green when young.

The species is commonly found in Western Assam.

Uses : It is considered one of the highly valuable medicinal species. Fruit are eaten as vegetable.

201. *Solanum torvum* Swartz.

Vern : Bhit tita / Hati bhekuri (As.)

Khunthai Goukha / Khingathai-phang (Bodo)

Bongali-aheso-arong (Karbi)

Habit & habitat : A shrub of 8 - 12 ft. height, sparingly armed, sparsely stellate pubescent. Leaves ovate, serrate or lobed, shortly acuminate, sparsely stellate pubescent. Flowers white, in extra axillary cyme. Fruit berry, globose, seated on a persistent calyx. The plant is almost common in the entire state generally in scrub forests, road sides, foot hills etc..

Flowering & fruiting : August - October.

Uses : Fruit is eaten as vegetable, it is less bitter in taste than *S. myriacanthum*.

202. *Solanum viarum* Dunal

(*S. khasianum* Cl.)

Vern. Tit-bhekuri / Hati-bhekuri (As.)

Habit & habitat : A stout undershrub with young parts densely yellowish hirsute and prickly. Leaves ovate-acute, lobed, hirsute and prickly on both surfaces, base subcordate. Inflorescence lateral, few flowered. Flowers about 1 cm across. Fruit berry, globose, about 2.5 cm in diameter, yellowish.

Flowering : July & fruiting: November

Uses : Leaves and fruits are eaten as vegetable, also considered medicinal.

Scrophulariaceae

203. *Bacopa monneri* (L.) Pennel

Vern : Brahmisak (As.)

Habit & habitat : A common herb rooting at nodes. Leaves small, much incised, fleshy. Flowers white in racemose inflorescence. Fruits small, capsule. Generally grows on damp soil, often cultivated.

Flowering & fruiting : July - September.

Uses : Leaves and tender shoots are eaten cooked as vegetable, bitter in taste. Also considered as tonic for brain, believed to increase memory power if taken with milk.

204. *Scoparia dulcis* L.

Vern : Bon chini / Modhu-mehari (As.)

Bongphang Rakhib (Bodo)

Habit & habitat : A small erect annual herb with semi-woody stem. Leaves opposite or ternately whorled, rhomboid or elliptic, serrate, punctate, sessile. Flower minute with longer pedicel, axillary, white. Capsule small, globose, green when unripe, red when ripe.

Flowering & fruiting : June to September, but in many cases it flowers throughout the year. Commonly in open areas.

Uses : Tender leaves are chewed, and are used as vegetable. It is considered highly medicinal specially for diabetic patient.

Gesneriaceae

205. *Rhynchoetichum ellipticum* (Dietr.) A. DC

Vern : Japang esing (Mishing)

Ja-Kharia (As.)

Habit & habitat : An erect undershrub, 3 - 5 ft high with

thickened stem. Young parts tomentose. Leaves opposite, large, broad elliptic. Flowers small; fruit is berry, juicy. It is generally found in Northern Assam & Cachar region.

Flowering : October, Fruit ripen : February - March.

Uses : Leaves are used as vegetable.

Bignoniaceae

206. *Oroxylum indicum* (L.) Vent.

Vern : Toguna / Bhatghila / Dingdinga (As.)

Kharoi Khandai (Bodo)

Napakban (Karbi)

Habit & habitat : A small tree with few branches and open crown. Leaves compound, bipinnate, 4 - 6 ft. long. Leaflets broad ovate, entire acuminate. Flowers large, fleshy purplish in long terminal lax. Fruit capsule, scabbar like, long about 1- 3 ft. Seeds surrounded by pappery wing. It is very common tree throughout the state.

Flowering : June - August.

Fruit : Cold season

Uses : Tender leaves and shoots are eaten cooked mostly with fishes. Flowers are also used as vegetable, considered medicinal. The whole plant is medicinal for various diseases.

Acanthaceae

207. *Justicia adhatoda* L.

(*Adhatoda vasica* Nees.)

Vern : Boga bahak / Baska tita (As.)

Barsikhe (Bodo)

Habit & habitat : An evergreen gregarious shrub up to 8ft.

with a peculiar smell. Leaves moderate, elliptic-lanceolate, sub-coriaceous, pubescent, shortly petioled. Flowers white in a dense bracteate peduncled spike, solitary or terminal at the end of the branches. Capsule very small clavate. It is common throughout the state.

Flowers : February- April Fruit: Summer

Uses : Flowers are eaten fried. The plant has got tremendous medicinal importance viz. in cough, cold, allergy etc..

208. *Mackaya neesiana* Nees

Vern : Obul oing (Mishing)

Habit & habitat : A small shrub mainly restricted to Northern Assam & Cachar. Leaves moderate, flowers in very elongate lax pubescent racemes up to 1.5 ft. Fruit capsule.

Flowering : March to September.

Fruit ripen : cold season.

Uses : Young shoots and leaves are used as vegetable by Mishings

209. *Phlogocanthus curviflorus* Nees

Vern : Dhapa tita (As.)

Ko-na oing (Mishing)

Mogang sudi (Dimasha)

A shrub with large leaf, mostly found in Upper & Southern Assam. Inflorescence are shorter with light rose or pink flowers. Capsule about an inch long.

Flowering : October - November

Fruiting : November - March.

Uses : Young inflorescence, flowers are eaten as vegetable.

210. *Phlogocanthus thrysiformis* (Hardow.) Mabb.

Vern : Ronga Bahak / Titaphul / Titabahak / Bonheka

/Ram bahak (As.)

Jaogon (Karbi)

Habit & habitat : An evergreen shrub up to 8 ft. common along forest tracks of moist deciduous forests. It has quadrangular branch, leaves dark green, pale beneath, elliptic-lanceolate, pubescent, entire. Inflorescence 10 - 12 inch. long, flowers orange red. Capsule about inch long.

Flowering : December to February.

Fruit ripen : February to April

Uses : Flowers are eaten as vegetable, roasted by covering banana leaf, quite bitter in taste; also use in various medicinal purposes. Sometimes flowers are kept dried for future use.

211. *Strobilanthes scaber* Nees

Vern : Raspatia (As.)

Sam siphra (Garo)

Habit & habitat : A shrub up to 8 ft. height found generally in Northern Assam, Kamrup & Cachar. It is a gregarious species with pubescent stem having swollen joints. Leaves moderate sized, obovate, thinly coriaceous. Flowers yellow in hairy dense spikes often clustered. Fruit is small capsule.

Flowering & fruiting occur during February to June.

Uses : Flowers are eaten as vegetable, prevalent among Garo communities.

Thunbergiaceae

212. *Thunbergia grandiflora* Roxb.

Vern : Kokua lota / Kauri lota (As.)

Dengkhaklu (Bodo)

Nong nonga (Karbi)

Habit & habitat : A large climber, leaves 3-7 by 1.5-6 inch sized, ovate or orbicular, subentire, angularly toothed, lower leaves deeply cordate, petiole long. Flowers large, bluish-white in receme, bracteoles conspicuous. Capsule small with 4 quetrous back. It is common in all types of forests in the state.

Flowers: April - June.

Fruit ripen in cold weather.

Uses : Leaves are eaten cooked as vegetable.

Verbenaceae

213. *Callicarpa arborea* Roxb.

Vern : Gunmola / Bonmola / Mach Kotta (As.)

Selu (Mishing)

Arhi (Karbi)

Majonhi (Dimasha)

Habit & habitat : It is an evergreen small tree with pale green large leaves of 3-12 inch long and 1.5-5 inch in wide, elliptic-lanceolate, almost entire, glabrous above, tomentose beneath. Flowers are purple coloured, in axillary and terminal panicles. Fruits are also purple when ripe. It is common in open areas, along river / stream sides of scrub forests, mostly in moist deciduous ones.

Flowering : May - October.

Fruit : October - December.

Uses : Bark is used as substitute of betel nut and chewed

with betel leaf.

214. *Callicarpa rubella* Lindle

Vern : Gopura esing (Mishing)

Bonmala (Ass.)

Habit & habitat : It is an erect shrub, stem whitish. Leaves smaller than the above species, oblong-lanceolate or elliptic-lanceolate, acuminate, crenate-serrate, hairy above, tomentose beneath. flowers red, drupe purple.

Flowering: Summer, Fruiting: Cold season.

Uses : Bark and roots are chewed like betel-nuts.

215. *Callicarpa vestita* Wall.

Vern : Yarpo esing (Mishing)

Habit & habitat : A small tree with dark brown stems; young shoots very shaggy with brown tomentum. leaves ovate-acuminate, sub-entire, glabrous above, thickly silky white, tomentose beneath, base rounded or shallow cordate. Inflorescence brownish pubescent cymes, flowers pinkish.

Flowering: April, Fruiting: Summer season

Uses : Bark and roots are chewed like betel-nuts.

216. *Clerodendrum colebrookianum* Wall.

Vern : Nephaphu (As./Mishing)

Lukhna biphang (Bodo)

Habit & habitat : A shrub up to 10 ft. height with a globose crown and disagreeable smell, bark shining light grey, leaves large, broad ovate, shiny with long petiole. Flowers white in broad terminal compound cyme. Fruit drupe, bluish green to deep green when ripe.

Common in Upper Assam, Nawgaon, Cachar, N.C. hills.

Flowering & fruiting occur during cold season

Uses : Tender leaves are eaten as vegetable and highly recommended for curing high blood pressure.

217. *Clerodendrum indicum* (L.) O. Kuntze

(*C. Siphonanthus* R. Br.)

Vern : Akalbih / Akla brikhsa (As.)

Hanmathucho (Karbi)

Ikhlabir (Bodo)

Habit & habitat : An erect shrub with fluted hollow stem. Leaves in whorls of 3-6, 3-8 by 0.5-1.5 inch., narrow-lanceolate, linear, entire or serrate, acuminate, glabrous, Flowers beautiful white or cream coloured, drooping on opposite or whorled few flowered cymes forming a large rigid panicle, bracts linear or linear-lanceolate. Fruit is drupe with blue colour.

It is found throughout the state common in open areas, near paddy field, sandy areas.

Flowering :October-May and

Fruit ripen :December - August.

Uses : Leaves are used as vegetable, it is quite bitter in taste.

218. *Clerodendrum serratum* (L.) Spreng

var. *serratum*

Vern : Nangal Bhangra (As.)

Beja oti esing / Pumi aye (Mishing)

Phaleng hethoh (Karbi)

Habit & habitat : A shrub or an undershrub with woody root stock, young branches quadrangular. Leaves have a

foetid smell, oblong-ovate or elliptic oblong, coarsely serrate, acuminate, coriaceous, deep green. Flowers light red with tinge of violate in cyme inflorescence. Bracts persistent, corolla lobes 4, older one longer than the others. Fruit is drupe and become black when ripe. It occurs on hill slopes, in open grass lands, vicinity of paddy field etc.

Flowers and fruits: Through out the year

Uses : Young shoots, leaves and flowers are eaten cooked as a vegetable. It is also considered highly medicinal.

219. *Gmelina arborea* Roxb.

Vern : Gomari / Gameri (As.)

Phang (Karbi)

Habit & habitat : A deciduous tree, generally bark exfoliating in irregular patches gives the tree a character to distinguish easily. Leaves large, broadly ovate, glabrous above tomentose beneath. Flowers are about 1 inch across, brownish yellow in decussate cyme. Fruit is drupe, succulent, ovoid, glossy and yellow when ripe.

The tree is common throughout the state and fast growing.

Flowering: February - April. Fruit ripen :May - June.

Uses : Flowers are eaten cooked. Wood is valuable for furnitures.

220. *Lippia javanica* Spreng

Vern : Pichas bon (As.)

