

Table 1 — List of some medicinal plants used by Nicobarese Tribe of Car Nicobar Island

S.No.	Botanical Name	Local Name	Family	Ailment (s)	Method of use
1	<i>Tabernaemontana crispa</i> Roxb.	'Sin-e-yera'	Apocynaceae	Dizziness	Leaves are put in stacks of 3-4 in a pillow cover and covered with thin cotton cloth. Person under treatment is made to sleep on it.
2	<i>Phyllanthus amarus</i> Schum & Thom.	NA*	Euphorbiaceae	Stomach-ache	Leaves are made into a paste, added to water, and the extract is taken when colour of water turns green.
				Fever	Plants are sun dried. The same can be stored for 2-3 months. During fever dried leaves are boiled with hot water and the decoction is given when colour becomes brown. This is given 2-3 times a day.
				Jaundice	Leaves are added to the coconut milk (cold) and the mixture is kept for 0-15 minutes. This mixture is taken three times a day.
3	<i>Sida acuta</i> Burm. f.	'Metameya'	Malvaceae	Hair fall	Leaves are crushed into a fine paste and mixed with coconut milk and then filtered in a cotton cloth. The mixture is applied for 2-3 hours a day to prevent hair fall.
4	<i>Morinda citrifolia</i> L.	'Lorang'	Rubiaceae	Cuts and Wounds	Effective in promoting blood clotting. Leaf juice is applied on the affected parts for 3-4 days.
5	<i>Ocimum sanctum</i> L.	'Likup'	Lamiaceae	Cold and Cough	Leaves are boiled in water and the extract is taken.
6	<i>Lepidopetalum montanum</i> (Bl.) Radlk.	'Takurotang'	Sapindaceae	Stomach-ache	Leaves are crushed into a fine paste and an extract is prepared in water (one litre water and 100 gm leaves). Intake of 2-3 glasses of extract is effective.

(Contd)