

Supplementary Table 3. List of medicinal plant species growing in selected sacred groves of central Kerala districts.

Family	Botanical name, Habit, Distribution & Threat category	Vernacular name	Parts used (*)	Ailment treated	Mode of application (*)
Acanthaceae	<i>Andrographis paniculata</i> (Burm. f.) Wall ex Nees H-(KLA)	Kiriyathu	Wp*	Cold and fever	Dec*
	<i>Justicia adhatoda</i> L. S-(KLA, NMV) LC	Adalodakam	Lf	Cough and fever	Jui
	<i>Justicia gendarussa</i> Burm. f. S-(NMV)	Vathamkolli	Lf	Chronic rheumatism and eczema	Dec & oil
	<i>Strobilanthes ciliates</i> Nees in Wall. S-(KLA) Endemic	Karimkurinji	Wp, Lf, St & Rt	Spondylitis, lower back pains, whooping cough, fever, diabetes, urinal disorders, joint pain and inflammation	Dec, Pst & Pou
Alangiaceae	<i>Alangium salvifolium</i> Wang. ssp. <i>hexapetalum</i> (L. f.) S-(KLA)	Valliankolam	Fr & Rt	Rabid dog bites, snake bites, diarrhea, continued fevers, worms, colic pain, inflammations, leprosy, skin diseases, syphilis and burning sensations	Pst, Dec & Jui
Amaranthaceae	<i>Achyranthes aspera</i> L. var. <i>aspera</i> H-(KLA, NMV)	Vankadaladi	Wp	Cough, skin diseases, piles, anorexia, urinary diseases, worm infections, bleeding and dysentery	Dec
	<i>Aerva lanata</i> (L.) Juss. ex Schult. H-(NMV)	Cherula	Wp	Diabetes, gestational hemorrhages and headache	Dec & Pst
	<i>Cyatula prostrata</i> (L.) Blume, Bjdr. H-(NMV)	Cherukadaladi	Wp	Chronic asthma, bleeding in women, trouble due to worms and dysentery.	Jui
Anacardiaceae	<i>Lannea coromandelica</i> (Houtt.) Merr. T-(NMV) LC	Kalayam	Bk	Postpartum care, wounds, and ulcers	Boi
	<i>Spondias pinnata</i> (L. f.) Kurz, Prelim. T-(KLA)	Ambazham	Lf, Bk & Fr	Dysentery, promote appetite, dyspepsia, ear-ache and tuberculosis	Dec & Jui
Annonaceae	<i>Annona reticulata</i> L. T-(KLA) LC	Aatha	Lf & Fr	Ulcers, wounds, and tuberculosis	Pst & Jui
	<i>Michelia champaca</i> (L.) Ball. ex Pierre T-(KLA, NMV) LC	Panineerchampakam	Bk & Fl	Ophthalmia, cephalalgia, gout disease, ulcers, skin eruptions, leprosy, intermittent fevers, oedema, menstrual disorders and anthelmintic	Oil & Dec
	<i>Uvaria narum</i> (Dunal) Wall. ex Hook. f. & Thoms. C-(NMV) DD	Narumpanal	Rt	Post-partum care and skin problems	Boi
Apiaceae	<i>Centella asiatica</i> (L.) Urban H-(NMV) LC	Kudakan	Wp & Lf	Intestinal ulcers, stomach pain, badmouth, mouth ulcers, dysentery and diarrhoea	Pst, Pou & Chw
Apocynaceae	<i>Alstonia scholaris</i> (L.) R. Br. T-(KLA, NMV) LC	Ezhilampala	Lt	Wart's diseases on foot and fungal infections in nails	Lt
	<i>Holarrhena pubescens</i> (Bunch. - Ham.) Wall ex G. T-(KLA)	Kudakapala	Rt & Bk	Piles, diarrhoea, and dysentery	Pst & Dec
	<i>Ichnocarpus frutescens</i> (L.) W.T. Aiton C-(KLA, NMV)	Palvalli	Lf & Rt	Skin diseases	Pst
	<i>Rauvolfia serpentina</i> (L.) Benth. ex Kurz S-(KLA, NMV)	Pambumkolli	Rt	Snake bites	Pst