Lagachu take (Mishing)

Anthai bajab /Mouzi khoma /

Berma dari (Bodo)

Habit & habitat : A gregarious strongly aromatic shrub found

mainly near the water bodies along with reeds near river bank.. Branches slender, quadriangular and hairy. Leaves small, ovate lanceolate, crenate serrate acute, hairy punctate above, petiole short. Flowers pink, scented, in dense sub capitate spike.

Flowering : February - March

Uses : Leves are used as vegetable by Mishing, Bodo & Karbi. Aromatic leaves are also added to various curries for flavour. Leaves are chewed by many people after return from cremation, believed to gain power against devils.

221. *Premna latifolia* Roxb.

and *Premna latifolia* var. *mucronata* Clarke.

Vern : Gunaru / Gonderi (As.)

An kalok (Karbi)

Habit & habitat : Both are middle sized tree with spreading crown, young shoots pubescent, young stem spinose. Leaves have unpleasant smell, ovate or elliptic, entire, undulate, glabrescent above, shortly pubescent beneath. Flowers greenish in compound corymbose vilous cymes. Fruit is small, drupe globose, black when ripened.

Common in road sides, open areas.

Flowering : April - June. Fruiting: Cold season

Uses : The barks are eaten during famine.

222. *Pygmaepremna herbacea* (Roxb.) Moldenke

(*Premna herbacea* Roxb.)

Vern : Matiphesua / Matia jam (As.)

Khera daphni/Machgaldeb (Bodo)

Habit & habitat : A small undershrub from a woody root

stock, shoots herbaceous, 5 - 6 inches only. Leaves sessile, often in rosettes near the ground, opposite in longer shoots, obovate, toothed, membranous. Flowers are white or greenish yellow in terminal corymbose penicles. Fruit drupe, globose, small, black and glossy.

The plant is common in grass lands mainly Northern bank of Brahmaputra also available in Upper Assam, Kamrup, N.C. hills. The leaves die back in winter and comes out during spring.

Flowering : January - April

Fruit ripen : May - July.

Uses : Leaves and young shoots are used as vegetable mostly during April - May. Ripe fruit are also eaten. It is considered high quality vegetable. It is considered medicinal in fever, sleeping sickness and jaundice.

223. *Vitex negundo* L.

Vern : Pachatia / Pasotia / A giachit (As.)

Nishida (Beng)

Habit & habitat : A large strongly aromatic deciduous shrub or small tree. Leaves digitately 3 - 5 foliate and pale green. Leaflets 1.5-5 by 0.5 - 1.5 inch., lanceolate or narrow lanceolate, acute, entire, crenulate. Flowers lavender to blue in opposite cymes arranged as panicles. Fruit is small, drupe, slightly ribbed, gland dotted.

It is common throughout the state mostly found in open areas.

Flowering : April to August.

Fruit ripen in cold season

Uses : Tender leaves are used as vegetable, other wise the plant is considered highly medicinal, root is considered fabrifuge & tonic.

Lamiaceae

224. *Hyptis suaveolens* (L.) Poit.

Vern : Tokma tita (As.)

Habit & habitat : A gregarious undershrub or herb. Stem quadrangular, hairy. Leaves aromatic, ovate, tomentose, pale green, turn into purplish green. Calyx tube larger, hairy and persistent in verticillaster inflorescence.

Generally comes up in the open up areas, hill slopes etc. Flowering & fruiting occur during September to February commonly found in the entire state.

Uses : Leaves are used as vegetable. It has got medicinal value also specially considered for liver & skin diseases.

225. *Leucas plukenetii* (Roth) Spreng.

Syn. *L. aspera* L.

Vern : Doron / Kansisa (As.)

Chardrongan (Karbi)

Don kolosh (Beng.)

Habit & habitat : A silky tomentose aromatic herb with woody root stock, hair erect. Stem quadrangular, hairy. Leaves small, opposite-alternate, narrow elliptic, distantly serrated, emit scent, when bruised, dark green. Flower bi-labiate, white with nectaries.

Flowering : cold season. Fruit : hot season.

Common in open areas, homesteads etc.

Uses : Leaves and flower buds are used as vegetable. It

is considered medicinal for liver ailments, snake bite, scorpion sting sinusitis, headache etc.

226. *Ocimum basilicum* L. var. *purpurascens*

Vern : Ram tulosi (As.)

Take mare (Mishing)

Habit & habitat : A slender much scented much branched herb. Stem glabrous, more or less pubescent, hairy at the nodes. Leaves ovate, acute, entire, more or less lobed. Flower pale purple. Nutlets, small, ellipoides, black. Generally reported from Dhemaji District from the foot hills of Arunachal Pradesh, also found in foot hills of Meghalaya.

Flowering: August to February

Uses : Leafy tops which have fragrant taste are often used as a seasoning for culinary purposes. It is also of medicinal use.

227. *Perilla frutescens* (L.) Brit.

Syn. *P. occimoides* L.

Vern : Arim (Garo)

Kenia (Angami Naga)

Naga Machala (As.)

Habit & habitat : Strongly aromatic bush about 2 - 4 ft. height. Stem, leaves and petiole covered with grey hairs. Leaves ovate, serrate, acuminate, membranous in axillary or terminal raceme. Fruit nutlets, sub globose.

Generally found in Sibsagar but popular in Nagaland, Manipur.

Flowering & Fruiting is cold season.

Uses : Young shoots & leaves are eaten cooked as

vegetable. Leaves are also used to flavour various curries.

228. *Plectranthus ternifolius* D. Don

Vern : Mirne Kotung (Mishing)

Jiglaori (Bodo)

Habit & habitat : A gregarious, densely tomentose under shrub. Leaves about 6 inch long, ternately whorled, subsessile, lanceolate, acuminate, serrate, coriaceous, densely tomentose. Flower white in dense cymose, paniced spike. Fruit nutlets small.

Found in North bank of Brahmaputra & Kamrup district. It favour little shaddy and damp places.

Flowering : September - November

Fruit ripen : January - March

Uses : Pungent young shoots are eaten as vegetable, suited with fish, pork or meat- a popular vegetable.

229. *Pogostemon benghalensis* (Burm. f.) O. Kuntze

Vern : Suklati (As.)

Habit & habitat : A Shrub of 6 - 8 ft. height, young parts tomentose, mature branches light purplish. Leaves ovate, serrate. Flowers small, white or pale pink. Fruit nutlets, small, dark brown. Mostly common in Lower Assam.

Flowering occur in February. Fruit generally in hot season

Uses : Young leaves are used as vegetable, much suited with fish; also prepare pancake with pounded and powdered rice.

Nyctaginaceae

230. *Boerhavia diffusa* L.

Vern : Purnanava (As.)

Laije (Bodo)

Habit & habitat : A diffuse herb with stout fusiform root, stem ascending or prostrate, thickened at the nodes. Leaves are in unequal pair, ovate or orbicular ovate. Flowers very small, dark pink, sessile. Fruit small, 5 ribbed. It is a common waste land weed in plains; it may ascend up to 3000 ft.

Flowering: April - June

Fruit ripen : July - August.

Uses : Young leaves are eaten cooked as vegetable other wise the plant has much valued as medicinal. Generally used in treatment of dropsy and urinary disorders.

Amaranthaceae

231. *Achyranthus aspera* L.

Vern : Ulti hot / Obhat kata. (As.)

Habit & habitat : An erect undershrub up to 3 ft., lower portion perennial. Leaves opposite, variable. Branches pubescent, striate. Flowers greenish. It is common under growth, with sharp spiny bracteoles and pungent tips of the perianth which sticks to the cloths.

Uses : Young plant are used as vegetable during April - May, also it has some medicinal value.

232. *Alternanthera philoxeroides* (Mart.) Griseb.

Vern. : Menmeni (As.)

Habit & habitat : A gregarious herb with hairy internodes

along two longitudinal grooves on two sides. Leaves acute or rounded, base cuneate or attenuate, 6 cm by 1.5 cm. Flowers whitish in globose spikes. Grows in damp shady places, drains etc.

Flowering : January - September

Uses : Leaves and tender shoots are eaten as vegetable.

233. *Alternanthera sessilis* (L.) R. Br. ex. DC.

Vern : Matikaduri / menmeni / Sakraj (As.)

Habit & habitat; : A prostrate herb. Leave dark green, elliptic-rhomboid or oval. Flowers pale white. Bracteoles without spine.

It grows as weed in plains specially in moist localities, in shallow rice fields, on road sides and kitchen garden.

Uses : Tender shoots and leaves are used as vegetable, suitable with fish, considered highly palatable vegetable. The plant is medicinal for liver.

234. *Amaranthus blitum* L.

Vern. Khutura sak (As.)

Habit & habitat: : A procumbent herb. Leaves small, 2-lobed. Flowers in axillary clusters. Utricle membranous, orbicular or broadly ovate, indehiscent. Grows on open areas mixed with other herbs.

Flower : Autumn.

Uses : Leaves and tender shoots are used as vegetable.

235. *Amaranthus hybridus* L. ssp. *cruentus* (L.) Thell.

var. *paniculatus* (L.) Thell.

(*A. caudatus* L.)

Vern. : Moricha sak (As.)

Denga / data (Beng.)

Habit & habitat : A tall, robust annual herb. Stem green with longitudinal reddish stripes. leaves long petioled, ovate, acuminate.

Flowering: Winter.

Uses : Young leaves and tender shoots are eaten as vegetable.

236. *Amaranthus polygonoides* L.

Vern. Mati Khutura (As.)

Kudra sak (Beng)

Habit & habitat : A terrestrial prostrate herb with soft spikes on young shoots. Leaves ovate, long petioled, apex deeply notched. Flowers simple in axillary spikes. A common plant in the house hold campus.

Flowers rainy season, fruit generally after October.

Uses : Young shoots and leaves are used as vegetable through out the year.

237. *Amaranthus spinosus* L.

Vern : Hatikhutura / kata khutura (As.)

Habit & habitat : An erect glabrous much branched weed armed with sharp axillary spines. Leaves up to 5 inch long, ovate, oblong lanceolate, cuneate at the base. Flowers in axillary clusters with extendery bracts. It is common homestead herb, found in open areas.

Flowering & fruit occur through out the year.

Uses : Tender shoots and young leaves are used as vegetable and available through out the year. mature stems are piled, cut into small pieces and cooked as vegetable

especially with small fishes.

238. *Amaranthus tricolor* L.

Vern : Ronga Moricha / Datha (As.)

Habit & habitat: An erect, often stout, herb up to 5 ft, it is generally red or bright pink in colour. Leaves upto 6 inch.long, ovate, oblong, decurrent at the base into petiole. Flowers in small clusters, bracts present. Though it is cultivated but in many cases it is found as escape to grow with other vegetables.

Uses : Leaves and shoots are used as vegetable.

239. *Amaranthus viridis* L.

Vern : Khutura Sak / Khuduna (As.)

Habit & habitat : A common herb, annual, leaves alternate, exstipulate. Flowers pale white in panicles; fruit is utricle. Mostly prefer wet places.

Flowering generally through out the year.

Uses :Tender shoots & leaves are eaten cooked and considered medicinal, mostly prescribed for urinary problem.

240. *Celosia argentic* L.

Vern : Mesor / Chare Maguri (As.)

Lasor (Mishing)

An erect glabrous annual up to 1 - 3 ft. high with linear or lanceolate leaves. Flower generally white or pink in spike. Seeds are small like mustard seed, black.

It is a common waste land weed which comes out during February - March when most of the paddy fields

are ploughed. Generally dries up in rainy season as water logs the areas. Flowering occurs during late April.

Uses : Young shoots and leaves are used as pot herb and very suitable vegetable. Seeds considered medicinal against diarrhoea.

241. *Deeringia amaranthoides* (Lamk.) Merr.

Vern : Mathak thuka / Rangoli lota /

Men meni (As.)

