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A Glossary of Tibetan Medicinal Plants

By Mia Molvray

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Abstract

The introduction to the Glossary stresses our lack of information concerning the Tibetan pharmacopoeia and that pharmacopoeia's potential value. Headings in the introduction include:

- Background
- Misidentification of Tibetan plant names
- Discussion of the major sources cited
- Explanatory remarks concerning the Glossary.

The Glossary includes both Latin - Tibetan and Tibetan - Latin sections giving the translations of medicinal plant names.

Background

Tibetan medicine is a rich and unresearched field. Reports of cures abound, reminiscent of the stories about a Burmese king cured of leprosy by chaulmoogra. That legend resulted in the discovery of the first effective drug for leprosy, once the plant involved was correctly identified. But with respect to Tibetan medicine we are still at the stage of trying to determine the identity of the raw materials. Pharmacologic research may well be as fruitful using this pharmacopoeia as it was with the South American ones, which gave the world drugs like quinine and curare, but it cannot begin until the basic taxonomic questions are answered.

Indian, or Ayurvedic, medicine had by far the greatest influence on the theory of Tibetan medicine. Since Buddhism came to Tibet from India, the Tibetans felt great respect for many aspects of Indian culture, even those based on Hinduism, like Ayurveda. Basic medical theory is similar to the Indian one in that diseases are caused by an imbalance of three "humours" or processes. A multitude of other factors, including psychological and spiritual ones, influence this balance and must be taken into consideration to effect a cure. In theory the medicine or treatment given to a patient restores the humoral balance by the medicine's own preponderance of one or more of the three humours. In practice the indication for a given remedy is usually a specific set of symptoms, implying that it is administered on an empirical basis.

Though this Glossary includes only plant names; animal and mineral medicines together form an equally large part of the Tibetan pharmacopoeia. Thousands of substances are recorded as medicinal. How much of this enormous repertoire is actually used is uncertain. But Rehmann (1811) records that simple Buryat doctors often used 25 to 40 elements in individual compounded medicines. (The Buryats are a Tibetan people whose territory is currently in the U.S.S.R.) Since almost all Tibetan remedies are compounds of many ingredients, this could imply that a sizable proportion of the pharmacopoeia finds practical application, or that the same elements are used repeatedly in different combinations.

Misidentification of Tibetan plant names

Identification of the many plants referred to in the extensive Tibetan medical literature, or mentioned by Tibetan doctors and local informants, is difficult at this point due to the inaccessibility and geographical bias of the extant translations. For instance, Posdneev's (1908) generally valuable work does not list the plants in any alphabetical order, either Tibetan, Russian, or Latin; and the identifications lean toward Mongolian and Siberian plants, as is usual in Russian work, neglecting elements of the Chinese, Himalayan and Indian floras which are commonly used in the various regions of Tibet. This Glossary attempts to give some perspective on regional substitutions by drawing on sources with different geographical biases, including the author's own work at a Tibetan refugee settlement in India. A Tibetan - Latin section has been included both to make the use of

Tibetan sources easier and, primarily, to make explicit the number of different identifications applied to given Tibetan names. The large amount of indeterminates in the Tibetan - Latin section, all found in only one Tibetan herbal, hint at the vast quantity of work that remains to be done.

The sources of confusion in working with the Tibetan pharmacopoeia are many, and they have been aptly summarized by Meyer (1977):

- local plants substituted for Indian ones retain the Sanskrit name of the Indian original;
- Tibetan descriptions and drawings which are almost always too vague to allow definite identification;
- great regional variations in the use of plants (at high altitudes stones may even be substituted, yet keep the same name);
- misidentifications by informants when presented with material out of its accustomed context;
- different names are often given to different parts of the same plant.

The substitution of plants and names is probably the largest single source of confusion. Repeatedly, multiple definitions do not prove to be similar plants which may have been mistaken for each other, but are elements of different floras which were probably substituted while the original name was preserved. An example of this is *kantakari*, which is *Solanum xanthocarpum* in the south, and *Rubus niveus* at high altitudes (vide Meyer (1977)). Regional substitutions and nomenclatural variation can occur in any combination, whether it be Indian, Chinese, Mongolian, and Tibetan names which are all similar or all different, and which refer to the same or different plants. The extent to which the pharmacopoeia adapted itself to the local flora can be seen in the variations between Hübötter's (1957) definitions and those of Gammerman and Semichov (1963), and those of Das (1970), and Dash (1976). Names in each one tend to describe Chinese, Siberian and Mongolian, and Indian medicinal plants, respectively, and much of the variation cannot be explained only on the basis of the authors' own geographical biases.

Plants were, no doubt, sometimes misidentified as to their Tibetan name, even before other errors had a chance to creep in. This is likeliest to happen when informants, whose only experience is with live material in the field, are given a dried specimen for identification, or are shown a live specimen out of context.

Inaccurate and incomplete collections are another source of trouble. Most of the collections were made at the beginning of this century or earlier, not necessarily by botanists, oftener by travelers or scholars in other disciplines. Therefore the data concerning the locality and the informants who identified the plants' Tibetan name(s) and medicinal uses are usually scanty.

Yet another source of confusion is the imprecision of Tibetan spelling. Tibetan, like seventeenth century English, may have several spellings of one word, none of them incorrect. For instance, *ko-byi-la* and *go-byi-la* are both names for *Strychnos nux-vomica*, and the Tibetan sources probably never meant to imply that there was any difference between them. Sometimes an alternate spelling is most likely to be a simple misprint. *Byi-shang-dkar-po* in the Tibetan - Latin section is identical to *byi-shing-dkar-po* except for the missing "i" vowel sign, which results in "shang" rather

than "shing". *Shing* means "tree" and is a common word in plant names. On the other hand, Jigme Tsarong, formerly Director of the Tibetan Medical Centre, has pointed out that a few of the spellings included in this Glossary are so incorrect that it is impossible to guess the intended Tibetan word. (The entries have been retained, but are noted as questionable.)

No translations of the Tibetan names have been supplied because this is beyond my abilities, but it is interesting to note how colorful some of the plant names are. *So-ma-ra-dza*, which applies to either *Cannabis sativa* or to *Abutilon theophrasti*, means "essence of soma"; and *lha-ming-khrag*, *Allium sativum* or garlic, means "blood of the demons".

Discussion of the major sources cited

The sources I have used vary considerably, with some based in the classical tradition of Tibetan medicine, while others show the influence of Tibet's neighbors. Posdnnev's (1908) work is a translation of part of the basic canon of Tibetan medicine, the *rgyud-bzhi* (i.e. the Four Treatises). Posdnnev's samples were identified by botanists working at Russian institutes, but he makes no mention of collecting in different regions nor does he specify which regions his samples came from, and he does not say which samples were whole plant specimens and which were simply drug samples.

'Jam-dPal-rDo-rJe's materia medica, written in the early 1800s, is a compilation of earlier classical works. Thupten Kelsang Rinpoche was so kind as to go over this book with me quite carefully. Meyer (1977) finds it a disadvantage that 'Jam-dPal-rDo-rJe gives no indication of frequency of use of any given plant. This is the only illustrated book among my sources, and the drawings are often good enough at least to allow exclusion of certain plant families. Where this work is cited in the Glossary after a Latin name, I have used this feature.

Gammerman and Semichov's dictionary (1963), the only true dictionary among all my sources, lists over 700 plants. The definitions were compiled from several Tibetan, Mongolian and Buryat collections available in Soviet herbaria. As with Posdnnev, the stress is on northerly plants. Meyer (1977) finds that they do not sufficiently inform the reader of the localities or collectors connected with any given species, so that it is difficult to track down differences in definition due to regional variations. They do not enumerate native uses.

Rehmann's (1811) little booklet does not list native uses for the plants, but does describe them rather accurately. He acquired his samples while he was in Mongolia, where he bought common medicines from lamas or apothecaries and then identified them either personally or through botanists. Mongolian medicine was largely the same as Tibetan (always excepting the fact of regional substitutions) since it was part of the same Buddhist - lamaist tradition that Mongolia shared with Tibet. Samples in his collection are of historical interest, as they show what was in common use at that time and place.

Hübötter's (1957) work is derived from Mangalam Kurwanu, a Mongolian. Hübötter does not state whether Kurwanu's book listed uses or was simply a Tibetan-Chinese-Mongolian plant dictionary. Hübötter himself, in any case, seems to have recorded only the Chinese uses. He does not say how he determined the Latin equivalents, whether via the Chinese names or otherwise. He omits the authors of the Latin binomials, and he seems to be unaware

that different plant parts of the same plant often have different names. When faced with this situation he has often questioned whether a variety of the species was indicated. Some of his definitions may point to substitutions common in the areas closer to China.

The standard Tibetan - English dictionary by Das (1970) has been used only tangentially, in the course of looking up terms from other authors. He omits the authors of species, and his definitions are biased toward Indian plants.

Dash (1976) has written an interesting comparative work on an Ayurvedic text and its Tibetan translation. Since Tibet borrowed the major Indian medical texts, this type of comparative work throws an interesting light on the development of Tibetan medicine. Dash supplies a glossary in which he views the Tibetan plant names as translations or transliterations of the Indian ones -- an approach which is valid for his work but may not always be accurate for practical Tibetan medicine. He does not specify by what means he determined the Latin binomials for the Tibetan names.

My samples of the pharmacopoeia were obtained from the Tibetan Medical Centre in Dharmasala in India. The Centre is the continuation in exile of the classical college of medicine in Lhasa, and as such can be expected to represent the mainstream of the tradition. The samples consist of herbs prepared for use in medicine, therefore many of them are fragmentary. Even those few which contain the complete plant are usually sufficiently crushed to prevent reliable estimates of the original size, inflorescence position, and other useful characters. Despite the difficulties, samples which contained only seeds or fruits could sometimes be determined to species. However, the numerous samples containing only roots had to be left undetermined for the most part. It is evident from the samples that the Tibetans in India have substituted Indian plants for some of the unobtainable temperate ones (such as *Justicia adhatoda* for *Euphrasia odontites*). A few of the medicines in my samples (and a significant number in the pharmacopoeia generally) are imported from distant regions; most are collected between August and October within a 200 mile radius of Dharmasala.

Remarks concerning the Glossary

Valid scientific names are written in bold italics, and names used by authors which are now in synonymy, whenever I am aware of the transfer, are placed in ordinary italics and the entry is alphabetized under the currently valid name and indented two spaces. The major works used to update the nomenclature are, in order of importance, Hara et al. (1978, 1979, 1982), Davis (1965 - 1985), Polunin and Stainton (1984), Tutin et al. (1964 - 1980), and Dassanayake and Fosberg (1980 - 1985).

Botanical authors for those of my sources who do not cite them, that is for Das, Hübotter and Rehmann, have been added when there could be no doubt as to the indented name. If there is more than one possibility (as in the case below where *Cyperus pertenuis* was published by two workers and has been synonymized with two different species), then the name has been left authorless. It is also not indented, since it is not a synonym of the preceding name. A given name appears only in the works referenced immediately after it. For example:

Cyperus rotundus L. (D,Dh)
C. pertenuis (D)

gla-sgang (D,Dh)

means that the Tibetan name and *C. rotundus* appeared in both Das (1970) and Dash (1976), but that only Das had both species listed as possible equivalents of the Tibetan name.

When possible, all workers who have used a given name are cited after it. For example:

Aristolochia noupinensis Franch. (T) ba-le-ka (J,M,T,G,P,H,R)

means that ba-le-ka is cited by numerous authors, but only Tsarong identifies it as above. It is always good to cross-check definitions in the Tibetan - Latin section (or vice versa), but it is especially important to do so when there is an indication, as above, that numerous authors have cited the name. (Space did not always permit citations of all authors who used a name, in addition to the author whose definition is being cited. I have always attempted to indicate that other definitions exist by citing at least one of the "extra" authors.)

If ba-le-ka is looked up in the Tibetan - Latin section, one finds the following:

ba-li-ka (J)	<i>Akebia quinata</i> Decne. (G)
	<i>Aristolochia noupinensis</i> Franch.
ba-le-ka	(T)
(T,M,G,P,H,R)	<i>Menispermum dahuricum</i> DC. (G)
	Menispermaceae ? (M)

Here one sees that out of all the many authors, only Gammermann and Tsarong have definite identifications. Molvray feels that her specimen probably belongs in the Menispermaceae, but could not determine her specimen further. 'Jam-dPal-rDo-rJe is alone in using "ba-li-ka", a likely misprint for ba-le-ka since the difference between the two in Tibetan is so slight.

Finally, some of the different Tibetan names for a given medicinal plant become clearer when one knows the names of various plant parts. Some of the more common ones are:

shing	tree
me-tog or mdog	flower
'bras or 'bras-bu	fruit
shun	bark
rtsa or rtsa-wa	root

Likewise, certain colors appear repeatedly:

dkar-po	white
ser-po	yellow or gold
dmар-po	red
nag-po	black

Key to the abbreviations of the references:

D	Das (1970)
Dh	Dash (1976)
G	Gammerman and Semichov (1963)
H	Hübotter (1957)
J	'Jam-dPal-rDo-rJe (reissued 1971)
Me	Meyer (1977)
M	Molvray
P	Posdneev (1908)
R	Rehmann (1811)
T	Tsarong (pers. comm.)

Key to the transliteration:

ཀ' ka	ཁ' kha	ག' ga	ང' nga (1)
ཅ' cha	ཆ' chha	ཇ' ja	ཉ' nya
ཏ' ta	ཐ' tha (2)	ད' da	ན' na
པ' pa	ཕ' pha (3)	བ' ba	མ' ma
ཅ' tsa	ཆ' tsha (4)	ང' dza	མ' wa
ཞ' zha (5)	ཟ' za	ང' ' (6)	ཡ' ya
ར' ra	ལ' la	ཤ' sha (7)	ས' sa
ཏ' ha	ཨ' a (8)		

Vowels (with "a" as base letter)

ཨ' i	ུ' u	ེ' e	ོ' o
------	------	------	------

- (1) ng as in sing
- (2) t aspirated as in nut-hook
- (3) p aspirated as in uphill
- (4) tsa aspirated
- (5) zha as in leisure
- (6) unaspirated h; vowel sound depends on accompanying vowel sign as with all letters
- (7) sha as in sharp
- (8) may be any of the five vowels depending on accompanying vowel sign

Transliteration is in the following order: prefix, superscript, root letter, subscript, suffix. (Pronunciation note: the root letter or its associated vowel may be somewhat modified by these other consonants, but in essence only the root letter and vowel are pronounced.)

LATIN - TIBETAN

LATIN	TIBETAN	TRANSLITERATION
----- A -----		
<i>Abies spectabilis</i> (D.Don) Mirbel <i>A. webbiana</i> Lindl. (Dh)	བ་ལུ	ba-lu (Dh,M,T,P,H)
<i>Abutilon theophrasti</i> Medik. (G) <i>Sida abutilon</i> L. (R)	སོ་མ་ར་ཇ ཁུད་པལ	so-ma-ra-dza (G,J,P,H) ud-pal (M,T,R)
<i>Acacia catechu</i> (L.f.) Willd. (T,Dh,H)	སེང་ལྷང སེང་ལྷེང	seng-ltang (H) seng-l deng (T,Dh,M,G,P)
<i>Achillea setacea</i> Waldst. & Kit. (G,T); <i>A. millefolium</i> L. var. <i>setacea</i> (P)	འབམ་པོ	'bam-po (J,G,T,P)
<i>Achyranthes aspera</i> L. (Dh)	ཨ་པ་མ་ར་ག	a-pa-ma-rga (Dh)
<i>Achyranthes bidentata</i> Bl. (H)	ལེལ་མོ་སེས	lel-mo-ses (H)
<i>Aconitum autumnale</i> (H)	བོང་ང་སེར་པོ	bong-nga-ser-po (H)
<i>Aconitum balfourii</i> Stapf (T)	བོང་ནག	bong-nag (J,T,G)
<i>Aconitum fischeri</i> Reichb. (G,H) <i>A. chinense</i> Sieb. (P,H)	བོང་ང་དགར་པོ གླ་སྒང	bong-nga-dkar-po (G,P,H,J,T,Dh) gla-sgang (H,T,Dh,D)
<i>Aconitum heterophyllum</i> Wall. ex Royle (T,Dh)	བོང་ང་དགར་པོ	bong-nga-dkar-po (Dh,J,T)
<i>Aconitum lycoctonum</i> (H)	ཐར་ནུ	thar-nu (H,J,T,G,P)
<i>Aconitum napellus</i> L. (M,T,G)	བདུད་རྩི་ལོ་མ བོང་དགར འཛིན་པ བོང་ནག	bdud-rtsi-lo-ma (M,T) bong-dkar (M) 'dzin-pa (M) bong-nag (G)
<i>Aconitum uncinatum</i> (H)	སྐལ་ཅེན	sman-chen (H)

<i>Aconitum</i> sp. (G)	བོང་ང་དཀར་པོ	bong-nga-dkar-po (G,D)
	བོང་མེར	bong-ser (J,G)
<i>Acorus calamus</i> L. (G,T,Dh)	ཤུ་དག	shu-dag (J,M,T,G,P,H,Dh)
<i>Acorus gramineus</i> Ait. (H)	ཆུ་དགག་གོ	chhu-dgan-go (H)
<i>Adenophora latifolia</i> Fisch. <i>A. pereskiifolia</i> (Fisch.) G.Don (G)	ཤང་དྲིལ་སྒོན་པོ	shang-dril-sngon-po (G)
<i>Adenophora polymorpha</i> Ldb. (H)	སྤྲོ་ལོ	sro-lo (H,J,M,P)
	ལུ་ལུང་རྡོ་རྗེ	klu-blud-rdo-rje (H)
<i>Adiantum aspidium</i> (H)	རེ་རལ	re-ral (T,P,H)
<i>Adiantum pedatum</i> L. (T)		
<i>Adonis sibirica</i> Patr. (G)	མྱང་རྩི་སྤྲམ	myang-rtsi-spras (J,G,T)
<i>Aegle marmelos</i> (L.) Corr. (Dh,H)	ཀ་བེད	ka-bed (Dh,J,G,P)
	བི་ལ	bi-lba (H)
<i>Aegle sepiaria</i> DC. (P)	པད་མ་གེ་མེར	pad-ma-ge-ser (P,M,R,H)
<i>Agriophyllum arenarium</i> Potan. (P)	ཁྱི་ཆེར	byi-tsher (P,J,T,G,Dh)
<i>Agropyrum pseudoagropyrum</i> (Trin.) Franch. (G) [<i>Agropyrum</i> now = <i>Elymus</i>]	དུར་བ	dur-ba (J,G)
<i>Allanthus altissima</i> (Mill.) Swingle <i>A. glandulosa</i> Desf. (P,G)	བྲེ་ག	bre-ga (P,J,M,T,G,H)
<i>Akebia quinata</i> Decne. (P,H,G)	ག་དུར	ga-dur (J,P,H)
	བ་ལེ་ཀ	ba-le-ka (G,J,T,M,R)
<i>Alangium salviifolium</i> (L.f.) Wang. (Dh)	ཨ་ཀོ་ལ	a-ko-la (Dh)
<i>Albizzia lebeck</i> (L.) Benth. (Dh)	ཤི་རི་ཤ	shi-ri-sha (Dh)
<i>Allium anisopodium</i> Ldb. (G)	ཇེ་ར་ནག་པོ	ze-ra-nag-po (G,P,H)
<i>Allium cepa</i> L. (T,G,D,H)	སྒོག་བཅོང	sgog-btsong (G)
	བཅོང	btsong (J,T,D,H)
	རི་སྒོག	ri-sgog (H,J)
<i>Allium nival</i> Jacqm. (D)	སྒོག་སྐུ	sgog-skya (D,M,T,G,Dh)

<i>Allium sativum</i> L. (T,M,P,G,Dh)	ཐོག་སྒྱུ	sgog-skya (D,M,T,G,Dh)
	ལྷ་མིང་ཁྲག	lha-ming-khrag (P)
<i>Allium senescens</i> L. (G)	རི་ཐོག་སྒྱུ	ri-sgog (J,G,T,H)
<i>Allium victorialis</i> L. (G)	དྭ་བ	dwa-ba (J,G)
<i>Allium</i> sp. (P,H,T)	ཐོག་སྒྱུ	sgog (J,T)
	ཐོག་པ་ཅིག་སྒྱུ	sgog-pa-chhig-skye (H)
	དྭ་བ་འི་རྩ་བ	dwa-ba'i-rtsa-ba (P)
<i>Alpinia alba</i> Rosc. <i>Amomum medium</i> Lour. (P,H) not above; <i>Zingiberac.</i> sp. (M)	ཀ་ཀོ་ལ	ka-ko-la (M,P,R,H)
<i>Althaea rosea</i> (H)	ཨ་ཏ་པ་ལ	at-pa-la (H)
<i>Amomum amarum</i> Lour. (P)	སྒྱུ་སྒྱུ་ལ	sug-smal (P,H)
<i>Androsace lanuginosa</i> Wall. (M,T)	སྒྱུ་ཏིག	sga-tig (M,T)
<i>Anemone cernua</i> Thunb. (H)	ཅེར་སྒྱུ་ན	tsher-sngon (H,M,T)
<i>Anemone pulsatilla</i> L. (P)	སྒྱུ་བ་ཀ	srub-ka (P,J,G)
<i>Anethum sowa</i> Kurz. (D)	ཤ་ཏ་ཕུ་ཤ་པ	sha-ta-push-pa (D,Dh)
<i>Angelica archangelica</i> L. (P)	ཤུ་དག	shu-dag (P,J,M,T,G,Dh)
<i>Angelica grosseserrata</i> Maxim. (H)	སྒྱུ་ད་ཀར་རྩ་བ	sbru-dkar-rtsa-ba (H)
<i>Angelica polymorpha</i> Maxim. var. <i>sinense</i> (H)	ཏང་ཀན	tang-kan (H)
<i>Angelica sylvestris</i> L. (H) <i>A. anomala</i> Ave.-Lall. (H)	ཤུ་དག སྒྱུ་མང	shu-dag (H,J,M,T,G,P,Dh) so-mang (H)
<i>Angelica</i> sp. (T)	ལྷ་བ	lcha-ba (J,M,T,G,P,H,R)
<i>Anisum vulgare</i> Gaertn. (G)	གོ་སྒྱུ་ད	go-snyod (J,M,T,P,G,Dh)
<i>Aquilaria agallocha</i> Roxb. (T,M,H,R)	ཨ་ཀ་རུ	a-ka-ru (J,D)
	ཨ་ག་རུ	a-ga-ru (M,T,H,R,P)
<i>Aquilegia viridiflora</i> Pall. (P)	ཨ་ཏ་པ་ལ	at-pal (P,H); in error for ut-pal ? (M)
<i>Arabis hirsuta</i> Scop. (G) <i>Arabis pendula</i> L. (G,P)	པར་པ་ཏ	par-pa-ta (J,G,P,Dh,H,M,T)

<i>Arctium lappa</i> L. (J,T,G,D,H)	བྱི་བཟུང	byi-bzung (J,T,G,D)
	བྱིད་ཟུང	byid-zung (H)
<i>Arctostaphylos uva-ursi</i> L. (G)	གཡམ་ཀྱི་མ	gya'-kyi-ma (G,P,T,D)
<i>Areca catechu</i> L. (M,G,D,H)	གུ་ཡུ	gu-yu (M)
	གོ་ཡུ	go-yu (J,G,H)
	ཞུ་མཁན	zhu-mkhan (D,J,T,R,P)
<i>Arisaema lobatum</i> Engl. (H)	དྲ་བའི་ཅུ་བ	dwa-ba'i-rtsa-ba (H,P)
<i>Aristolochia noupinensis</i> Franch. (T)	བ་ལེ་ཀ	ba-le-ka (J,M,T,G,P,H,R)
<i>Aristolochia recurvilabra</i> Hance. (P,G,H)	མ་ནུ་པ་ཏྲ	ma-nu-pa-tra (J,P,G,Dh)
	མ་ནུ་བ་ཏྲ	ma-nu-ba-tra (H)
<i>Arnebia</i> sp.	འབྲི་མོག	'bri-mog (J,G,R,H,T)
<i>Macrotomia</i> sp. (G)		
<i>Artemisia absinthium</i> L. (P)	ཚར་བོང	tshar-bong (J,P,G,T)
<i>Artemisia annua</i> L. (G)		
<i>Artemisia campestris</i> L.	མཁན་པ	mkhan-pa (J,G,T,P,H)
<i>A. commutata</i> Bess. (G)		
<i>Artemisia capillaris</i> Thunb. (H)	ཨ་ཀྲོང	a-krong (H,J,M,D,T)
<i>A. scoparia</i> Waldst. & Kit. (P,G)	རྩང་ས་རྩི་བ	zangs-rtsi-ba (J,P,G)
<i>Artemisia frigida</i> Willd. (P,G)	མཁན་པ	mkhan-pa (J,P,G,T,H)
<i>Artemisia rupestris</i> L. (G)	ཡོག་མོ	yog-mo (J,G)
<i>Artemisia sericea</i> Web. (G)	མཁན་པ	mkhan-pa (J,G,T,P,H)
<i>Artemisia sieversiana</i> Willd. (G)	ཚར་བོང	tshar-bong (J,G,T,P)
	ཡོག་མོ	yog-mo (J,G)
<i>Artemisia stelleriana</i> Bess. (H)	མཁན་བ	mkhan-ba (H)
<i>Artemisia</i> sp. (G,T,H,M)	མཁན་པ	mkhan-pa (T,J,P)
[cont. on next page]	ཕུར་མོ	phur-mo (J,G)
	ཕུར་མོང	phur-mong (H)
	སུལ་ག	sbru-ga (H)