	<i>Tabernaemontana alternifolia</i> L. T-(KLA, NMV) Endemic	Konanpala	Lt	Wounds healing and expelling out the inner prickles or sands	Lt
	<i>Tabernaemontana divaricata</i> (L.) R.Br. S-(KLA, NMV)	Nandiyarvattom	Fl	Eye diseases	Jui
	<i>Wrightia arborea</i> (Dennst.) Mabber. T-(KLA) LC	Neelampala	Lf, Bk, Sd & Rt	Post-delivery care, snake bites, scorpion stings and also dyeing agents	Dec, Pou & Pst
	<i>Wrightia tinctoria</i> (Roxb.) R. Br. T-(NMV) LC	Dhanthapala	Lf, Bk & St	Psoriasis treatment, scabies, dandruff, headache, toothache, wounds and ulcers	Boi & oil

Araceae	<i>Amorphophallus commutatus</i> (Schott) Engl. in A. & C. DC. H-(KLA) Endemic	Kattuchena	Rh	Piles	Coo & Pou
Aristolochiaceae	<i>Aristolochia indica</i> L. C-(KLA)	Garudakkodi	Lf, Bk & Rt	Snake bites, blood purifiers, skin diseases, burning sensations, wounds, bowel complaints, diarrhea and intermittent fever	Pst & Jui
Asteraceae	<i>Eclipta prostrata</i> (L.) L. H-(NMV) LC	Kayyonni	Wp	Skin care, hair growth, intestinal worms, cough, asthma, night blindness, eye disease and headache	Pst & Pou
	<i>Elephantopus scaber</i> L. H-(KLA, NMV)	Anachuvadi	Wp	Bronchial troubles, diabetes, ulcers, fever, insomnia, mental weakness, constipation, jaundice, mis peristalsis, dysuria, urethral discharges, and also a veterinary medicine for digestive problems, arthritis inflammation and swellings in cows	Dec & Jui
	<i>Emilia sonchifolia</i> (L.) DC. H-(NMV)	Muyalcheviyan	Lf	Tonsilitis	Jui & Pou
	<i>Vernonia cinerea</i> (L.) Less. H-(NMV)	Poovamkurunnal	Wp	Headache, inflammations, diarrhoea, cough and neonatal care	Pst, Dec & Boi
Bignoniaceae	<i>Oroxylum indicum</i> (L.) T-(NMV)	Palakappayani	Rt & Wo	Digestive problems, diarrhoea, dysentery, fever, vomiting, inflammation, and skin diseases	Dec
	<i>Sterospermum coalis</i> (Buch. - Ham. ex Dillw.) Mabb. var. <i>coalis</i> T-(KLA)	Pathiri	Rt	Bowel and digestive ailments and rheumatism	Dec
Caesalpinaceae	<i>Saraca asoca</i> (Roxb.) de Wilde. T-(NMV) VU	Asokam	Bk & Fl	Uterine disorders, inflammation and enlargement of the cervical glands, burning sensation, dyspepsia, biliousness, intestinal worms and animal poisoning, piles, scabies in children and skin diseases	Boi & Dec
Clusiaceae	<i>Garcinia gummi - gutta</i> (L.) Robs. T-(KLA, NMV) LC	Kudom puli	Fr	Digestive problems in humans and animals, reduce the cholesterol level and also used in traditional cuisines	Dec & Coo
Combretaceae	<i>Terminalia bellerica</i> (Gaertn.) Roxb. T-(NMV)	Thanni	Fr	Chronic and recurrent fever, anemia, cardiac disorders, diarrhea, dysentery, diabetes, cough, hoarseness of voice, vomiting, blood pressure, skin and eye diseases and also enhances digestive power	Dec and Pow
Convolvulaceae	<i>Evolvulus nummularis</i> (L.) L. H-(NMV)	Vishnukranthi	Lf, Fl & Rt	Cough, cold, bronchial asthma and fever	Dec, Jui & Inh
