

Supplementary Table 1. List of the ethnomedicinal and Traditional uses of the flora of Maidan Valley

Sl. No.	Botanical Name	Local name	Family	Part used	Remedy against	Mode of preparation
1	<i>Achyranthes aspera</i> L.	Geshy	Amaranthaceae	Leaves	Analgesic against toothache	Decoction of leaves
2	<i>Adiantum capillus-veneris</i> L.	Sanra	Pteridaceae	Leaves	Toothache, headache	Leaves boiled in water, cooled and used
3	<i>Ajuga bracteosa</i> wall. ex Benth.	Gooti	Lamiaceae	Leaves	Blood purification, Abdominal pain	Leaves boiled in water.
4	<i>Ammi visnaga</i> L.	Sperki	Apiaceae	Seeds	Constipation, Dysentery	Seeds are useful for the infection of intestinal and stomach disorders.
5	<i>Artemisia maritima</i> (L.) Lam.	Tarha	Asteraceae	Leaves	Diabetes, dysentery	Juice from young leaves squeezed out and used
6	<i>Berberis lycium</i> Royal.	Kwaray	Berberidaceae	Roots	Diabetes, tonic	3 kg roots boiled in 6 liter water and the quantity is reduced to half
7	<i>Bergenia ciliata</i> (Haw.) sternab.	Zakhme hayat	Saxifragaceae	Roots	Kidney stone	Decoction of roots
8	<i>Cannabis sativa</i> L.	Bang	Cannabiaceae	Seeds	Anodyne, analgesic	Seeds used as anodyne and analgesic.
9	<i>Cedrus deodara</i> (Rox.ex D.Don)G.Don.	Deyar	Pinaceae	Resin oil	Skin, stomach diseases and cooling agent	Two drops of oil mixed in milk used at morning. Also used directly on the skin.
10	<i>Chenopodium album</i> L.	Chalweri	Amaranthaceae	Leaves, seed oil	Rheumatism, an thelmentic	Oil used as anthelmintic, leaves infusion used in rheumatism.
11	<i>Colchicum luteum</i> Baker.	Ziarh-Guly	Colchicaceae	Rhizome	Anticancer, blood purifier, tonic	Rhizome used in blood purification, tonic and anticancer.
12	<i>Coriandrum sativum</i> L.	Danya	Apiaceae	Leaves	Carminative	Leaves are aromatic and used as carminative.
13	<i>Cotoneaster nummularia</i> Fisah & Mey.	Mumanra	Rosaceae	Roots	Cooling agent, Hepatitis	Decoction of roots mixed with pomegranate juice
14	<i>Equisetum arvense</i> L.	Bandakay	Equisetaceae	Whole plant	Urinary infections	Extracted juice of whole plant used
15	<i>Foeniculum vulgare</i> Mill.	Kaga	Apiaceae	Seeds	Stomach diseases	Seeds used for stomach infections.
16	<i>Fumaria indica</i> Hauss kn) H. N. pugsley	Papra	Fumariaceae	Leaves	Diarrhea	Leaves used as anthelmintic and in diarrhea.
17	<i>Geranium wallichianum</i> D. D. ex sweet	Srazela	Geraniaceae	Roots	Dysentery, ulcer	Roots used in dysentery and mouth ulcer.
18	<i>Indigofera articulata</i> Wall. ex. Brand.	Ghwareja	Papilionaceae	Roots, seeds	Tonic, anthelmintic	Roots used as a tonic and seeds are anthelmintic.
19	<i>Isodon rugosus</i> (wall ex benth.) codd.	Krchay	Lamiaceae	Leaves	Blood purifier	Leaf extract in water used for blood purification.
20	<i>Juglans regia</i> L.	Ghuz	Juglandaceae	Bark	Diabetes, toothache	Bark used in cleaning of teeth, toothache and in diabetes.
21	<i>Mentha arevnsis</i> L.	Podina	Lamiaceae	Leaves	Stimulant, diuretic	Young dried leaves used as diuretic and stimulant.