<i>Artemisia</i> sp. [cont.]	ཨ་རྒྱོང	a-krong (M,J,D)
<i>Amarum sieboldii</i> Miq. (H)	མིང་ཅན་ནག་པོ	ming-chan-nag-po (H,G)
<i>Asparagus filicinus</i> Buch.- Ham. ex D.Don (T)	ཉེ་ཤིང	nye-shing (J,M,T,G,P, H,R)
<i>Asparagus lucidus</i> Lindl. (H)	ཨ་སོ་གན་རྒྱ	a-so-gan-dha (H)
<i>Asparagus racemosus</i> Willd. (Dh)	རྩ་བ་བརྒྱ	rtsa-ba-brgya (Dh)
<i>Astragalus</i> sp. (G)	སྒད་དཀར	srad-dkar (G,T,P,H)
<i>Aster alpinus</i> L. (G)	ལུག་མིག	lug-mig (J,P,G,T)
<i>A. altaicus</i> Willd. (G,P)		
<i>A. hiensis</i> Ldb. (G)		
<i>Aster diplostephioides</i> (DC.) C.B.Cl. (T)	ལུག་ཆུང	lug-chhung (J,T,P,H)
<i>Aster souliei</i> Franch. (T)	ལུག་མིག	lug-mig (J,P,G,T)
<i>Aster trinervius</i> Roxb. ex D.Don (H)	དྲེ་ས་མཐི་ལེ་མེར	dres-ma'i-ge-ser (H,T,P)
<i>Astragalus yunnanensis</i> Frch. (T)	སྒད་དཀར	srad-dkar (G,P,H,T)
<i>Azadirachta indica</i> Juss. (T,D, Dh,R)	ནིམ་བ	nim-ba (Dh)
	ནིམ་པ	nim-pa (J,D,T,H)
	པ་རུ་ར	pa-ru-ra (R)

B

<i>Baliospermum montanum</i> (Willd.) Muell. & Arg. (Dh)	དན་དི	dan-di (Dh)
<i>Croton polyandrum</i> (D)	དུར་བྱེད	dur-byed (D,G)
<i>Bambusa textilis</i> McClure (T)	ཅུ་གང	chu-gang (M,D,T)
<i>Bambusa</i> sp. (D)	སྤྱུག་ཅི	smyug-tshi (J,D)
<i>Barleria cristata</i> L. (Dh)	ས་ཁ་ཅ	sa-ha-tsa (Dh)
<i>Belamcanda chinensis</i> (L.) Redouté (H)	ཕུ་ཤེལ་ཅེ	pu-shel-tse (H,P,R)
	དབང་པོ་ལག	dbang-po-lag (H,P)
<i>Benincasa cerifera</i> Savi. <i>B. hispida</i> Cogn. (Dh)	ཀུ་ས་མན་ད་ཀ	kush-man-da-ka (Dh)

Berberis aristata DC. (T,M,Dh)
Berberis dictyophylla Franch.
 var. *epruinosa* Schneid. (T)
Berberis sibirica Pall. (G,P)

སྐེད་པ skyer-pa (J,G,P,H,T)
 སྐེད་པའི་མེ་རྟག skyer-pa'i-me-tog
 (J,G,P,Dh)
 སྐེད་པའི་རུ skyer-pa'i-rtsa (Dh)
 སྐེད་པའི་བྱས་བུ skyer-ba'i-'bras-bu
 (J,G)
 སྐེད་ཤུན skyer-shun (M,T)

Berberis vulgaris L. (P,R,H)

སྤར་བུ star-bu (J,T,G)
 སྤར་བུས star-bus (P,H)
 སྤར་པུ sdar-pu (R)

Bergenia ciliata (Haw.) Sternb.
 f. *ligulata* Yeo; *B. ligu-*
lata (Wall.) Engl. (Dh)

ཨ་སྤྲ་བཤེ་ད a-sma-bhe-da (Dh)

Bergenia crassifolia (L.)
 Fritsch. (G)

ལི་ག་དུ་ར li-ga-du-ra (G,M)
 ལི་ག་དུར li-ga-dur (T)

Betula platyphylla Sukaczew.
 (G)

སྤྲག་པ stag-pa (J,G)
 དོང་ག dong-ga (J,G,T,P,H)

Bidens cernua L. (P)

ཨ་བྱག a-byag (P,M,H)

Bistorta vivipara (L.) Gray
Polygonum viviparum L. (G,P)

ན་རམ na-ram (J,G,P)

Bletia hyacinthina R.Br.
 (G,P,H)

ལྷ་བ lcha-ba (J,M,T,G,P,R)
 ར་མཉེ ra-mnye (G,H,J,T,R)

Boerhavia verticillata Poir.
 (Dh)

ཕུ་ན་རྒྱ་བ pu-na-rna-ba (Dh)

Bombax ceiba L. (M)
B. malabaricum DC. (H)

གེ་མེར ge-ser (J,M,D)
 པད་མ་གེ་མེར pad-ma-ge-ser (M,P,R)
 སོ་ཆམས so-chhas (H)

Boswellia Carteri Birdw. (G,D)
B. serrata Roxb.
B. thurifera Colebr. (P)

སྦྲུང་དཀར spos-dkar (J,M,G,P,R,D)
 ཨར་སྐྱུ ar-skya (J,G,D)

Brassica juncea (L.) Czern. (G)

ཡུངས་དཀར yungs-dkar (J,G,T)

Brassica nigra Koch (G)
B. juncea (H)

ཡུངས་ནག yungs-nag (G,H)

<i>Brassica rapa</i> L.	ཉུང་ཀར	nyung-kar (Dh)
<i>B. campestris</i> L. (G,Dh)	ཉུང་མ	nyung-ma (J,G)
<i>Butea monosperma</i> (Lam.)	མ་རུ་ཅེ	ma-ru-tse (J,M,T,P)
Ktz. (Andrews,M,Dh)	ཚོས་ཤིང	tshos-shing (Dh)

----- C -----

<i>Caesalpinia sappan</i> L. (H)	མཛོ་མ་ཤིང	mdzo-mo-shing (J,T,H)
<i>Cajanus cajan</i> (L.) Huth	ནིམ་པ	nim-pa (H,J,D,T)
<i>C. indicus</i> Spreng. (H)	ཨ་བི་ས	a-bi-sa (H)
<i>Callicarpa macrophylla</i> Vahl. (Dh)	ཕྱི་ཡུང་ཀུ	pri-yung-ku (Dh,T)
<i>Calotropis gigantea</i> (L.) Dryand.	ཤིང་ཨ་ར་ཀ་པ་ར་ལྷ	shing-a-rka-pa-rna
(Dh,D)	ཨ་ར་ཀ	(D) a-rga (Dh)
<i>Camellia japonica</i> L. (H)	བྲག་སྤོས	brag-spos (H,J,T,P)
<i>Camellia sinensis</i> (L.) Ktz. (H)	རོ་རྩ	rdo-rta (H)
<i>Campanula glomerata</i> L. (G)	བལ་ཏིག	bal-tig (J,M,G)
<i>Campanula trachelium</i> L. (P,H)	ཀྱི་ལྷེ	kyi-lche (P,H,J,M,T)
<i>Canarium album</i> (H)	རྒྱལ་ཡ་རུ་ར	rgyal-ya-ru-ra (H)
<i>Canavalia gladiata</i> DC. (G,P,H)	མཁལ་མ་ཞོ་ཤ	mkhali-ma-zho-sha
Fabeae sp. (M)	མཁལ་ཞོ	(J,G,P,H) mkhal-zho (M)
	ཁལ་མ་ཞོས་རྩ	khal-ma-zhosh (R)
<i>Cannabis sativa</i> L. (T,M,G,P,H)	སོ་མ་ར་ཇ	so-ma-ra-dza
	སོ་མ་ར་ཅ	(J,G,P,H) so-ma-ra-tsa (T,M)
<i>Capsella bursa-pastoris</i> (L.)	པར་པ་ཏ	par-pa-ta (J,G)
Medik. (P,G,D)	སོག་ཀ་པ	sog-ka-pa (J,T,P,D)
<i>Capsicum annuum</i> L. (G,P,H)	ཅི་ཏྲ་ཀ	tsi-tra-ka (J,G,P,H)
<i>Caragana jubata</i> (Pall.) Poir. (T)	མཛོ་མ་ཤིང	mdzo-mo-shing (J,T)
<i>Caragana microphylla</i> Lam. (G)	ཐལ་ཀ་ར་ཏེ་རེ	thal-ka-rdo-rje (J,G,P)
<i>Caragana pygmaea</i> DC. (P)	ག་མ་འི་ར་ཏ་ས་པས	gra-ma'i-rtsa-bas (P)

<i>Caragana spinosa</i> DC. (G)	ཐལ་ཀ་རོ་རྩེ	thal-ka-rdo-rje (J,G,R)
<i>Cardamine macrophylla</i> Willd. (M)	སྤོ་ལོ	sro-lo (J,M,H)
<i>Carduus crispus</i> L. (G,P)	སྤྱང་མེར	spyang-tsher (J,G, P,T)
<i>Carthamnus tinctorius</i> L. (M,G,P,R,H)	ཨ་བྱ་ག་མེར་ཐོན	a-byag-tsher-sngon (J,G)
	གུར་གུམ	gur-gum (J,M,G,P,R,H,Dh)
<i>Carum carvi</i> L. (M,G,T)	གོ་སྟོད	go-snyod (J,M,G,T,P)
<i>Caryophyllum</i> see <i>Syzygium</i>		
<i>Cassia fistula</i> L. (T,Dh)	དོང་ཀ	dong-ka (Dh)
	དོང་ག	dong-ga (J,T,G,H)
<i>Cassia tora</i> L. (G,P,Dh,T,R)	ཐལ་ཀ་རོ་རྩེ	thal-ka-rdo-rje
<i>C. obtusifolia</i> L. (H)		(J,G,P,R,H,T)
	ཐལ་ཀ	thal-ka (Dh)
<i>Cedrus deodara</i> G. Don (Dh,T)	ཐང་ཤིང	thang-shing (T,Dh,G)
<i>Celosia argentea</i> L. (H)	ཀད་མ་བཏར	kadma-bhara (H)
<i>Celosia cristata</i> (L.) Ktz. (G,P,H)	བྱ་ཕོ་རྩི་རྩི	bya-pho-rtsi-rtsi (J,G,P)
	མེ་ཏོག་བྱ་ཟེ	me-tog-bya-ze (H)
<i>Centaurea monantha</i> Georgi. (G)	ཀོན་པ་གཤམ་སྟེ	kon-pa-gab-skye (J,G)
<i>Ceratonía siliqua</i> L. (P,G)	དོང་ག	dong-ga (J,P,G,T,D,H)
<i>Chaenomeles lagenaria</i> (Loisel) Koidz. (T)	ཨེ་ཡམ	se-yab (J,T,G)
<i>Chelidonium majus</i> L. (G)	སྟོང་རི་ཟིལ་བ	stong-ri-zil-ba (J,G)
<i>Chenopodium album</i> L. (G,P)	སྤྱེ་བྱ	sne-'u (J,G)
<i>C. aristatum</i> L. (G)	སྤྱི་བས	snyi-ba (P,J,T,H)
<i>Chenopodium hybridum</i> L. (G)	ཆུ་མ་རྩི	chhu-ma-rtsi (J,T,G)
<i>Chrysanthemum arcticum</i> L. <i>Leucanthemum sibiricum</i> DC. (P)	ཐང་རྒྱན་དཀར་པོ	spang-rgyan-dkar-po (P,G,T)
<i>Chrysanthemum sinense</i> Sab. (H)	ལུག་མིག	lug-mik (H)
<i>Chrysanthemum tatsienense</i> Bur. & Franch. (T)	གཟེར་འཛུམས	gzzer-'joms (M,T)

<i>Cinnamomum camphora</i> (L.) J.Presl (P,T)	ག་བུར	ga-bur (J,P,T)
<i>Cinnamomum cassia</i> Bl. (M,G) <i>C. tamala</i> Nees & Eberm. (T) <i>C. zeylanicum</i> Nees. (P,G,H,Dh)	ཤིང་ཙམ	shing-tsha (J,M,T,P,G,R,Dh,H)
<i>Cirsium esculentum</i> (Sievers.) C.A.M. (G) <i>Cirsium gmelini</i> Fisch. (G)	བྱ་རོག་ལྷུང་མ	bya-rog-nyung-ma (J,G)
<i>Cirsium souliei</i> (Franch.) Mattf. (T)	སྤང་ཚེར	spyang-tsher (J,T, G,P)
<i>Cissampelos pareira</i> L. (Dh)	མ་ནུ་པ་ཏྱ	ma-nu-pa-tra (Dh,J,T)
<i>Citrullus colocynthis</i> (L.) Schrاد. (Dh)	ཐི་ཤ་ལ	bi-sha-la(Dh)
<i>Citrullus lanatus</i> (Thunb.) Matsum. & Nakai; <i>C. vulgaris</i> Schrاد. (G,P)	ཀ་བེད	ka-bed (J,G,P,Dh,H)
<i>Citrus maxima</i> Merr. (Dh)	མ་ཏུ	ma-tu (Dh)
<i>Citrus medica</i> L. (G)	ཐིལ་བ	bil-ba (J,G,H)
<i>Citrus nobilis</i> Lour. (H)	སྤུར་རྩི	skyur-rtsi (H)
<i>Citrus</i> sp. (D)	ཀུ་ཤུ	ku-shu (J,D)
<i>Clematis alpina</i> Mill. var. <i>sibirica</i> Rgl. (P) <i>C. montana</i> Buch.-Ham. ex DC. (T)	དཔྱི་མོང	dbyi-mong (J,P,T,H)
<i>Cleome gynandra</i> L. <i>Gynandropsis gynandra</i> Merr. (Dh)	ཨ་ཇ་གན་དྭ་	a-dza-gan-dha (Dh)
<i>Clerodendrum serratum</i> Moon. (Dh)	བར་རྩི	bha-rgi (Dh)
<i>Cnicus spicatus</i> Maxim. (H)	སྤང་ཚེར	spung-tsho-ra (H)
<i>Cnidium dahuricum</i> Fisch. & Mey. (T,G;P)	ག་སྤྱད ཏང་ཀུ ཏང་ཀུན	go-snyod (J,G,P,H,Dh) tang-ku (J,G) tang-kun (P,T)
coconut husk " <i>Pachyma cocos</i> " (H)	འག་ལིག	'ga-lig (H)
<i>Codonopsis convolvulacea</i> Kurz (T)	སྤི་བ	snyi-ba (J,T,G,P,H)

<i>Codonopsis nervosa</i> (Chipp.) Nannf. (T)	ལུ་བདུད་རོ་རྩེ	klu-bdud-rdo-rje (T)
<i>Coelogyne</i> sp.? (M)	ཕུ་ཤེལ་རེ	pu-shel-rtse (M,J,T)
<i>Conioselinum vaginatum</i> (Spreng.) Thell. (G)	ལ་ལ་ཕུད	la-la-phud (G,J,P, H,Dh)
<i>Coptis teeta</i> Wall. (H) <i>C. teetoides</i> C.Y.Cheng (T)	མུང་རྩི་ཐུམ	myang-rtsi-spras (J,P,T,H)
<i>Coriandrum sativum</i> L. (T,G,P,R,H)	འུ་སུ	'u-su (J,T,G,P,R,H)
<i>Cordyceps sinensis</i> (Berk.) Sace. (T,H)	དབྱར་རྩ་དབྱུང་མུ་ དབྱར་རྩ་དབྱུང་ལུ་	dbyar-rta-dbyung- abu (H) dbyar-rtswa-dgun-'bu (T)
<i>Corallodiscus kingianus</i> (Craib.) Burt. (T)	བྲག་སྐུ་རྩ་འོ	brag-skya-ha-bo (J,G,P,H,T)
<i>Corydalis boweri</i> Hemsl. (T) <i>C. meifolia</i> Wall. (G)	རྩོང་རི་ཐིལ་བ རྩོང་ཐིལ	stong-ri-zil-ba (J,G) stong-zil (T)
<i>Costus speciosus</i> (König) Smith (T,D,P) <i>Costus amarus</i> (P)	འུ་རྩ ཕུ་ཁ་ཀར་མུ་ལ	ru-rta (M,J,T,R,D,P) push-kar-m'u-la (J,P)
<i>Crataegus pentagyna</i> Waldst. & Kit. <i>C. pinnatifida</i> Bge. (G,P,H)	སྐུ་འུ་ར	skyu-ru-ra (P,G,H,M,T,R,Dh)
<i>Crataegus sanguinea</i> Pall. (G)	བ་འུ་ར	ba-ru-ra (J,G,P,H,M)
<i>Crocus sativus</i> L. (T,G,Dh,D,H)	ཁ་ཆེ་གུར་གུམ ཁ་ཆེ་ཤ་སྐམ་མ གུར་གུམ ཤེ་ཤེར དན་རོག མ་རུ་ཅེ ཐིལ་བ གོ་སྐྱེད	kha-chhe-gur-gum (G,H) kha-chhe-sha-skam- ma (T) gur-gum (J,Dh,M,P,R) ge-ser (J,D,M) dan-rog (J,T,G,P,R,H) ma-ru-tse (H,J,M,T) bil-ba (J,G) go-snyod (Dh,J,M,T)
<i>Croton tiglium</i> L. (T,G,P,R,H)		
<i>Cucumis melo</i> L. (H)		
<i>Cucurbita pepo</i> L. (G)		
<i>Cuminum cyminum</i> L. (Dh)		

<i>Cupressus sempervirens</i> L. (P)	ཨ་ག་རུ	a-ga-ru (P,M,T,H,R)
<i>Curcuma longa</i> L. (P,G,H,Dh)	ཡུང་ས་བ	yungs-ba (J,M,P,G,H)
	སེར་པོ	ser-po (Dh)
<i>Curcuma zedoaria</i> (Christm.) Rosc. <i>C. zerumbet</i> Rosc. (P)	བོང་ང་སེར་པོ	bong-nga-ser-po (P,H)
<i>Cuscuta chinensis</i> Lam. (H)	གསེར་གུད	gser-sgud (H,P)
<i>Cuscuta europaea</i> L. (G)	འབྲི་རྩ་ས་འདྲིན	'bri-rta-sa-'dzin (G,J,M)
<i>Cynanchum forrestii</i> Schltr. (T)	དུག་མོ་ལྷུང	dug-mo-nyung
<i>Cynanchum sibiricum</i> R.Br. (H)		(J,G,M,T,P,H)
<i>Cynoctonum purpureum</i> (Pall.) Pobed. (G)		
<i>Cynodon dactylon</i> (L.) Pers. (Dh)	དུ་ར	du-rba (Dh)
<i>Cynoglossum amabile</i> Stapf & Drumm. (T)	ནད་མ་འབྱུར་མ	nad-ma-'byar-ma (T)
<i>Cynoglossum officinale</i> L. <i>C. divaricatum</i> Steph. (G)	ཕྱི་ཚེར	byi-tsher (J,G,T, P,Dh)
<i>Cyperus rotundus</i> L. (D,Dh) <i>C. pertenuis</i> (D)	གླ་གླང	gla-sgang (J,D,Dh, T,H)
----- D -----		
<i>Daemonorops draco</i> Bl. <i>Calamus draco</i> Willd. (H)	ཅུ་སྒྲིན་ཁྲག	chhu-srin-khrag (H)
<i>Datura metel</i> L. <i>D. alba</i> Nees. (H)	མན་ད་ར་བ	man-da-ra-ba (H)
<i>Datura stramonium</i> L. (H)	མད་ཀ	mdak (H)
<i>Daucus carota</i> L. (H)	ཤུ་མོ་ཟ	shu-mo-za (H,J,D,P)
<i>Debregeasia edulis</i> Wedd. (T)	ག་བྲ	ga-bra (J,P,T)
<i>Delphinium brunonianum</i> Royle (T)	བྱ་རོད་ཐོས	bya-rgod-spos (T,P)
<i>Delphinium grandiflorum</i> L. (G,P) <i>D. triste</i> Fisch. (G)	བྱ་རྐང	bya-rkang (J,G,P)

<i>Delphinium zalil</i> Aitch. & Hemsl. (Dh)	མི་རྒྱ་ལལ	ni-rma-lya (Dh)
<i>Dendrobium moniliforme</i> (L.) Sw. (T,H)	ཕུ་ཤེལ་རྩེ མུན་སེ་ཤིང	pu-shel-rtse (J,T, M,Dh) mun-se-shing (H)
<i>Desmostachya bipinnata</i> (L.) Stapf <i>Poa cynosuroides</i> Retz. (D)	ཀུ་ཤ	ku-sha (D)
<i>Dianthus chinensis</i> L. <i>D. versicolor</i> Fisch. (G) <i>D. superbis</i> L. (G)	ཡུ་མོ་མདེ་ཕུ་འབྱིན	yu-mo-mde-'u-'byin (J,G,P,T)
<i>Dictamnus dasycarpus</i> Turcz. (G)	བྱ་རྒྱ	bya-rkang (J,G,P)
<i>Diospyros kaki</i> Thunb. (H)	ཤིང་རྩོལ་འ་མྲ	shing-tog-'a-mra (H)
<i>Diospyros lotus</i> L. (H)	ཨ་བྲ་གོ་ས	a-bra-gos (H)
<i>Dontostemon integrifolius</i> Ldb. (G)	སྐེ་ཆེ ཕྱི་ཕུ་ལ་ཕུག ཤང་ཆེ	ske-tshe (J,G) byi'u-la-phug (J,P, G,T) shang-tshe (J,G)
<i>Draba nemorosa</i> L. (H)	དར་ཡ་ཀན	dar-ya-kan (H,G,P)
<i>Dracocephalum tanguticum</i> Maxim. (T)	ཕྱི་ཡང་ཀུ	pri-yang-ku (Dh,T)
<i>Drosera peltata</i> Smith var. <i>lunata</i> (Buch.-Ham.) C.B.Cl. (T)	རྩྭ་ཕྱུང རྩྭ་ཏུ་ཕྱུང	rtag-ngu (T) rtag-tu-ngu (J)
<i>Dryobalanops aromatica</i> Gaertn. <i>D. camphora</i> Colebr. (H)	མང་ག་བུར	mang-ga-bur (H)
<i>Dryopteris fragrans</i> (L.) Schott. (G) <i>Polystichum fragrans</i> Ldb. (P)	བྲག་སྐུ་རྩ་བོ	brag-skya-ha-bo (J,P,G,T,H)