	<i>Ipomoea cairica</i> (L.) Sweet C-(NMV)	Palmuthukku	Rh	Mineral deficiency	Pow
Cucurbitaceae	<i>Trichosanthes cucumerina</i> L. C-(NMV)	Kattupadavalam	Lf, Rt & Fr	Headache, abdominal tumours, viral infections, skin diseases gastritis, and bloating	Dec, pow & coo
Cyperaceae	<i>Kyllinga nemoralis</i> (J. R & G. Forst.) Dandy ex Hutch. & Dalz. H- (KLA, NMV) LC	Muthanga	Wp & Rh	Fever and leucorrhoea	Dec & Boi
Dipterocarpaceae	<i>Vateria indica</i> L. T- (KLA, NMV) VU Endemic	Vellapayin	St & Bk	Body pain, rheumatic problems and also control insects	Dec, Lt & Oil
Euphorbiaceae	<i>Euphorbia hirta</i> L. H- (KLA, NMV)	Tharuthaval	Lf, Sd & Wp	Purifies blood, skin diseases, poisonous affections, cough, asthma, respiratory disorders, bowel complaints of children and worms	Dec, Jui & Pow
	<i>Phyllanthus urinaria</i> L. H-(NMV)	Keezharnelli	Wp	Hair fall, jaundice, diarrhoea, and genital diseases	Pst & Dec
Fabaceae	<i>Abrus precatorius</i> L. C- (KLA, NMV)	Kunni	Lf & Rt	Inflammations,swellings and skin diseases	Pst
	<i>Cassia fistula</i> L. T-(NMV)	Kanikkonna	Bk & Rt	Skin diseases, fever, leukoderma, eczema, diabetes, dysuria, arthritis, cardiac disorders. and ringworm trouble	Dec

	<i>Desmodium gangeticum</i> (L.) DC. H-(NMV)	Orila	Rt	Chronic fever, asthma, cough, vomiting and rheumatism	Pst
	<i>Desmodium triflorum</i> (L.) DC H-(NMV)	Cherupulladi	Lf & Wp	Bilious complaints, diarrhea, abscesses, wounds, poisonous affections and skin diseases	Boi & Jui
	<i>Senna tora</i> (L.) Roxb. S-(NMV)	Thakara	Lf, Sd & Rt	Ulcers, cough, respiratory diseases, arthritis, poisonous effects, ringworm infection, eczema and itching	Coo & Pst
	<i>Tamarindus indica</i> L. T-(NMV)	Valanpuli	Lf, Fr & Sd	Cough, fever, gastrointestinal diseases, urinary infections, inflammatory swellings, habitual constipation, aphthous sores, sore throats, washing of indolent ulcers and inflammatory affections in the conjunctiva	Coo, Pst, Pou & Inf
Flacourtiaceae	<i>Hydnocarpus pentandra</i> (Buch. -Ham.) Oken, Allg. T-(KLA, NMV) Endemic	Marotti	Sd	Leprosy, skin diseases and insecticide trap for rhinoceros beetle	Pst
Hippocartaceae	<i>Salacia fruticosa</i> Heyne ex Lawson in Hook. f. C-(KLA) Endemic	Ponkarandi	Rt	Scurf and freckle	Pst & Pou
Hypoxidaceae	<i>Curculigo orchioides</i> Gaertn. H- (KLA, NMV)	Nilappana	Rh & Bl	Asthma, bronchitis and jaundice	Boi & Pst
Lamiaceae	<i>Leucas aspera</i> (Willd.) Link H-(NMV)	Thumba	Lf, Rt & Wp	Postpartum care, worms and fever of children, scorpion biting, headaches, gestational stomach ache and jaundice	Dec, Jui, Pst, Boi & Fri
	<i>Ocimum basilicum</i> L. H-(NMV)	Thulasi	Lf, Sd & Rt	Intestinal worms, ulcers, constipation, bronchitis, cold, hoarseness, intermittent fevers, cough, serpentine venom, poisonous biting, itching, skin diseases, unconsciousness, chronic diarrhea, dysentery, bleeding piles, dysuria, excessive thirst, ulcers and general debility	Dec, Jui & Pst
