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Supplementary Table 1. Medicinal Plants, Habit, Part used, RFC, FIV and their Conservation Status

| S.No | Family/Species | Voucher number | Local/ English names | Habit | Part/Parts used | C | RFC | FIV | Conservation status | | | | | Recipe | Medicinal uses | |
|------------------------|--------------------------------------|--------------------|----------------------------------|-------|--------------------|----|-------|-----|---------------------|---|---|---|---|------------|---|--|
| | | | | | | | | | 1 | 2 | 3 | 4 | 5 | | | |
| 1. Polygonaceae | | | | | | | | | 40.697 | | | | | | | |
| 1. | <i>Rumex dentatus</i> L. | Noor Bot.01 (UOM). | Shalkhay/ Toothed dock | H | L | 2 | 0.023 | | 3 | 0 | 3 | 3 | 9 | Rare | Directly/Take 50g fresh leaves boiled in water then trickled through porous cloth then used two times a day before meal | Used for scabies |
| 2. | <i>Rumex hastatus</i> D. Don. | Noor Bot.02 (UOM). | Tarokay/ Arrowleaf dock | H | L | 33 | 0.384 | | 3 | 0 | 2 | 3 | 8 | Vulnerable | Powder/ 30g dried powder leaves mix with 1L water then filter used twice a day | Carminative, diuretic & also used for blood clotting |
| 2. Alismataceae | | | | | | | | | 3.49 | | | | | | | |
| 3. | <i>Alisma plantago-aquatica</i> L. | Noor Bot.03 (UOM). | Ghwajabai/ Water plantain | H | L | 3 | 0.349 | | 3 | 2 | 1 | 3 | 9 | Rare | Extract/ 70g leaves | Tonic, diabetes & dysentery |
| 3. Asteraceae | | | | | | | | | 13.95 | | | | | | | |
| 4. | <i>Artemisia absinthium</i> L. | Noor Bot.04 (UOM). | Tarkha/ Wormwood | H | SH | 6 | 0.076 | | 3 | 2 | 1 | 3 | 9 | Rare | Extract/1kg shoot extract | Diarrhea & typhoid |
| 5. | <i>Carthamus oxyacantha</i> M. Bieb. | Noor Bot.05 (UOM). | Azghibotay/ Wild safflower | H | SD/L | 3 | 0.035 | | 3 | 0 | 1 | 3 | 7 | Vulnerable | Directly/1kg dried leaves are boiled in 1L of water for 20 minutes then filter it | Skin itching & antiseptic |
| 6. | <i>Helianthus annuus</i> L. | Noor Bot.06 (UOM). | Nwar paras/ Sunflower | H | SD | 3 | 0.035 | | 3 | 0 | 1 | 3 | 7 | Vulnerable | Directly/ 45g | Sugar, cough & heart diseases |

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| 4. Rosaceae | | | | | | | | | | | | | | 20.930 | | |
| 7. | <i>Rubus fruticosus</i> L. | Noor Bot.07 (UOM). | Karwarha/ Blackberry | S | F | 5 | 0.0581 | 3 | 0 | 1 | 3 | 7 | Vulnerable | Directly/ 1kg | Gastricacidity & also used for making hedges | |
| 8. | <i>Rosa webbiana</i> Wall. ex Royle | Noor Bot.08 (UOM). | Zangali Gulab/Wild rose | S | Petals | 8 | 0.093 | 3 | 0 | 2 | 3 | 8 | Vulnerable | 1kg Petals boiled in 3L water | Maintain B.P, urinary disorder & skin diseases | |
| 9. | <i>Duchesnea indica</i> (Jacks.) Focke. | Noor Bot.09 (UOM). | Zmake toot/ Wild strawberry | H | W | 2 | 0.023 | 2 | 2 | 0 | 3 | 7 | Vulnerable | Extract/20g | Eye infection | |