Monbir (Bodo)

Handing (Karbi)

Onno ligbo reibe (Mishing)

Habit & habitat : A rambling shrub with long weak branches. Leaves alternate ovate, acuminate, entire, glabrate, membranous. Flowers greenish, close together spike like penicle. Fruit a globose scarlet berry. Common throughout the state ascending up to 3000 ft.

Flowering : August to September.

Fruit ripen : November to December

Uses : Tender leaves are eaten cooked as vegetable

Chenopodiaceae

242. *Atriplex hortensis* L.

Vern : Pahari paleng (As. & Beng.)

Habit & habitat : A stout erect annual with glabrous striate stem. Leaves small, ovate or upper triangular. Flower monoecious, female without perianth. Fruit utricle, membranous. The plant is either cultivated or running wild, occur during winter.

Uses : Tender leaves are eaten cooked as vegetable.

243. *Chenopodium album* L.

Vern : Bathua (As. & Beng)

Jilmil (As.)

Habit & habitat : An erect herb usually coated with meaty substance, stems and inflorescence sometime tinged with purple or red. Leaves variable, smaller upwards, lower one attaining 8-10 cm in length, pale green, oblong-lanceolate or rhomboid lanceolate, more or less toothed or lobulate. Flowers minute, bisexual, green in spikes.

It is a common weed in cultivation. Occurs mainly during winter.

Flowering & fruiting : February to March.

Uses : The leaves are eaten as pot herb, with fishes etc. It is rich in minerals and other nitrogenous compounds.

244. *Chenopodium ambrosioides* L.

Vern : Jilmil Sak (As.)

Habit & habitat : An erect branchy strong smelling undershrub or perennial herb up to 4 ft. height. Leaves smaller upwards, lower ones attaining average 6 cm in length, variable, oblong or lanceolate, obtuse, sinuate-toothed, upper entire. Flowers minute, sessile, clustered in axillary and terminal paniced spikes in the axils of foliaceous bracts, which increase in size downwards, the whole of the upper portion of the plant being converted into a leafy panicle when flowering. Perianth segments usually 4-5, rarely 6, elliptic acute, connate below, incurved. Stamens 4-6. Ovary globose, stigmas 3-5, very minute.. Fruit utricles, enclosed in persistent perianth.

It is found through out the state. Flowering & fruiting occur almost through out the year.

Uses : Young leaves & shoots are eaten cooked as vegetable. The plant produce essential oil which is considered tonic and antispasmodic.

Basellaceae**245. *Basella alba* L. var. *rubra* (L.) Stewart.**

(*B. rubra* L.)

Vern : Ronga Pui Sak / Ronga Puroi sak (As.)

Maifrai (Bodo)

Habit & habitat : A glabrous climber with fleshy twining stem often red. Leaves broadly ovate, shining. Flowers bisexual, red or white in lax peduncled spikes. Utricle have the size of a small pea included within flesh perianth which is black with red or purplish juice. Flowering during winter.

Although cultivated, often become wild near hedges.

Uses : Leaves, stem and fruits are largely used as vegetable, considered good for anaemia patient, but not allowed to eaten to a person suffering from rheumatic pain.

246. *Basella alba* L. var. *alba*

(*B. alba* sensu Hook. f.)

Vern : Puroi sak

Boga Puroi (Ass.)

Habit & habitat : Similar as *Basella alba* var. *rubra* but can easily distinguish from its colour of leaf and stem which is pale green.

Uses : Same as above.

Phytolaccaceae**247. *Phytolacca acinosa* Roxb.**

Vern. Jaiong (Khasi)

Habit & habitat : A succulent herb. Leaves 2-7 inch in length and 0.5- 2.5 in width, elliptic or obovate, acuminate, entire, membranous, narrowed into petiole. Flowers in peduncled racemes, perianth sepeloid. Ripe fruits blue-black.

Flowering and fruiting: May - August.

Uses : The leaves are eaten cooked as spinach.

Polygonaceae**248. *Fagopyrum cymosum* Meissn.**

Vern : Taktir (Mishing)

Bon Choka / Bon Paleng (As.)

Moichunkha (Bodo)

Habit & habitat : A tall branching herb with perennial base. Inflorescence, petioles are thinly pubescent. Leaves in Upper portion smaller, deltoid, shortly acuminate. Flowers small white, recurved on the branches of terminal and axillary cymes. Perianth 5-partite, seeds 3-gonous. Found mainly in the foot hills of Himalaya & Karbi Anglong District.

Uses : The tender leaves and young shoots are eaten cooked as vegetable.

249. *Fagopyrum esculentum* Moench.

Vern : Chutia Lofa / Dhemsai Sak (As.)

Habit & habitat : A glabrous annual, attaining about 3 ft. height. Leaves small, triangular, cordate. Flowers white or pink in dense subcapitate cyme.

Although it is cultivated but in most cases runs in to wild.

Uses : Young leaves and shoots are eaten cooked as vegetable.

251. *Polygonum auriculatum* Meissn.

(*P. chinense* L. var. *ovalifolium* Meissn.)

Vern. Indrani (As.)

Habit & habitat : A shrub with herbaceous shoots and woody base, often scrambling. Leaves 3- 6.5 inch. long, broadly oval or elliptic, glabrous or pubescent on the nerves beneath; peduncles conspicuously glandular not slender. Flowers white or pink. Fruits nutlets, trigonous.

Flower & Fruit: September- December.

Uses : Tender leaves with shoots are eaten cooked.

252. *Polygonum chinensis* L.

Syn. *Persicaria chinensis* (L) Nakai

Vern : Behu (As.)

Lorum (Mishing)

Habit & habitat : A shrub with herbaceous shoots & woody base often scrambling the bushes. Stem generally reddish coloured. Leaves variable, oblong to lanceolate, deltoid, ovate, base truncate. Inflorescence of peduncled heads arranged in panicles. Flowers white or pink. Nutlets trigonous, fruiting perianth fleshy or dry.

Common in the state.

Flowering : September - December

Uses : Young shoots eaten raw, slightly acidic. Leaves & shoots eaten cooked as vegetable with fishes. Nutlets with fleshy perianth are also eaten.

253. *Polygonum glabrum* Willd.

Syn. *P. glabrum* (wild) Gomez.

Vern. : Bonriya Ghehu (As.)

Habit & habitat : An annual herb with suberect, smooth, reddish stem. Leaves narrow, lanceolate. Stipules a little ragged. Stamens seven. Style three-cleft. Seeds round. Grows on shady moist places.

Uses:

Tender leaves and shoots are eaten as vegetable.

254. *Polygonum kawagoeanum* Makino

(*P. minus* auct non Hudson)

Vern : Chayang Marchang (Mishing)

Habit & habitat : It is an aromatic small plant up to 1 ft. in height. Leaves dark green above, pale beneath, lanceolate, acuminate, entire. A fine scent comes out when bruised. It is found as under growth, reported from Jonai area of Northern Assam.

Flower: October - November.

Uses : Aromatic leaves are added to other vegetables for flavour; also chutney is prepared from the leaf.

255. *Polygonum microcephalum* D. Don

Vern : Madhusuleng (As.)

Habit & habitat : A glabrous or sparsely hairy herb attaining 3 ft. height with a woody perennial root stock. Leaves hastately ovate, lanceolate, abruptly narrowed to the winged petiole, which is auricled at the base. Flowers in small heads in axillary or subterminal slender peduncles. Perianth 5 cleft; stamens 8. Styles 2-3, connate at base. Fruit nut,

3-gonous.

Flowering : June. Fruit ripen : August to September

Found in most places of the state, common in Upper Assam.

Use : Leaves and tender shoots are eaten cooked, specially with fish, slightly acidic. Eaten during winter and spring.

256. *Polygonum orientale* L.

Vern : Taktir oing (Mishing)

Bon kunhiar (Ass.)

Habit & habitat : A herb, generally grows on damp soil or marshy places. Leaves ovate, petioles long about 4 inches. Inflorescence terminal, racemose, elongated. Bracts coarsely hairy. Fruits nutlets, biconvex.

Flowers & fruits: August- December.

Uses : Young leaves with tender shoots are eaten as vegetable.

257. *Polygonum perfoliatum* L.

Vern. Bonoriya ghehu (As.)

Habit & habitat : A prickly climber or rambling shrub, stem herbaceous, base woody. Branches and petioles are armed with sharp recurved prickles. Leaves peltate, deltoid, with obtuse or sub acute angles, membranous, glabrous and pale green above, glaucous green beneath. Petiole longer than the blade. Stipules foliaceous. Flowers white in simple racemes. Nut globose.

Lower portion is perennial while the upper portion die back every year.

Flower & fruits: July- October.

Uses : Tender leaves with young shoots are taken as vegetable.

258. *Polygonum plebejum* R. Br.

Vern. : Pani jaluk (As.)

Habit & habitat : It is an under shrub with prostrate stem, about 2 feet high, branches striate, glabrous. Leaves variable, 0.2- 1.2 inch long, linear to linear oblong, obtuse, margin often revolute. Flowers pink or greenish, axillary.

Flower: March- July. Fruit: November

Uses : Tender leaves with young shoots are eaten as vegetable occassionally.

259. *Polygonum runcinatum* Ham.

Vern : Jathi Suleng / Jathi patia (As.)

Habit & habitat : A small glabrous herb, stem angled. Leaves hastate, 3.5- 15 cm long, with two unequal lobes at base. Flowers white or pink in terminal or axillary raceme. It is found generally in the vicinity of water bodies.

Common mostly in Upper Assam.

Flowering : June - July. Fruit : August - September.

Uses : Leaves & tender shoots are eaten cooked as vegetable.

260. *Rumex maritimus* L.

Vern. : Bon suka sak (As.)

Habit & habitat : An erect herb with perennial root stock.. Leaves oblong or elliptic-ovate, base cordate, lower ones long stalked, upper smaller and nearly sessile. Whorls of flowers which are dense above, distinct below. Fruit nutlets, brown.

Generally grows on marshy, abandoned places.

Flower & fruit: February - May.

Uses : Sometimes leaves are eaten as vegetable in mixing with others.

Piperaceae

261. *Peperomia pellucida* (L.) H.B.K.

Vern : Ponounuwa (As.)

Habit & habitat : A small erect herb, upto 6 inch height, stem pale green. Leaves cordate, glabrous, pale green, almost transparent when dry. Spikes terminal, flowers and fruits are minute.

Flowering & fruiting : rainy season.

It is very common in damp, shade or even in old roofs where generally bryophytes grow. In flora of Assam vol. IV, Kanjilal & Das mentioned it as American origin recorded from Sadiya in 1908. But it thrives well mostly in high rainfall areas, highly acclimatized.

Uses : The entire plant is eaten cooked as vegetable specially with small fishes. Also the plant is considered medicinal for various purposes.

262. *Piper longum* L.

Vern : Pipoli (As.)

Bithipokang (Karbi)

Habit & habitat : Aromatic herb, trailing either on ground or climbing on trees; leaves dark green, oblong. Male and female flowers are distinct, fruiting spike long fleshy. Flowering occur generally during rainy days.

Generally found in the evergreen tract of forests in

Northern Assam, now cultivated in some localities.

Uses : It is used as a condiment in various dishes. Also considered highly important in various ethnomedicines.

263. *Piper thomsonii* Hook. f.

Vern : Auni pan (As.)

Habit & habitat : A scandent, half woody plant rooting from the nodes, dark green, glabrous. Leaves generally ovate-oblong, acuminate, membranous, base shallow cordate, short petioled. Fruiting spike long.

Flowering occurs in rainy season.

It is common in shady high rainfall areas.

Uses : Leaves are eaten with betel nut, substitute of generally betel leaf. In common situation betel leaf fall during February - March, in this period it is used in village areas. Sometimes fruits are added to curries, considered medicinal.