	<i>Pogostemon purpurascens</i> Dalz. in Hook.'s H-(NMV)	Poothachidayan	Lf	Neonatal care	Boi
Liliaceae	<i>Asparagus racemosus</i> Willd. C- (KLA, NMV)	Sathavari	Rh & Lf	Urinogenital diseases, postpartum care and mastitis in cows	Dec & Pst
Loganiaceae	<i>Strychnos nux-vomica</i> L. T- (KLA, NMV)	Kanjiram	Lf, Sd & Rt	Skin diseases, control bleeding, removes dark spotting in the face and used as a traditional protective measure from snake bites and for poisonous needs	Oil & Pst
Lytheraceae	<i>Woodfordia fruticosa</i> (L.) Kurz T-(KLA) LC	Thathiri	Fl	Blood purifier allays thirst, avert abortions, ulcers, dysentery, diarrhea, uterine diseases especially menorrhagia and leucorrhoea	Dec
Malvaceae	<i>Abutilon indicum</i> (L.) Sweet, Hort. var. <i>indicum</i> Hook. f. S-(NMV)	Kattooram	Rt	Rheumatism, polyuria, ulcers, headache, ophthalmia, uterine disorders, impart strength and beauty to the body	Dec
	<i>Sida cordifolia</i> L. H-(NMV)	Kurunthotti	Rt & Lf	Rheumatic problems, facial paralysis, general debility, headache, ophthalmia, tuberculosis, fever, uterine disorders, induce childbirth used as hair shampoo	Dec, Pst & Boi
Menispermaceae	<i>Cyclea peltata</i> (Lam.) Hook. f. & Thomas. C-(KLA, NMV)	Padathali	Lf & Rt	Skin disorders, respiratory tract problems and snake poison	Pst, Jui & Pow
	<i>Tinospora cordifolia</i> (Willd.) Miers. C-(NMV)	Chittamruthu	St	Fever, jaundice, thirst, burning sensation, diabetes, piles, skin ailments, respiratory disorders, neurological diseases and improves digestion	Dec
Mimosaceae	<i>Acacia caesia</i> (L.) Willd. C-(KLA, NMV)	Incha	St	Cleansing agent of wounds and ulcers	Cru

	LC				
	<i>Mimosa pudica</i> (L.) H-(NMV) LC	Thottavadi	Lf & Wp	Asthma, cut and wounds	Pst & Jui
Moraceae	<i>Ficus benghalensis</i> L. T-(NMV)	Peral	Lf, Bk & Fr	Infertility treatment and postpartum care	Pst & Dec
	<i>Ficus religiosa</i> L. T- (KLA, NMV) LC	Arayal	Bk, Lf & Sd	Diabetes, diarrhoea, menorrhoea, nervous disorder, vaginal diseases postpartum care	Boi, Dec & Pst
Myrtaceae	<i>Syzygium cumini</i> (L.) Skeels var. cumini T-(KLA) LC	Njaval	Fr & Bk	Diabetes, sore throat, diarrhoea, dysentery, hemorrhages, burning sensations, excessive thirst, dyspepsia, cough and asthma	Dec
Myrasticaceae	<i>Myristica malabarica</i> Lam. T-(KLA) VU Endemic	Kattujathi	Fr & Sd	Digestive problems	Pst & Jui
Oxalidaceae	<i>Biophytum sensitivum</i> (L.) DC. H-(NMV)	Mukkutti	Wp	Diabetes, fever, burning sensations, hemorrhages, chronic cough, dysentery, urinary calculi, vaginal disorders, piles, hydrocele, cleaning of wounds and ulcers.	Pst
Periplocaceae	<i>Hemidesmus indicus</i> (L.) R. Br. var. <i>indicus</i> C-(KLA)	Narunnendi	Rh	skin ailments and leukorrhoea	Dec & Pow