----- E -----

<i>Echinops dahuricus</i> Fisch. (G)	ཨ་བྲ་ག་ཆེར་མེན	a-byag-tsher-sgnon (J,G)
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<i>Eclipta prostrata</i> (L.) L. <i>E. alba</i> (L.) Hassk. (Dh,H)	བཞི་ག ལུག་ཅུང	bhri-ga (Dh) lug-chhung (H)
<i>Elettaria cardamomum</i> (L.) Maton. (M,Dh) <i>Amomum cardamomum</i> L. (H)	སུ་ག་ཤམེ་ལ སུག་སྒལ སུག་སྒེལ	su-kshme-la (Dh) sug-smal (H) sug-smel (M)
<i>Elsholtzia calycarpa</i> Diels. (T) <i>E. patrinii</i> (Lepech.) Garsh. (T)	ཕྱི་རུག་ནག་པོ ཕྱི་རུག་སུག་པོ	byi-rug-nag-po (T) byi-rug-smug-po (T)
<i>Elymus</i> sp., see <i>Agropyrum</i>		
<i>Embelia pulchella</i> Mez (M)	ཕྱི་རང་ག	byi-tang-ga (M,P,H)
<i>Embelia ribes</i> Burm. f. (Dh)	ཕི་ར་ག	bi-ta-ka (Dh)
<i>Emblica</i> see <i>Phyllanthus</i>		
<i>Empetrum nigrum</i> L. (P,H)	ཤུག་པ་ཚེར	shug-pa-tsher (J,P,H,M)
<i>Entada phaseoloides</i> (L.) Merr. <i>E. scandens</i> Benth. (G,P,H)	གླ་གོར་ཞོ་ཤ	gla-gor-zho-sha (J, G,P,H,R)
<i>Ephedra monosperma</i> Gmel. (P) <i>E. saxatilis</i> Royle (T) <i>E. sinica</i> Stapf. (H)	མཚེ་ལུ་མ མཚེ་ལུ་མ རྩ་མིག	mtshe-ldum (P,T) mtshe-ldu-ma (H) rta-mig (J)
<i>Epimedium macranthum</i> Morr. & Decne. (H)	རྩ་མིག	rta-rmig (H,P)
<i>Equisetum hyemale</i> (H)	མ་མ་སྒོག་ཅུག་མ	ma-ma-sgog-lchags (H,T)
<i>Equisetum ramosissimum</i> Desf. (T)	སྐུག་མ་ཚི	smyug-ma-tshi (T)
<i>Erigeron acer</i> L. (G)	ཐང་རྩི་འབྲུར་པག་ཅན	spang-rtsi-'byar- bag-chan (J,G)
<i>Eriobotrya japonica</i> (Thunb.) Lindl. (P) <i>Mespilus japonica</i> Thunb. (R)	ཞུ་མཁན སྐུ་རུ་ར	zhu-mkhan (J,M,T,P, R,D) skyu-ru-ra (R,G,Dh)
<i>Erodium stephanianum</i> Willd. (G)	ཡུ་མོ་མདེའུ་པུ་ཕྱིན	yu-mo-mde'u-'byin (G,T)
<i>Erysimum altaicum</i> C.A.Mey. (P) <i>Erysimum diffusum</i> Ehrh. (T)	སྒོང་ཐོག་པ	sgong-thog-pa (J,P,T)
<i>Erythrina indica</i> Lam. (Dh,H)	རྒྱ་མཚོའི་སྐུ་ག པ་རི	rgya-mtsho'i-lbu-ga (H) pa-ri (Dh)

Eucommia ulmoides Oliv. (G,P)
det. questionable (M)

སྒྲ་སེང

stab-seng (M,G,P)

སྒྲ་སེང་སེང

stabs-seng (J)

Eugenia caryophyllata, see
Syzygium

Euphorbia adenochlora Morr. &
Decne. (H)

དུར་བྱིད

dur-byid (H,J,T,P)

Euphorbia helioscopia L. (G,H)

བྲེ་ག

bre-ga (J,G,H,M,T,P)

Euphorbia nerifolia L. (Dh)

སྒྲ་ཏ། །སྒྲ་ཏ

sna-ha [or] snu-ha (Dh)

Euphorbia pallasi Turcz. (G,P)

ཐར་ལུ

thar-nu (J,P,G,H)

Euphorbia pekinensis Rupr.
E. lasiocaula Boiss. (H)

རེ་ལྷག

re-lchag (H,J,G,P)

Euphrasia odontites Pers. (P)

བ་ཤ་ཀ

ba-sha-ka (P,M,J,H)

----- F -----

Fagonia cretica L. (Dh)

བྱི་ཚེར

byi-tsher (Dh,J,T,G,P)

Fagopyrum tataricum Gaertn. (G)

ཁྲ་མ

khra-ma (J,G)

Fagopyrum sp. (D)

བྲ་བོ

bra-bo (J,D)

Feronia limonia Swingle. (Dh)

ཀ་པི་རཏ

ka-pi-rtha (Dh)

Ferula assa-foetida L. (M,T,G,
Dh,R,H)
Narthex asafoetida Falc. (P)

ཤིང་ཀུན

shing-kun (J,M,T,G,
P,Dh,R,H)

Ficus benghalensis L. (Dh)

ཉི་གོ་དཏ

ni-gro-dha (Dh)

Ficus religiosa L. (D,P)

བོ་དེ་ཙ

bo-de-tsa (J,D)

ཚཏ

tshos (P,M)

Filices, indet. (P)

རེ་རལ

re-ral (P,T,H)

Foeniculum vulgare Mill.
(G,P,H,T)

གོ་སྒྱེད

go-snyod (J,G,P,H,M
T,Dh)

ཟེ་ར་དཀར་པོ

ze-ra-dkar-po (T,J)

Forsythia suspensa Vahl (H)

སྒྲིང་ཤིང་སྒྲ་མཐི

srin-shing-sna-
ma'i-'bras-bu
(H,P)

འབྲས་བུ

<i>Fragaria nilgerrensis</i> Schlecht. (T)	འབྲི་རྟ་ས་འཛིན	'bri-rta-sa-'dzin (J,T,G,P,H,M)
<i>Fritillaria verticillata</i> Willd. (P)	ཤྲི་ཁཏྲ	shri-khanta (J)
<i>F. thunbergii</i> Miq. (H)	ཤྲའ་རི་ཁཏྲ་ཏ	shra-ri-khan-ta (P)
	སྟི་བ	shyi-ba (H,T,G)
<i>Fumaria parviflora</i> Lam. (Dh)	པར་པ་ཏ	par-pa-ta (Dh,J,M,T,P)
Fungi, indet. (polypore) (M)	ཕ་བོང་དགོ་དགོ	pha-bong-dgo-dgo (J)

----- G -----

<i>Galium boreale</i> L. (G)	རྒྱ་དྲུས	rgu-drus (J,G)
<i>Galium spurium</i> L. (T)	ཟངས་རྩི་དཀར་པོ	zangs-rtsi-dkar-po (T)
<i>Galium verum</i> L. (G)	རྒྱ་དྲུས	rgu-trus (P)
var. <i>ruthenicum</i> W. (P)	རྒྱ་དྲུས	rgu-drus (J,G)
<i>Garcinia pedunculata</i> Roxb. (Dh)	སྟར་བ	star-ba (Dh)
<i>Gentiana algida</i> Pall. (T,G)	སྟང་རྒྱན	spang-rgyan (J,T)
	སྟང་རྒྱན་དཀར་པོ	spang-rgyan-dkar-po (G,T)
<i>Gentiana amarella</i> L. (G,P)	སུམ་ཅུ་ཏིག	sum-chu-tig (J,M,G,P)
<i>G. azurea</i> (G)	ཟངས་ཏིག	zangs-tig (J,G,H)
<i>Gentiana decumbens</i> L. (T,G)	སྟང་དེ་བ	sngo-de-ba (J,T,G)
<i>Gentiana depressa</i> D.Don (Me)	གང་གཤམ་རྩུང	gang-ga-chhung (J,Me,T)
<i>Gentiana detonsa</i> Rotth.	རྒྱ་ཏིག	rgya-tig (J,G)
<i>G. barbata</i> Froel. (G,P)	ཏིག་ཏ	tig-ta (J,G,P,M,T,D,H)
<i>Gentiana kurroo</i> Royle (Dh)	ཏྲ་ཡན་ཏི	tra-yan-ti (Dh)
<i>Gentiana macrophylla</i> Pall. (G,M)	ཀྱི་ལྷེ	kyi-lche (J,T,G,M,P,H)
<i>G. pneumonanthe</i> L. (G)		
<i>G. tibetica</i> King ex Hook. f. (T)		
<i>Gentiana triflora</i> Pall. (G)	སྟང་རྒྱན་སྟང་པོ	spang-rgyan-ngon-po (G)
<i>Gentiana urnula</i> H.Sm. (T)	གང་གཤམ་རྩུང	gang-ga-chhung (T,J,Me,G)

<i>Gentiana</i> sp. (D,J,T,G)	མིན་རྒྱ་དཀར་པོ་	zin-tig-dkar-po (D,J)
	སུམ་ཅུ་རྒྱ་	sum-chu-tig (G,P)
	གཤེར་རྒྱ་	gser-tig (J,T)
<i>Gentianopsis paludosa</i> (Monro) Ma. (T)	ལྷགས་རྒྱ་ནག་པོ་	lchags-tig-nag-po (T)
<i>Geranium nepalense</i> Sweet (T)	མིག་སྒྲུན་	mig-sman (T,Dh)
<i>Geranium pratense</i> L. (P)	ཞིམ་ཐིག་ལེ་	zhim-thig-le (J,P)
<i>Gingko biloba</i> L. (G)	མོན་ཆ་ར་	mon-chha-ra (G,J,T,P)
<i>Gleditschia sinensis</i> Lam. (G,H)	དོང་ག་	dong-ga (J,G,H,T,P,D)
<i>Glycyrrhiza glabra</i> L. (Dh)	ཤིང་མངར་	shing-mngar
<i>G. uralensis</i> Fisch. (G,P,H)		(J,M,T,G,Dh,P,H)
<i>Glycyrrhiza</i> sp. (M,T)		
<i>Gnaphalium affine</i> D.Don (T)	གནམ་མུ་དྭ་	gandha-bha-dra (J,T,G)
<i>Gossypium herbaceum</i> L. (P,T,Dh)	ཁུག་ཆོས་	ug-chhos (P,T)
"cotton" (D)	ཀར་པ་ས་	kar-pa-sa (Dh)
	རས་བལ་	ras-bal (J,D)
Gramineae, indet. (J)	ཁྲོ་གོད་	khre-rgod (J,D)
"wild millet" (D)		
<i>Grewia populifolia</i> Vahl. (Dh)	ན་ག་བ་ལ་	na-ga-ba-la (Dh)
<i>Gueldenstaedtia multiflora</i> Bge. (H)	ཟངས་རྒྱ་	zangs-tig (H,J,G,P)
<i>Gymnadenia conopsea</i> (L.) R.Br. (G)	དབང་ལག་	dbang-lag (J,G,T)
<i>G. crassinervis</i> Finet. (T)		
----- H -----		
<i>Halenia sibirica</i> Borkh. (P)	ཟངས་རྒྱ་	zangs-tig (P,J,G,H)
<i>Hedychium spicatum</i> Smith. (T,G,P)	སྒ་སྒྱུ་	sga-skya (J,T,M,G,P,R)
	སྒ་དམར་	sga-dmar (T,H)
<i>Helleborus niger</i> L. (D)	སྒྲུ་མ་	spru-ma (J,D)
	ཅུ་	

<i>Hemidesmus indicus</i> R. Br. (Dh)	ཐལ་ཏྭེས	thal-tres (Dh)
<i>Herpetospermum pedunculatum</i> (Ser.) Baill. (Jeffrey, T)	གསེར་མེ	gser-me (J, M, T)
<i>Hibiscus</i> sp. ? (M)	མདོག་ལྷན	mdog-ldan (J, M)
<i>Hippophae rhamnoides</i> L. (G, T)	སྨར་བུ	star-bu (J, G, T)
<i>Hippuris vulgaris</i> L. (T)	འདམ་བུ་ཀ་ར	'dam-bu-ka-ra (T, P)
<i>Holarrhena pubescens</i> (Buch.-Ham.) Wall. ex G. Don <i>H. antidysenterica</i> Wall. (Dh)	ཏུག་མོ་ཉུང	tug-mo-nyung (Dh) (=dug-mo-nyung?)
<i>Hordeum vulgare</i> L. (G, D, H) <i>H. sativum</i> Pers. (H)	སོ་བ	so-ba (J, D, H)
	ནས	nas (J, G, H)
<i>Hydnocarpus anthelminthica</i> Pierre (H)	མ་ནུ་ཁྲག་ཆན	ma-nu-khrag-chhan (J, H)
<i>Hydrocotyle nepalensis</i> Hook. (T)	འབྲ་སྤྱ་ཏང	'bu-su-hang (J, T, G, P)
<i>Hygrophila auriculata</i> (Schumach.) Heine; <i>Asteracantha longifolia</i> Nees. (Dh)	ཁུ་ར	kshu-ra (Dh)
<i>Hyoscyamus niger</i> L. (T, G, P, H)	ལང་ཐང་ཅེ	lang-thang-tse (T, G, P, H)
	ལང་ཐང་རུ་ཅི	lang-thang-rtsi (J, D)
<i>Hypocoum erectum</i> L. (G) <i>Hypocoum leptocarpum</i> Hook. f. & Thoms. (M, T)	པར་པ་ཏ	par-pa-ta (J, M, T, G, P, H, Dh)
----- I -----		
<i>Impatiens glandulifera</i> Royle <i>I. roylei</i> Walp. (H)	བྱ་ལོ་ཅི་ཅི	bya-pho-rtsi-rtsi (H, J, G, P)
<i>Inula britannica</i> L. (G, H)	མིང་ཅན་སེར་པོ	ming-chan-ser-po (J, G)
	ཨ་བྱག	a-byag (H, M, P)
<i>Inula helenium</i> L. (T, G)	མ་ནུ	ma-nu (M, T, R, G)
<i>Ipomoea hederacea</i> Jacq. (T, G)	སྒོན་བུ	sngon-bu (J, T, G)
<i>Iris dichotoma</i> Pall. (G) <i>Pardanthus dichotomus</i> Ldb. (P)	ཏུ་ཤེལ་ཅེ	pu-shel-tse (P, H, R)
	དུར་བྱེད	dur-byed (G, D)

Iris lactea Pall. (T) དྲེས་མཐི་ལེ་མེར dres-ma'i-ge-ser (T,P,H)
I. ensata Thunb. (P)

Iris sp. ? (R) པ་སྐུ་བ pa-sbru-ba (R)

----- J -----

Jasminum grandiflorum L. (Dh) ངའ་ནི dza'-ti (Dh,M,T,G,P,R)

Juglans regia L. (T,Bell) སྐར་ག star-ga (J,T,Bell)

Juncus amplifolius Camus (T) གླ་སྒང gla-sgang (J,T,D,Dh,H)

Juniperus communis L. (G) ལྷག་པ་ཚེར shug-pa-tsher
J. davurica Pall. (G) (J,M,G,P,H)

J. pseudosabina Fisch. & Mey. (G) ལྷག་པ shug-pa (J,G)

J. recurva Buch.-Ham. ex D.Don
 (M)

Justicia adhatoda L. (M,T) བ་ཤ་ག ba-sha-ka (M,T,J,G,P,H)

Justicia gendarussa (H) པར་པ་དའི་རྩ་བ par-pa-da'i-rtsa-ba (H)

----- K -----

Kaempferia galanga L. (H) མ་སྐྱུ sga-skya (H,J,T,M,G,P,R)

----- L -----

Lactuca sativa L. (P,H) ཟེ་ར་དཀར་པོ་ ze-ra-dkar-po (G,P,H)

ཟེ་ར་ནག་པོ་ ze-ra-nag-po (P,H)

Lactuca serriola L. (T) ཟེ་ར་ནག་པོ་ zi-ra-nag-po (J,T,G)
L. scariola L. (G)

ཟེ་ར་དཀར་པོ་ ze-ra-dkar-po (G,P,H)

Lactuca sibirica (L.) Benth. ལྷ་ཁུར rgya-khur (G,T,H)
 (G)

སྐྱེལ་གོང srol-gong (J)

སྐྱེལ་གོང་སྐྱེལ་པོ་ srol-gong-sngon-po (G)

<i>Lagenaria siceraria</i> (Mol.) Standl. <i>L. vulgaris</i> Ser. (H)	ཀ་བེད	ka-bed (J,G,P,Dh,H)
<i>Lagopsis supina</i> (Steph.) Ikonn.- Galitz. (G) <i>Lamiophlomis rotata</i> (Benth.) Kudo (T)	རྩ་ཐུགས	rta-lpags (J,T,G)
<i>Lancea tibetica</i> Hook.f. & Th. (T)	པ་ཡག་རྩ་བ	pa-yag-rtsa-ba (T,P)
<i>Lappula intermedia</i> (Ledeb.) Popov (G)	ནད་མ བྱི་ཆེར	nad-ma (J,G) byi-tsher (J,G,T,P,Dh)
<i>Larix sibirica</i> Ledeb. (G)	ཐང་ཤིང ཤེལ་ཏ	thang-shing (G,T,Dh,H) shel-ta (J,G)
<i>Lawsonia inermis</i> L. (R)	བཅི་མོག	'bri-mog (J,T,G,H,R)
Legumes, cultivated, indet. (M)	རྒྱ་སྒན མ་ཤ སྒན་ཆུང སྒན་རྒྱུམ	rgya-sran (J,Kelsang) ma-sha (J) sran-chhung (J,T,H) sran-zlum (J)
Leguminosae (M)	འཇམ་འབྲས	'jam-'bras (J,M,Dh)
<i>Leonurus sibiricus</i> L. (G,P,H)	གང་ག་ཆུང འཕང་མཐི་འབྲས་བུ	gang-ga-chhung (J,T,Me,G,P,H) 'phang-ma'i-'bras-bu (H)
<i>Lepidium apetalum</i> Willd. (G)	ལ་ལ་ཕུད	la-la-phud (J,G,P,H,Dh)
<i>Lepisorus waltonii</i> Ching (T)	བྲག་སྐོས	brag-spos (J,T,P,H)
<i>Ligularia leescotal</i> Kitam. (T)	ཤི་ཤོ	ri-sho (J,G,T)
<i>Ligustrum lucidum</i> Ait. (H)	བ་ལུ	ba-lu (T,M,Dh,P,H)
<i>Lilium</i> sp. (G,P)	ཨ་ཐི་ཤ	a-bi-sha (J,G,P)
<i>Linnanthemum nymphoides</i> Hoffmgg. & Link (H)	མེ་ཏོག་སེར་ཆེན	me-tog-ser-tshen (J,G,P,H)
<i>Limonium aureum</i> (L.) Mill. (G)	སེང་གེ་འཛིགས་མེད	seng-ge-'jigs-med (G)
<i>Linaria buriatica</i> Turcz. (G)	ལུག་ངལ	lug-ngal (J,G)
<i>Linum baicalense</i> Juzepczuk (G)	ཟར་མ	zar-ma (J,G,H)

<i>Lithospermum erythrorhizon</i> Sieb. & Zucc. (G)	འབྲི་མོག	'bri-mog (J,G,T,R,H)
<i>L. officinale</i> L. (H)		
<i>Luffa acutangula</i> Roxb. (Dh)	ཀོས་ཏ་ཀི	kosh-ta-ki (Dh)
<i>Lychnis brachypetala</i> Schwaeg.	སུག་པ	sug-pa (J,T,G)
<i>Melandrium brachypetalum</i> Fenzl. (G)		
<i>L. fulgens</i> Fisch. (G)		
[<i>Lychnis</i> now = <i>Silene</i> ?]		
<i>Lycium chinense</i> Mill. (H)	སྐལ་པའི་མེ་ཏོག	skyer-pa'i-me-tog (J,P,H)
----- M -----		
<i>Magnolia campbellii</i> Hook.f. & Thoms. (T)	སྐྱ་ཆུང	stag-chhung (T)
<i>Malcolmia africana</i> (L.) R.Br. (T)	བྱི་ལུ་ལ་ཕུག	byi'u-la-phug (J,T,G)
<i>M. sylvestris</i> L. ? (M)	ལམ་པ	lcham-pa (J,T,M,G,P,H)
<i>M. verticillata</i> L. (T,G,P,H)	ལམ་བུ	lcham-'bru (M)
<i>Malva</i> sp. (M)	འར་ཇ་ཀ	ardza-ka (M)
<i>M. sylvestris</i> L. ? (M)		
<i>Malva</i> sp. (G)	བྱ་ལ་ལམ	brag-lcham (J,G,P)
<i>Mangifera indica</i> L. (H)	ཤིང་ཏོག	shing-tog (H,Dh)
<i>Marrubium incisum</i> Benth. (G,P,H)	རྩ་པགས	rta-pags (P,H)
	རྩ་མགས	rta-lpags (J,T,G)
<i>Meconopsis aculeata</i> Royle. (M)	ཆེར་ཐོན	tsheer-sngon (M,T,P,H)
<i>M. horridula</i> Hook.f.		
Thoms. (T)	གཟེར་འཛུམས	gzer-'joms (M)
<i>Meconopsis</i> sp. (M,T,Me)	ལུང་པལ	ut-pal (J,Me,Dh)
<i>M. simplicifolia</i> (D.Don)		
Walp. ? (M)	ལུང་པལ	ud-pal (M,T,R)
	ལུང་པལ་ཐོན་པོ	ud-pal-sngon-po (T)
<i>Meconopsis</i> sp. (T)	སྐྱ་ཆུང་མདན་ཡོན	smug-chhung-mdan-yon (T)
<i>Medicago polymorpha</i> L. var. <i>vulgaris</i> (Benth.) Shinners	རྒྱ་སྐྱེས	rgya-sbos (H)
<i>M. denticulata</i> Willd. (H)-		

<i>Medicago falcata</i> L. (G)	འབྲུ་སྤྲུང	'bu-su-hang (J,G,T,P)
<i>M. lupulina</i> L. (G)		
<i>M. ruthenica</i> Trautv.		
<i>Trigonella ruthenica</i> L. (G)		
<i>Nelia azedarach</i> L. (H,T)	བ་རུ་ར	ba-ru-ra (J,G,P,H)
<i>M. azadirachta</i> L. (P)		
<i>M. toosendan</i> Sieb. & Zucc. (G,P)	སྤྲུག་སྤྲུག	sman-sga (T,J)
<i>Melilotus dentatus</i> Pers. (G)	སྤྲུ་མེར	srad-ser (J,G)
<i>Melilotus suaveolens</i> Ldb. (T)	རྒྱ་ཐོས	rgya-spos (J,T,G,P,Dh)
<i>Menispermum dahuricum</i> DC. (G)	བ་ལེ་ཀ	ba-le-ka (G,J,M,T,P,R)
<i>Menyanthes trifoliata</i> L. (G)	ཤུ་དག	shu-dag (J,M,T,P,H,Dh)
	ཤུ་དག་དྲུག་པ	shu-dag-dman-pa (G)
<i>Mespilus</i> sp. ? (M)	སྤྲུ་རུ	skyu-ru (J,M)
<i>Mesua ferrea</i> L. (T,Dh)	ན་ག་གེ་སར	na-ga-ge-ser (T,Dh,G,R)
<i>Michelia champaca</i> L. (D)	ཅམ་པ་ཀ	tsam-pa-ka (J,D)
<i>Mirabilis himalaica</i> (Edgew.) Heim. (T)	བ་སྤྲུ	ba-spru (T,P)
<i>Moehringia lateriflora</i> (L.) Penzl. (G)	དར་ཡ་ཀན	dar-ya-kan (G,P,H)
<i>Komordica cochinchinensis</i> Spreng. (G,P,H)	གཤེར་གྱི་མེ་རྟོག	gser-gyi-re-tog (J,G,P,H,R)
<i>Moringa oleifera</i> Lam. (Dh)	ན་ཤ	na-sha (Dh)
<i>Mucuna pruriens</i> (L.) DC. (Dh)	བ་ན་རི	ba-na-ri (Dh)
<i>Murraya paniculata</i> (L.) Jack.	ཐོས་དགར	spos-dkar (J,H,M,T,G,R)
<i>M. exotica</i> L. (H)		
Musci, indet.; "peat moss" (H)	ས་མྱུག	sa-myag (H,T)
<i>Myrica nagi</i> Thunb. (Dh)	ཀཏ་པ་ལ	kat-pha-la (Dh)
<i>Myricaria bracteata</i> Royle (T)	འོ་མ་བུ	'om-bu (J,T,G,P)
<i>M. davurica</i> (Willd.) Ehrenb. (G)		
<i>M. longifolia</i> Ehrenb. (G,P)		
<i>Myristica fragrans</i> Houtt. (M,P, T,G,R,H)	ཨ་ཨ་ཁྱི	dza'-ti (M,T,G,P,R,H)