Saururaceae

264. *Houttuynia cordata* Thunb.

Vern : Masundari / Mosondoi (As.)

Maisundri (Bodo)

Habit & habitat : A perennial herb with creeping root stock. It gives out a very unpleasant smell when bruises its leaf. Leaves ovate acuminate, membranous, base deeply cordate with stipule. Flowers minute in dense flowered spike. Fruit sub-globose.

Flowering : April to June. Fruit ripen : July to August.

It occurs as undergrowth or mixed with other plants specially in wet places.

Uses : Leaves are eaten raw or cooked as vegetable. Roots are also edible, eaten as chutney. It is used in various Assamese dishes, considered medicinal also.

Myristicaceae

265. *Horsfieldia amygdalina* (Wall.) Warb.

Syn. *Myristica amygdalina* Wall.

Vern : Amol (As.)

Pakhona kala (Dimasha)

Dettak (Karbi)

Habit & habitat : A big tree with bark reddish brown inside, exuding reddish juice. Leaves are moderate sized, aromatic, smell like mango, elliptic-lanceolate, entire, glabrous, shining above. Flower bud yellow, in branched spreading panicles. Fruit trigonous, ovoid, with a longitudinal ridge on back and a shallow channel on the opposite side; aril fleshy, yellowish. Flowering in winter, fruit ripen in January to May

Uses : Seeds are eaten, aril is sweet also eaten raw, mostly by Karbis.

266. *Horsfieldia kingii* (Hook. f.) Warb.

(*Myristica kingii* Hook. f.)

Vern : Amol (As.)

Mijing Okum esing (Mishing)

Pandikachua (Dimasha)

Habit & habitat : A tree with pubescent young shoot. Bark with shallow vertical furrows exfoliating in square flakes, reddish. Leaf moderate sized, elliptic-obovate, acute or

bluntly acuminate, glabrous. Flower small. Fruit about an inch long, supported by persistent perianth, aril envelopes the seed.

It is found in all areas of Assam.

Flower : Rainy season.

Uses : Kernal of the fruit is used as substitute of arecanut. The gum is medicinal in mouth sores.

Lauraceae

267. *Cinnamomum tamala* (Buch.-Ham.) Nees & Eberm.

Vern : Jonken esing / Rapi esing (Mishing)

Tejpat (As.)

Habit & habitat : A medium sized branchy tree found in most of the forests of Assam. Bark rough, dark grey, aromatic. Leaves alternate or sub-opposite, ovate-oblong or elliptic, acuminate with the tip, glabrous, pink when young, aromatic. Flowers small, fruit is drupe.

Flower: February to May.

Fruit ripen : June to October.

New leaves comes out during March to May.

Uses : Leaves are used in curries, tea, polao etc. to add taste and flavour. The bark is also used.

Elaeagnaceae

268. *Elaeagnus caudata* Schl.ex Momiyana

Syn. *E. latifolia* L.

Vern : Mirika tenga / Bon Jora (As.)

Solengi arikong (Karbi)

Beerai esing (Mishing)

Habit & habitat : A large woody evergreen scandent shrub with spine. Leaves variable, alternate, ovate-oblong, glabrous, clothed beneath with silvery or ferruginous scales. Flowers peduncled, small, scented, perianth are covered with ferruginous scales. Fruit about an inch long, ovoid, ribbed, red or yellow when ripe, succulent, silky inside.

Found in evergreen tracts of forests.

Flower: November to February.

Fruit ripen : April to May.

Uses : Ripe fruit is eaten, also prepare pickles.

269. *Elaeagnus pyriformis* Hook. f.

Vern : Doukhiguti (As.)

Dablut sitai (Bodo)

Habit & habitat : Woody shrub commonly found in North bank of Brahmaputra. Leaves smaller. Fruit pyriform small, yellow when ripe covered with coppery scales, glabrous not ribbed as in *E. latifolia*.

Flowering : November - January.

Fruit ripen : January to April.

Uses : Ripe fruit is eaten, less acidic. Unripe fruit is very sour, can prepare pickles.

Loranthaceae

270. *Tolypanthus involucratus* (Roxb.) van Tiegh

Vern : Roghumola / Birikhmora (As.)

Habit & habitat : A slender bushy parasite with purplish brown, tomentose, lenticellate branches. Leaves moderate

sized, opposite and alternate, ovate-lanceolate, or elliptic-ovate, glabrous, pubescent along the nerves. Flowers sessile, fruit oblong, truncate pubescent .

Flowering & fruiting : February to May.

Uses : Ripe fruit are eaten by Mishing, sweet and gummy.

Santalaceae

271. *Pyralia edulis* A. DC.

Vern : Thing beng (Karbi)

Habit & habitat : A small, thorny, deciduous tree, found mostly in Karbi Anglong and foot hills of Arunachal near Sadiya. Leaves elliptic-oblong or ovate-oblong, moderate and shining. Male flower in panicles, female solitary. Fruit Drupe, pyriform or globose, narrowed into a stout stalk, crowned with perianth lobes.

Flowering : April - June.

Fruit ripen : August - December

Uses : Ripe fruit is eaten.

Euphorbiaceae

272. *Antidesma acidum* Retz.

Syn. *A. diandrum* Roth) Rotz.

Vern : Abutenga / Nekhon tenga / Saru heloch (As.)

Lapha saikho (Bodo)

Ing-sum -arong (Karbi)

Habit & habitat : A deciduous small tree or shrub, with spreading branches, young parts rusty pubescent. Leave oblong to lanceolate, glabrous, shining above and turn deep red before falling. Flowers are minute, greenish yellow.

Fruit small, smooth, purple and become purple red when ripe, ovoid, acute.

Flowering : April - July. Fruit ripen : cold season.

It is common in Brahmaputra valley usually in river banks.

Uses : Leaves are eaten as vegetable, slightly acidic, also leaves can be preserved for later use. Fruits are acidic and edible.

273. *Antidesma acuminatum* Wall.

Vern : Pani heloch (As.)

Habit & habitat : A shrub or small tree. Leaves are bifarious, elliptic-lanceolate, caudate-acuminate, entire. Both male & female flowers are in panicles but female one is distinctly larger. Fruit small, red when ripe, ultimately blackish, ellipsoid-acuminate, crowned by style.

Flowering : June to July. Fruit ripen : cold season.

Found mainly in flood plains.

Uses : Ripe fruits are eaten.

274. *Antidesma bunius* (L.) Spreng.

Vern : Borheloch / Paniheloch (As.)

Sonkong esing (Mishing)

Habit & habitat : It is an evergreen tree, young parts hairy. Leaves upto 6 inch, glossy green, oblong-lanceolate, obtuse. Flowers small in simple pubescent spikes. Fruits small ellipsoid, red, ultimately blackish when ripe .

Flowering: April - May. Fruit ripen : August to September.

Found in riparian forests along river sides.

Uses : Ripe fruits are eaten. Leaves also eaten cooked as vegetable.

275. *Antidesma ghaesembilla* Gaertn.

Vern : Heloch / Mikhon tenga (As.)

Theng merok (Karbi)

Chomkong (Mishing)

Habit & habitat : A small deciduous tree or shrub with rusty tomentose young shoots. Leaves ovate, oblong, broadly elliptic, rounded, acuminate, generally dark green, entire, coriaceous. Flowers minute in densely pubescent terminal and axillary much branched spikes. Fruit is drupe, sub-globose, red, purplish black when ripe.

Uses : Ripe fruit is edible.

276. *Antidesma khasianum* Hook. f.

Vern.: Kotia Heloch (As.)

Habit & habitat : It is a shrub with sparsely pubescent young shoots. Leaves 2-6 inch. long, bifarious, oblong-elliptic, acuminate, entire, dark green. Male raceme slender, female much stouter. Fruit sub-globose or ellipsoid, seed stone strongly reticulated.

Flower: July & fruit ripen : October - November.

Found in flood plains of Brahmaputra valley.

Uses : Fruits are eaten. It is generally found during harvesting time of paddy.

277. *Aporosa octandra* (Buch.-Ham. ex D. Don) Vick.

(*A. roxburghi* Baill.)

Vern : Garo-khuta / Khokora / Bor heloch (As.)

Samphere / Khoidoi (Bodo)

Khempasi (Dimasha)

Tamsir (Karbi)

Habit & habitat : A middle size evergreen tree, almost glabrous, bark reticulately fissured, inside reddish. Leaves moderate, glabrous, elliptic-lanceolate, short petioled. Flower minute, unisexual. Fruit almost glabrous, usually ovoid-oblong with a beak at end, with reddish aril.

Flowers : cold season. Fruit ripen : April - May.

Generally found all over the state, not common.

Uses : Ripe fruit is eaten, slight acidic.

278. *Baccaurea ramiflora* Lour.

[*B. sapida* (Roxb.) Muell. Arg.]

Vern : Leteku (As.)

Buri (Mishing)

Dampiyu (Karbi)

Khusumai/ Lerkho (Bodo)

Notko (Rajbangshi)

Khusmai (Dimasha)

Habit & habitat : A common species in the state, middle sized tree, young parts hairy, bark dark grey with vertical lenticels. Leaves moderate sized, elliptic-oblong, or obovate or elliptic lanceolate, glabrous, membranous. Flowers dioecious come out from old trunk as raceme inflorescens. Fruit is globose, capsular, yellowish brown, seeds orbicular, embedded in rose coloured pulp (arillus).

Flowering : April - May. Fruit ripen : May - July.

Uses : The pulp of the fruit eaten and delicious often sold in the market.

279. *Bischofia javanica* Bl.

Vern : Urium (As.)

Takkir / Sintir (Mishing)
 Thaiso (Bodo)
 Phang put (Karbi)
 Thajilit (Dimasha)

Habit & habitat : A large deciduous tree with cylindrical trunk with a spreading crown. Bark dark brown, inside reddish. Leaves alternate, 3 - 5 foliate, leaflets elliptic or ovate-oblong, acuminate, glabrous. Flowers greenish dioecious in paniculate raceme. Fruit globose, fleshy, brown when fully ripe. It is a common species in the state which favours more rainfall areas.

Flowers: March to May. Fruits ripen :rainy season.

Uses : Ripe fruits are sandy and sweet, eaten. Tender stem is acidic, eaten raw. Young leaves and shoots are eaten as vegetable by Mishing.

280. *Bridelia stipularis* (L.) Bl.

Vern : Lota mandi / Hom homali / Sagol laderi /
 Mou silikha (As.)
 Thebhi (Karbi)
 Sepaph (Dimasa)

Habit & habitat : It is a climbing shrub or small tree. Leaves small, and it is much reduced in the flowering twigs, elliptic oblong. Flowers small, monoecious and greenish in numerous axillary clusters. Fruit is drupe, small, reddish and turn in to blue black when ripe, generally with the enlarged calyx.

Flowering : October-November. Fruit ripen :February - March.

It is a common species in the state ascending up to 1500 ft.

Uses : Fruits are eaten, taste like amla and also used to make pickles.

281. *Drypetes assamica* (Hook. f.) Paxet & Hoffm.

Vern : Dukaha (As.)

Phang-gait arong / Lali (Karbi)

Habit & habitat : A small middle sized evergreen tree, with slender pendent branches. Leaves narrow oblong, serrate, glossy green, coriaceous. Flower monoecious, in axillary clusters. Fruit globose, deep red when ripe. Common through out the state.

Flowering : October - January. Fruit ripen :March to April.

Uses : Ripe fruits are eaten raw when ripe.

282. *Euphorbia hirta* L.

Vern : Gakhiroti bon (As.)

Nashrai khoro (Bodo)

Habit & habitat : An annual prostrate hispid herb with milky latex. Leaves opposite elliptic, base oblique, reddish, serrated, hairy. Flowers small in small cluster of cyathium.