| 10. | <i>Cotoneaster microphyllus</i> Wall. Ex Lindl. | Noor Bot.10 (UOM). | Mamanrha/ Rockspray | T | F | 3 | 0.034 | 3 | 1 | 1 | 3 | 8 | Vulnerable | Directly/50g | Homeostatic, fruit edible | |
| 5. Fumariaceae | | | | | | | | | | | | | | 15.116 | | |
| 11. | <i>Fumaria indica</i> (Hauskn.) Pugsley. | Noor Bot.11 (UOM). | Krachay/ Fumitory | H | W | 13 | 0.151 | 3 | 0 | 0 | 3 | 6 | Vulnerable | Powder/1kg | Blood purifier | |
| 6. Apiaceae | | | | | | | | | | | | | | 15.602 | | |
| 12. | <i>Foeniculum vulgare</i> var. <i>capillaceum</i> Burnat. | Noor Bot.12 (UOM). | Kagaienaly/ Fennel | H | W | 13 | 0.151 | 2 | 1 | 1 | 3 | 7 | Vulnerable | Powder/1kg | Diarrhea, control vomiting & flavoring agent | |
| 13. | <i>Heracleum candicans</i> Wall. ex DC. | Noor Bot.13 (UOM). | Skhwara/ Angelica | H | L/ST | 15 | 0.17 | 2 | 0 | 0 | 3 | 5 | Vulnerable | Extract/30g | Cough & throat infection | |
| 7. Cupressaceae | | | | | | | | | | | | | | 11.625 | | |
| 14. | <i>Cupressus sempervirens</i> L. | Noor Bot.14 (UOM). | Sarwa/ Cypress | T | F | 10 | 0.0116 | 3 | 0 | 2 | 3 | 8 | Vulnerable | Extract/Take 70g dry fruit & boil it in 2L water then filter the solution and place in freezer used twice a day for 20 days | Warming agent for cattle & ornamental | |
| 8. Sapindaceae | | | | | | | | | | | | | | 26.744 | | |
| 15. | <i>Aesculus indica</i> (Wall. ex Cambess.) Hook. | Noor Bot.15 (15). | Jawaz/Horse chestnut | T | F | 3 | 0.034 | 2 | 3 | 2 | 2 | 9 | Rare | Grind/40g | Abdominal pain, furniture & fuel wood | |

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| 16. | <i>Dodonaea viscosa</i> subsp. <i>cuneata</i> (Sm.) J.G.West. | Noor Bot.16 (UOM). | Ghwarhaskay/Hopseed bush | S | L/W | 20 | 0.232 | | 3 | 2 | 0 | 3 | 8 | Vulnerable | Water extract of leaves/2kg | Anthelmintic & burn skin |
| 9. Mimosaceae | | | | | | | 11.627 | | | | | | | | | |
| 17. | <i>Acacia nilotica</i> (L.) Delile. | Noor Bot.17 (UOM). | Kikar/Arabic gum | T | FL | 10 | 0.116 | | 3 | 3 | 2 | 3 | 11 | Rare | Directly/125g | Sugar & cough |
| 10. Lamiaceae | | | | | | | 126.302 | | | | | | | | | |
| 18. | <i>Rabdosia rugosa</i> (Wall. ex Benth.) H. Hara. | Noor Bot.18 (UOM). | Shenawly/Rubecens | S | L | 9 | 0.104 | | 2 | 3 | 2 | 3 | 10 | Rare | Extract/1kg | Hepatitis & digestive problems |
| 19. | <i>Mentha longifolia</i> (L.) L. | Noor Bot.19 (UOM). | Venalay/Horse mint | H | W | 18 | 0.209 | | 3 | 0 | 0 | 3 | 6 | Vulnerable | Powder/Take 100g of dried leaves & grind then mixed with 200g yogurt used twice a day | Gastric acidity, abdominal pain & dysentery |
| 20. | <i>Ajuga integrifolia</i> Buch.-Ham. | Noor Bot.20 (UOM). | Guti/Bungle | H | W | 19 | 0.220 | | 2 | 2 | 0 | 3 | 7 | Vulnerable | Extract/ Boil 60g in 1L water then filter used thrice a day | Hepatitis |