Myrrha chinensis (P,H)

ཤེལ་ཏེས

shel-tas (P,H)

----- N -----

Nannoglottis hookeri (C.B.Cl. ex
Hook.f.) Kitam. (M)

སྤྲེལ་ཆེན

sman-chhen (M)

Nardostachys grandiflora DC.
N. jatamansi DC. (T,H)
(see also *Valeriana*)

སྤང་སྤུས

spang-spos (J,T,H,G,P)

Nauclea rhynchophylla Miq. (H)

ཀླུང་ཤྲོར

kyung-sder (H)

Nelumbo nucifera Gaertn. (M,G,
P,H,Dh,J (drawing))

ས་འབྲས

sa-'bras (G,P,H)

སྤྲེལ་འབྲས

sra-'bras (M)

བད་མཁེ་རྩ་བ

bad-ma'i-rtsa-ba (J,G)

ཁུཏ་པལ

ut-pal (Dh,Me)

Nelumbo sp. (P,H)

ཀ་ར་ལྷ

ka-ra-lja (P,H)

Nelumbo sp. (P)

འཇ་འབྲས

'ja-'bras (P)

Nepeta japonica (H)

ཕྱི་རུག

byi-rug (H,J,G,P)

Nepeta mussinii Spreng. ? (M)

ཕྱིང་ཀུ

pring-ku (M)

Nothosmyrmium japonicum Miq. (H)

སྤྲེལ་ནག

sbru-nag (H)

----- O -----

Odontites serotina Dum. (G)

བ་ཤ་ཀ

ba-sha-ka (M,J,G,P,T,H)

Oenanthe javanica (Bl.) DC. ssp.
stolonifera (Wall. ex DC.) Mu-
rata; *O. stolonifera* Wall. (H)

སྤོ་ལྷམ

sdo-lchab (H)

Onosma hookeri C.B.Cl. var.
longiflorum Duthie ex Stapf (T)

འབྲི་མོག

'bri-mog (J,G,H,R,T)

Orchis latifolia L. (G)

དབང་པོ་ལག

dbang-po-lag (P,H)

O. militaris L. (G)

དབང་ལག

dbang-lag (J,G,T)

O. sambucina L.*O. salina* Furch. (G)
"orchid" (P)

Orobanche coerulescens Steph. (G) ལུག་རུ་སྐྱུག་པོ་ lug-ru-smug-po (J,G,P,H)

Orthosiphon pallidus Benth. (Dh) ཀུ་ཐེ་ར་ཀ་ ku-the-ra-ka (Dh)

Oryza sativa L. (D,H) འབྲས་ 'bras (J,D,H)

མེ་ཏོག་ཀར་ལ་ me-tog-kar-la (H)

Oxytropis sp. (M,G) སྐྱ་སྐྱ་ཤ་ sngo-stag-sha (T)

O. chiliophylla Royle (T)

O. filiformis DC. (G)

O. microphylla DC. ? (M)

O. muricata DC. (P)

སྐྱ་ཤ་ stag-sha (J,M,T,G,P,H)

Oxytropis oxyphylla DC. (G,P,H) སྐྱ་ད་དཀར་ srad-dkar (G,P,H,T)

----- P -----

Pachyrhizus thunbergianus Sieb. & Zucc. (H) དབྱི་མོང་ནག་པོ་ dbyi-mong-nag-po (H)

Padus asiatica Kom. (G) སྐྱ་ག་ smag (J,G,P,H)

Padus avium Mill. སྐྱ་ག་ smag (P,H,G,J)

Prunus padus L. (T,P,H)

སྐྱ་ག་ཤིང་ smag-shing (T)

Paeonia albiflora (G) མ་ནུ་ ma-nu (G,T)

Panax ginseng C.A.Mey. (H) དཀར་པོ་ཆིག་ཐུབ་ dkar-po-chhig-thub (J,T,H,P)

Panicum miliaceum (G) ཁ་མ་ khra-ma (J,G)

Panicum sp.?, "millet" (D) ཁྲི་ khre (J,D,H)

Papaver nudicaule L. (G,P) ལྷ་མེན་ rgya-men (J,G)

P. alpinum L. (P)

མེ་ཏོག་མེར་ཆེན་ me-tog-ser-chhen (J,P,G)

Papaver somniferum L. (H) ཨ་པིམ་ a-pim (H)

Paris quadrifolia L. (G) ག་བུར་ཏི་ལ་ ga-bur-ti-la (J,G)

Patrinia sibirica Juss. (G) སེང་གེ་འཛིན་མེད་ seng-ge-'jigs-med (J,G)

P. rupestris (Pall.) Juss. (G)

<i>Pedicularis fissa</i> Turcz. <i>P. venusta</i> Schangin (G) <i>P. longiflora</i> Rudolph (T,G)	ལུག་རུ་སེར་པོ་	lug-ru-ser-po (J,T,P,G)
<i>Pedicularis oliveriana</i> Prain. (T)	ལུག་སྤྱུག	lug-smug (J,M,T)
<i>Pedicularis resupinata</i> L. (G)	མེ་ཏོག་གླང་སྤྱུག	me-tog-glang-sna (J,G)
<i>Pedicularis</i> sp. (M) <i>P. siphonantha</i> D.Don ? (M)	ལུག་སྤྱུག	lug-smug (J,M,T)
<i>Pedicularis striata</i> Pall. (G)	ལུག་རུ་སེར་པོ་	lug-ru-ser-po (J,T,P,G)
<i>Periploca calophylla</i> Falc. ? (M)	དུག་མོ་ཉུང་	dug-mo-nyung (J,M,T,G)
<i>Peucedanum baicalense</i> Koch. (G)	ལྷ་བ	lcha-ba (J,G,M,T,P,R,H)
<i>Peucedanum graveolens</i> Benth. & Hook. (Dh)	ཤ་ཏ་ཕུ་ཤ་པ་	sha-ta-push-pa (Dh,D)
<i>Peucedanum salinum</i> Pall. (G)	ལ་ལ་ཕུད་	la-la-phud (J,G,P,H,Dh)
<i>Peucedanum vaginatum</i> Ldb. (G)	ཟེ་ར་ནག་པོ་	ze-ra-nag-po (G,P,H)
<i>Peucedanum</i> sp. (T)	ཏང་ཀུན་དཀར་པོ་	tang-kun-dkar-po (T)
<i>Phaseolus</i> see <i>Vigna</i>		
<i>Phlomis kawaguchii</i> Murata (T) <i>P. tuberosa</i> L. (G,P,H)	ལུག་མུར་	lug-mur (J,G,T)
	ལུག་རུ་སྤྱུག་པོ་	lug-ru-smug-po (J,G,P,H)
<i>Phyllanthus emblica</i> L. (T) <i>Emblica officinalis</i> Gaertn. (Dh)	སྤྱུ་རུ་ར་	skyu-ru-ra (T,Dh,M,G,P,R,H)
<i>Physochlaina</i> sp. ? (P) "thorn apple" (D)	ཐང་པོ་ཕྱོམ་	thang-'phrom (P)
	ཐང་པོ་ཕྱོམ་ནག་པོ་	thang-phrom-nag-po (J,D,H)
<i>Physochlaina physaloides</i> (L.) G.Don. (G)	ཐང་པོ་ཕྱོམ་	thang-phrom (G,J)
<i>Phytolacca acinosa</i> Roxb. (H)	ཐང་པོ་ཕྱོམ་	thang-'phrom (H,P,T)
<i>Phytolacca esculenta</i> Van Houtt. (T)	དཔའ་བོ་དཀར་པོ་	dpa'-bo-dkar-po (J,P,T)
<i>Picris hieracioides</i> L. ssp. <i>fuscipilosus</i> Hand.-Mzt. (T)	རྒྱ་ཁུར་	rgya-khur (T,G,H)
<i>Picrorhiza kurrooa</i> Royle (T,Dh)	ཧོང་ལེན་	hong-len (J,T,Dh,G,P,R)

<i>Pinus sylvestris</i> L. (G,P,H)	སྒོན་ཤིང	sgron-shing (J,G,P,H)
<i>Pinus</i> sp. (H)	ཐང་ཤིང	thang-shing (H,T,G,Dh)
<i>Piper betel</i> L. (Dh)	ནད་པད	nad-'dab (Dh)
<i>Piper chaba</i> Hunter (Dh)	ཅ་བྱ	tsa-bya (Dh)
<i>Piper cubeba</i> (H)	རིན་པོ་ཅེ་མྱུག	rin-po-che-myang (H)
<i>Piper longum</i> L. (M,T,G,P,Dh,R,H)	པི་པི་ལིང	pi-pi-ling (J,M,T,G,R,H)
	བི་བི་ལིང	bi-bi-ling (P)
	རོ་སྐན	ro-sman (Dh)
<i>Piper nigrum</i> L. (M,G,P,Dh,H)	ན་ལི་ཤམ	na-li-sham (P,H)
	ཤོ་བ་རི	[na-le-sham (Dh)] pho-ba-ri (J,G)
	ཤོ་རི་ལ	pho-ril (M)
<i>Pistacia lentiscus</i> L. (R)	སྐས་དཀར	spos-dkar (R,J,M,T,G,P)
<i>Pisum sativum</i> L. (G,H)	སྐལ་མ	sran-ma (J,G)
	སྐལ་ཆུང	sran-chhung (J,H)
<i>Plantago depressa</i> Willd. (T,G)	ཐ་རམ	tha-ram (J,T,G,P,H)
<i>P. major</i> L. (G,P,H)		
<i>P. maritima</i> L. (G)		
<i>Platycarya strobilacea</i> Sieb. & Zucc. (H)	དུ་རུ་སྐ	du-ru-ska (H)
<i>Platycodon grandiflorum</i> DC. (H)	སྐལ་པདྨས	sug-'dras (H,P)
<i>Pleurogyne</i> sp. <i>Lomatogonium</i> sp. (G)	སྐལ་ཅུ་རྟིག	sum-chu-tig (G,P)
<i>Polygonatum cirrhifolium</i> (Wall.) Royle (T)	ར་མཉེ	ra-mnye (J,G,P,H,R,T)
<i>Polygonatum falcatum</i> A. Gray (H)	ཉེ་ཤིང	nye-shing (H,J,T,M,G,R)
<i>Polygonatum multiflorum</i> All. (P)	ཉེ་ཤིང	nye-shing (P,J,T,M,G,R)
<i>Polygonatum officinale</i> All. (P,G)	ཉེ་ཤིང	nye-shing (J,M,G,T)
<i>P. humile</i> Fisch. (G)		
<i>P. vulgare</i> Desf. (H)	ར་མཉེ	ra-mnye (J,G,P,R)
Orchidaceae ? (M,R)	ལྷ་བ	lcha-ba (H,J,T)

<i>Polygonum alopecuroides</i> Turcz. (G)	ན་རམ	na-ram (J,G)
<i>Polygonum aviculare</i> L. (G,P,H)	འབྲི་རྩ་ས་འཛིན	'bri-rta-sa-'dzin
<i>P. convolvulus</i> L. (G,P)	འབྲ་གོས	'bra-gos (P)
<i>Polygonum periginatoris</i> Pauls. (T)	སྟེ་ལོ	snya-lo (J,T)
<i>Polygonum polymorphum</i> DC. (P)	རྟེ་ལོ	rnya-lo (P,D)
<i>Polygonum scabrum</i> Moench. (G)	སྟེ་བ	snyi-ba (J,G,T,P,H)
<i>Polygonum tinctorium</i> Ait. (H)	ཐ་རམ	tha-ram (H,J,T,G,P)
<i>Polypodium</i> sp. ? (R)	ལུ་བུ་རེ་རལ	ldu-bu-re-ral (R)
<i>Polystichum squarrosus</i> Fee (T)	ལུ་མ་བུ་རེ་རལ	ldum-bu-re-ral (J,T)
<i>Pongamia pinnata</i> Merr. (Dh)	འཇམ་འབྲས	'jam-'bras (J,M,Dh)
<i>Populus tremula</i> L. (G)	མ་གལ	ma-gal (J,G)
<i>Potamogeton pusillus</i> L. (G)	ཆུ་རུག་པ	chhu-rug-pa (J,G)
<i>Potentilla anserina</i> L. (T)	གྲོ་མ	gro-ma (J,T,D)
<i>Potentilla bifurca</i> L. (P)	འབུ་སྐྱ་རྩང	'bu-su-hang (P,J,T,G)
<i>Potentilla discolor</i> (H)	སྟག་ཤ	stag-sha (H,J,M,T,G,P)
<i>Potentilla multifida</i> L. (G)	རེ་སྐོན	re-skon (J,G,P,H)
<i>P. supina</i> L. (G)		
<i>P. tanacetifolia</i> Willd. (G,P)		
<i>P. viscosa</i> Donn. (G)		
<i>Primula farinosa</i> L. (G)	གཡར་མོ་ཐ	gyar-mo-thang (J)
<i>P. sibirica</i> Jacq. (G)	གཡེར་མ་ཐང	gyer-ma-thang (G)
<i>Primula vittata</i> Bur. & Frch. (T)	ཤང་རྩི་ལ་དམར་པོ	shang-dril-dmar-po (T)
<i>Prunus armeniaca</i> L. (D,H)	ཁམ་བུ	kham-bu (D,H,J,T)
<i>Prunus cerasoides</i> D.Don (Dh)	ཤིང་ཤུག་པ	shing-shug-pa (Dh)
<i>Prunus domestica</i> L. (G)	སྟར་བུ	star-bu (G,J,T)
<i>Prunus mira</i> Koehne (T)	ཁམ་བུ	kham-bu (J,T,D,H)
<i>P. persica</i> (L.) Batsch. (T)		

<i>Prunus</i> sp. (M,G)	མྱིང་ཞོ་ས	snying-zho-sha (J,M,G,P)
<i>Psoralea corylifolia</i> L. (H)	ཐང་ཕྱོམ་ནག་པོ	thang-phrom-nag-po (J,H,D)
<i>Pterocarpus santalinus</i> L.f. (T, P,R,H,G)	ཅན་དན་དམར་པོ འཛོ་མོ་ཤིང	tsan-dan-dmar-po (J,T,M,G,P,R,H) 'dzo-mo-shing (P)
<i>Pterocephalus hookeri</i> (C.B.Cl.) Diels (T)	སྤང་རྩི་དོ་བོ	spang-rtsi-do-bo (J,T,G)
<i>Pterospermum acerifolium</i> (L.) Willd. (D)	དོང་ཁ	dong-kha (D)
	དོང་ག	dong-ga (J,T,G,P,H)
<i>Pulicaria insignis</i> Drumm. (T)	མིང་ཅན་ཤེར་པོ	ming-chan-ser-po (J,T,G)
<i>Pulsatilla patens</i> (L.) Mill. (G)	སྤུབ་ཀ	srub-ka (J,G,P)
<i>Punica granatum</i> L. (M,T,G,P,H,R)	ཤེ་འབྲུ	se-'bru (J,M,T,G,P,H,R)
<i>Pyrola rotundifolia</i> L. (P) <i>P. incarnata</i> Fisch. (G)	བྲག་ལྷམ གཡམ་ཀྱི་མ	brag-lcham (J,G) gya'-kyi-ma (P,G,T,D)
<i>Pyrus malus</i> L. var. <i>tomentosa</i> (H)	ཨ་མྲ	a-mra (H)
<i>Pyrus sinensis</i> Poir. <i>Cydonia sinensis</i> Thouin. (G,P,H)	བཤེ་ཡབ ཤེ་ཡབ	bse-yab (P,H,Dh) se-yab (J,G,T)

----- Q -----

<i>Quercus bungeana</i> F.B.Forbes (H) <i>Q. mongolica</i> Fisch. (G,P)	མོན་ཆ་ར	mon-chha-ra (J,G,P,H)
<i>Quisqualis indica</i> L. (G,R) <i>Q. sinensis</i> Lindl. (P,H)	ན་ག་གེ་ཤེར	na-ga-ge-ser (G,P,R,H,T)

----- R -----

<i>Randia dumetorum</i> Lam. (Dh)	པོ་སོན་ཆ	po-son-chha (Dh,D)
<i>Ranunculus acris</i> L. (T,H) <i>R. pulchellus</i> C.A.Mey. (G,P)	ལྷེ་ཆ	lche-tsha (J,T,G,P)
<i>R. repens</i> L. (G) <i>R. scleratus</i> L. (G)	རམ་པ	ram-pa (H)

<i>Raphanus sativus</i> L. (G,H)	ལ་ཕུག	la-phug (J,G,H)
<i>Rhamnus dahuricus</i> Pall. (G)	སེང་ལྡོང	seng-ldeng (M,T,G,Dh)
<i>R. virgata</i> Roxb. (P)		
<i>R. erythroxylon</i> Pall. (G)	ད་རྟིག	da-trig (P,J,T,D,H)
<i>R. parvifolia</i> Bge. (G)		
<i>Rheum nobile</i> Hook. & Thoms. (T)	ཆུ་མ་རྟི	chhu-ma-rtsi (J,T,G,P)
<i>Rheum officinale</i> Baill. (G,P,H)	ཆུ་མ་རྩ	lchum-rtsa (T)
<i>R. palmatum</i> L. (G)		
<i>R. undulatum</i> L. (G)	ཆུ་མ་རྩ	lchum-rtsi (J,M,G,P,H,R)
<i>Rheum</i> sp. (P,R)	ཆུ་རྩ	chhu-rtsa (P,H,T)
<i>R. officinale</i> Baill. (H,T)	ཆུ་མ་རྩ	lchum-rtsa (R,T)
<i>Rhinanthus vernalis</i> (Zing.) Schischk. & Sergievsk.(G)	བྲེ་ག	bre-ga (J,G,M,T,P,H)
<i>Rhododendron</i> aff. <i>cephalanthum</i> Franch. (T,M)	བ་ལུ	ba-lu (T,M,Dh,P,H)
<i>Rhododendron chrysanthemum</i> Pall. <i>R. aureum</i> Georgi (G)	ད་ལི	da-li (J,G)
<i>Rhododendron metternichii</i> Sieb. & Zucc. (H)	ཤུ་མཁན	shu-mkhan (H)
<i>Rhododendron sinense</i> Sweet (H)	བ་ཤ་ཀ	ba-sha-ka (H,J,M,T,G)
<i>Rhododendron</i> sp. (D,H)	ད་ལིས	da-lis (D)
	བ་ལུ	ba-lu (H,M,T,Dh,P)
<i>Ribes himalense</i> Royle ex Decne. (T)	སེ་རྟོད་འབྲས	se-rgod-'bras (J,G,H,P,T)
<i>Ricinus communis</i> L. (Dh,H)	ལེ་ར	e-ra (Dh)
	དར་རྟ	dar-ta (H)
<i>Robinia amara</i> Lour. (P)	སྟེ་རྟེས	sle-tres (M,P,R,Dh)
<i>Rosa acicularis</i> Lindl. (G,P,H)	སྟེ་ར་པ	skyer-pa (P)
<i>Rosa</i> sp. (G)	སེ་བ	se-ba (J)
	སེ་བའི་མེ་རྟོག	se-ba'i-me-tog (G,P,H)
	སེ་རྟོད	se-rgod (J,G,P,H)

<i>Rosa banksiae</i> Ait. (H)	རུར	ru-rta (H,J,M,T,P,R)
<i>Rosa davurica</i> Pall. (G)	ཤེ་རྫོད་འབྲས་བུ	se-rgod-'bras-bu (J,G)
<i>Rosa indica</i> L. (M)	ཤེ་བའི་མེ་རྟོག	se-ba'i-me-tog (M,G,H)
<i>Rosa laevigata</i> Michx. (H)	པད་མ་གཤེ་མེར	pad-ma-ge-ser (H,M,P,R)
<i>Rosa sericea</i> Lindl. (T)	ཤེ་བ	se-ba (J,T)
<i>Rosa</i> sp. (G)	ཤེ་རྫོད	se-rgod (J,G,P)
<i>Rosa</i> sp. (P,R)	ཕུག་པ་གཤེ་མེར	push-pa-ge-ser (P,R)
<i>Rubia cordifolia</i> L. (T,G,P,H,Dh)	བཅོད	btsod (J,M,T,G,P,H,Dh)
<i>R. tinctoria</i> L. (R)	གཅོད	gtsod (R)
<i>Rubus coreanus</i> Miq. (H)	བྲག་སྐུ་ར་བོ	brag-skya-ha-bo (H,J,M)
<i>Rubus idaeopsis</i> Focke (T)	ཀན་ཏ་ཀ་རི	kan-ta-ka-ri (J,T,M,Me)
<i>Rubus idaeus</i> L. (P)	ག་བྲ	ga-bra (J,T,P)
<i>Rubus niveus</i> Thunb. (Me)	ཀན་ཏ་ཀ་རི	kan-ta-ka-ri (J,T,M,Me)
<i>Rubus</i> sp. ? (M)		
<i>Rumex acetosa</i> L. (G)	ཤོ་མང་རི་ཤོ	sho-mang-ri-sho (J)
<i>R. acetosella</i> L. (G)	ཤོ་མང	sho-mang (T,G,P)
	ཆུ་མ་རྩི	chhu-ma-rtsi (J,G)
<i>Rumex crispus</i> L. (P)	རི་ཤོས	ri-shos (P)
<i>Rumex gmelini</i> Turcz. (G)	ཆུ་རྩི	chhu-rtsi (J,G,P,H)
<i>Rumex nepalensis</i> Spreng. (T)	ཤོ་མང	sho-mang (T,G,P)

----- S -----

<i>Saccharum officinarum</i> L. (G,Dh, D,H)	ཀ་ར	ka-ra (J,G,Dh)
	བུ་རམ	bu-ram (J,D)
	བུར་ཤིང	bur-shing (H)
<i>Salix viminalis</i> (D)	ལྷང་མ	lchang-ma (J,D)
<i>Salix</i> sp. (G,D,H) [cont. on next page]	མ་གཤ	ma-gal (J,G)
	གླང་མ	glang-ma (J,D)

<i>Salix</i> sp. [cont.]	ཨ་མུ	o-mbu (H)
<i>Salsola</i> sp. (P)	ལ་ལ་ཕུད	la-la-phud (J,P,G,H,Dh)
<i>Salvia multiorhiza</i> Crevost & Petelot (H)	རེ་སྐོན	re-skön (H)
<i>Salvia</i> sp. (T)	འཛིབ་རྩི་དཀར་པོ	'jib-rtsi-dkar-po (J,T)
<i>Sambucus racemosa</i> L. (P,H)	ཀན་ད་ཀ་རི	kan-da-ka-ri (P,H)
<i>Sambucus sibirica</i> Nakai. (G)	ཀན་ཏ་ཀ་རི	kan-ta-ka-ri (J,G,M,Dh)
<i>Sanguisorba officinalis</i> L. (H)	ཆུ་ཆུད་པ	chhu-chhud-pa (H)
<i>Santalum album</i> L. (M,T,G,P,H,R,D)	ཅན་དན་དཀར་པོ	tsan-dan-dkar-po (J,M,T,G,P,H,R,D)
<i>Santalum</i> sp. (P)	སེང་འཇེང	seng-ldeng (M,T,G,P,Dh)
<i>Saposhnikova divaricata</i> Schischk. (G)	ལ་ལ་ཕུད	la-la-phud (J,G,P,H,Dh)
<i>Saraca indica</i> L. (Dh)	མྱ་དན་མེད	mya-ngan-med (Dh)
<i>Saussurea crepidifolia</i> Turcz. (G)	ཀོན་པ་གཡབ་སྐྱེ	kon-pa-gab-skye (J,G)
<i>Saussurea glomerata</i> Poir. (G,P,H)	སྐང་རྩི་དོ་བོ	spang-rtsi-do bo (J,T,G)
<i>Saussurea</i> sp. (G)	སྐང་ཅི་དོ་བོས	spang-tsi-do-bos (P,H)
<i>Saussurea lappa</i> (Decne.) Sch.Bip. (Dh)	རུ་རྩ	ru-rta (Dh,J,M,T,P,R,Dh,D)
<i>Aplotaxis lappa</i> Dcne. (H)	ཕུ་སྐར་མྱ་ལ	pu-skar-mya-la (H)
<i>Saussurea salicifolia</i> DC. (G)	ལུག་རྩི་དོ་བོ	lug-rtsi-do-bo (J,G)
<i>Saussurea</i> sp. (G,D)	གཡལ་གྱི་མ	gya'-gyi-ma (J)
	གཡལ་གྱི་མ	gya'-kyi-ma (G,D,P,T)
<i>Saxifraga flagellaris</i> Willd. var. <i>mucronulata</i> Royle (M)	འབྲི་རྩ་ས་འཛིན	'bri-rta-sa-'dzin (J,M,T,P,H)
<i>Saxifraga punctata</i> L. (G)	གཡལ་གྱི་མ	gya'-kyi-ma (G,P,T,D)
<i>Scabiosa fischeri</i> DC. <i>S. comosa</i> Fisch. (G)	སྐང་རྩི་འབྲུར་བག་ཅན དར་ཡ་ཀན	spang-rtsi-'byar- bag-chan (J,G) dar-ya-kan (G)