Flowering through out the year.

Very common in open areas during summer.

Uses : Young shoots & leaves are used as vegetable by Bodos.

283. *Phyllanthus acidus* (L.) Skeels

Vern : Pora Amlokhi / Pom lokhi / Holpholi (As.)

Habit & habitat : A small deciduous tree or shrub, glabrous. Leaf compound, leaflets subsessile, obovate, rounded or acute, light green. Flowers in cyathium, axillary, whitish. Fruit drupe, globose with six lobes, light green.

Flower & fruit : June to July.

It is found in the plains of Brahmaputra valley.

Uses : Mature fruits are acidic, eaten fresh or as pickles.

284. *Phyllanthus emblica* L.

Vern : Amlokhi (As.)

the amla.

Habit & habitat : A medium sized tree, deciduous. Leaves pinnate, leaflets small, sub-sessile, pale green. Flowers yellowish in axillary clusters, monoecious. Fruit drupe, globose, yellowish when ripen.

Flowering : March - May. Fruit ripen : Summer-Autumn.

It is found in all forests of Assam, some time planted.

Uses : Fruit eaten raw, or dried; pickles are prepared. It is considered highly medicinal by Indian tradition.

285. *Phyllanthus fraternus* Webster

Syn. *P. niruri* sensu Hook.f.

Vern : Mati Amlokhi / Bhui Amlokhi (As.)

Habit & habitat : A small annual herb, branches angled, leaf pinnate, leaflets sessile. Flowers small, occur in the lower side of leaf rachis. Fruit small globose, like miniature of Amla. It is found all over the state in open areas with grass and other herbs. Flowering & fruiting: May - August.

Uses : Tender leaves, shoots along with fruits are eaten raw or cooked as vegetable, considered good for liver function and used in treatment of jaundice.

286. *Suregada multiflora* (Juss.) Baill.

Syn. *Gelonium multiflorum* A. Juss.

Vern : Theng chek te (Karbi, Kuki)

Midouma biphang (Dimasha)

Habit & habitat : A middle size tree, bark vertically fissured. Leaves moderate, oblong or elliptic-oblong, glabrous with pellucid dotted, base cuneate. Flowers yellowish, fragrant in pedunculate contracted cymes, unisexual. Fruit globose, 3-lobed, blackish when ripe.

Flowering : March - April. Fruit ripen : April - May.

Uses : Ripe fruits are eaten raw.

Urticaceae

287. *Debregeasia longifolia* (Burm.f.) Wedd.

Syn. *D. velutina* Wedd.

Vern : Bayo esing / Dalah esing (Mishing)

Habit & habitat : A spreading shrub or small tree, young shoots silky pubescent. Leaves moderate size, oblong-lanceolate or narrow-elliptic, dark green above, pale white beneath. Flowers in lateral dichotomous panicles, unisexual. Fruit is small achenes in clusters, contained in fleshy perianth, orange yellow.

Flowering : Summer & Autumn.

Fruit ripen : cold season.

Uses : The ripe fruit is eaten.

288. *Debregeasia salicifolia* (D. Don) Rendle

Syn. *D. hypoleuca* Wedd.

Vern : Sonsore / Dalah (As.)

Habit & habitat : An evergreen shrub, branchlets clothed with snow white wool. Leaves alternate, oblong or linear-lanceolate, serrulate, rather coriaceous, raised dotted above, thickly white pitted beneath. Flower small. Fruit an

aggregate of amber coloured achenes, in cluster, sweet but hispid and mucilaginous, succulent.

Generally found near the foot hills of Bhutan.

Flower: April- May. Fruit: June- August.

Uses : The ripe fruit is eaten.

289. *Dendrocnide sinuata* (Bl.) Chew.

Syn. *Laportea crenulata* Guad.

Vern : Torash / Sorot gosh (As.)

Khoma (Bodo)

Paji (Mishing)

Tarmepi (Karbi)

Kerma (Dimasha)

Habit & habitat : A herbaceous stemmed shrub, young parts clothed with stinging hairs. Leaves large ovate, or elliptic, more or less entire, sometimes crenulate towards the apex. Flowers white. It is common weed in open areas and degraded forests. The sting of the nettle is very virulent.

Flowering : August - October. Fruit ripen: cold season.

Uses : Flowers are picked carefully and used as vegetable with fishes, considered as medicinal by Bodo people.

290. *Pouzolzia viminea* Wedd.

Vern : Mesaki jola phang (Bodo)

Khojo (Rabha)

Habit & habitat : A shrub with slender branches, pubescent or strigose. Leaves small, alternate, lanceolate ovate-lanceolate, acuminate, dentate or serrate, membranous, dark green. Fruit is achene.

Flower: November - March. Fruit ripen : August - January.

Uses : Young leaves are eaten as vegetable.

291. *Sarcochlamys pulcherrima* Goud.

Vern : Mesaki (As.)

Ambe (Mishing)

Adumbra (Bodo)

Habit & habitat : A small evergreen tree, branchlets pubescent. Leaves alternate, narrow lanceolate, toothed, caudate acuminate rather membranous, rugose, shining and rough above, white beneath; strongly three nerved, reticulation visible from outside, base acute, obtuse or rounded. Flowers dioecious, in axillary spikes. Fruit achene, enclosed in fleshy perianth.

It is common through out the province.

Flowering & fruiting : winter.

Uses : Young shoots, leaves and fruits are eaten as vegetable especially by Mishing people; favoured with pork.

Cannabaceae

292. *Cannabis sativa* L.

Vern. : Bhang, ganja (As.)

Habit & habitat : A herb with woody base. Leaves 3-5 foliate, leaflets narrow elliptic, serrate, hairy with aromatic smell when bruised. Flowers in dense terminal racemes. Leaves contain nicotine. the plant is cultivated, though prohibited, and also run wild.

Uses : It is a common fumitory; young leaves along with tender shoots are sometimes eaten as vegetable mixing with others, gives a narcotic effect, not to be given to

children.

Moraceae

293. *Artocarpus chama* Buch-Ham.

Syn. *Artocarpus chaplasha* Roxb

Vern : Cham kathal (ass)

Phong (Karbi)

Habit & habitat : A large deciduous tree, young shoots dotted with long stiff hairs. Leaves 12- 30 cm by 6-16 cm, elliptic-ovate or sub round, entire or minutely dentate, obtuse, coriaceous, little hair present both dorsal & ventral surfaces, stipules large, amplexicaul. Flowering receptacle axillary, globose with long peduncle. Fruit globose about 3 - 4 inch dia.

Flower: March - April. Fruit ripen : Summer season.

It is a common species in the state.

Uses : Ripe fruits are sweet and eaten.

294. *Artocarpus lacucha* Buch.-Ham.

Syn. *A. lakoocha* Roxb.

Vern : Dewa chali / Bohot (As.)

Lusuk salia (Mishing)

Habit & habitat : Large deciduous tree with spreading crown. Leaves about 4 - 12 inch. long, broadly oblong, coriaceous, rough above, soft pubescent beneath. Receptacle axillary, globose in short pubescent peduncle. Fruit irregularly lobed, velvety, yellow, orange red when ripe. Common in plains of Brahmaputra valley.

Flower: February - May. Fruit ripen : Summer

season.

Uses : The bark is chewed as betel nut with betel leaf, ripe fruit is eaten. Male flower heads are used to prepare pickle.

295. *Ficus auriculata* Lour.

Syn. *F. roxburghii* Wall. ex Miq.

Vern : Mon dimoru / Altha Dimoru (As.)

Kukbal Takuk (Mishing)

Lothepi (Karbi)

Thaibor (Dimasha)

Habit & habitat : A middle sized tree with spreading crown, young parts pubescent, young branches are hollow. Leaves moderate sized, broad, ovate-orbicular, glabrous above, pubescent beneath. Receptacle in fascicles on short thick leaf less branches or on trunk at lower portion. Fruits are 2 - 3 inch. large, purplish- orange when ripe.

Common in the state.

Fruit ripen : April - June.

Uses : Fruits are eaten when ripe and quite delicious.

296. *Ficus geniculata* Kurz.

Vern.: Tengabor (As.)

Phrapso (Dimasha)

Habit & habitat : A large tree, generally glabrous. Leaves ovate, entire acuminate, coriaceous, glabrous. Both male flowers and female flowers are separate. Receptacle axillary in pendulous cluster on the stem. fruit small, yellow when ripe.

Flower: September - November.

Fruit ripen : Summer

Found generally Nawgaon, Karbi Anglong & N.C. hills District.

Uses : Leaf scales, which are acidic, are eaten cooked as vegetable.

297. *Ficus hirta* Vahl.

Vern : Khongal dimoru (As.)

Tajik (Mishing)

Habit & habitat :

A small tree with hollow branchlets, young parts are hairy. Leaves variable, broad ovate, acuminate, serrate, 3 - 5 lobed, rough and hairy above, pubescent beneath especially on nerves. Receptacle axillary in pairs, globose, covered with hairs.

Found in almost all forests of Assam.

Flower: November. Fruit ripen : Summer.

Uses : Tender leaves are used as vegetable; ripe fruits are eaten.

298. *Ficus hispida* L.

Vern : Dimoru (As.)

Takpi (Mishing)

Engthum (Karbi)

Khoksha dumru (Bodo)

Habit & habitat : A shrub or small tree with hollow branchlets having milky latex. Leaves are large, opposite, obovate, serrate, hairy and scabrid above, hispid pubescent beneath, stipules ovate-lanceolate, about 2 cm long. Male flowers & female flowers are separate. Receptacle in pairs or clusters from old stem, hispid with short stalk, greenish yellow in

colour. Flowering & fruiting generally occur through out the year.

Common in plains throughout the state.

Uses : Young shoots, leaves and green fruits are eaten cooked as vegetable. Ripe receptacle can be eaten, considered good for liver.

299. *Ficus nervosa* Heyne ex Roth.

Vern : Khanpati Dimoru (As.)

Thebu (Karbi)

Habit & habitat : A very large tree with board crown, stem often buttressed. Leaves variable, shining & glabrous above, dotted beneath. Receptacle axillary, without hairs, globose, yellowish or reddish yellow, less than an inch.

Found in both valley of the state.

Flower: October - December. Fruit ripen : Hot season.

Uses : Ripe fruits are sweet and eaten.

300. *Ficus oligodon* Miq.

Syn. *F. pomifera* Wall. ex King

Vern : Tajik esing (Mishing)

Habit & habitat : A small tree, young shoots hairy. Leaves smaller, elliptic or broadly lanceolate, irregularly serrate, sub coriaceous, glabrous. Receptacle peduncled in short leaf less branches or on the trunk or large branches, about an inch long, reddish brown when ripe.

Mainly found in Upper Assam.

Fruit ripen: January.

Uses : Young leaves are cooked as vegetable, ripe fruits

are eaten.

301. *Ficus semicordata* Buch.-Ham. ex J.E. Sm.

Syn. *F.cunia* Buch.-Ham.

Vern : Takuk esing (Mishing)

Taikhro (Bodo)

Amin-sep (Garó)

Habit & habitat : A small tree, young shoots are hairy, leaves are large and of variable size, thinly coriaceous, glossy green above, pubescent beneath. Receptacle is in pairs or cluster on old stem even at the base of the tree. Reddish brown or white when ripe.

Common in the state.

Flowering & fruiting : Through out the year.

Uses : Young leaves and shoots are eaten cooked as vegetable; ripe fruit with beautiful aroma is eaten.

302. *Maclura cochinchinensis* (Lour.) Corner.

Syn. *Cudrania javanensis* Bl.

Vern : Pulikait (As.)

Tekum esing (Mishing)

Bapou chuni (Karbi)

Habit & habitat : An evergreen large subscandant shrub with spines. Leaves small and variable, generally oblong-elliptic, dark green above, pale beneath. Flower heads are greenish yellow. Fruit is about an inch across, velvety and orange when ripe.