| 21. | <i>Mentha arvensis</i> L. | Noor Bot.21 (UOM). | Phodina/Mint | H | L | 33 | 0.383 | | 3 | 0 | 2 | 3 | 8 | Vulnerable | Powder/25g of dried leaves are mixed with water a good remedy for gastric acidity | Antispasmodic, carminative & gastric acidity |
| 22. | <i>Micromeria biflora</i> (Buch.-Ham. ex D. Don.) Benth. | Noor Bot.22 (UOM). | Payoshamkay/Lavender | H | L/SDs | 5 | 0.058 | | 3 | 0 | 2 | 3 | 8 | Vulnerable | 40g grinded seed added to 1L of water and used twice a day | Cough & flu |
| 23. | <i>Salvia moorcroftinana</i> Wall. ex Benth. | Noor Bot.23 (UOM). | Khwarkhwag/Kashmir salvia | H | ST | 28 | 0.325 | | 3 | 0 | 3 | 3 | 9 | Rare | Directly/140g dried powder of stem mixed with 2L of milk and used thrice a day | Pain killer & edible |
| 24. | <i>Isodon rugosus</i> (Wall. ex Benth.) Codd. | Noor Bot.24 (UOM). | Sperkay/Espanol | S | W | 5 | 0.058 | | 3 | 0 | 0 | 3 | 6 | Vulnerable | Powder/100g of dried powder form of whole plant mixed with 1L of water | Colic, vermicide & insecticide |

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| 25. | <i>Mentha royleana</i> Wall. ex Benth. | Noor Bot.25 (UOM). | Wild mint | H | W | 8 | 0.093 | 2 | 2 | 0 | 3 | 7 | Vulnerable | Extract/40-50g with water | Carminative, Diarrhea & dysentery |
| 11. Saxifragaceae | | | 5.813 | | | | | | | | | | | | |
| 26. | <i>Bergenia ciliata</i> (Haw.) Sternb. | Noor Bot.26 (UOM). | Zakhum/ Winter begonia | H | W | 5 | 0.058 | 2 | 3 | 0 | 3 | 8 | Vulnerable | Powder/70g dried powder form of whole plant mixed with 2L water then used two time a day | Liver disorder, wound healing & muscular pain |
| 12. Rhamnaceae | | | 11.628 | | | | | | | | | | | | |
| 27. | <i>Ziziphus jujuba</i> Mill. | Noor Bot.27 (UOM). | Markonday/ jujube | H | SDs/L | 2 | 0.023 | 3 | 2 | 2 | 3 | 10 | Rare | Grind/10-20g | General tonic, urinary disorder & antidiabetic |
| 28. | <i>Ziziphus oxyphylla</i> Egdeu | Noor Bot.28 (UOM). | Markhanry/ Pointed leaf jujube | T | L/F | 3 | 0.034 | 3 | 3 | 2 | 3 | 11 | Rare | Powder/15-25g | Antibiotic, antidiabetic & edible |
| 29. | <i>Xanthium strumarium</i> L. | Noor Bot.29 (UOM). | Jishkay/ Cocklebur | H | L | 5 | 0.058 | 3 | 3 | 3 | 3 | 12 | Rare | Powder/Take 50g shade dried leaves & make powder then used with water thrice a day | Pain killer, asthma & fuel |
| 13. Chenopodiaceae | | | 15.166 | | | | | | | | | | | | |
| 30. | <i>Dysphania ambrosioides</i> (L.) Mosyakin & Clemants | Noor Bot.30 (UOM). | Sakha botay/ Indian goosefoot | H | W | 13 | 0.151 | 3 | 3 | 3 | 3 | 12 | Rare | Extract/ 120g | Fuel & malaria |
| 14. Violaceae | | | 55.813 | | | | | | | | | | | | |
| 31. | <i>Viola canescens</i> Wall. | Noor Bot.31 (UOM). | Banafasha/ Hamalyan white violet | H | L/ST | 48 | 0.558 | 3 | 4 | 4 | 3 | 14 | Infrequent | Powder/100g | Fever, flu & cough |
| 15. Equisetaceae | | | 11.627 | | | | | | | | | | | | |