<i>Schisandra chinensis</i> C. Koch. <i>Kadsura japonica</i> (H) <i>Schisandra sphaerandra</i> Stapf. forma <i>pallida</i> Smith (T)	ད་ཏིག	da-trig (J,T,P,D,H)
<i>Schizonepeta multifida</i> (L.) Briq. (G)	བྱི་རུག	byi-rug (J,G,H)
<i>Scopolia stramonifolia</i> (Wall.) Shrestha (T)	ཐང་ཕྲོམ་ནག་པོ	thang-phrom-nag-po (J,D,T,H)
<i>Scorzonera austriaca</i> Willd. (G) <i>S. radians</i> Fisch. (G)	པ་ཏོ་ལ	pa-to-la (J,G,Dh)
<i>Scrophularia incisa</i> Weinm. (G)	གཡེར་ཤིང	gyer-shing (J,G)
<i>Scutellaria baicalensis</i> Georgi (G,P,H)	ཧོང་ལེན	hong-len (J,M,T,R,G,P,H,Dh)
<i>Selaginella involvens</i> Spr. (G,H)	ཐོ་ཆུ་སྒྲིང་ཐེར་མོ	sdo-chhu-sring-sder-mo (H)
	ཆུ་སྒྲིང་ཐེར་མོ	chhu-sring-sder-mo (G)
<i>Selaginella pulvinata</i> (Hook. ex Grew.) Maxim. (T)	སྒོ་ཆུ་སྒྲིང་ཐེར་མོ	sngo-chhu-srin-sder- mo (J,T)
<i>Senecarpus anacardium</i> L. f. (Dh)	བསེ་ཤིང	bse-shing (Dh)
<i>Senecio krylovii</i> Schischk. (G)	མིང་ཅན་ནག་པོ	ming-chan-nag-po (J,G,H)
<i>Senecio sagittatus</i> Sch.Bip. (P, H) <i>Cacalia hastata</i> L. (G)	ཡུ་གུ་ཤིང	yu-gu-shing (J,G,P,H)
<i>Senecio saxatilis</i> Wall. ? (M)	གཟེར་འཛོམས	gzer-'joms (M,T)
<i>Senecio</i> sp. (M) <i>S. tibeticus</i> Hook. f. ? (M)	ཁུག་ལག	'ug-lag (M)
<i>Serratula cardunculus</i> (Pall.) Schischk. (G)	ཀོན་པ་གཡ་སྐྱེ	kon-pa-gab-skye (J,G)
<i>Sesamum orientale</i> L. (G) <i>S. indicum</i> L. (T,Dh,H)	ཏིལ	til (J,T,G)
	ཏིལ་དཀར	ti-la-dkar (H)
	ཟར་མ	zar-ma (H)
	ཤིང་ཏོག	shing-tog (Dh)

<i>Sesbania grandiflora</i> (L.) Poir. (D)	པ་སན་ཅ	po-son-cha (J)
	པ་སན་ཆ	po-son-chha (D)
<i>Setaria glauca</i> (L.) Beauv. (T)	མ་མ་སྒོག་ཉལ་ས	ma-ma-sgog-lchags (T,H)
<i>Setaria italica</i> (L.) Beauv. (H)	ཁྲེ	khre (H,J,D)
<i>Setaria viridis</i> (L.) Beauv. (G)	དུར་བ	dur-ba (J,G)
<i>Shorea robusta</i> Roxb. (D)	སྤུང་དཀར	spos-dkar (D,J,M,T,G,P)
<i>Sida cordifolia</i> L. (Dh)	བ་ལ	ba-la (Dh)
<i>Silene gonosperma</i> (Rupr.) Bocquet ssp. <i>himalayensis</i> (Rohrb.) Bocquet (T)	སུག་པ	sug-pa (J,G,T) [see also <i>Lychnis</i>]
<i>Sinapis alba</i> L. (H)	ཡུང་སྤུང་དཀར	yungs-dkar (G,H,J,T)
<i>Sinapis</i> sp. ? (H)	རྒྱ་ཁུར	rgya-khur (G,H,T)
<i>Sium sisarum</i> L. (R)	ཉེ་ཤིང	nye-shing (R,J,M,T,G,P)
<i>Solanum indicum</i> L. (Dh)	བྲི་ཏ་ཏི	bri-ha-ti (Dh)
<i>Solanum xanthocarpum</i> Schrad. & Wendl. (Dh)	ཀན་ཏ་ཀ་རི	kan-ta-ka-ri (Dh,J,M,T,G,Me)
<i>Solidago virgaurea</i> L. (H)	ར་སུག	ra-sug (H)
<i>Sonchus arvensis</i> L. (G)	རྒྱ་ཁུར	rgya-khur (G,T,H)
<i>Sophora flavescens</i> Ait. (G,H) <i>S. angustifolia</i> Sieb. & Zucc. (P)	སྤྲོ་རྩེ་ས སྤྲོ་རྩེ་ས	sle-tres (J,M,G,P,H) sli-dres (R)
<i>Sorbaria sorbifolia</i> (L.) A.Br. (G)	འོམ་བུ	'om-bu (G,J,T,P)
<i>Spiraea media</i> F. Schmidt (P)	སྤྲོ་ཤིང་སྤྲོ་མ་འི་ འབྲས་བུ	srin-shing-sna-ma'i- 'bras-bu (P,H)
<i>Spiraea</i> sp. (G)	འོམ་བུ	'om-bu (G,J,T,P)
<i>Statice flexuosa</i> L. <i>Limonium flexuosum</i> (L.) Ktze. (G)	བྱ་ཕོ་རྩི་རྩི	bya-pho-rtsi-rtsi (G,J,P,H)
<i>Statice speciosa</i> L. <i>Goniolimon speciosum</i> (L.) Boiss. (G)	བྱ་ཕོ་རྩི་རྩི	bya-pho-rtsi-rtsi (G,J,P,H)
<i>Stellaria dichotoma</i> L. (G,P) var. <i>cordifolia</i> Bge. (P) [cont. on next page]	སྤྲོ་ལོ སྤྲོ་ལོ་དཀར་པོ	sro-lo (J,M,P) sro-lo-dkar-po (G)

<i>Stellaria dichotoma</i> [cont.]	སྒྲུག་འདྲམ	sug-'dras (P,H)
	ཨ་གྲོང	a-grong (P)
<i>Stellaria chamaejasme</i> L. (T,G,P,H)	རེ་ལྷག	re-lchag (J,G,P,H)
	རེ་ལྷག་པ	re-lchag-pa (T)
<i>Stereospermum chelonoides</i> (L.f.) DC.; <i>Stereospermum suaveolens</i> (Roxb.) DC. (Dh)	པ་ཏྲ་ལ	pa-tra-la (Dh)
<i>Stipa capillata</i> L. (G)	བྱི་མིང་དཀར་པོ	byi-shing-dkar-po (J,G)
<i>Strychnos nux-vomica</i> L. (M,T,P,H,G)	ཀོ་བྱི་ལ	ko-byi-la (M,T)
	གོ་བྱི་ལ	go-byi-la (G,P,H)
<i>Styrax benzoin</i> Dryand. (H)	གུ་གུལ	gu-gul (J,G,M,P,H,R)
<i>Swertia chirayita</i> (Roxb. ex Flem.) Karsten (M,T,Dh) <i>Gentiana chiretta</i> Froel. (G,D)	ཁིག་ཏ	tig-ta (J,M,T,G,Dh,D,P,H)
<i>Symplocos racemosa</i> Roxb. (Dh)	སེང་སྤྲོམ	seng-srom (Dh)
<i>Syzygium aromaticum</i> (L.) Merr. & Perry (M,T) <i>Eugenia caryophyllata</i> Thunb. (G,H,R) <i>Caryophyllus aromaticus</i> L. (P)	ལི་ཤི	li-shi (M,T,G,P,H,R)
<i>Syzygium cumini</i> (L.) Skeels (Dh)	ཇམ་བུ	dzam-bu (Dh)
----- T -----		
<i>Tamarindus indica</i> L. (Dh) "Tamarindus ?" (D)	བསེ་ཡབ	bse-yab (Dh,P,H)
	ད་ཏྲིག	da-trig (J,D)
<i>Tanacetum</i> sp. (M) <i>T. dolichophyllum</i> (Kitam.) Kitam. ? (M)	ཨ་བྱུག	a-byag (J,M)
<i>Tanacetum sibiricum</i> L. (G) <i>T. vulgare</i> L. var. <i>boreale</i> (G)	གན་ཆ་མྱ་བླ	gan-dha-bha-dra (J,G,T)
<i>Taraxacum altaicum</i> Schischk. (G) <i>T. collinum</i> DC. (G) <i>T. officinale</i> Web. (T,G,H) <i>T. tibeticum</i> Hand.-Mzt. (T)	ཁུར་མང ཁུར་མང་མང བུར་མང	khur-mang (J,G) khur-mang-mang (T) bur-mang (H)

<i>Terminalia bellirica</i> (Gaertn.) Roxb. ? (M)	བ་རུ	ba-ru (M) [also: ba-ru-ra]
<i>Terminalia chebula</i> Retz. (M,T,P,R,D)	ཨ་རུ	a-ru (M,T)
	ཨ་རུ་ར	a-ru-ra (J,T,P,R,D)
	ཨ་རུ་གཤེར་མདོག	a-ru-gser-mdog (M)
	བདུད་རྩི་ཨ་རུ་ར	bdud-rtsi-a-ru-ra (P) [and other terms both before and after "a-ru-ra"]
	གཤེར་ལྷན	gser-ldan (D)
<i>Terminalia</i> sp. ? (P)	སྟིང་ཞོ་ཤ	snying-zho-sha (J,P,M,G)
<i>Thalictrum foetidum</i> L. <i>T. minus</i> L. (P)	ལྟང་རྩི་སྟགས	nyang-rtsi-spras (P,J,T,G,H)
<i>Thladiantha harmsii</i> Cogn. (T)	གཤེར་གྱི་ཕུད་པུ	gser-gyi-phud-pu (T)
<i>Thlaspi arvense</i> L. (M,T,G)	བྲེ་ག	bre-ga (J,M,T,G,P,H)
<i>Thuya orientalis</i> L. (H)	སྐྱེར་པ	skyer-pa (J,H,T,G,P)
<i>Thymus serpyllum</i> L. (G,P)	རྒྱ་ཐོས	rgya-spos (J,G,T,H)
	བྲག་ཐོས	brag-spos (J,P,T)
<i>Thymus vulgaris</i> Ldb. (P)	རྒྱ་ཐོས	rgya-spos (J,P,T,Dh)
<i>Tinospora cordifolia</i> Miers. (Dh) Menispermaceae ? (M)	སྟེ་རྩིས	sle-tres (J,M,Dh,G,P,R,H)
<i>Torreya nucifera</i> Sieb. & Zucc. (P,G); not <i>Torreya</i> sp. (M)	ཨ་བྲས	a-'bras (J,M,P,G)
<i>Tournefortia sibirica</i> L. (G)	གཡེར་ཤིང	gyer-shing (J,G)
<i>Trachyspermum ammi</i> Sprague (Dh)	ལ་ལ་ཕུད	la-la-phud (J,Dh,G,P,H)
<i>Tagopogon orientalis</i> L. (G)	རི་ཤོ	ri-sho (J,G,T)
<i>Tribulus terrestris</i> L. (M,G,P,H, R,T)	གཟེ་མ	gze-ma (J,M,G,P,H,R)
	གཟེ་མ་ར་མགོ	gze-ma-ra-mgo (T)
<i>Trichosanthes dioica</i> Roxb. (Dh)	པ་ཏོ་ལ	pa-to-la (Dh,J,G)
<i>Trichosanthes multiloba</i> Miq. (H)	གནཏྱ	gandha (H)
<i>Trichosanthes</i> sp. (P)	བ་སྟུ	ba-spru (T,P)

<i>Trifolium lupinaster</i> L. (G)	སྒན་མ	srán-ma (J,G,T)
<i>Triticum aestivum</i> L. (G) <i>T. vulgare</i> Vill. (H)	ཁྲོ	gro (J,G,H)
<i>Tulipa edulis</i> Baker (H)	སྒོག་བསིལ	sgog-bsil (H)
<i>Tulipa gesneriana</i> L. (H)	དབའ་པོ་སེར་པོ	dba'-po-ser-po (H,J,P)

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<i>Ulmus macrocarpa</i> Hance (H)	ལུང་ཐང	lung-thang (J,H)
<i>Ulmus pumila</i> L. (T,G)	ཡོ་བོག	yo-'bog (J,T,G)
<i>Urtica dioica</i> L. (G,D)	རྩ། རྩ་བུམ	zwa [or] zwa-'brum (J,G)
	ཟ་ཆག	za-chhag (D)

----- V -----

<i>Vaccinium vitis-idaea</i> L. (G)	གཡའ་ཁྱི་མ	gya'-kyi-ma (G,T,P,D)
<i>Valeriana jatamansi</i> Jones <i>V. wallichii</i> DC. (Dh)	ཐང་ཐོས	spang-spos (J,G,P,T,H)
<i>V. officinalis</i> L. (G,P)	རྒྱ་ཐོས	rgya-spos (Dh,T)
<i>Vatica lanceaefolia</i> Bl. (G,P)	གུ་གུལ	gu-gul (J,G,P,R,H,M)
<i>Vatica</i> sp. (M,T)	ཐོས་དཀར	spos-dkar (J,M,T,G,R,D)
<i>Veronica longifolia</i> L. (G)	གནཏ་མྱ་ང	gandha-bha-dra (J,G,T)
<i>Vetiveria zizanoides</i> Nash (Dh,T)	ཕུ་ཤེལ་རྩེ	pu-shel-rtse (Dh,M,J)
	རོ་རྩེག	rdo-dreg (Dh,T)
<i>Vicia amoena</i> Fisch. (G)	སྒན་མ	srán-ma (J,G,T)
<i>Vicia faba</i> L. (H)	མོན་སྒན	mon-srán (J,H)
<i>Vigna mungo</i> (L.) Hepper <i>Phaseolus mungo</i> L. (H)	མདའི་རྒྱུས	mda'i-rgyus (H)
<i>P. radiatus</i> (H)	མ་ཤ་ཀ	ma-sha-ka (H)
<i>Vincetoxicum sibiricum</i> Decne. <i>Alexitoxicon sibiricum</i> Pobed. (G); <i>Vincetoxicum</i> sp. (P)	དུག་མོ་ཉུང	dug-mo-nyung (J,G,P,M,T)

<i>Viola patrinii</i> Ging. (H)	ཁིག་ཏ	tig-ta (J,H,M,T,G,P,Dh)
<i>Vitex agnus castus</i> L. (Dh)	ཀོན་ཏིང་ལ	kon-ti-dza-la (Dh)
<i>Vitex canescens</i> Kurz. (T)	ཐོག་ཕུར	sngo-ga-bur (T)
<i>Vitex trifolia</i> L.f. (G,P,H)	ཕྱི་ཏང་ག	byi-tang-ga (G,P,H,M)
<i>Vitex</i> sp. (R)	ཕྱེ་དང་ག	bye-dang-ka (R)
<i>Vitis vinifera</i> L. (T,G,P,H)	རྒྱལ་པ་བུམ	rgun-'brum
<i>Vitis</i> sp. (M)		(J,T,M,G,P,H)
<i>Vladimiria souliei</i> (Franch.) Ling (T)	ཕུ་ཀར་མུ་ལ	pu-kar-mu-la (T)

----- W -----

<i>Withania somnifera</i> Dunal (Dh)	བའི་གན་རྒྱ	ba-dzi-gan-dha (Dh)
<i>Woodfordia fruticosa</i> Kurz. (Dh)	རྒྱ་ཏ་གི	dha-ta-ki (Dh)
<i>Lythrum fruticosum</i> (P)	སིན་རྒྱ་ར	sin-dhu-ra (P)
<i>Woodsia glabella</i> R.Br. (G)	བྲག་སྒྱུ་ཏ་བོ	brag-skya-ha-bo (J,G,T)

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<i>Xanthium sibiricum</i> Patr. (T)	ཕྱི་ཆེར	byi-tsher (J,T,G,P,Dh)
<i>Xeromphis spinosa</i> (Thunb.) Keay <i>Randia dumetorum</i> (Retz.) Lam. (Dh)	པོ་སོན་ཆ	po-son-chha (Dh,D)

----- Y -----

<i>Youngia</i> sp. (M) <i>Y. silhetensis</i> DC. ? (M)	ཏ་མ་ཁྲིས	rtsa-mkhris (J,M)
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<i>Zanthoxylum acanthopodium</i> DC.	ཏེ་ཇ་མི	te-dza-ni (Dh)
<i>Zanthoxylum alatum</i> Roxb. (Dh,H)	པར་པ་ཏ	par-pa-ta (H,J,M,T,G,P)
	གཡེར་མ	ga-yer-ma (H)
<i>Zanthoxylum bungei</i> Roxb.	གཡེར་མ	gyer-ma (J,G,T)
<i>Xanthoxylum bungei</i> Planch. (G)		
<i>Z. tibeticum</i> Huang (T)		
<i>Zingiber officinale</i> Rosc. (G,P, H,R)	སྒ	sga (G,R)
	སྒན་སྒ	sman-sga (J,G,P,H,T)
	ཤུ་ཏི	shu-ti (H)
<i>Zingiber rubrum</i> (H)	ལྷ་དཔལ་ར	lga-dmar (H,T)
= <i>Z. rubens</i> Roxb. ?		[= sga-dmar ?]
<i>Zingiber</i> sp. (H)	སྒ་གཡེར	sga-gser (H)
<i>Zizyphus jujuba</i> Lam. (Dh)	རྒྱ་ཤུག	gya-shug (Dh)
<i>Zizyphus sativa</i> Gaertn.	རྒྱ་ཤུག	rgya-shug (H)
<i>Z. vulgaris</i> Lam. (H)	སྒྱིང་མོ་ཤ	snying-zho-sha (J,H,M,P)
var. <i>spinosus</i> (H)		

TIBETAN - LATIN

TIBETAN	TRANSLITERATION	LATIN
ཀ	----- KA -----	
ཀ་ཀོ་ལ་	ka-ko-la (M,P,R,H)	<i>Alpinia alba</i> Rosc. <i>Amomum medium</i> Lour. (P,H) Zingiberaceae sp. (M)
ཀ་ཐ་མ་འལ་	kadma-bhara (H)	<i>Celosia argentea</i> L. (H)
ཀ་ར་	ka-ra (J,G,Dh)	<i>Saccharum officinarum</i> L. (G,Dh)
ཀ་པི་ར་ཐ་	ka-pi-rtha (Dh)	<i>Feronia limonia</i> Swingle. (Dh)
ཀ་བེད་	ka-bed (J,G,P,Dh,H)	<i>Aegle marmelos</i> (L.) Corr. (Dh) <i>Citrullus lanatus</i> (Thunb.) Matsum. & Nakai; <i>C. vulgaris</i> Schrad. (G,P) <i>Lagenaria siceraria</i> (Mol.) Standl.; <i>L. vulgaris</i> Ser. (H)
ཀ་ར་ལ་ཇ་	ka-ra-lja (P,H)	<i>Nelumbo</i> sp. (P,H)
ཀ་ཏ་ཕ་ལ་	kat-pha-la (Dh)	<i>Myrica nagi</i> Thunb. (Dh)
ཀ་ན་ད་ཀ་རི་	kan-da-ka-ri (P,H)	<i>Sambucus racemosa</i> L. (P,H)
ཀ་ན་ཏ་ཀ་རི་	kan-ta-ka-ri (J,M,T,G,Dh,Me)	<i>Rubus</i> sp. ? (M) <i>R. idaeopsis</i> Focke (T) <i>R. niveus</i> Thunb. (Me) <i>Sambucus sibirica</i> Nakai. (G) <i>Solanum xanthocarpum</i> Schrad. & Wendl. (Dh)
ཀ་ར་པ་ས་	kar-pa-sa (Dh)	<i>Gossypium herbaceum</i> L. (Dh,P,D)
ཀ་ཤུ་	kshu-ra (Dh)	<i>Hygrophila auriculata</i> (Schumach.) Heine; <i>Asteracantha longifolia</i> Nees. (Dh)
ཀུ་ཐེ་ར་ཀ་	ku-the-ra-ka (Dh)	<i>Orthosiphon pallidus</i> Benth. (Dh)
ཀུ་ཤ་	ku-sha (J,D)	<i>Desmostachya bipinnata</i> (L.) Stapf <i>Poa cynosuroides</i> Retz. (D)

ཀུ་མ་དཀ་ད་ཀ	kush-man-da-ka (Dh)	<i>Benincasa cerifera</i> Savi. <i>B. hispida</i> Cogn. (Dh)
ཀུ་ཤུ	ku-shu (J,D)	<i>Citrus</i> sp. (D)
ཀོ་བྱི་ལ	ko-byi-la (M,T)	<i>Strychnos nux-vomica</i> L. (M,T)
ཀོ་ཤ་ཏ་ཀི	ko-sha-ta-ki (Dh)	<i>Luffa acutangula</i> Roxb. (Dh)
ཀོན་ཏི་ཇ་ལ	kon-ti-dza-la (Dh)	<i>Vitex agnus castus</i> L. (Dh)
ཀོན་པ་གཅེ་སྐེ	kon-pa-gab-skye (J,G)	<i>Centaurea monantha</i> Georgi. (G) <i>Saussurea crepidifolia</i> Turcz. (G) <i>Serratula cardunculus</i> (Pall.) Schischk. (G)
ཀྱི་ལྷེ	kyi-lche (J,M,T,G,P,H)	<i>Campanula trachelium</i> L. (P,H) <i>Gentiana macrophylla</i> Pall. (M,G) <i>G. pneumonanthe</i> L. (G) <i>G. tibetica</i> King ex Hook.f. (T)
ཀྱུང་སྡེར	kyung-sder (H)	<i>Nauclea rhynchophylla</i> Miq. (H)
ཀྱུ་བདུད་རྩོམ་	klu-bdud-rdo-rje (T)	<i>Codonopsis nervosa</i> (Chipp.) Nannf. (T)
ཀྱུ་བུད་རྩོམ་	klu-blud-rdo-rje (H)	<i>Adenophora polymorpha</i> Ldb. (H)
དཀར་པོ་མཁོག་ཐུབ	dkar-po-chhig-thub (J,T,P,H)	<i>Panax ginseng</i> C.A.Mey. (H)
སྐེ་ཆེ	ske-tshe (J,G)	<i>Dontostemon integrifolius</i> Ldb. (G)
སྐེ་མ་ལེ	skem-le (J)	indet.
སྐུ་རུ	skyu-ru or	<i>Crataegus pentagyna</i> Waldst. & Kit.
སྐུ་རུ་ར	skyu-ru-ra (M,T,G,P,H,R,Dh)	<i>C. pinnatifida</i> Bge. (G,P,H) <i>Eriobotrya japonica</i> (Thunb.) Lindl. <i>Mespilus japonicus</i> Thunb. (R) <i>Mespilus</i> sp. ? (M) <i>Phyllanthus emblica</i> L. (T) <i>Emblia officinalis</i> Gaertn. (Dh)
སྐུར་རྩི	skyur-rtsi (H)	<i>Citrus nobilis</i> Lour. (H)