Found generally all over the state, but now rare to locate.

Flower: April - June. Fruit ripen : July to September.

Uses : Ripe fruits are eaten.

303. *Morus australis* Poir.

Syn. *M. alba* L.

Vern: Nuni / Kiskuri (As.)

Bongphang rakhep (Bodo)

Habit & habitat : A moderate sized deciduous tree, sometimes grows as shrub. Leaves ovate caudate-acuminate, lobed, membranous, pubescent when young. Flower appear with young leaves. Spikes lax flowered, hairy. Fruit ovoid or sub globose, greenish-yellow when young, red at maturity and ultimately black when ripe.

Although the plant is cultivated to rear silk worms, often escape to the forest, found wild in the river banks.

Flowering : March - April

Fruit ripen : June - August.

Uses : Ripe fruits are eaten fresh which are very delicious.

304. *Poikilospermum suaveolens* (Bl.) Merrill

Syn. (*Conocephalus suaveolens* Bl.

Vern : Gabong lota / Lata Dimoru (As.)

Agig reibe (Mishing)

Habit & habitat : A large evergreen climber, stem woody. Leaves smaller alternate, ovate-elliptic or ovate-oblong, sub-coriaceous, glabrous, cystolith present. Flowers fragrant, dioecious in axillary dense globose heads. Found in Northern Assam, Upper Assam, Western Assam, Kamrup, Darang & Sonitpur.

Flowering: January to March

Fruit ripen : March - April

Uses : Leaves & young shoots are eaten cooked as vegetable.

305. *Streblus asper* Lour.

Vern : Shoura / Seora (As.)

Chir hesto (Karbi)

Habit & habitat : A small rigid evergreen tree with milky juice. Leaves alternate, elliptic, rhomboid or obovate, acute, obtuse or shortly acuminate, serrate, coriaceous & scabrid. Flower dioecious & axillary. Fruit is berry, yellow when ripe.

It is found in both plains and hills of the state, proved flood resistant.

Flower: February - April

Fruit ripen : May - June.

Uses : Ripe fruits are sweet & eaten; twigs are used to clean teeth, considered medicinal. Leaves are used as fodder for cows and goat during flood.

Myricaceae

306. *Myrica esculenta* Buch.-Ham.

Syn. *M. nagi* sensu Hook.f.

Vern : Noga tenga (As.)

Habit & habitat : A small or moderate sized evergreen tree. Leaves lanceolate, oblanceolate or obovate, nearly entire or sharply spinous serrate, acute, coriaceous, glabrous above with resinous dots beneath, aromatic scented when bruised. Flower minute, fruit about an inch, ovoid, reddish when ripe.

Generally found in Upper Assam.

Flowers : October - December. Fruit ripen : April - June.

Uses : The ripe fruits are eaten, also used to make a very refreshing drink in hot weather.

Monocotyledons

Hydrocharitaceae

307. *Ottelia alismoides* (L.) Pers.

Vern : Panikola (As.)

Habit & habitat : An aquatic submerged herb, sometimes with partially floating leaves. Leaves radical, crowded, the submerged ones are narrow, the floating leaves are long-petioled, ovate-lanceolate, oblong or cordate. Flowers solitary, hermaphrodite, sessile within a tubular, long-peduncled spathe. Sepals 3, linear or oblong. Petals 3, larger, obovate or orbicular, with fleshy basal appendages, white. Stamens 6-15, 2-5-seriate; anthers erect. Carpels connate, ovary 6-celled, ovules many. Fruit oblong, enclosed in the spathe, 3-6 winged, seeds many.

Flowering & fruiting : Autumn.

It is found in stagnant water bodies all over the state.

Uses : Fruits are eaten in upper Assam, quite agreeable in taste.

Zingiberaceae

308. *Achasma loroglossum* (Gagnep) Larsen

Vern : Karphul / Gandh tora (As.)

Habit & habitat : A perennial herb with creeping horizontal root stock. The plant is aromatic, aerial stem short & leafy.

Leaves large in two rows. Flowers yellowish, comes out from root stock as flowering shoot. Fruit capsule, turns black when ripe.

It is found through out the state, presently become rare due to over exploitation. Some times cultivated.

Flowering :February - April. Fruit ripen :Hot season.

Uses : Rhizomes which are very aromatic, eaten fresh or with betelnut or as masticatory. Small bits are added in curries for flavour.

309. *Alpinia nigra* (Gaertn) Burt.

Syn. *A. allughas* (Retz.) Rosc.

Vern : Tora (As.)

Tareng (Mishing)

Tharai (Bodo)

Habit & habitat : A perennial herb most commonly occur in the swamp areas, gregarious in nature. It some times attains about 10 - 12 ft. in height. Aerial stem, shoot and leaves are slightly aromatic. Leaf blade large in two rows, little hair present along the rib. Flowers are white, fragrant, occur in the apex of the shoot. Fruit capsule, in cluster, green, black when ripe.

It is common through out the state.

Flowering :June - March. Fruit : June - July.

Uses : Young shoots and rhizomes are eaten either raw or cooked. Leaves have distinctive aromatic smell, used as wrappers in roasting or boiling of various food item.

310. *Curcuma amada* Roxb.

Vern : Am haladhi/ am-ada (As.)

Habit & habitat : A perennial herb with creeping tuberous rhizome, scented like mango when bruised. Leafy aerial portion dies on advent of winter during January to March, Flower occur in a spike, showy, yellowish blue in colour. Fruit is capsule. Mostly found in the Western Assam and Central Assam, some times cultivated.

Uses : Rhizome is used to prepare salad or chutney or eaten raw. It is also used as medicinal for its zeodary content.

311. *Curcuma zedoaria* (Berg.) Rosc.

Vern. : Kochura (As.)

Habit & habitat : A large rhizomatous herb. Leaves with a large, persistant cloud down the centre of the blade. Pseudo stem and leaf-stalks green. Tubers yellow within. Flowers not longer than the bracts.

A shade lover herb, favours its growth in high humid and rich in humus soil.

Uses : Leaves are eaten cooked generally as mixer with other vegetable.

Musaceae

312. *Musa balbisiana* Colla.

Syn. *M. sapientum* auct non L.

Vern : Athia Kol / Gutti kol (As.)

Bhim thalit (Bodo)

Habit & habitat : A very large and tall banana usually cultivated in assamese home steads. Generally grow uncared or as an escape. Found through out the state. Spadix drooping. spathe ovate, deciduous. The fruit have

many seeds embedded in large greenish yellow pulp when ripe.

Uses : The pulp of ripe fruit is eaten, considered highly medicinal to feed infant and patients. Young shoots (pseudo stem) are eaten as vegetable known as "pochola". Flowering part known as "koldil" is also used as vegetable. Its dried leaf, and outer cover of fruit are dried, burnt and prepare an alkaline substance known as "Kalakhar" . Leaves and leaf sheaths are used as good fodder for cow. The whole plant and parts are used in different religious as well as domestic celebrations.

313. *Musa Velutina* H. Wendl & Drude

Vern : Ramkal (As.)

Doge kopak (Mishing.)

Habit & habitat : A wild banana found in some part of Assam. The plant is up to 3- 6 ft. high. Root perennial from which new plantlets arise every year. Pseudostem thin, only thick as a man's arm. Leaves petioled, smaller than common banana. Spadix erect and donot bend like other species, spathes partial, alternate, boat shaped, obtuse, smooth, striated, light purple or lilac; two or three flowered, deciduous, length from 4-6 inches. Basal few spathes are occupied by female-hermaphrodite flowers, all the rest are male-hermaphrodite flowers. Berry linear-oblong, slightly incurved, 4-5-sided, thin, dull-yellowish green when ripe.

Uses : Inflorescence or pink flowering parts and young stems are cooked as vegetable. The plant is planted in gardens for ornamental purposes.

Costaceae

314. *Costus speciosus* (Koen. ex Retz.) Smith

Vern : Jam lakhuti / Devi tokon (As.)

Burhi thokon (Bodo)

Habit & habitat : A fleshy herb of about 5 - 6 ft. high. Aerial stem round, with distinct nodes and internodes. Leaves pale green with silvery tinge, leaf sheath covers the aerial stem. Flowers are big, showy in dense head, white. Fruit is capsule, quite distinct, green.

It grows well in relatively drier sandy soil but rich in humus, found all over the state.

Flowers : Summer

Uses : Tender shoots are eaten as vegetable. Rhizome juice is used as medicine for treatment of Jaundice. The stem which is rich in water can be used as a source of water.

Marantaceae

315. *Maranta arundinacea* L.

The Arrow root

Vern : Tora Alu (As.)

Khaita Alu (Boro)

Nginti Ali (Mshing)

Habit & habitat : A perennial herb with a sympodial rhizome and leafy aerial stems. Leaves distinctly petioled, radical, distichous with swollen joint at the junction of blade & sheath. Flowers in panicles, white, fruit capsule.

Flowers and fruit ripen : Summer.

Uses : Although it is planted but found as wild also, tuberous

rhizomes are source of arrowroot, eaten cooked or raw.

Discoreaceae

316. *Dioscorea alata* L.

Vern : Kath Alu (As.)

Habit & habitat : A climber, leaf cordate, dark green stem angular. Flower small. It is either planted or found wild. Tubers are hairy with small rootlets, stem also produce black tubers. stem winged, tubers white or yellowish white, oblong or tapering.

Flower : July - October.

Fruit ripen : November - December.

Apart from this the following are commonly found species with same use and slightly different character.

D. alata L. var. *globosa*

Tubers globose. Cultivated and found as wild also.

D. alata L. var. *rubella*

Tubers purple out side, flesh also purple. Cultivated and wild.

Uses : Stem tubers and root tubers are eaten cooked as vegetable.

317. *Dioscorea bulbifera* L.

Vern : Gosh Alu. (As.)

Habit & habitat : A large climber, found wild or domesticated. Stem angled. Leaf cordate, small, nerves prominent. Stem produce axillary bulbils.

Uses : Root tubers are eaten cooked as vegetable during winter.

318. *D. esculenta* (Lour.) Burkil

var. *fasciculata* (Roxb.) Prain & Burkil

Vern : Moa Alu (As.)

Habit & habitat : A climbing shrub. Leaves pubescent, reniform or orbicular cordate, with sharp stipular thorns. Tubers are small sweet, numerous, spiny roots absent. The tubers of the plants are starchy and free from dioscorine. Sweet in flavour, mealiness, closely related to potato.

Uses : Tubers are used as vegetable.

319. *Dioscorea pentaphylla* L.

var. *communis* Prain. & Burkill

Vern : Pachpotia Alu. (As.)

Habit & habitat : A climber with underground tuber. Leaf with five oblong lanceolate leaflets, sparsely pubescent, glabrous beneath, pinnately veined. The tubers of this plant are hairy, black out side, inner fleshy and white.

Uses : Tubers are used as vegetable occasionally.

320. *Dioscorea sativa* L.

Vern : Kath Alu (As.)

Habit & habitat : Climber, leaves simple. Stem with axillary bulbils, smooth. Capsules longer than broad, seeds winged at base only.

The climber species found in the foot hills ascending up to 5000 ft. is also cultivated.

Uses : Tubers are eaten cooked as vegetable.

Liliaceae**321. *Asparagus recemous* Wild.**

Vern : Satmul (As.)

Habit & habitat : A small annual climber with tuberous root. Leaves are small, reduced to minute needle like scales. Small prickles present in the stem. Flowers yellowish green, very small, born on simple receme. Fruits are capsule about half inch. long, green, yellow when ripe.

Flowering and fruiting during April - June.

Found in mostly deciduous forest, in bamboo brakes as wild.