| 32. | <i>Equisetum arvense</i> L. | Noor Bot.32 (UOM). | Bandakay/ Horse tail | H | W | 10 | 0.116 | 3 | 2 | 0 | 3 | 8 | Vulnerable | Extract/Take 50g of fresh whole plant then grind, filter through porous cloth and mixed | Urine problem |

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| 16. Berberidaceae | | | | | | | 8.139 | | | | | | | | |
| 33. | <i>Berberis lyceum</i> Royle. | Noor Bot.33 (UOM). | Kharawa/ Black wood | S | F | 7 | 0.081 | 3 | 3 | 4 | 3 | 13 | Infrequent | Extract/Make a powder of fruit and take 10g of powder with one glass of milk | Stomach disorder, jaundice & joint pain |
| 17. Poaceae | | | | | | | 54.651 | | | | | | | | |
| 34. | <i>Cynodon dactylon</i> (L.) Pers. | Noor Bot.34 (UOM). | Kabal/ Bermuda grass | H | W | 18 | 0.209 | 3 | 1 | 0 | 3 | 7 | Vulnerable | Juice/10-20g | Homeostatic, diarrhea |
| 18. Pinaceae | | | | | | | 54.651 | | | | | | | | |
| 35. | <i>Pinus roxburghii</i> Sarg. | Noor Bot.35 (UOM). | Nakhtar/Chir pine | T | L/G | 18 | 0.209 | 3 | 3 | 4 | 3 | 13 | Infrequent | 120g gum add to 20g seeds of <i>Paper somniferum</i> , 10g sugar and 130g <i>Prunus dulcis</i> and cooked in a local ghee, used two times a day | Rashes, anthelmintic & blood purifier |
| 36. | <i>Pinus wallichiana</i> A.B Jacks. | Noor Bot.36 (UOM). | Sruf/Blue pine | T | L/G | 9 | 0.104 | 3 | 3 | 4 | 3 | 13 | Infrequent | 120g Gum used with 1L water and 1L milk | Face acne |
| 37. | <i>Cedrus deodara</i> Roxb. ex D.Don) G. Don. | Noor Bot.37 (UOM). | Diyar/ Devdar | T | O | 20 | 0.232 | 2 | 3 | 2 | 2 | 9 | Rare | Extract/200ml oil is used with 1L water early in the morning | Toothache & skin problem |
| 19. Brassicaceae | | | | | | | 11.62 | | | | | | | | |
| 38. | <i>Lepidium sativum</i> L. | Noor Bot.38 (UOM). | Hallum/ Garden cress | H | W | 7 | 0.081 | 2 | 3 | 4 | 3 | 12 | Rare | Extract/40-50g boiled in water used once a day | Diarrhea |
| 39. | <i>Nasturtium officinale</i> R. Br. | Noor Bot.39 (UOM). | Tarmera/ Water cress | H | L | 3 | 0.034 | 3 | 2 | 3 | 3 | 11 | Rare | Powder/110g powder dried leaves are mixed with water then trickled | Eye vision & cooked as a vegetable |

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| | | | | | | | | | | | | | | with porous cloth, used thrice a day | |
| 20. Papilionaceae | | | | | | | | | | | | | | 2.325 | |
| 40. <i>Indigofera heterantha</i> Brandis. | Noor Bot.40 (UOM). | Ghwareja/ Indigo brush | S | L | 2 | 0.023 | | 3 | 3 | 0 | 3 | 9 | Rare | Powder/30g dried powdered leaves mix with water used two times a day | Colic pain & diarrhea |
| 21. Portulacaceae | | | | | | | | | | | | | | 15.11 | |
| 41. <i>Portulaca quadrifida</i> L. | Noor Bot.41 (UOM). | Zangaliwark harhay/ Chicken weed | H | W | 13 | 0.151 | | 3 | 3 | 0 | 3 | 9 | Rare | Extract/1kg boiled in 3L water | Demulcent |
| 22. Rutaceae | | | | | | | | | | | | | | 38.372 | |