སྐལ་པ་	skyer-pa (J,T,G,P,H)	<i>Berberis aristata</i> DC. (T,M,Dh) <i>Berberis dictyophylla</i> Franch. var. <i>epruinosa</i> Schneid. (T) <i>Berberis sibirica</i> Pall. (G) <i>Rosa acicularis</i> Lindl. (P) <i>Thuya orientalis</i> L. (H)
སྐལ་པ་མེ་ཏོག	skyer-pa'i-me-tog (J,G,P,H,Dh)	<i>Berberis aristata</i> DC. (Dh) <i>B. sibirica</i> Pall. (G,P)
སྐལ་པ་འི་རྩ་	skyer-pa'i-rtsa (Dh)	<i>Lycium chinense</i> Mill. (H)
སྐལ་པ་འི་བྲས་བུ	skyer-pa'i-'bras-bu (J,G,P)	<i>Berberis sibirica</i> Pall. (G)
སྐལ་ཤུན	skyer-shun (T,M)	<i>Berberis aristata</i> DC. (T,M,Dh)
ཨ་པ་ཨ་	----- KHA -----	
ཁ་ཆེ་གུར་གུམ	kha-chhe-gur-gum (G,H)	<i>Crocus sativus</i> L. (T,G,H,Dh,D)
ཁ་ཆེ་ཤ་སྐམ་མ	kha-chhe-sha-skam-ma (T)	
ཁམ་བུ	kham-bu (J,T,D,H)	<i>Prunus armeniaca</i> L. (D,H) <i>P. mira</i> Koehne (T) <i>P. persica</i> (L.) Batsch. (T)
ཁུར་མང	khur-mang (J,G)	<i>Taraxacum altaicum</i> Schischk. (G) <i>T. collinum</i> DC. (G)
ཁུར་མང་མང	khur-mang-mang (T)	<i>T. officinale</i> Web. (T,G) <i>T. tibeticum</i> Hand.-Mzt. (T)
ཁྱུང་སྡེར	khyung-sder (J)	indet. (M); nails of Garuda (bird) (T)
ཁྲ་མ	khra-ma (J,G)	<i>Fagopyrum tataricum</i> Gaertn. (G) <i>Panicum miliaceum</i> (G)
ཁྲེ	khre (J,D,H)	"millet" (D) <i>Setaria italica</i> (L.) Beauv. (H)
ཁྲེ་རྫོང	khre-rgod (J,D)	"wild millet" (D)

ཁྲོག་ཅུང	khrog-chhung (J)	indet.
ཁྲོན་བུ	khron-bu (J)	indet.
མཁའ་པ་	mkhan-pa (J,T,G,P,H)	<i>Artemisia</i> several sp. (T) <i>A. campestris</i> L. <i>A. commutata</i> Bess. (G) <i>A. frigida</i> Willd. (P,G) <i>A. sericea</i> Web. (G) <i>A. stelleriana</i> Bess. (H)
མཁའ་མ་མོ་ཤ་	mkhal-ma-zho-sha (J,G,P,H,R)	<i>Canavalia gladiata</i> DC. (G,P,H)
མཁའ་མོ	mkhal-zho (M)	Fabeae (M)
ཨ་ག་ཨ་	----- GA -----	
ག་དུར	ga-dur (J,P,H)	<i>Akebia quinata</i> Decne. (P,H,G)
ག་བུར	ga-bur (J,T,P)	<i>Cinnamomum camphora</i> (L.) J.Presl (T,P)
ག་བུར་ཏི་ལ	ga-bur-ti-la (J,G)	<i>Paris quadrifolia</i> L. (G)
ག་བྱ	ga-bra (J,T,P)	<i>Debregeasia edulis</i> Wedd. (T) <i>Rubus idaeus</i> L. (P)
གང་ག་ཅུང	gang-ga-chhung (J,T,Me,G,P,H)	<i>Gentiana depressa</i> D.Don (Me) <i>G. urnula</i> H.Sm. (T) <i>Leonurus sibiricus</i> L. (G,P,H)
གན་མ	gandha (H)	<i>Trichosanthes multiloba</i> Miq. (H)
གན་མ་བྱ་དྭ་	gandha-bha-dra (J,T,G)	<i>Gnaphalium affine</i> D.Don. (T) <i>Tanacetum sibiricum</i> L. (G) <i>T. vulgare</i> L. var. <i>boreale</i> (G) <i>Veronica longifolia</i> L. (G)
གི་ལ་	gi-lba (P)	indet. (P)
གུ་གུ་ལ	gu-gul (J,M,G,P,H,R)	<i>Styrax benzoin</i> Dryand. (H) <i>Vatica lanceaefolia</i> Bl. (G,P)
གུ་ཡུ	gu-yu (M)	<i>Areca catechu</i> L. (M,G,D,H) (see "go-yu" below)

གུར་གུམ	gur-gum (J,M,G,P,H,Dh,R)	<i>Carthamnus tinctorius</i> L. (M,G, .P,R,H) <i>Crocus sativus</i> L. (Dh)
གེ་སེར	ge-ser (J,M,D)	<i>Bombax ceiba</i> L. (M) <i>Crocus sativus</i> L. (D)
གོ་སྟོད	go-snyod (J,M,T,G,P,H,Dh)	<i>Anisum vulgare</i> Gaertn. (G) <i>Carum carvi</i> L. (T,M,G) <i>Cnidium dahuricum</i> Fisch. & Mey. (G) <i>Cuminum cyminum</i> L. (Dh) <i>Foeniculum vulgare</i> Mill. (G,P,H)
གོ་བྱི་ལ	go-byi-la (G,P,H)	<i>Strychnos nux vomica</i> L. (G,P,H) (see also "ko-byi-la" above)
གོ་ཡུ	go-yu (J,G,H)	<i>Areca catechu</i> L. (G,M,D,H) (see also "gu-yu" above)
ཡུ་ཤུག	gyu-shug (Dh)	<i>Zizyphus jujuba</i> Lam. (Dh)
གྲ་མའི་རྩ་བ	gra-ma'i-rtsa-ba (P)	<i>Caragana pygmaea</i> DC. (P)
གྲེ་བ་ཤིང	gre-ba-shing (J)	indet.
གྲེ་མ་མ	gres-ma (J)	indet.
གྲོ	gro (J,G,H)	<i>Triticum aestivum</i> L. (G) <i>T. vulgare</i> Vill. (H)
གྲོ་མ	gro-ma (J,T,D)	<i>Potentilla anserina</i> L. (T) "sweet potato of Tibet" (D)
གླ་གོར་ཞོ་ཤ	gla-gor-zho-sha (J,G,P,H,R)	<i>Entada phaseoloides</i> (L.) Merr. <i>E. scandens</i> Benth. (G,P,H)
གླ་སྐང	gla-sgang (J,T,D,Dh,H)	<i>Aconitum fischeri</i> Reichb. (H) <i>Cyperus rotundus</i> L. (D,Dh) <i>C. pertenuis</i> (D) <i>Juncus amplifolius</i> Camus (T)
གླང་མ	glang-ma (J,D)	"alpine willow" (D)
འག་ལིག	'ga-lig (H)	"Pachyma cocos" (coconut husk) (H)
རྒྱ་ཏུས	rgu-trus (P)	<i>Galium verum</i> L. var. <i>ruthen-</i> <i>icum</i> W. (P)

རུ་ཐུབ	rgu-thub (J,P)	indet.
རུ་ཐུབ	rgu-drus (J,G)	<i>Galium boreale</i> L. (G) <i>G. verum</i> L. (G)
རུ་འབྲུམ	rgun-'brum (J,M,T,G,P,H)	<i>Vitis vinifera</i> L. (T,G,P,H) <i>Vitis</i> sp. (M)
རུ་ཁུར	rgya-khur (T,G,H)	<i>Lactuca sibirica</i> (L.) Benth. (G) <i>Picris hieracioides</i> L. ssp. <i>fuscipilosus</i> Hand.-Mzt. (T) <i>Sinapis</i> sp. ? (H) <i>Sonchus arvensis</i> L. (G)
རུ་ཁྲིག	rgya-tig (J,G)	<i>Gentiana detonsa</i> Rottb. <i>G. barbata</i> Froel. (G)
རུ་སྐྱོན	rgya-spos (J,T,G,P,Dh)	<i>Medicago polymorpha</i> L. var. <i>vulgaris</i> (Benth.) Shinnars <i>M. denticulata</i> Willd. (H)
རུ་སྐྱོན	rgya-sbos (H)	<i>Nelilotus suaveolens</i> Ldb. (T) <i>Thymus serpyllum</i> L. (G) <i>T. vulgaris</i> Ldb. (P) <i>Valeriana jatamansi</i> Jones <i>V. wallichii</i> DC. (Dh)
རུ་མེན	rgya-men (J,G)	<i>Papaver nudicaule</i> L. (G,P)
རུ་མེན་ཁྲི་ཁྲུ་བ	rgya-mtsho'i-lbu-ga (H)	<i>Erythrina indica</i> Lam. (H,Dh)
རུ་ཤུག	rgya-shug (H)	<i>Zizyphus sativa</i> Gaertn. <i>Z. vulgaris</i> Lam. (H)
རུ་སྐྱན	rgya-sran (J)	cultivated legume (Kelsang)
རུ་ཕ་ལ་རུ་ར	rgyal-ya-ru-ra (H)	<i>Canarium album</i> (H)
རུ་	sga (G,R)	<i>Zingiber officinale</i> Rosc. (G,R)
རུ་སྐྱུ	sga-skya (J,T,M,G,P,H,R)	<i>Hedychium spicatum</i> Smith (T,G,P) <i>Kaempferia galanga</i> L. (H)
རུ་ཁྲིག	sga-tig (T,M)	<i>Androsace lanuginosa</i> Wall. (M,T)
རུ་ཁྲིག་ནག་པོ	sga-tig-nag-po (J)	indet.
རུ་དམར	sga-dmar (T,H)	<i>Hedychium spicatum</i> Smith (T,G,P) <i>Zingiber rubrum</i> (H) [mis- printed as "lga-dmar"]

ཤ་ཤོ	sga-sho (J)	indet.
ཤ་གཤེར	sga-gser (H)	<i>Zingiber</i> sp. (H)
ཤོག	sgog (J,T)	<i>Allium</i> sp. (T,J)
ཤོག་སྐྱ	sgog-skye (M,T,G,Dh,D)	<i>Allium sativum</i> L. (T,M,Dh,G,P) <i>A. nival</i> Jacqm. (D)
ཤོག་པ་ཆིག་སྐྱ	sgog-pa-chhig-skye (H)	<i>Allium</i> sp. (H)
ཤོག་བཅོང	sgog-btsong (G)	<i>Allium cepa</i> L. (G,T,D,H)
ཤོག་བཞིལ	sgog-bsil (H)	<i>Tulipa edulis</i> Baker (H)
ཤོང་ཐོག་པ	sgong-thog-pa (J,T,P)	<i>Erysimum altaicum</i> C.A.Mey. (P) <i>E. diffusum</i> Ehrh. (T)
ཤོན་ཤིང	sgron-shing (J,G,P,H)	<i>Pinus sylvestris</i> L. (G,P,H)
ཞ ༥ ཞ	----- NGA -----	
ཤོ་དེ་བ	sngo-de-ba (J,T,G)	<i>Gentiana decumbens</i> L. (T,G)
ཤོ་ཐྱི་ཞུར	sngo-spyi-zhur (J,T)	indet.
ཤོན་བུ	sngon-bu (J,T,G)	<i>Ipomoea hederacea</i> Jacq. (G,T)
ཤོ་ཆུ་ཤིན་ཤེར་མོ	sngo-chhu-srin-sder-mo (J,T)	<i>Selaginella pulvinata</i> (Hook. ex Grew.) Maxim. (T)
ཤོ་ག་བུར	sngo-ga-bur (T)	<i>Vitex canescens</i> Kurz. (T)
ཤོ་སྐྱ་ག་ཤ	sngo-stag-sha (T) [see also stag-sha]	<i>Oxytropis chiliophylla</i> Royle (T)
ཞ ༦ ཞ	----- CHA -----	
ཆུ་གང	chu-gang (D,T,M)	<i>Bambusa textilis</i> McClure (T) nodal silica of bamboo (D)

ལྷ་བ	lcha-ba (J,M,T,G,P,H,R)	<i>Angelica</i> sp. (T) <i>Bletia hyacinthina</i> R.Br. (G,P) <i>Peucedanum baicalense</i> Koch. (G) <i>Polygonatum officinale</i> All. <i>P. vulgare</i> Desf. (H)
ལྷག་སྐུ	lchags-skyu (J)	indet.
ལྷག་སྐྱི	lchags-tig (P)	<i>Gentianopsis paludosa</i> (Munro) Ma. (T)
ལྷག་སྐྱི་ནག་པོ	lchags-tig-nag-po (T)	indet. (P)
ལྷང་མ	lchang-ma (J,D)	<i>Salix viminalis</i> (D)
ལྷམ་པ	lcham-pa (J,T,M,G,P,H)	<i>Malva verticillata</i> L. (T,G,P,H)
ལྷམ་བྱུ	lcham-'bru (M)	<i>M. sylvestris</i> L. ? (M)
ལྷམ་རྩི	lchum-rtsi (J,M,G,P,H,R)	<i>Rheum officinale</i> Baill. (G,P,H) <i>R. palmatum</i> L. (G)
ལྷམ་རྩ	lchum-rtsa (T,R)	<i>R. undulatum</i> L. (G)
ལྷམ་ལྷང་ཆ	lche-myang-tsha (J)	indet.; "a mineral" (Kelsang)
ལྷམ་ཆ	lche-tsha (J,T,G,P)	<i>Ranunculus acris</i> L. (T,H) <i>R. pulchellus</i> C.A.Mey. (G,P) <i>R. repens</i> L. (G) <i>R. scleratus</i> L. (G)

ཨ ཆ ཨ

----- CHHA -----

ཆ་འབྱུམ	chhar-'bum (J)	indet.
ཆ་དག་གོ	chhu-dgan-go (H)	<i>Acorus gramineus</i> Ait. (H)
ཆ་ཆུད་པ	chhu-chhud-pa (H)	<i>Sanguisorba officinalis</i> L. (H)
ཆ་མ་རྩི	chhu-ma-rtsi (J,T,G,P)	<i>Chenopodium hybridum</i> L. (G) <i>Rheum nobile</i> Hook.f. & Thoms. (T) <i>Rumex acetosa</i> L. (G) <i>Rumex acetosella</i> L. (G)
ཆ་རྩི	chhu-rtsi (J,G,P,H)	<i>Rheum</i> sp. (P) <i>R. officinale</i> Baill. (T,H)
ཆ་རྩ	chhu-rtsa (T)	<i>Rumex gmelini</i> Turcz. (G)
ཆ་རྩུག	chhu-rug (P)	<i>Potamogeton pusillus</i> L. (G)
ཆ་རྩུག་པ	chhu-rug-pa (J,G)	

ཆུ་སྒྲིན་ཁྲག	chhu-srin-khrag (H)	<i>Daemonorops draco</i> Bl. <i>Calamus draco</i> Willd. (H)
ཆུ་སྒྲིན་སྡེ་ར་མོ་	chhu-sring-sder-mo (G)	<i>Selaginella involvens</i> Spr. (G,H)
མཚན་པ་ཇོ་ཤ	mchhin-pa-zho-sha (J)	indet.
ཨ ར ཨ	----- JA -----	
འད་འབྲས	'ja-'bras (P)	Caesalpinoideae or Mimosoideae (M) <i>Nelumbo</i> sp. (P)
འདམ་འབྲས	'jam-'bras (J,M,Dh)	<i>Pongamia pinnata</i> Merr. (Dh)
འཛིབ་རྩི་དཀར་པོ་	'jib-rtsi-dkar-po (J,T)	<i>Salvia</i> sp. (T)
ཨ ཉ ཨ	----- NYA -----	
ཉ་ལྷིབས	nya-lchibs (J)	indet.
ཉུང་ཀར	nyung-kar (Dh)	<i>Brassica rapa</i> L. <i>B. campestris</i> L. (G,Dh)
ཉུང་མ	nyung-ma (J,G)	
ཉེ་ཤིང	nye-shing (J,T,M,G,P,H,R)	<i>Asparagus filicinus</i> Buch.- Ham. ex D.Don (T) <i>Polygonatum falcatum</i> A.Gray (H) <i>P. multiflorum</i> All. (P) <i>P. officinale</i> All. (G) <i>Sium sisarum</i> L. (R)
གཉན་ཐུབ་པ	gnyan-thub-pa (J)	indet.
གཉན་འདུལ་བ	gnyan-'dul-ba (J)	indet.
རྩ་ལོ་	rnya-lo (D,P)	<i>Polygonum perigrinatoris</i> Pauls. (T) <i>P. polymorphum</i> DC. (P)
སྩ་ལོ་	snya-lo (T,J)	<i>Polygonum</i> sp. (D)
སྩི་བ	snyi-ba (J,T,G,P,H)	<i>Chenopodium album</i> L. (P) <i>Codonopsis colvolvulacea</i> Kurz. (T) <i>Fritillaria verticillata</i> Willd. <i>F. thunbergii</i> Miq. (H) <i>Polygonum scabrum</i> Moench. (G)

སྟོང་མོ་ཤ

snying-zho-sha
(J,M,G,P,R,H)*Prunus* sp. (M,G)
Terminalia sp. ? (P)
Ziziphus vulgaris var.
spinosus (H)

ཨ ཏ ཨ

----- TA -----

ཏང་ཀན

tang-kan (H)

Angelica polymorpha Maxim. var.
sinensis (H)

ཏང་ཀུ

tang-ku (J,G)

Cnidium dahuricum Fisch. & Mey.
(T,G,P)

ཏང་ཀུན

tang-kun (T,P)

ཏང་ཀུན་དཀར་པོ

tang-kun-dkar-po (T)

Peucedanum sp. (T)

ཏིག་ཏ

tig-ta
(J,M,T,G,P,D,Dh,H)*Gentiana detonsa* Rottb.
G. barbata Froel. (G,P)
Swertia chirayita Karsten (M,T,Dh)
Gentiana chiretta Froel. (G,D)
Viola patrinii Ging. (H)

ཏི་ལ་དཀར

ti-la-dkar (H)

Sesamum orientale L. (G)
S. indicum L. (T,H)

ཏིལ

til (J,T,G)

ཏུག་མོ་ལྷུ

tug-mo-nyung (Dh)
[see also
dug-mo-nyung]*Holarrhena pubescens* (Buch.-Ham.)
Wall. ex G.Don
H. antidysenterica Wall. (Dh)

ཏེ་ང་མི

te-dza-ni (Dh)

Zanthoxylum acanthopodium DC.
Z. alatum Roxb. (Dh)

ཏྲ་ཡན་ཏི

tra-yan-ti (Dh)

Gentiana kurroo Royle (Dh)

ཏྲ་པག་པ

rta-pags (P,H)

Lagopsis supina (Steph.) Ikonn.-
Galitz. (G)

ཏྲ་ལཔག་པ

rta-lpags (J,T,G)

Lamiophlomis rotata (Benth.)
Kudo (T)
Narrubium incisum Benth. (G,P,H)

ཏྲ་མིག

rta-mig (J)

Epimedium macranthum Morr. &
Decne. (H)

ཏྲ་མིག་པ

rta-rmig (P,H)

ཏྲ་ག་ཏ

rtag-ngu (T)

Drosera peltata Smith var.
lunata (Buch.-Ham.) C.B.Cl.
(T)

ཏྲ་ག་ཏུ་ཏ

rtag-tu-ngu (J)

ཁུམ་སྐྱུག	ltum-stag (P)	indet.
སྐྱུག་ཆུང	stag-chhung (T)	<i>Magnolia campbellii</i> Hook. f. & Thoms. (T)
སྐྱུག་པ	stag-pa (J,G)	<i>Betula platyphylla</i> Sukaczew (G)
སྐྱུག་མ	stag-ma (J)	indet.
སྐྱུག་ཤ	stag-sha (J,M,T,G,P,H) [see also sngo-stag-sha]	<i>Oxytropis</i> sp. (M,G) <i>O. chiliophylla</i> Royle (T) <i>O. filiformis</i> DC. (G) <i>O. microphylla</i> DC. ? (M) <i>O. muricata</i> DC. (P) <i>Potentilla discolor</i> (H)
སྐྱུག་སྤང	stab-seng (M,G,P)	<i>Eucommia ulmoides</i> Oliv. (G,P) Not <i>E. ulmoides</i> (S. Y. Hu)
སྐྱུག་སྤང་སྤང	stabs-seng (J)	
སྐྱུག་ག	star-ga (J,T, Bell)	<i>Juglans regia</i> L. (T, Bell)
སྐྱུག་བ	star-ba (Dh)	<i>Garcinia pedunculata</i> Roxb. (Dh)
སྐྱུག་བུ	star-bu (J,T,G)	<i>Berberis sibirica</i> Pall. (G) <i>B. vulgaris</i> L. (P,R,H)
སྐྱུག་བུ་སྐྱུག	star-bus (P,H)	<i>Hippophae rhamnoides</i> L. (T,G) <i>Prunus domestica</i> L. (G)
སྐྱུང་རི་མེལ་པ	stong-ri-zil-ba (J,G)	<i>Chelidonium majus</i> L. (G) <i>Corydalis boweri</i> Hemsl. (T)
སྐྱུང་མེལ	stong-zil (T)	<i>Corydalis meifolia</i> Wall. (G)
ཐ་	-----	THA -----
ཐ་རམ	tha-ram (J,T,G,P,H)	<i>Plantago depressa</i> Willd. (T,G) <i>P. major</i> L. (G,P,H) <i>P. maritima</i> L. (G) <i>Polygonum tinctorium</i> Ait. (H)
ཐང་ཀུ་སྐུ་རུ་ར	thang-ku-skyu-ru-ra (R)	indet.
ཐང་ཀུ་པ་རུ་ར	thang-ku-pa-ru-ra (R) [see also ba-ru-ra]	"a myrobalan" (R)

ཐང་ཀུ་ཨ་རུ་ར	thang-ku-a-ru-ra (R)	"a myrobalan" "native to Tibet" (R)
ཐང་ཕྲོམ	thang-phrom (J,G)	<i>Physochlaina physaloides</i> (L.) G.Don. (G)
ཐང་ཕྲོམ་ནག་པོ	thang-phrom-nag-po (J,T,D,H)	<i>Physochlaina</i> sp. ? "thorn apple" (D) <i>Psoralea corylifolia</i> L. (H) <i>Scopolia straminifolia</i> (Wall.) Shrestha (T)
ཐང་འཕྲོམ	thang-'phrom (P,H)	<i>Physochlaina</i> sp. ? (P) <i>Phytolacca acinosa</i> Roxb. (H)
ཐང་ཤིང	thang-shing (T,G,Dh,H)	<i>Cedrus deodara</i> G.Don (T,Dh) <i>Larix sibirica</i> Ldb. (G) <i>Pinus</i> sp. (H)
ཐལ་ཀ	thal-ka (Dh)	<i>Caragana microphylla</i> Lam. (G) <i>C. spinosa</i> DC. (G)
ཐལ་ཀ་ར་རྩེ	thal-ka-rdo-rje (J,G,P,R,H)	<i>Cassia tora</i> L. (T,G,P,Dh,R) <i>C. obtusifolia</i> L. (H)
ཐལ་ཀར་ར་རྩེ	thal-kar-rdo-rje (T)	
ཐལ་རྩེ	thal-tres (Dh)	<i>Hemidesmus indicus</i> R.Br. (Dh)
ཐར་ནུ	thar-nu (J,T,G,P,H)	<i>Aconitum lycoctonum</i> (H) <i>Euphorbia pallasii</i> Turcz. (G,P)
ཏ ཏ ཏ	----- DA -----	
ད་རྩིག	da-trig (J,T,P,D,H)	<i>Rhamnus dahuricus</i> Pall. <i>R. virgata</i> Roxb. (P) <i>Schisandra chinensis</i> C.Koch <i>Kadsura japonica</i> (H) <i>Schisandra sphaerandra</i> Stapf. forma <i>pallida</i> Smith (T) <i>Tamarindus</i> sp. ? (D)
ད་ལི	da-li (J,G)	<i>Rhododendron</i> sp. (D) <i>R. chrysanthemum</i> Pall.
ད་ལིམ	da-lis (D)	<i>R. aureum</i> Georgi (G)
དན་དི	dan-di (Dh)	<i>Baliospermum montanum</i> (Willd.) Muell. & Arg. (Dh)
དན་རོག	dan-rog (J,T,G,P,H,R)	<i>Croton tiglium</i> L. (T,G,P,H,R)
དམ་བུ་ར་ཀ	dam-bu-ra-ka (J)	indet.