Uses : Young shoots are eaten cooked or raw; tuberous root has medicinal value.

Smilacaceae**322. *Smilax ovalifolia* Roxb.**

Syn. *S. macrophylla* Roxb.

Vern : Yorit (Mishing)

Kumbhi / Kumarika / Bagh Achura lota (As)

Habit & habitat : A large and extensive climber, stem and branches cylidric and prickly. Stem sometimes biennial or even perennial. Leaves alternate, oblong-ovate, sub-round or round, short petioled, entire, glossy, five nerved; stipules modified in to tendril. Peduncles axillary, solitary, divided into two or three branches, each supporting a single, globular, umbellate of large greenish yellow pedicelled flowers inserted on a round scorbiculate receptacle.

Flowering & fruiting: December.

Uses : Tender leaves are eaten cooked as vegetable, quite

bitter in taste. Fleshy young shoots are eaten raw.

323. *Smilax zeylanica* L.

Vern : Kumarika / Tikoni borual (As.)

Soima Jaseb (Bodo)

Hosti-karna lota (Beng.)

Yorit (Mishing)

Habit & habitat : An annual woody climber with hooked prickles. Leaves large, oval with apex blunt acuminate, 5-nerved, glossy, entire, base round; stipules modified into tendril.

Common in deciduous belt of forests, dies in winter, but new plant comes out in March - April.

Flowering & fruiting : September - December.

Uses : New shoots or young leaves are eaten cooked as vegetable. It is also eaten as mixed vegetable.

Pontederiaceae**324. *Monochoria hastata* (L.) Sloms.**

Vern : Jonaki phul / Bhat meteka (As.)

Habit & habitat : An erect herb with creeping root stock. Leaves hastate, sagittate or cordate with long spongy petiole and sheathing leaf base. Flowers long-pedicelled, subumbellate or racemose, blue-violet, spathe complicate below the raceme. Perianth lobes 6, stamens 6, carpels 3, stigma 2-lobed. Fruit an oblong loculicidal capsule.

It usually grows in swamp or shallow water bodies like beels, pond etc., also found in rice fields during summer.

Flower: March- August.

Uses : Flowers and young flowers with inflorescens are eaten cooked as vegetable, or with fish by Bodos, Koch-Rajbongshis etc. especially in lower Assam.

325. *Monochoria vaginalis* (Burm.) Presl.

Vern : Bhat meteka (As.)

Habit & habitat : Same as the above species but here the root stock is short, leaves ovate or ovate-cordate, flowers short-pedicelled and number of flower in the raceme is more.

Flowering: March- July

Uses : Young inflorescence & flowers are eaten mostly in lower Assam especially by Bodo, Koch-Rajbongshi etc.

Commelinaceae

326. *Commelina benghalensis* L.

Vern : Kona Simolu (As.)

Habit & habitat : A small herb, most commonly found in shady & damp places, succulent, perennial. Leaves alternate, entire with parallel veins, smooth or hairy. Flowers bluish white in spathe like boat shaped bract. Small clistogamic flowers are borne on subterranean branches of rhizome. Fruit is capsule.

Flowering & fruiting through out the year.

Uses : Young leaves and young shoots are eaten as vegetable during scarcity or coated with rice flour as cultets.

Areaceae

327. *Calamus erectus* Roxb.

Vern : Raidang bet (As.)

Habit & habitat : A large cane having armed, erect, stout and tufted stem. Leaves alternate, pinnatisect; segments acuminate; leaflets almost equidistant, their margins and midrib beneath remotely ciliolate. Petioles and rachis of the leaf are also armed below with flat, straight and pale spines. Sheath armed, produce into a ligule or ochrea. Flowers in axillary spadix. Fruit ellipsoid, clothed with adpressed, deflexed, closely imbricate, shining scales, pericarp thin; larger than *Calamus tenuis*.

Common in evergreen tract ascending up to 5000 ft.

Uses : Soft and fleshy inner of the young shoots are eaten as vegetable, bitter in taste. Ripe fruit is eaten.

328. *Calamus flagellum* Griff.

Vern : Jeng bet / Noga gola bet (As.)

Habit & habitat : Taller & thinner than *C. erectus* and often gregerious with blackish coloured stem. Prickle longer and located more closely than in *C. erectus*. Found in evergreen tract of forests along Assam-Arunachal border.

Uses : Soft inner of the young shoots are eaten as vegetable, ripe fruit is eaten.

329. *Calamus tenuis* Roxb.

Vern : Jatibet (As.)

Jeing (Mishing)

Garla bithra (Bodo)

Habit & habitat : A prickly climbing shrub with spines all over the plant. They often scramble over surrounding vegetation. Leaves alternate, shiny, pale green, short petioled margined with straight spines. Rachis with one row

of short, recurved spines below. Inflorescence axillary, flowers small.

Fruit drupe, globose or ellipsoid, clothed with adpressed, deflexed, closely imbricate shining scales.

Mainly found in low lying areas or river banks.

Flowering: Rainy season, fruit: cold season.

Uses: Soft and fleshy inner of the young shoots are eaten as vegetable. Ripe fruits along with seeds are also eaten fresh.

330. *Caryota urens* L.

Vern: Chao tamol / Sowat goch. (As.)

Gol sago (Beng.)

Habit & habitat: Tall unbranched palm with persistent scars of leaf bases. Leaves in terminal clusters, few, large, bipinnatisect, leaf-sheaths large, clasping basally the trunk. Flower in much branched spadix of 8-10 ft. long, arise from the upper leaf-sheaths and then successively come downwards, monoecious. Fruit globose, 1-2-seeded, pulp pungent; seeds with hard testa.

Flower: Summer

Commonly found all over the state, usually along hill streams.

Uses: Seeds eaten, but its pericarp is notorious for irritation, precautions are taken during taking out the seed. Not so sweet, little bitterness is there.

331. *Livistona jenkinsiana* Griff.

Vern: Tokou (As.)

Habit & habitat: Tall unbranched palm with persistent scars

of leaf bases on the trunk. Leaves in terminal cluster, orbicular, flabellately plicate, split to the middle into slender, 2-fid, narrow lobes; petiole long, with spinous margins. Flowers minute, loosely arranged in panicles on long peduncled spadix arise from upper leaf sheaths. Panicles erect in flowers, pendulous in fruiting stage, spathes many, sheathing, tubular. Fruit globose drupe with the style sub-terminal; seeds erect, ventral face hollow.

Common in plains.

Uses: Seeds are eaten like areca nut, but very hard, sweet.

332. *Pinanga gracilis* Bl.

Vern: Geruka tamul / Mumai tamul (As.)

Ram gua (Beng.)

Habit & habitat: A slender palm with erect, annual stems. Leaves pinnatisect, with the upper segments confluent. Flowers monoecious, a female between two males, in cluster of 2 or 4 or 6 series, on intrafoliar spadices; spathe single. Fruit ovoid or ellipsoid with fibrous pericarp, yellow when ripe; seeds ovoid or ellipsoid with ruminant albumen.

Uses: Ripe seeds are eaten like areca nut.

Pandanaceae

333. *Pandanus fascicularis* Lam.

Syn. *P. tectorius* Soland. ex Parkinson

Vern.: Keteki phul / Keya kathal (As.)

Habit & habitat: A gregarious shrub, with a crown of narrow long leaves, spinous at apex, below the midrib and margins. Flowers very fragrant, yellowish green, enclosed by spathe. Fruits syncarp. Grows in damp soil, along

river or hill streams, often form a patch in the jungle, also in open areas.

Flowering & Fruiting : April - May.

Uses : It is very important flower in Assamese village life, but who rear Endi moth, it is not allowed to bring home because its pollen kills endiworms.

Endocarp is fleshy and orange red; pulp of the fruit is eaten.

Typhaceae

334. *Typha angustata* Chaub. & Bory.

Vern. : Googol bon / Hati ghah (As.)

Habit & habitat : It is a marsh land herb; tall bush like habit, 6-10 ft. high. Leaves erect, spongy, base sheathing. Flowers small, in very dense, superposed, cylindrical spikes, bright greyish-brown in colour, often intermixed with dilated-tipped hairs. Perianth of capillary hairs, or in male flowers obsolete. Stamens one or more, tip of connective thickened. Ovary often reduced to a hair with clavate tip, long stalked, narrowed into a capillary style, with a filiform stigma. Fruit very minute, pericarp membranous, indehiscent or follicular. Seeds with striate testa, albumen floury.

Flower: August- September.

Grows on marshy habitat, river beds, often found near roads.

Uses: Rhizome, young shoots and inflorescence are eaten.

335. *Typha elephantina* Roxb.

Vern.: Googol bon (As.)

Habit & habitat: Same as *T. angustata* but the leaves trigonous above the sheath and it is about 8-12 ft. high.

Uses: Young shoots are used as vegetable.

Araceae

336. *Alocasia acuminata* Schott.

Vern : Kochu (As.)

Thaso (Bodo)

Ange (Mishing)

Habit & habitat: A perennial, terrestrial tuberous herb, without aerial stem, roots adventitious. Leaves peltate, ovate, acuminate, long petioled, base sheathing, pale green. Flowers yellowish in spadix, spathe yellow.

Flowering and fruiting: summer. Generally grows on damp places, often found along the road sides.

Uses : Young shoots, tender leaves and tubers are eaten cooked mostly with acidic fruit.

337. *Alocasia cucullata* (Lour.) Schott.

Vern : Panchamukhi Kochu / Boga kachu (As.)

Habit & habitat: An annual tuberous herb. leaves long petioled, peltate, cordate, pointed, entire, smooth on both sides; large prominent nerves underneath; lobes semicircular; petioles sheathing for a little way near base, the rest round and green. Spathe convolute, fleshy, green at the base, above open, boat shaped and yellow. Spadix shorter than the spathe, cylindrical.

Grows on damp soil, favours soil rich in humus.

Uses : Tubers are eaten as vegetable, taste like potato, edible during November - March. Chips can also be prepared from it.

338. *Alocasia fornicata* (Roxb.) Schott.

Vern. : Bez kachu / bees kachu (As.& Beng)

Habit & habitat: A stout herb, roots fibrous; stem 1- 3 ft. in length, marked with cicatrices of fallen leaves, 4-5 inches in circumference; the height of the whole plant is about 3-6 ft. Leaves petioled, narrow cordate, peltate, acute-pointed; lobes angular, margins a little waved, smooth, shining. Petioles sheathing at the base, the rest round, smooth, tapering. The lower portion of the spathe is permanent, green, ovate, fleshy and closely enveloping the germs; the upper portion expands into an oblong, pale green vault, crowned with a subulate pint, deciduous. Spadix clavate, shorter than the spathe, sub-cylindric, with nectaries.

Grows on partially shady places, on slopes of foot hills of moist areas.

Flower: Rainy season.

Uses: Petioles and tubers are eaten cooked with much acidic fruit like "Thekera" or tamarind; not of frequent use.

339. *Alocasia indica* (Lour.) Koch.

Giant alocasia

Vern : Man kachu (As. & Beng.)

Habit & habitat: An erect, cormous herb; roots with numerous suckers ended in little edible bulbs particularly near the surface of soil. Lower part of the stem has

numerous fleshy fibres. Stem is round, 1-2 ft. in circumference, various in length, usually more than a foot. Leaves with erect long petioles, cordate, bifid at the base, with the lobes rounded, apex also round with a bent down dagger shaped point, margin waved. Lower part of the petiole sheathing, upper round, tapering. Flowers in pairs, axillary, large with a little smell; bracts large. Spathes linear, sub-cylindric before open, greenish-yellow, 8-12 inches long. Spadix cylindric, almost equal in length with the spathe, pale yellow.

It is commonly found as wild but also cultivated.

Uses : Tubers, rhizome and shoots are eaten cooked by many communities with acidic fruits. It can also be preserved by slicing and drying.