Piperaceae	<i>Piper argyrophyllum</i> Miq. C-(KLA)	Kattukurumulaku	Fr & St	Psoriasis, eczema, itching of head, washing of wounds and ulcers, digestive problems in humans and animals	Jui, Dec & Gri
	<i>Piper longum</i> L. H-(KLA, NMV)	Thippoli	Fr	Cough, tonsil and improves digestion	Pow & Chw
Poaceae	<i>Cynodon dactylon</i> (L.) Pers. H-(NMV)	Karuka	Wp	Scabies, bleeding from cut and wounds, fever, burning sensations, chronic diarrhea, dysentery, catarrhal ophthalmia, dysuria, bleeding piles, eye affections, epilepsy, hysteria and insanity	Dec & Pst
Pontederiaceae	<i>Monochoria vaginalis</i> (Burm. f.) H-(NMV)	Karimkoovalam	Lf & Rt	Cough, stomach ache, tooth-ache and liver complaints	Jui
Ranunculaceae	<i>Narevelia zeylanica</i> (L.) DC. C-(NMV)	Vathakodi	Rt, St & Lf	Skin diseases, rheumatic pain, toothache and head-ache	Pst
Rhamnaceae	<i>Zizyphus oenophila</i> (L.) DC. C-(KLA, NMV)	Cheruthudali	Lf & Fr	Indigestion, stomach ache, cut and wounds	Pst & Jui
Rubiaceae	<i>Geophila repens</i> (L.) Johnst. H-(KLA)	Karimuthil	Lf & St	Cough	Dec
	<i>Ixora coccinea</i> L. S-(NMV)	Chethi	Fl	Hair itching, sores, scabies, postnatal care and improves blood in the body	Pou, Jui & Boi
	<i>Ixora malabarica</i> (Dennst). Mabb. S-(KLA) VU	Cherukuravu	Fl	Head ache and tooth ache	Oil
	<i>Morinda citrifolia</i> L. T-(NMV)	Noni	Fr	Reducing blood pressure, cancerous and also strengthen the immune system	Jui
	<i>Mussaenda frondosa</i> L. C- (KLA, NMV) Endemic	Vellilathali	Lf, bk & Rt	Bruise and bleeding from wounds	Pst
	<i>Ophiorrhiza mungos</i> L. H-(KLA)	Amalpori	Rt	Scabies	Pst
	<i>Psilanthus travancorensis</i> (Wight & Arn.) Leroy S-(NMV)	Pushkaramulla	Rt	Anaemia, cardiac diseases, ulcers, inflammatory swellings, edema and skin problems	Dec
Rutaceae	<i>Aegle marmelose</i> (L.) Correa, Trans. T-(NMV) NT	Koovalam	Rt, Lf & Fr	Heart diseases, dysentery, fever, inflammation, blood pressure and constipation	Dec, Pow & Jui
	<i>Glycosmis pentaphylla</i> (Retz.) DC. S- (KLA, NMV) LC	Kuttiapanal	Lf & Wp	Fever, liver complaints, eczema, skin affections, facial inflammations and postpartum care	Jui, Pst, Dec & Boi
	<i>Naregamia alata</i> Wight. & Arn. H-(KLA)	Nilanarakom	Wp	Mastitis in cows	Pst

	Endemic				
Sapindaceae	<i>Cardiospermum halicacabum</i> L. C-(NMV) LC	Valliuzhinja	Lf, Rt & Wp	Hair growth, rheumatic problems, nervous diseases, piles, chronic bronchitis, fever, hydrocele, neonatal care, nervous disorders, menorrhoea, sprains, edema and earache	Dec & Jui
	<i>Schleichera oleosa</i> (Lour.) Oken, Allg. T-(KLA, NMV) LC	Poovam	Bk & Sd	Postpartum care and maggot fly repellent in cattle	Boi, oil & Pow
Simaroubaceae	<i>Quassia indica</i> (Gaertn.) Nootb. T-(NMV)	Karinjotta	Bk & Lf	Postpartum maternal care	Dec
Smilacaceae	<i>Smilax zeylanica</i> L. C-(KLA, NMV)	Karilanchi	Lf & Rt	Skin problems, sores and toothache	Pst & Cru