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22	<i>Menth longifolia</i> L.	<i>Velany</i>	Lamiaceae	Leaves	Carminative, antiemetic.	Leaves boiled in water used
23	<i>Micromeria biflora</i> (Buch.-Ham. ex D.Don) Benth.	<i>Kashmale</i>	Lamiaceae	Leaves	Carminative, toothache.	Used as carminative and against toothache.
24	<i>Morchella esculenta</i> (L. Fr.) pers.	<i>Gusay</i>	Morchellaceae	Whole mushroom	Tonic	It is used as a tonic having most proteins.
25	<i>Ocimum basilicum</i> L.	<i>Nizabu</i>	Lamiaceae	Leaves	Cough, Fever	Juice squeezed out from leaves and used
26	<i>Olea ferruginea</i> Royle.	<i>Khona</i>	Oleaceae	Seed oil	Bone and joint infections.	Oil is used for rheumatic joints and bones disorders.
27	<i>Papaver somniferum</i> L.	<i>Koknar</i>	Papaveraceae	Latex	Analgesic , sedative	Dried latex boiled in tea
28	<i>Pinus roxburghii</i> sergeant.	<i>Nakhtar</i>	Pinaceae	Resin	Ulcer	Resins are used for stomach ulcer.
29	<i>Pistacia integerrima</i> (J.L.S) Rech. L	<i>Sherawan</i>	Anacardiaceae	Fruits	Chest infections	Used in fever, cough vomiting, diarrhea and asthma.
30	<i>Podophyllum emodi</i> wall. ex Royal.	<i>Mameeh</i>	Berberidaceae	Rhizome	Anticancer, Diabetes and Hepatitis	Rhizome used as anti emetic, anticancer, in diabetes and hepatitis.
31	<i>Punica granatum</i> L.	<i>Anaar</i>	Punicaceae	Fruit pulp	Dysentery, diarrhea	Pulp powder is mixed with sugar and used
32	<i>Quercus incana</i> Roxb.	<i>Serhai</i>	Fagaceae	Seeds	Tonic, Urinary infection	Seeds mixed in oil used
33	<i>Rheum australe</i> D.Don.	<i>Chotyal</i>	Polygonaceae	Roots	Wound healing, tonic (domestic animals)	Dried roots powder used
34	<i>Ricinus communis</i> L.	<i>Aranda</i>	Euphorbiaceae	Seed oil	Constipation	Seed oil is administered orally.
35	<i>Sarcococca saligna</i> (D.Don) Muell.-Arg.	<i>Shenoli</i>	Buxaceae	Leaves	Blood purifier, Cooling agent	Leaf powder mixed in water used
36	<i>Skimmia laureola</i> (DC.) sieb. & zucc. ex. walp.	<i>Nameer</i>	Rutaceae	Leaves	Urinary infections	Leaves used in urinary infections.
37	<i>Solanum nigrum</i> L.	<i>Kachmachu</i>	Solanaceae	Leaves	Diarrhea, intestinal disorders	Leaves boiled in water and the water used to treat diarrhea and intestinal disorders.
38	<i>Thymus linearis</i> Benth.	<i>Zangali sperkai</i>	Lamiaceae	Fruit	Cough, cold, stomach disorders	Used in fever, cough cold and in stomach disorders.
39	<i>Viola biflora</i> L.	<i>Banafsha</i>	Violaceae	Whole plant	Cough, cooling agent and throat infection	Whole plant boiled in water used
40	<i>Viola serpens</i> wall. ex Roxb.	<i>Benosha</i>	Violaceae	Leaves	Cough, Fever and asthma	Leaves boiled in water
41	<i>Zanthoxylum armatum</i> DC.	<i>Dambra</i>	Rutaceae	Seeds	Fever, cholera	Seeds used in fever and cholera.
42	<i>Ziziphus jujuba</i> Mill.	<i>Marhanai</i>	Rhamnaceae	Fruits	Dry cough, emollient	Fruits used as emollient and in dry cough.
43	<i>Ziziphus nummularia</i> (Burm. f.) wight & Arn.	<i>Mumanrha</i>	Rhamnaceae	Roots	Hepatitis	Root extract mixed in pomegranate juice and used.