340. *Alocasia odora* (Roxb.) Koch.

Vern. : Dahi Kochu / Dudh Kochu (As., Beng.)

Habit & habitat: A stout herb with spreading roots covered with long fleshy fibers without bulbs. Stem simple, straight, as thick as a man's arm, marked with circular cicatrices of fallen leaves. Leaves cordate, base bifid, lobes rounded. Petiole 2-3 ft. long, base sheathing. Peduncles axillary. spathe erect, the lower part thick, convolute and permanent; the upper part boat shaped with a short acute apex, both sides smooth and pale green in colour, this portion drops soon after flowering time. Spadix subcylindric. The flower possesses a considerable degree of fragrance.

Grows in wild in humus rich moist soil;

flowers in rainy season and fruits ripen during

March-April.

Uses: Petioles are eaten cooked, especially with small fishes.

341. *Amorphophallus paeoniifolius* (Dennst.) Nicolson

Syn. *A. campanulatus* Bl.

Elephant foot

Vern : Ol kochu / Baghraj /Ol (As., Beng)

Habit & habitat: Annual soft tuberous herb. Leaves decompose, radical, only one or two, thrice-bifid; divisions outwardly pinnatisect; segments obliquely oblong, pointed, smooth, size very unequal; always longer than the interior. The whole leaf is about one to three feet long. Petioles long, round, tapering, with darker green coloured, pretty smooth, clouded as long as leaf. Flowers monoecious, sessile in spadix, attached to the ground and appear when the plant is destitute of leaves. Spathe very large, leathery, campanulate, border curled; the outside near the base pale green, middle part deep green, margin greenish purple, bottom deep dotted purple.

It grows as wild in moist deciduous forests and also cultivated in some part of the state.

Uses : The whole plant or part parts are eaten cooked as vegetable. It is considered medicinal in various disease like anaemia, constipation etc.

342. *Colocasia esculenta* (L.) Schott

Vern : Kola Kochu / Kolia Kochu (As.)

Habit & habitat:

It is a very common tuberous-rhizomatous herb

found in wild in open and damp areas. Leaves with stout petioles, sheathing below; lamina peltate, ovate, cordate. Leaf and petiole are purple coloured. Flowers monoecious; spathe yellow, on a stout axillary peduncle; spadix shorter than the spathe, male and female inflorescence with usually interposed, flat neuters. Fruit of small oblong berries.

Uses : Tender leaves and tubers are eaten as vegetable, specially with acid fruit in various forms.

343. *Homalomena aromatica* (Roxb.) Schott.

Vern : Gandh Kochu / Gandhi (As.)

Habit & habitat : A stout herb with spreading roots covered with long fleshy fibers without bulbs. Stem simple, straight, smaller than *Alocasia indica*. Leaves cordate, base bifid, lobes equal, almost rounded, lamina shining and smooth. Petiole about one foot long, base sheathing. Peduncles axillary. spathe erect, greenish. Spadix sub-cylindric. The flower possesses a considerable degree of fragrance.

Grows in wild in humus rich moist soil; flowers in rainy season and fruits ripen during March- April.

Common in the forests of Northern Assam, Karbi Anglong & N.C. hills, grows well on slopes or on foot hills. It is highly aromatic.

Uses : Petioles are eaten cooked as vegetable. It has high demand for its aromatic character in the market.

344. *Lasia spinosa* (L.) Thaw.

Vern : Chengmora (As.)

Chibru (Bodo)

Habit & habitat: A stout, spinous, aquatic or marsh herb;

root stock branched. Petiole long, prickly; leaf blade hastate, entire or pedately lobed and cut, nerves beneath prickly. Flower hermaphrodite, all fertile. Spathe long, narrow, fleshy, twisted; base convolute, deciduous. Spadix short, cylindrical, dense-flowered. Perianth segments 4-6, obovate, tips incurved. Stamens 4-6, filaments short, flat. Ovary ovoid, 1-celled, ovule solitary. Fruit a cluster of six-sided, obpyramidal berries with warty or muricate tips. Comes out in damp, low lying areas.

Uses: Leaf petioles are eaten cooked as vegetable; flower spadix also eaten cooked as vegetable

345. *Typhonium trilobatum* (L.) Schott.

Vern : Syam kachu / Sam ghas / Sam kochu (As.)

Habit & habitat: A tuberous herb. Leaves entire, 3-lobed. Petioles green, base sheathing. Tube of spathe short, convolute, with a constricted mouth, persistent; limb of the spathe broadly ovate, dark red- purple, limb deciduous; spadix exerted with a long, smooth barren appendage, appendage bright red.

Grows on grass lands after rain in April; flowers come in June.

Uses : Leaf blade, petiole, tubers and spadix are eaten cooked as vegetable by Bodo and Rajbongshi people..

Cyperaceae

346. *Scirpus tuberosus* Roxb.

Vern : Chechur (As.)

Khitro (Bodo)

Habit & habitat : A seasonal grass with round turnip shaped

root tubers. Culms columnar, erect, naked, slightly twisted to the right, inwardly intercepted by slender, membranous line visible on the outside, jointed. Leaves none except a slender short sheath or two at the base of each culm. Spike terminal, solitary, cylindrical, naked. Scales oblong, membranous, margined. Stamens three, style two or three cleft, seed rounded.

Common in paddy field, seasonal wet lands and grass land.

Uses : Root tubers are sweet and eaten fresh especially in Upper Assam, also can be cooked as vegetable with potato & chicken.

Poaceae

347. *Bambusa balcooa* Roxb.

Vern : Bhaluka bah (As.)

Habit & habitat: A large bamboo. Leaves short petioled, sheaths broad; ligules broadly triangular, membranous. Stem-sheath broad, toothed; blade of stem-sheath 2-morphic, lower short, wide, ciliate with round top, upper short, triangular. Rarely flowers. Common in the valley in plains as well as hills, also cultivated.

Uses : Young offshoots are eaten after slicing, sun drying and grinding. proper processing is required because bamboo shoots contain cynoglucoside acid. Various food preparations are made like pickles, a native dish called "kharisa" etc.

348. *Bambusa pallida* Munro

Vern : Mokal bah (As.)

Habit & habitat: A large bamboo growing in thick clump,

culms olive green in colour. Stem sheath one type, broad, straight, truncate at the top, glabrous, covered with hairs when young. Flowering occasionally, inflorescence in large branching very pale panicle, common in the valleys, also cultivated.

Uses : Young rhizomes are eaten as vegetable after processing.

349. *Bambusa tulda* Roxb.

Vern : Jati bah (As.)

Habit & habitat: A tufted bamboo, lower branches leafless, rigid. Stem-sheath covered with appressed white or brown hairs, blade of stem-sheath is triangular with cordate base. Ligules narrow, obscure. Flowering rare, if flowered it is big in leafless panicles.

A common species in Assam in plains and hilly areas, also cultivated.

Uses : Young rhizomes are eaten as vegetable after proper processing.

350. *Saccharum spontaneum* L.

Vern : Khagori (As.)

Mojora (Mishing)

Habit & habitat: A tall perennial grass with rhizomatous stock. Leaves narrow, flat. Culms erect, 1 - 2 mts height with nodes and internodes prominent. Spikelets minute, 1-flowered, disposed in large, silky-white, much and densely branched panicles, with spreading fragile branches and spikes. Spikelets in pairs, one sessile, one pedicelled; stem silky below the panicle; hairs white, longer than spikelets.

A common grass found mostly near the river bank,

river islands and also in hills.

Uses : Young shoots and rhizomes are eaten as sugarcane, sweet in taste.

CRYPTOGAMS

PTERIDOPHYTES

1. *Ceratopteris thalictroides* (L.) Parkeriaceae

Vern.: Pani dhekia (As.)

An aquatic fern with much dissected frond; common in stagnant water bodies. Fronds are eaten cooked by Mishings.

2. *Diplazium asperum* Bl. Woodsiaceae

Vern.: Dhekia sak (As.)

A rhizomatous fern with shining pinnae. Tender frond is circinate which is much eaten cooked by almost all communities.

3. *Diplazium esculentum* (Retz.) Sw. Woodsiaceae

Vern.: Dhekia sak (As.)

A rhizomatous fern with shining pinnae. Tender frond is circinate which is much eaten cooked by almost all communities.

4. *Helminthostachys zeylanica* (L.) Hook. Ophioglossaceae

A rhizomatous fern with pinnatisect frond, rachis longer with a crown of pinnules at apex; climbing tendency is seen. Tender fronds are reddish in colour which are eaten cooked by Mishings.

5. *Lygodium microphyllum* (Cav.) R. Br. Schizaeaceae

Vern.: Lota dhekia (As.)

Kishor kosak (Mishing)

A climber with much pinnatisect leaf, young pinnae bright green which are eaten as vegetable by Mishings and also considered important ingredient in preparation of starter used in country liquor.

6. *Marsilea minuta* L. Marsileaceae

Vern.: Pani tengesi (As.)

An aquatic or sub-aquatic creeping fern with four leaflets at the top of rachis arise from horizontal stem. Similar with *Oxalis* sp. (Tengesi/ Sangoi tenga). Spores are produced within sporocarps. Sporocarp in group of three, each pedicelled, pedicels free or slightly connate and attached to the base of the petiole.

Leaves with petioles are eaten as vegetable by many communities.

7. *Marsilea quadrifolia* L. Marseliaceae

Vern.: Pani tengesi (As.)

Same as above but here the pedicel of sporocarps are united with one another and then jointly inserted on the petiole. Leaves with petioles are eaten as vegetable by many communities.

8. *Chrystella parasitica* (L.) Lev. Thelypteridaceae.

Vern.: Bihlongoni (As.)

A marshland or damp soil dweller, frond erect with a brownish and hairy appearance. It gives out peculiar smell when brushed. It is used in various folk medicine and to ward off evil spirit. Young frond and rhizomes are eaten

cooked by Mishings and prepared special soup with chicken and given to the mother who has recently given birth and to the weak person after disease

9. *Ophioglossum reticulatum* L. f. Ophioglossaceae

Vern.: Apatia (As.)

Bilai gangse/Lai gangse (Bodo)

A small fern like plant with fleshy simple leaf, leathery; spores are produced within terminal spikes. Commonly grows on shady partially shade places with much leaf mould, amidst grasses.

Whole plant with spike is eaten as vegetable.

10. *Pteridium aquilinum* (L.) Kuhn. Dennstaedtiaceae

Vern. - Okang oing (Mishing)

A fern with long frond, usually grows on hill slopes and bamboo patches. Rhizomes of it are eaten sometimes as vegetable by Mishing people.

11. *Pteris ensiformis* Burm.f.

Pteridaceae

A fern with frond having long segments with marginal sori. Usually grow along hill streams and bank of rivers where shade and sandy soil are available. Young fronds are eaten as vegetable mixing with others.

12. *Stenochlaena palustris* (Burm.f.) Bedd.

Blechnaceae

Vern.: Dhekia lota (As.)

Tarong (Mishing)

A large climber with large fronds, drooping from the host plant; young fronds are reddish in colour which are eaten by Mishing people mixing with others as vegetable. ❖❖❖

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Abbreviation used

<i>A</i>	=	<i>Assamese Name</i>
<i>B</i>	=	<i>Bodo</i>
<i>D</i>	=	<i>Dimasha</i>
<i>K</i>	=	<i>Karbi</i>
<i>G</i>	=	<i>Garo</i>
<i>M</i>	=	<i>Mishing</i>
<i>Ben.</i>	=	<i>Bengali</i>
<i>R</i>	=	<i>Rabha</i>
<i>KH</i>	=	<i>Khasi</i>
<i>Jajbongshi</i>	=	<i>Jajbongshi</i>
<i>Manipuri</i>	=	<i>Manipuri</i>

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