དར་ཏ	dar-ta (H)	<i>Ricinus communis</i> L. (H,Dh)
དར་ཡ་ཀན	dar-ya-kan (G,P,H)	<i>Draba nemorosa</i> L. (H) <i>Moehringia lateriflora</i> (L.) Fenzl. (G)
དར་ཡ་ཀན་སྐྱུག་པོ	dar-ya-kan-smug-po (J)	<i>Scabiosa fischeri</i> DC. (G) Leguminosae (J)
དར་ཤིང	dar-shing (J)	indet.
དུ་རུ་སྐ	du-ru-ska (H)	<i>Platycarya strobilacea</i> Sieb. & Zucc. (H)
དུག་མོ་ཉུང	dug-mo-nyung (J,M,T,G,P,H)	<i>Cynanchum forrestii</i> Schltr. (T) <i>Cynanchum sibiricum</i> R.Br. (H) <i>Cynoctonum purpureum</i> (Pall.) Pobed. (G) <i>Periploca calophylla</i> Falc. ? (M) <i>Vincetoxicum sibiricum</i> Decne. <i>Alexitoxicon sibiricum</i> Pobed. (G) <i>Vincetoxicum</i> sp. (P)
དུར་བ	dur-ba (J,G)	<i>Agropyrum pseudoagropyrum</i> (Trin.) Franch. (G)
དུ་ར	du-rba (Dh)	[<i>Agropyrum</i> now = <i>Elymus</i> ?] <i>Cynodon dactylon</i> (L.) Pers. (Dh) <i>Setaria viridis</i> (L.) Beauv. (G)
དུར་བྱིད	dur-byid (J,T,P,H)	<i>Euphorbia adenochlora</i> Morr. & Decne. (H) indet. (T,P)
དུར་བྱེད	dur-byed (G,D)	<i>Baliospermum montanum</i> M. & A. <i>Croton polyandrum</i> (D) <i>Iris dichotoma</i> Pall. (G)
དེ་བས	de-bas (P)	indet.
དོང་ཀ	dong-ka (Dh)	<i>Betula platyphylla</i> Sukaczew (G) <i>Cassia fistula</i> L. (T,Dh)
དོང་ཁ	dong-kha (D)	<i>Ceratonia siliqua</i> L. (G,P) <i>Gleditschia sinensis</i> Lam. (G,H)
དོང་ག	dong-ga (J,T,G,P,H)	<i>Pterospermum acerifolium</i> Willd. (D)
དྲ་བ	dwa-ba (J,G)	<i>Allium victorialis</i> L. (G)
དྲ་བའི་རྩ་བ	dwa-ba'i-rtsa-ba (P,H)	<i>Allium</i> sp. ? (P) <i>Arisaema lobatum</i> Engl. (H)
དྲེས་མའི་གེ་མེར	dres-ma'i-ge-ser (T,P,H)	<i>Aster trinervius</i> Roxb. ex D. Don (H) <i>Iris lactea</i> Pall. (T) <i>I. ensata</i> Thunb. (P)

ཏྲ་ཀི	dha-ta-ki (Dh)	<i>Woodfordia fruticosa</i> Kurz. (Dh)
བདུད་རྩི་གངས་ཤམ་པ	bdud-rtsi-gangs-sham-pa (J)	indet.
བདུད་རྩི་ལོ་མ	bdud-rtsi-lo-ma (M,T)	<i>Aconitum napellus</i> L. (M,T)
བདུད་རྩི་ཨ་རུ་ར	bdud-rtsi-a-ru-ra (P)	<i>Terminalia chebula</i> Retz. (P,M,R)
མདག	mdak (H)	<i>Datura stramonium</i> L. (H)
མདའི་རྩུ་མ	mda'i-rgyus (J,H)	<i>Vigna mungo</i> (L.) Hepper <i>Phaseolus mungo</i> (H)
མདོག་ལྷན	mdog-ldan (M)	Malvaceae; <i>Hibiscus</i> sp. ? (M)
འདམ་བུ་ཀ་ར	'dam-bu-ka-ra (T,P)	<i>Hippuris vulgaris</i> L. (T)
རོ་རྩ	rdo-rta (H)	<i>Camellia sinensis</i> (L.) Ktze. (H)
རོ་རྩེ་ཤ	rdo-dreg (T,Dh)	<i>Vetiveria zizanioides</i> Nash (T,Dh)
ལུ་བུ་རེ་རལ	ldu-bu-re-ral (R)	<i>Polypodium</i> sp. ? (R) <i>Polystichum squarrosum</i> Fee (T)
ལུ་མ་བུ་རེ་རལ	ldum-bu-re-ral (J,T)	
ལུ་མ་རྩེ་ཤ	ldum-stag (J)	indet.
ལུ་མ་ནག་དོ་མ་ལྷིས	ldum-nag-dom-mkhri (J)	indet.
སྒར་པུ	sar-pu (R)	<i>Berberis vulgaris</i> L. (R)
སྒོ་ལྷན	sdo-lchab (H)	<i>Oenanthe javanica</i> (Bl.) DC. ssp. <i>stolonifera</i> (Wall. ex DC.) Mu- rata; <i>O. stolonifera</i> Wall. (H)
སྒོ་ལྷན་སྒོ་ལྷན་མོ	sdo-chhu-srin-sder-mo (H)	<i>Selaginella involvens</i> Spr. (H,G)
ཆེན་པོ་ཆེན་པོ	----- NA -----	
ན་ག་གེ་སེར	na-ga-ge-ser (T,G,P,Dh,D,H,R)	<i>Crocus sativus</i> L. (D) <i>Mesua ferrea</i> L. (T,Dh) <i>Quisqualis indica</i> L. (G,R) <i>Q. sinensis</i> Lindl. (P,H)
ན་ག་བ་ལ	na-ga-ba-la (Dh)	<i>Grewia populifolia</i> Vahl. (Dh)

ན་རམ	na-ram (J,G,P)	<i>Bistorta vivipara</i> (L.) Gray <i>Polygonum viviparum</i> L. (G,P) <i>Polygonum alopecuroides</i> Turcz. (G)
ན་ལི་ཤམ	na-li-sham (P,H)	<i>Piper nigrum</i> L. (P,H,Dh,M,G)
ན་ལེ་ཤམ	na-le-sham (Dh)	
ན་ཤ	na-sha (Dh)	<i>Moringa oleifera</i> Lam. (Dh)
ནག་འདབ	nag-'dab (Dh)	<i>Piper betel</i> L. (Dh)
ནད་མ	nad-ma (J,G)	<i>Lappula intermedia</i> (Ldb.) Popov (G)
ནད་མ་འབྱར་མ	nad-ma-'byar-ma (T)	<i>Cynoglossum amabile</i> Stapf & Drumm. (T)
ནས	nas (J,G,H)	<i>Hordeum vulgare</i> L. (G,H)
ནི་གོ་དཀ	ni-gro-dha (Dh)	<i>Ficus benghalensis</i> L. (Dh)
ནིམ་པ	nim-pa (J,T,D,H)	<i>Cajanus cajan</i> (L.) Huth <i>C. indicus</i> Spreng. (H)
ནིམ་བ	nim-ba (Dh)	<i>Azadirachta indica</i> Juss. (T,Dh,D)
ནིར་མ་ལི	nir-ma-li (J)	indet. (same plant as next entry?)
ནིར་མ་ལཡ	nir-ma-lya (Dh)	<i>Delphinium zalil</i> Aitch. & Hemsl. (Dh)
སྤ་ཁ	sna-ha (Dh)	<i>Euphorbia neriiifolia</i> L. (Dh)
སྤ་ཁ	snu-ha (Dh)	
སྤེལ་འུ	sne-'u (J,G)	<i>Chenopodium album</i> L. (G,P) <i>C. aristatum</i> L. (G)
པ་ཏོ་ལ	----- PA -----	
པ་ཏོ་ལ	pa-to-la (J,G,Dh)	<i>Scorzonera austriaca</i> Willd. (G) <i>S. radians</i> Fisch. (G) <i>Trichosanthes dioica</i> Roxb. (Dh)
པ་ཏྲ་ལ	pa-tra-la (Dh)	<i>Stereospermum chelonoides</i> (L.f.) DC.; <i>S. suaveolens</i> (Roxb.) DC. (Dh)

པ་སྐྱུ་བ	pa-sbru-ba (R)	<i>Iris</i> sp. ? (R)
པ་རི	pa-ri (Dh)	<i>Erythrina indica</i> Lam. (Dh,H)
པ་རུ་ར	pa-ru-ra (R) [see also ba-ru-ra]	<i>Azadirachta indica</i> Juss. (R) [probably confused with <i>Nelia azedarach</i> L.]
པ་ཡག	pa-yag (J)	indet.
པ་ཡག་རྩ་བ	pa-yag-rtsa-ba (T,P)	<i>Lancea tibetica</i> Hook.f. & Th. (T)
པད་མ་གཤེས་པ	pad-ma-ge-ser (M,P,R,H)	<i>Aegle sepiaria</i> DC. (P) <i>Bombax ceiba</i> L. (M) <i>Rosa laevigata</i> Michx. (H)
པར་པ་ཏ	par-pa-ta (J,M,T,G,P,H,Dh)	<i>Arabis hirsuta</i> Scop. (G) <i>A. pendula</i> L. (G,P) <i>Fumaria parviflora</i> Lam. (Dh) <i>Hypecoum erectum</i> L. (G) <i>H. leptocarpum</i> Hook. & Th. (M,T) <i>Zanthoxylum acanthopodium</i> DC. [<i>Z. alatum</i>] Roxb. (H)
པར་པ་དམི་རྩ་བ	par-pa-da'i-rtsa-ba (H)	<i>Justicia gendarussa</i> (H)
ཕི་ཕི་ལིང	pi-pi-ling (J,M,T,G,R,H)	<i>Piper longum</i> L. (M,T,G,R,H,P,Dh)
ཕུ་ཀར་མུ་ལ	pu-kar-mu-la (T)	<i>Vladimiria soulei</i> (Franch.) Ling (T)
ཕུ་སྐར་མུ་ལ	pu-skar-mya-la (H)	<i>Saussurea lappa</i> Sch.Bip. (H)
ཕུ་ན་རྩ་བ	pu-na-rna-ba (Dh)	<i>Boerhavia verticillata</i> Poir. (Dh)
ཕུ་ཤེལ་ཅེ	pu-shel-tse (P,R,H)	<i>Amomum</i> sp. ? (R) <i>Belamcanda chinensis</i> (L.) Redouté (H); <i>Coelogyne</i> sp. (M) <i>Dendrobium noniliforme</i> (L.) Sw. (T,H) <i>Iris dichotoma</i> Pall. <i>Pardanthus dichotomus</i> Ldb. (P) <i>Vetiveria zizanioides</i> Nash (Dh)
ཕུ་ཤེལ་ཅེ	pu-shel-rtse (J,T,M,Dh)	
ཕུ་ཀ་ར་མ་ཕུ་ལ	push-kar-m'u-la (J,P)	<i>Costus speciosus</i> (König) Smith (P)
ཕུ་ཀ་པ་གཤེས་པ	push-pa-ge-ser (P,R)	<i>Rosa</i> sp. (P,R)
པོ་སོན་ཅ	po-son-cha (J)	<i>Xeromphis spinosa</i> (Thunb.) Keay <i>Randia dumetorum</i> Lam. (Dh)
པོ་སོན་ཆ	po-son-chha (Dh,D)	<i>Sesbania grandiflora</i> (L.) Poir. (D)
ཕྱི་ཡང་ཀུ	pri-yang-ku (T,Dh)	<i>Callicarpa macrophylla</i> Vahl (Dh) <i>Dracocephalum tanguticum</i> Maxim. (T)

ཁྲིང་ཀུ	pring-ku (M)	Labiatae (M) <i>Nepeta mussinii</i> Spreng. ? (M)
དཔལ་པོ་སེར་པོ	dpa'-po-ser-po (J,P,H)	<i>Tulipa gesneriana</i> L. (H)
དཔལ་བོ་དཀར་པོ	dpa'-bo-dkar-po (J,T,P)	<i>Phytolacca esculenta</i> Van Houtt. (T)
དཔལ་རྫོང	dpa'-rgod (J)	indet.
ཐང་གི་མེ་ཏོག	spang-gi-me-tog (J)	indet.
ཐང་རྒྱན	spang-rgyan (J,T)	<i>Gentiana algida</i> Pall. (G,T) <i>G. triflora</i> Pall. (G)
ཐང་རྒྱན་དཀར་པོ	spang-rgyan-dkar-po (G,P,T)	<i>Chrysanthemum arcticum</i> L. <i>Leucanthemum sibiricum</i> DC.
ཐང་རྒྱན་ཕྱོག་པོ	spang-rgyan-sngon-po (G)	(P)
ཐང་ཐོས	spang-spos (J,T,G,P,H)	<i>Nardostachys grandiflora</i> DC. <i>N. jatamansi</i> DC. (T,H) <i>Valeriana officinalis</i> L. (G,P)
ཐང་རྩི་དོ་བོ	spang-rtsi-do-bo (J,T,G)	<i>Pterocephalus hookeri</i> (C.B.Cl.) Diels (T)
ཐང་རྩི་དོ་བོས	spang-rtsi-do-bos (P,H)	<i>Saussurea</i> sp. (G) <i>S. glomerata</i> Poir. (G,P,H)
ཐང་རྩི་འབྱར་པག་ཅན	spang-rtsi-'byar- bag-chan (J,G)	<i>Erigeron acer</i> L. (G) <i>Scabiosa fischeri</i> DC. <i>S. comosa</i> Fisch. (G)
ཐང་མཚན་སྤུ་རུ	spang-mtshan-spu-ru (J)	indet.
སྤུང་ཚོར	spung-tsho-ra (H)	<i>Cnicus spicatus</i> Maxim. (H)
སྤོར	spor (J)	indet.
སྤོས་དཀར	spos-dkar (J,M,T,G,P,H,R,D)	<i>Boswellia carteri</i> Birdw. (G,D) <i>Boswellia serrata</i> Roxb. <i>B. thurifera</i> Colebr. (P) <i>Murraya paniculata</i> (L.) Jack. <i>M. exotica</i> L. (H) <i>Pistacia lentiscus</i> L. (R) <i>Shorea robusta</i> Roxb. (D) <i>Vatica</i> sp. (M,T) "olibanum" (P)
སྤྱང་ཚེར	spyang-tsher (J,T,G,P)	<i>Carduus crispus</i> L. (G,P) <i>Cirsium souliei</i> (Franch.) Mattf. (T)
སྤྱལ	spru-ma (J,D)	<i>Helleborus niger</i> L. (D) Umbelliferae ? (J)

ཞུགས་པ་ཞུགས་

----- PHA -----

ཕ་བོང་དགོ་དགོ	pha-bong-dgo-dgo (4)	polypore fungus (J)
ཕུར་མོ	phur-mo (J,G)	<i>Artemisia</i> sp. (G,H)
ཕུར་མོང	phur-mong (H)	
ཕོ་བ་རི	pho-ba-ri (J,G)	<i>Piper nigrum</i> L. (M,G,P,Dh,H)
ཕོ་རིལ	pho-ril (M)	
པམང་མཐི་པཔམ་བུ	'phang-ma'i-'bras-bu (J,P,H)	<i>Leonurus sibiricus</i> L. (H)

ཞུགས་པ་ཞུགས་

----- BA -----

བ་ན་རི	ba-na-ri (Dh)	<i>Mucuna pruriens</i> (L.) DC. (Dh)
བ་སུ	ba-spu (J)	indet.
བ་སུ	ba-spru (T,P)	<i>Mirabilis himalaica</i> (Edgew.) Heim. (T) <i>Trichosanthes</i> sp. (P)
བ་ཇི་གན་རྒྱ	ba-dzi-gan-dha (Dh)	<i>Withania somnifera</i> Dunal (Dh)
བ་རུ	ba-ru (M)	<i>Crataegus sanguinea</i> Pall. (G) <i>Melia azedarach</i> L. (T,H)
བ་རུ་ར	ba-ru-ra (J,G,P,H)	<i>M. azadirachta</i> L. (P) <i>M. toosendan</i> Sieb. & Zucc. (G,P) <i>Terminalia bellirica</i> (Gaertn.) Roxb. ? (M)
བ་ལ	ba-la (Dh)	<i>Sida cordifolia</i> L. (Dh)
བ་ལུ	ba-lu (M,T,Dh,P,H)	<i>Abies spectabilis</i> (D.Don) Mirbel <i>A. webbiana</i> Lindl. (Dh) <i>Ligustrum lucidum</i> Ait. (H) <i>Rhododendron</i> sp. (H) <i>R. aff. cephalanthum</i> Franch. (T,M)
བ་ལི་ཀ	ba-li-ka (J)	<i>Akebia quinata</i> Decne. (G) <i>Aristolochia noupinensis</i> Franch.
བ་ལེ་ཀ	ba-le-ka (J,T,M,G,P,H,R)	(T) <i>Menispermum dahuricum</i> DC. (G) Menispermaceae ? (M)

བ་ཤ་ཀ	ba-sha-ka (J,M,T,G,P,H)	<i>Euphrasia odontites</i> Pers. (P)
ཁྱ་བ་ཤ་ཀ	[also rgya-ba-sha-ka]	<i>Justicia adhatoda</i> L. (M,T)
		<i>Odontites serotina</i> Dum. (G)
		<i>Rhododendron sinense</i> Sweet (H)
བད་མཐི་རྩ་བ	bad-ma'i-rtsa-ba (J,G)	<i>Nelumbo nucifera</i> Gaertn. (J,G,M)
བལ་ཏིག	bal-tig (J,M,G)	<i>Campanula glomerata</i> L. (G)
ཐི་ཏ་ཀ	bi-ta-ka (Dh) [see also byi- tang-ga]	<i>Embelia ribes</i> Burm. f. (Dh)
ཐི་ཐི་ལིང	bi-bi-ling (P)	<i>Piper longum</i> L. (P,M,T,G,R,Dh)
ཐི་ལ	bi-lba (H)	<i>Aegle marmelos</i> (L.) Corr. (H,Dh)
ཐི་ལ་བ	bil-ba (J,G)	<i>Citrus medica</i> L. (G)
ཐི་ཤ་ལ	bi-sha-la (Dh)	<i>Cucurbita pepo</i> L. (G)
		<i>Citrullus colocynthis</i> (L.) Schrud. (Dh)
བུ་རམ	bu-ram (J,D)	<i>Saccharum officinarum</i> L. (D,H)
བུ་ར་ཤིང	bur-shing (H)	
བུ་ར་མང	bur-mang (H) [see also khur- mang]	<i>Taraxacum officinale</i> Web. (H)
བོ་དེ་ཅ	bo-de-tsa (J,D)	<i>Ficus religiosa</i> L. (D,J,P)
བོང་ང་དཀར་པོ	bong-nga-dkar-po (J,T,G,P,H,Dh,D)	<i>Aconitum</i> sp. (G,D)
བོང་དཀར	bong-dkar (J,M,T)	<i>Aconitum fischeri</i> Reichb. (G)
		<i>A. chinense</i> Sieb. (P,H)
		<i>A. heterophyllum</i> Wall. (T,Dh)
		<i>A. napellus</i> L. (M)
བོང་ནག	bong-nag (J,G)	<i>Aconitum balfourii</i> Stapf. (T)
		<i>Aconitum napellus</i> L. (G)
བོང་ང་དཀར་པོ	bong-nga-dmar-po (J)	indet.
བོང་ང་མེར་པོ	bong-nga-ser-po (P,H)	<i>Aconitum autumnale</i> (H)
བོང་མེར	bong-ser (J,G)	<i>Curcuma zedoaria</i> (Christm.) Rosc.
		<i>C. zerumbet</i> Roxb. (P)
		<i>Aconitum</i> sp. (G)
བུ་རྐང	bya-rkang (J,G,P)	<i>Delphinium grandiflorum</i> L. (G,P)
		<i>D. triste</i> Fisch. (G)
		<i>Dictamnus dasycarpus</i> Turcz. (G)
བུ་རྐོད་ཐོས	bya-rgod-spos (T,P)	<i>Delphinium brunonianum</i> Royle (T)

བྱ་ཕོ་རྩི་རྩི	bya-pho-rtsi-rtsi (J,G,P,H)	<i>Celosia cristata</i> (L.) Ktz. (G,P) <i>Impatiens glandulifera</i> Royle <i>I. roylei</i> Walp. (H) <i>Statice flexuosa</i> L.; <i>Limonium flexuosum</i> (L.) Ktze. (G) <i>S. speciosa</i> L.; <i>Goniolimon speciosum</i> (L.) Boiss. (G)
བྱ་རོག་ལྷུང་མོ	bya-rog-nyung-mo (J,G)	<i>Cirsium esculentum</i> (Sievers.) C.A.M. (G) <i>Cirsium gmelini</i> Fisch. (G)
བྱི་ཏང་ག	byi-tang-ga (M,G,P,H)	<i>Embelia pulchella</i> Mez (M) <i>Vitex trifolia</i> L.f. (G,P,H)
བྱི་ཚེར	byi-tsher (J,T,G,P,Dh)	<i>Agriophyllum arenarium</i> Potan. (P) <i>Cynoglossum officinale</i> L. <i>C. divaricatum</i> Steph. (G) <i>Fagonia cretica</i> L. (Dh) <i>Lappula intermedia</i> (Ldb.) Popov (G) <i>Xanthium sibiricum</i> Patr. (T)
བྱི་བཟུང	byi-bzung (J,T,G,D)	<i>Arctium lappa</i> L. (T,G,D)
བྱི་རུག	byi-rug (J,G,P,H)	<i>Nepeta japonica</i> (H) <i>Schizonepeta multifida</i> (L.) Briq. (G)
བྱི་རུག་ནག་པོ	byi-rug-nag-po (T)	<i>Elsholtzia calyocarpa</i> Diels. (T) <i>E. patrini</i> (Lepech.) Garsh. (T)
བྱི་རུག་སྐྱུག་པོ	byi-rug-smug-po (T)	
བྱི་ཤང་དཀར་པོ	byi-shang-dkar-po (J)	<i>Stipa capillata</i> L. (G)
བྱི་ཤིང་དཀར་པོ	byi-shing-dkar-no (G)	
བྱིད་བཟུང	byid-zung (H)	<i>Arctium lappa</i> L. (H)
བྱི་ལུ་ལ་ཕུག	byi'u-la-phug (J,T,G,P)	<i>Dontostemon integrifolius</i> Ldb. (G) <i>Malcolmia africana</i> (L.) R.Br. (T)
བྱི་ལྷེ་ལག་པ	bye-lche-lag-pa (J)	indet.
བྱི་དང་ག	bye-dang-ka (R) [=byi-tang-ga (M)]	<i>Vitex</i> sp. (R)
བྱ་བོ	bra-bo (J,D)	<i>Fagopyrum</i> sp. (D)
བྱ་མ	bra-ma (J)	indet.
བྱ་ག་སྐྱ་ཏ་བོ	brag-skya-ha-bo (J,T,G,P,H) [cont. on next page]	<i>Corallodiscus kingianus</i> (Craib.) Burtt. (T) <i>Dryopteris fragrans</i> (L.) Schott. (G) <i>Polystichum fragrans</i> Ldb. (P)

