

Additional file 1

Table A1 Full ethnomedicinal plant inventory: all 40 species reported by surveyed Tharu households in Pakali, Itahari, 2025.

S.N.	Local name	Scientific name	Part(s) used	Reported use(s)	n
1	Tulsi	<i>Ocimum tenuiflorum</i> L.	Leaves	Cold, cough, sore throat	117
2	Ginger	<i>Zingiber officinale</i> Roscoe	Rhizome	Back pain, cold, cough, sore throat	41
3	Aloe vera	<i>Aloe vera</i> (L.) Burm.f.	Leaves	Burns, cold, skin conditions	33
4	Neem	<i>Azadirachta indica</i> A.Juss.	Leaves, branches	Cold, cough, skin conditions	20
5	Garlic	<i>Allium sativum</i> L.	Bulb	Cold, fever, gastric, sore throat	19
6	Turmeric	<i>Curcuma longa</i> L.	Rhizome	Cold, cough, sore throat	15
7	Marich	<i>Piper nigrum</i> L.	Fruit, seeds	Cold, cough, diabetes, sore throat	12
8	Jwano	<i>Trachyspermum ammi</i> (L.) Sprague	Seeds	Cold, cough, gastric, sore throat	11
9	Parijat	<i>Nyctanthes arbor-tristis</i> L.	Flower, leaves	Cold, constipation, diabetes, fever, period cramps	11
10	Jeera	<i>Cuminum cyminum</i> L.	Seeds	Cold, cough, fever, sore throat	9
11	Aank	<i>Calotropis gigantea</i> (L.) Dryand.	Latex	Bodyache	7
12	Bojho	<i>Acorus calamus</i> L.	Rhizome	Cold, cough	6
13	Guava	<i>Psidium guajava</i> L.	Leaves, tip	Cold, constipation, diabetes, gastric	4
14	Lemon	<i>Citrus limon</i> (L.) Osbeck	Fruit	Cold, fever, sore throat	4
15	Titepati	<i>Artemisia indica</i> Willd.	Leaves	Bleeding, joint pain, cold, skin	4
16	Amala	<i>Phyllanthus emblica</i> L.	Fruit	Cold, diarrhoea	3
17	Dhaniya	<i>Coriandrum sativum</i> L.	Leaves, seeds	Cough, stomach cramps	2
18	Hibiscus	<i>Hibiscus rosa-sinensis</i> L.	Flower, leaves	Hairfall, period cramps	2
19	Latte	<i>Amaranthus viridis</i> L.	Leaves, seeds	Constipation, diarrhoea	2
20	Lwang	<i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry	Fruit (bud)	Sore throat, toothache	2
21	Sadabahr	<i>Catharanthus roseus</i> (L.) G.Don	Leaves, flower	Hypertension, cough	2
22	Viet	<i>Vitex negundo</i> L.	Leaves, tip	Fever	2
23	Aalas	<i>Linum usitatissimum</i> L.	Seeds	Cold	1
24	Bel	<i>Aegle marmelos</i> (L.) Corrêa	Leaves	Headache	1
25	Bethe	<i>Chenopodium album</i> L.	Leaves	Constipation	1
26	Bhumiraj	<i>Eclipta prostrata</i> (L.) L.	Leaves, root	Fever	1
27	Chandmaruwa	<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz	Roots	Eye problems	1
28	Jalkumbhi	<i>Eichhornia crassipes</i>	Flower	Swelling	1

S.N.	Local name	Scientific name	Part(s) used	Reported use(s)	n
29	Julaphi Jhar	<i>Euphorbia thymifolia</i>	Leaves, stem	Sinusitis	1
30	Karela	<i>Momordica charantia L.</i>	Fruit	Diabetes	1
31	Lajjawati Jhar	<i>Mimosa pudica L.</i>	Whole plant	Bodyache	1
32	Marigold	<i>Tagetes erecta L.</i>	Flower, leaves	Headache	1
33	Methi	<i>Trigonella foenum-graecum L.</i>	Seeds	Diabetes	1
34	Papaya	<i>Carica papaya L.</i>	Seeds, fruit	Constipation	1
35	Rose	<i>Rosa sp.</i>	Flower, leaves	Skin conditions	1
36	Satkamla	<i>Asparagus racemosus</i>	Fruit	Thre abortion	1
37	Siris	<i>Albizia lebbbeck (L.) Benth.</i>	Flowers, leaves	Diarrhoea	1
38	Soop	<i>Anethum graveolens L.</i>	Leaves	Sore throat	1
39	Sukumel	<i>Elettaria cardamomum (L.) Maton</i>	Fruit	Cough	1
40	Timur	<i>Zanthoxylum armatum DC.</i>	Fruit	Fever	1

Note. Scientific names follow Plants of the World Online (POWO), google search and Subba et al. (2024).