Solanaceae	<i>Datura metel</i> L. S-(NMV)	Ummam	Lf, Fl & Rt	Rabid-dog bites, poisonous insect bites, itching, scabies, ulcers, dandruff, fever, piles, dysuria, anemia, inflammatory swellings, respiratory ailments, ear-ache, eye diseases, rheumatism and elephantiasis	Pst & Jui
	<i>Physalis angulata</i> L. H-(NMV)	Njottanjodiyam	Wp & Fr	Skin diseases in children, urinary ailments and kidney problems	Dec & Jui
	<i>Solanum virum</i> Dunal in DC. S-(KLA)	Kandakarichunda	Rt & Fr	Dyspepsia, fever, respiratory problems, cardiac disorders, skin ailments, vomiting, ulcers, poisonous affections and also a traditional cuisine	Dec & Coo
	<i>Solanum torvum</i> Sw. S-(NMV)	Malamchunda	Fr	Digestive problems, diabetes, anemia, improves kidney functions and detoxify	Coo
Sterculiaceae	<i>Helicteres isora</i> L. S-(KLA)	Edampirivalampiri	Fr & Rt	Abdominal pain	Dec
	<i>Melochia corchorifolia</i> L. H-(NMV)	Kettam	Wp	Hair shampoo for removing dandruff	Jui
Verbenaceae	<i>Gmelina arborea</i> L. T-(KLA)	Kumbil	Rt & Bk	Digestive disorders, nervous problems, piles, fever and dyspepsia	Dec
	<i>Vitex altissima</i> L. f. T-(KLA)	Mayilellu	Lf	Postpartum maternal care	Boi
	<i>Vitex negundo</i> L. T-(NMV) NT	Karinochi	Lf	Cheek inflammations, cold and influenza	Pou & Dec
Vitaceae	<i>Cissus repens</i> Lam. C-(KLA, NMV)	Njarala	Fr	Anorexia, colic, dyspepsia, heart disease, ulcers, loss of appetite, cough and respiratory disorders	Jui
Zingiberaceae	<i>Costus speciosus</i> (Koenig) J. E. Smith, Trans. H-(KLA, NMV) EN	Channakoova	Rh	Poison treatment, fever, cough, respiratory diseases, diabetes, edema, blood diseases and other skin ailments	Pst & Gri
	<i>Curcuma amanda</i> var. <i>amanda</i> Roxb. H-(KLA)	Manga inchi	Rh	Digestive problems and improves appetite	Cru & Pic
	<i>Curcuma longa</i> L. H-(KLA, NMV) DD	Manjal	Rh	All poisonous affections, ulcers, wounds, diabetes, eye diseases, anemia, anorexia, leprosy, purified blood, ringworm infections, obstinate itching, eczema, skin infections, chicken pox, smallpox, bronchitis, cough and cold	Pst & Dec
	<i>Curcuma neilgherrensis</i> Wight. H-(KLA, NMV)	Koova	Rh	Digestive problems in children and adults, urinary tract infections and used in several cuisines	Pow & Boi
	<i>Zingiber wightianum</i> Thw. H-(KLA)	Malayinchi	Rh & Lf	Dysentery, bronchitis, sore throat, cough and pinworm infection in children	Dec, Pow & Wra

* Abbreviations

KLA-Kolani Amaram Kavau, NMV-Nagampoozhi Mana Kavau, H- herb, S- shrub, T- tree, C- climber, Lf - leaf, Bl- bulb, St-stem, Wo- wood, Bk- bark, Rt- root, Sd- seed, Fr- fruit, Fl- flower, Rh- rhizome, Wp- whole plant, Lt- latex, Dec- decoction, Pou- poultice, Pow- powder, Coo- cooked, Boi- boiled, Jui- juice, Pst- paste, Rst- roasting, Wra- wrapping, Oi- oil, Inh- inhalable, Inf- infused, Chw- chewed, Cru- crushed, Gri- grilled, Fri- fried, Pic- pickled, DD- data deficient, LC-least concern, NT-near threatened, EN-endangered, VU-vulnerable.