| 42. <i>Zanthoxylum armatum</i> DC. | Noor Bot.42 (UOM). | Dambara/ Prickly ash | T | SD/F | 33 | 0.383 | | 3 | 2 | 3 | 3 | 11 | Rare | Grind/Take 140-150g seeds and fruits grind gently mix with water then used twice a day | Stomach disorder |
| 23. Hypericaceae | | | | | | | | | | | | | | 15.116 | |
| 43. <i>Hypericum perforatum</i> L. | Noor Bot.43 (UOM). | Ghar chai/Goat weed | H | FL | 13 | 0.151 | | 3 | 3 | 5 | 4 | 15 | Dominant | 70g dried powder flower added to water to make tea | Cough & asthma |
| 24. Myrtaceae | | | | | | | | | | | | | | 2.325 | |
| 44. <i>Myrtus communis</i> L. | Noor Bot.44 (UOM). | Astaghuna/ Myrtle | S | L | 2 | 0.023 | | 3 | 2 | 4 | 3 | 12 | Rare | Powder/Take 110g dried leaves and grind gently | Colic & diarrhea |
| 25. Oleaceae | | | | | | | | | | | | | | 52.322 | |
| 45. <i>Olea europaea</i> subsp. <i>cuspidata</i> (Wall. & G.Don.) Cif. | Noor Bot.45 (UOM). | Khona/Olive | T | L | 45 | 0.523 | | 3 | 3 | 3 | 3 | 12 | Rare | Take 100g freshleaves and boiled in 2L water for 30 minutes then filter then used for once a day | Throat & mouth infection |
| 26. Platanaceae | | | | | | | | | | | | | | 1.162 | |

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| 46. | <i>Platanus orientalis</i> L | Noor Bot.46 (UOM). | Chinar/ Oriental plane | T | L | 1 | 0.011 | | 3 | 2 | 2 | 3 | 10 | Rare | Take 20g dried grinded leaves added water then filter used twice a day | Dysentery & diarrhea |
| 27. Salicaceae | | | | | | | | 1.62 | | | | | | | | |
| 47. | <i>Salix acmophylla</i> Boiss. | Noor Bot.47 (UOM). | Wala/Willow | T | L/B | 1 | 0.116 | | 3 | 2 | 1 | 3 | 9 | Rare | Extract/ Take 35g- 100g fresh and bark and boiled in water for 40 minutes then filter & used two times a day | Pain killer |
| 28. Solanaceae | | | | | | | | 20.930 | | | | | | | | |
| 48. | <i>Atropa acuminata</i> Royle. ex Lindl. | Noor Bot.48 (UOM). | Bhangedwan a/Nightshade | H | L | 18 | 0.209 | | 3 | 0 | 1 | 3 | 7 | Vulnerable | Juice/Take 150g fresh leaves ,extract juice mix some sugar and used three times a day | Malaria & pain killer |
| 29. Juglandaceae | | | | | | | | 52.32 | | | | | | | | |
| 49. | <i>Juglans regia</i> L. | Noor Bot.49 (UOM). | Ghuz/Walnut | T | B | 45 | 0.523 | | 3 | 0 | 2 | 3 | 8 | Vulnerable | Rubbing bark with teeth/20g | Cleaning teeth & colors lips |
| 30. Moraceae | | | | | | | | 20.93 | | | | | | | | |
| 50. | <i>Ficus palmata</i> Forssk. | Noor Bot.50 (UOM). | Inzar/Wild fig | T | F/LT | 18 | 0.209 | | 2 | 0 | 2 | 3 | 7 | Vulnerable | Directly/50g | Blood purifier & expel spine from skin |
| 31. Urticaceae | | | | | | | | 19.767 | | | | | | | | |
| 51. | <i>Urtica dioica</i> L. | Noor Bot.51 (UOM). | Sezonkay/ Stinging nettle | H | L | 17 | 0.198 | | 3 | 0 | 4 | 3 | 10 | Rare | Powder/70g dried powder leaves mix with water then filter and used twice a day | Diuretic, jaundice & vegetable |