བྱ་སྐྱ་ཁ་བོ	brag-skya-ha-bo [cont.]	<i>Rubus coreanus</i> Miq. (H) <i>Woodsia glabella</i> R.Br. (G)
བྱ་ལྷམ	brag-lcham (J,G,P)	<i>Malva</i> sp. (G) <i>Pyrola rotundifolia</i> L. <i>P. incarnata</i> Fisch. (G)
བྱ་ཐོས	brag-spos (J,T,P,H)	<i>Camellia japonica</i> L. (H) <i>Lepisorus waltonii</i> Ching. (T) <i>Thymus serpyllum</i> L. (P)
བྱི་ཁྱི	bri-ha-ti (Dh)	<i>Solanum indicum</i> L. (Dh)
བྱེ་ག	bre-ga (J,M,T,G,P,H)	<i>Ailanthus altissima</i> (Mill.) Swingle <i>A. glandulosa</i> Desf. (G,P) <i>Euphorbia helioscopia</i> L. (G,H) <i>Rhinanthus vernalis</i> (Zing.) Schischk. & Sergievsk. (G) <i>Thlaspi arvense</i> L. (M,T,G)
བྱ་རྒྱི	bha-rgi (Dh)	<i>Clerodendrum serratum</i> Moon. (Dh)
བྱི་ག	bhri-ga (Dh)	<i>Eclipta prostrata</i> (L.) L. <i>E. alba</i> (L.) Hassk. (Dh,H)
དབང་པོ་ལག	dbang-po-lag (P,H)	<i>Belamcanda chinensis</i> (L.) Redouté (H)
དབང་ལག	dbang-lag (J,T,G)	<i>Gymnadenia conopsea</i> (L.) R.Br. (G) <i>G. crassinervis</i> Finet. (T) <i>Orchis</i> spp. (G); "orchid" (P)
དབྱར་རྟ་དབྱུང་ལུ	dbyar-rta-dbyung-abu (H)	<i>Cordyceps sinensis</i> (Berk.) Sacc. (T,H)
དབྱར་རྟ་འདུན་ལུ	dbyar-rtsi-dgun-'bu (J)	
དབྱར་རྟ་འདུན་ལུ	dbyar-rtswa-dgun-'bu (T)	
དབྱི་མོང	dbyi-mong (J,T,P,H)	<i>Clematis alpina</i> Mill. var. <i>sibirica</i> Rgl. (P) <i>C. montana</i> Buch.-Ham. ex DC. (T)
དབྱི་མོང་ནག་པོ	dbyi-mong-nag-po (H)	<i>Pachyrhizus thunbergianus</i> Sieb. & Zucc. (H)
འབམ་པོ	'bam-po (J,T,P,G)	<i>Achillea setacea</i> Waldst. & Kit. (T,G); <i>A. millefolium</i> L. var. <i>setacea</i> (P)
འབྱ་སྐྱ་ཁ་བོ	'bu-su-hang (J,T,G,P) [cont. on next page]	<i>Hydrocotyle nepalensis</i> Hook. (T) <i>Medicago falcata</i> L. (G) <i>M. lupulina</i> L. (G) <i>M. ruthenica</i> Trautv. <i>Trigonella ruthenica</i> L. (G)

འབུ་སྐྱ་རྩེད	'bu-su-hang [cont.]	<i>Potentilla bifurca</i> L. (P)
འབྲ་གོས	'bra-gos (P)	<i>Polygonum convolvulus</i> L. (P)
འབྲས	'bras (J,D,H)	<i>Oryza sativa</i> L. (D,H)
འབྲི་མོག	'bri-mog (J,T,G,H,R)	<i>Lawsonia inermis</i> L. (R) <i>Lithospermum officinale</i> L. (H) <i>L. erythrorhizon</i> Sieb. & Zucc. (G) <i>Arnebia</i> sp. <i>Macrotomia</i> sp. (G) <i>Onosma hookeri</i> C.B.Cl. var. <i>longiflorum</i> Duthie ex Stapf (T)
འབྲི་རྩ་ས་འཛིན	'bri-rta-sa-'dzin (J,M,T,G,P,H)	<i>Cuscuta europaea</i> L. (G) <i>Fragaria nilgeerensis</i> Schlecht. (T) <i>Polygonum aviculare</i> L. (G,P,H) <i>P. convolvulus</i> L. (G) <i>Saxifraga flagellaris</i> Willd. var. <i>mucronulata</i> Royle (M)
འབྲུག་ཤིང	'brug-shing (J)	indet.
སྐྱ་པའི་ཐོག་ཀྱུ	sbra-ba'i-tho-gu (J)	indet.
སྐྱ་དཀར་རྩ་པ	sbru-dkar-rtsa-ba (H)	<i>Angelica grosseserrata</i> Maxim. (H)
སྐྱ་ཁྱ	sbru-ga (H)	<i>Artemisia</i> sp. (H)
སྐྱ་ནག	sbru-nag (H)	<i>Nothosmyrmium japonicum</i> Miq. (H)
སྐྱ་ལྷུག	sbrul-dug (J)	indet.
ཞུ་མ་ཞུ	----- MA -----	
མ་གཤམ	ma-gal (J,G)	<i>Populus tremula</i> L. (G) <i>Salix</i> sp. (G)
མ་ཏུ	ma-tu (Dh)	<i>Citrus maxima</i> Merr. (Dh)
མན་ད་ར་པ	man-da-ra-ba (H)	<i>Datura metel</i> L. <i>D. alba</i> Nees. (H)
མ་མ་སྐོག་ལྷམ་ས	ma-ma-sgog-lchags (T,H)	<i>Equisetum hyemale</i> (H) <i>Setaria glauca</i> (L.) Beauv. (T)

མ་ནུ	ma-nu (T,M,G,R)	<i>Inula helenium</i> L. (T,G) <i>Paeonia albiflora</i> (G)
མ་ནུ་ཁྲག་ཆན	ma-nu-khrag-chhan (J,H)	<i>Hydnocarpus anthelminthica</i> Pierre (H)
མ་ནུ་པ་དྲ	ma-nu-pa-tra (J,T,G,P,Dh)	<i>Aristolochia recurvilabra</i> Hance (G,P,H)
མ་ནུ་བ་དྲ	ma-nu-ba-tra (H)	<i>Cissampelos pareira</i> L. (Dh)
མ་རུ་ཅེ	ma-ru-tse (J,M,T,P,H)	<i>Butea monosperma</i> (Lam.) Ktz. (Andrews,M,Dh) Caesalpineae (P) <i>Cucumis melo</i> L. (H)
མ་ཤ	ma-sha (J)	"cultivated legume" (J) <i>Vigna mungo</i> (L.) Hepper
མ་ཤ་ཀ	ma-sha-ka (H)	<i>P. radiatus</i> (H)
མང་ལ་བུར	mang-ga-bur (H)	<i>Dryobalanops aromatica</i> Gaertn. <i>D. camphora</i> Colebr. (H)
མར་ཇི་ཀ	mar-ji-ka (J)	indet.
མིག་སྤྲན	mig-sman (T,Dh)	<i>Berberis aristata</i> DC. (Dh) <i>Geranium nepalense</i> Sweet (T)
མིང་ཅན་མེར་པོ	ming-chan-ser-po (J,G,T)	<i>Inula britannica</i> L. (G,H) <i>Pulicaria insignis</i> Drumm. (T)
མིང་ཅན་ནག་པོ	ming-chan-nag-po (J,G,H)	<i>Asarum sieboldii</i> Miq. (H) <i>Senecio krylovii</i> Schischk. (G)
མུན་མེ་ཤིང	mun-se-shing (H)	<i>Dendrobium moniliforme</i> (L.) Sw. (H,T)
མེ་རྟོག་ཀར་ལ	me-tog-kar-la (H)	<i>Oryza sativa</i> L. (H,D)
མེ་རྟོག་གླང་སྤ	me-tog-glang-sna (J,G)	<i>Pedicularis resupinata</i> L. (G)
མེ་རྟོག་བྱ་ལེ	me-tog-bya-ze (H)	<i>Celosia cristata</i> (L.) Ktz. (H,G,P)
མེ་རྟོག་མེར་ཆེན	me-tog-ser-chhen (J,G,P,H)	<i>Limnanthemum nymphaeoides</i> Hoffm. & Link (H) <i>Papaver nudicaule</i> L. (G,P) <i>P. alpinum</i> L. (P)

མོན་ཆ་ར	mon-chha-ra (J,T,G,P,H)	<i>Ginkgo biloba</i> L. (G) <i>Quercus bungeana</i> F.B.Forbes (H) <i>Q. mongolica</i> Fisch. (G,P)
མོན་སྲན	mon-sran (J,H)	"cultivated legume" (J) <i>Vicia faba</i> L. (H)
མྱ་ངན་མེད	mya-ngan-med (Dh)	<i>Saraca indica</i> L. (Dh)
མྱ་ངའི་སྲས	myang-rtsi-spras (J,T,G,P,H)	<i>Adonis sibirica</i> Patr. (G) <i>Coptis teeta</i> Wall. (H) <i>C. teetoides</i> C. Y. Cheng (T) <i>Thalictrum foetidum</i> L. <i>T. minus</i> L. (P)
དམར་ཤད	dmar-shad (J)	indet.
སྲག	smag (J,G,P,H)	<i>Padus asiatica</i> Kom. (G) <i>Padus avium</i> Mill.
སྲག་ཤིང	smag-shing (T)	<i>Prunus padus</i> L. (T,P,H)
སྲན་སྲ	sman-sga (J,G,P,H,T)	<i>Melia azedarach</i> L. (T) <i>Zingiber officinale</i> Rosc. (G,P,H)
སྲན་ཅན	sman-chen (H)	<i>Aconitum uncinatum</i> (H) <i>Nannoglottis hookeri</i> (C.B.Cl. ex Hook.f.) Kitam. (M)
སྲན་ཆེན	sman-chhen (M)	
སྲུག་ཆུང་མདན་ཡོན	smug-chhung-mdan-yon (T)	<i>Neconopsis</i> sp. (T)
སྲུག་ཆུང་མདེར་ཡོན	smug-chhung-mder-yon (J,P)	
སྲུག་མེ	smyug-tshi (J,D)	<i>Bambusa</i> sp. (D)
སྲུག་མེ་མེ	smyug-ma-tshi (T)	<i>Equisetum ramosissimum</i> Desf. (T)
སྲུག་ཤད	smyug-shad (J)	indet.
ཨ ཅ ཨ	----- TSA -----	
ཅ་བྱ	tsa-bya (Dh)	<i>Piper chaba</i> Hunter (Dh)
ཅན་དན་དཀར་པོ	tsan-dan-dkar-po (J,M,T,G,P,H,R,D)	<i>Santalum album</i> L. (M,T,G,P,H,R,D)

ཅན་དན་དམར་པོ	tsan-dan-dmar-po (J,M,T,G,P,H,R)	<i>Pterocarpus santalinus</i> L.f. (T,G,P,H,R)
ཅམ་པ་ཀ	tsam-pa-ka (J,D)	<i>Michelia champaca</i> L. (D)
ཅི་ཏྱ་ཀ	tsi-tra-ka (J,G,P,H)	<i>Capsicum annuum</i> L. (G,P,H)
བཅོང	btsong (J,T,D,H)	<i>Allium cepa</i> L. (T,D,H,G)
བཅོད	btsod (J,M,T,G,P,Dh,H)	<i>Rubia cordifolia</i> L. (T,G,P,H,Dh) <i>Rubia tinctoria</i> L. (R)
གཅོད	gtsod (R)	
རྩ་ཁུ་བྱུག	rtsa-khu-byug (J)	indet.
རྩ་མཁྲིས	rtsa-mkhris (J,M)	<i>Youngia</i> sp. (M) <i>Y. silhetensis</i> DC. ? (M)
རྩ་བ་བརྒྱ	rtsa-ba-brgya (Dh)	<i>Asparagus racemosus</i> Willd. (Dh)
རྩད	rtsad (J,P)	indet.
ཨ་ཆ་ཨ་	----- TSHA -----	
ཅམ་བོང	tshar-bong (J,T,G,P)	<i>A. absinthium</i> L. (P) <i>Artemisia annua</i> L. (G) <i>A. sieversiana</i> Willd. (G)
ཅམ་སྒོན	tsher-sngon (M,T,P,H)	<i>Anemone cernua</i> Thunb. (H) <i>Meconopsis aculeata</i> Royle (M) <i>M. horridula</i> Hook.f. & Thoms. (T)
ཅམ་	tshos (M,P)	<i>Ficus religiosa</i> L. (P,D)
ཅམ་ཤིང	tshos-shing (Dh)	<i>Butea monosperma</i> (Lam.). Ktz. (Dh)
མཚེ	mtshe (J)	indet.
མཚེ་ལུ་མ	mtshe-lum (P,T)	<i>Ephedra monosperma</i> J.S.Gmel. (P) <i>E. saxatilis</i> Royle (T)
མཚེ་ལུ་མ	mtshe-lu-ma (H)	<i>E. sinica</i> Stapf. (H)

ཨ ང ཨ

----- DZA -----

ངའ་ཏི

dza'-ti
(M,T,G,P,H,R,Dh)

Jasminum grandiflorum L. (Dh)
Myristica fragrans Houtt.
(M,T,G,P,H,R)

ངམ་བུ

dzam-bu (Dh)

Syzygium cumini (L.) Skeels (Dh)

མཛོ་མོ་ཤིང

mdzo-mo-shing (J,T,H)

Caesalpinia sappan L. (H)
Caragana jubata (Pall.) Poir. (T)

འཛོ་མོ་ཤིང

'dzo-mo-shing (P)

Pterocarpus santalinus L.f. (P)

འདྲིན་པ

'dzin-pa (M)

Aconitum napellus L. ? (M)

སའི་ཀྱ

srdzi-kya (P)

indet.

ཀར་ཀ

ardza-ka (M)

Malva sp. (M)
M. sylvestris L. ? (M)

ཨ ལ ཨ

----- ZHA -----

ཞིམ་ཐིག་ལེ

zhim-thig-le (J,P)

Geranium pratense L. (P)

ཞུ་མཁན

zhu-mkhan
(J,M,T,P,D,R)

Areca catechu L. (D)
(not a palm) (M)
Eriobotrya japonica (Thunb.)
Lindl. (T,P)
Mespilus japonicus Thunb. (R)

ཨ ཟ ཨ

----- ZA -----

ཟ་ཆག

za-chhag (D)

Urtica dioica L. (D)

ཟངས་ཏིག

zangs-tig (J,G,P,H)

Gentiana amarella L.
G. azurea (G)
Gueldenstaedtia multiflora Bge.
(H)
Halenia sibirica Borkh. (P)

ཟངས་རུ་པ

zangs-rtsi-ba (J,G,P)

Artemisia capillaris Thunb. (H)
A. scoparia Waldst. & Kit.
(G,P)

ཟངས་རུ་པ་དྲུག་པོ

zangs-rtsi-dkar-po (T)

Galium spurium L. (T)

ཟར་མ	zar-ma (J,G,H)	<i>Linum baicalense</i> Juzepczuk (G) <i>Sesamum orientale</i> L. <i>S. indicum</i> L. (H)
ཟི་ར་དཀར་པོ	zi-ra-dkar-po (J,T)	<i>Foeniculum vulgare</i> Mill. (T)
ཟི་ར་ནག་པོ	zi-ra-nag-po (J,G,T)	<i>Lactuca serriola</i> L. (T,G)
ཟིན་ཏིག་དཀར་པོ	zin-tig-dkar-po (J,D)	<i>Gentiana</i> sp. (D,J)
ཟེ་ར་དཀར་པོ	ze-ra-dkar-po (G,P,H) [misprint for zi-ra-dkar-po] (T)	<i>Lactuca sativa</i> L. (P,H) <i>L. serriola</i> L. (G) <i>Peucedanum vaginatum</i> Ldb. (G)
ཟེ་ར་ནག་པོ	ze-ra-nag-po (G,P,H) [misprint for zi-ra-nag-po]	<i>Lactuca sativa</i> L. (P,H) <i>L. serriola</i> L. (G) <i>Allium anisopodium</i> Ldb. (G)
ཟླ	zwa (J,G)	<i>Urtica dioica</i> L. (G)
ཟླ་འབྲུག	zwa-'brum (J,G)	
གཟེང་དུག	gza'-dug (J)	indet.
གཟེ་མ	gze-ma (J,M,G,P,H,R)	<i>Tribulus terrestris</i> L. (M,T,G,P,H,R)
གཟེ་མ་ར་མགོ	gze-ma-ra-mgo (T)	
གཟེར་འཛོམས	gzer-'joms (M,T)	<i>Chrysanthemum tatsienense</i> Bur. & Franch. (T) <i>Meconopsis aculeata</i> Royle (M) <i>Senecio</i> sp. (M) <i>S. saxatilis</i> Wall. ? (M) [both found in samples] (M)
ཨ འ ཨ	----- 'A -----	
འུ་སུ	'u-su (J,T,G,P,H,R)	<i>Coriandrum sativum</i> L. (T,G,P,H,R)
འུག་ལག	'ug-lag (M)	<i>Senecio</i> sp. (M) <i>S. tibeticus</i> Hook.f. ? (M)
འོམ་བུ	'om-bu (J,T,G,P)	<i>Myricaria bracteata</i> Royle (T) <i>M. davorica</i> (Willd.) Ehrenb. (G) <i>M. longifolia</i> Ehrenb. (P,G) <i>Sorbaria sorbifolia</i> (L.) A.Br. (G) <i>Spiraea</i> sp. (G)
འོམ་མེ	'ol-mo-se (J)	indet.

ཡ ཡ

----- YA -----

ཡུ་གུ་ཤིང

yu-gu-shing (J,G,P,H)

Senecio sagittatus Sch.Bip.

(P,H)

Cacalia hastata L. (G)

ཡུ་མོ་མདེའུ་འབྱིན

yu-mo-mde'u-'byin
(J,T,G,P)*Dianthus chinensis* L.*D. versicolor* Fisch. (G)*D. superbus* L. (G)*Erodium stephanianum* Willd. (G)

ཡུག་ཆེས

yug-chhos (J)

indet. [but see ug-chhos]

ཡུངས་བ

yungs-ba (J,M,G,P,H)

Curcuma longa L. (G,P,H)

ཡུངས་དཀར

yungs-dkar (J,T,G,H)

Brassica juncea (L.) Czern. (G)*Sinapis alba* L. (H)

ཡུངས་ནག

yungs-nag (G,H,T)

Brassica juncea (H)*B. nigra* Koch (G)

ཡོ་འབོག

yo-'bog (J,T,G)

Ulmus pumila L. (T,G)

ཡོག་མོ

yog-mo (J,G)

Artemisia rupestris L. (G)*A. sieversiana* Willd. (G)

གཡའ་ཁྱི་མ

gya'-kyi-ma (P,T,G,D)

Arctostaphylos uva-ursi L. (G)

གཡའ་ཁྱི་མ

gya'-gyi-ma (J)

Pyrola rotundifolia L. (G,P)*P. incarnata* L. (G)*Saussurea* sp. (D)*Saxifraga punctata* L. (G)*Vaccinium vitis-idaea* L. (G)

གཡར་མོ་ཐང

gyar-mo-thang (J)
[gyer-ma-thang (G)]*Primula farinosa* L. (G)*P. sibirica* Jacq. (G)

གཡེར་མོ

gyer-ma (J,T,G)

Zanthoxylum alatum Roxb. (H)

གཡེར་མ

ga-yer-ma (H)

Z. bungei Roxb. (G)*Z. tibetanum* Huang (T)

གཡེར་ཤིང

gyer-shing (J,G)

Scrophularia incisa Weinm. (G)

གཡེར་ཤིང་པ

gyer-shing-pa (P)

Tournefortia sibirica L. (G)

ཨ ར ཨ

----- RA -----

ར་མཉེ	ra-mnye (J,T,G,P,H,R)	<i>Bletia hyacinthina</i> R.Br. (G,H) <i>Polygonatum officinale</i> All. (P) <i>P. humile</i> Fisch. (G) <i>P. cirrhifolium</i> (Wall.) Royle (T) Orchidaceae ? (R)
ར་སུག	ra-sug (H)	<i>Solidago virgaurea</i> L. (H)
ར་མ་པ	ram-pa (H)	<i>Ranunculus acris</i> L. (H)
ར་ས་བལ	ras-bal (J,D)	"cotton" (D)
རི་སྒོག	ri-sgog (J,T,G,H)	<i>Allium</i> sp. (G) <i>A. cepa</i> L. (H) <i>A. senescens</i> L. (G)
རི་ཤོས	ri-shos (P)	<i>Rumex crispus</i> L. (P)
རི་ཤོ	ri-sho (J,T,G)	<i>Ligularia leesicotal</i> Kitam. (T) <i>Tragopogon orientalis</i> L. (G)
རིན་ཆེན་སྐྱུག	rin-chhen-smyag (J)	indet.
རིན་པོ་ཆེ་སྐྱུག	rin-po-chhe-myang (H)	<i>Piper cubeba</i> (H)
རུ་ར་ཀ་ཤ	ru-rak-sha (J)	indet.
རུ་རྩ	ru-rta (J,M,T,P,H,R,Dh,D)	<i>Costus speciosus</i> (König) Smith (T,D) <i>C. amarus</i> (P) <i>Rosa banksiae</i> Ait. (H) <i>Saussurea lappa</i> Sch.Bip. (Dh)
རེ་སྐོན	re-skön (J,G,P,H)	<i>Potentilla multifida</i> L. (G) <i>P. supina</i> L. (G) <i>P. tanacetifolia</i> Willd. (G,P) <i>P. viscosa</i> Donn. (G) <i>Salvia multiorhiza</i> Cv. & Pt. (H)
རེ་ལྷག	re-lchag (J,G,P,H)	<i>Euphorbia pekinensis</i> Rupr. <i>E. lasiocaula</i> Boiss. (H)
རེ་ལྷག་པ	re-lchag-pa (T)	<i>Stelleria chamaejasme</i> L. (T,G,P)
རེ་རལ	re-ral (T,P,H)	<i>Adiantum aspidium</i> (H) <i>Adiantum pedatum</i> L. (T) Filices, indet. (P)
རོ་སྐྱུག	ro-sman (Dh)	<i>Piper longum</i> L. (Dh,M,T,G,P,R)
རོག་པོ་འདྲེ་མས་སྐྱུག	rog-po-'joms-skyes (J)	indet.

ལ་ཆ

----- LA -----

ལ་ཆ

la-chha (J)

indet.

ལ་ཕུག

la-phug (J,G,H)

Raphanus sativus L. (G,H)

ལ་ལ་ཕུད

la-la-phud
(J,G,P,H,Dh)

Conioselinum vaginatum (Spreng.)
Thell. (G)
Lepidium apetalum Willd. (G)
Peucedanum salinum Pall. (G)
Salsola sp. (P)
Saposhnikova divaricata
Schischk. (G)
Trachyspermum ammi Sprague (Dh)

ལག་ངལ

lag-ngal (P)

indet.

ལང་ཐང་ཅེ

lang-thang-tse
(T,G,P,H)

Hyoscyamus sp. (D)
Hyoscyamus niger L. (T,G,P,H)

ལང་ཐང་རུ་ཤི

lang-thang-rtsi (J,D)

ལི་ག་དུ་ར

li-ga-du-ra (M,G)

Bergenia crassifolia (L.)
Fritsch. (G)

ལི་ག་དུ་ར

li-ga-dur (T)

ལི་ཤི

li-shi (M,T,G,P,H,R)

Syzygium aromaticum (L.) Merr. &
Perry (M,T)
Eugenia caryophyllata Thunb.
(G,H,R)
Caryophyllus aromaticus L. (P)

ལུག་ཅུང

lug-chhung (J,T,P,H)

Aster diplostephioides (DC.)
C. B. Clarke (T)
Eclipta prostrata L. (H)

ལུག་ངལ

lug-ngal (J,G,T)

Linaria buriatica Turcz. (G)

ལུག་མིག

lug-mik (H)

Aster alpinus L. (G)
A. altaicus Willd. (G,P)

ལུག་མིག

lug-mig (J,T,G,P)

A. biennis Ldb. (G)
A. souliei Franch. (T)
Chrysanthemum sinense Sab. (H)

ལུག་མུར

lug-mur (J,T,G)

Phlomis kawaguchii Murata (T)
P. tuberosa L. (G,P,H)

ལུག་སྐུག

lug-smug (J,M,T)

Pedicularis sp. (M)
P. oliveriana Prain. (T)
P. siphonantha D.Don. ? (M)

ལུག་རུ་ཤི་དོ་བོ

lug-rtsi-do-bo (J,G)

Saussurea salicifolia DC. (G)

ལུག་རུ་སྐུག་པོ་	lug-ru-smug-po (J,G,P,H)	<i>Orobanche coerulescens</i> Steph. (G) <i>Phlomis tuberosa</i> L. (G,P,H)
ལུག་རུ་ཤེར་པོ་	lug-ru-ser-po (J,T,G,P)	<i>Pedicularis fissa</i> Turcz. <i>P. venusta</i> Schangin (G) <i>P. longiflora</i> Rudolph (T,G) <i>P. striata</i> Pall. (G)
ལུང་ཐང་	lung-thang (J,H)	<i>Ulmus macrocarpa</i> Hance (H)
ལེབ་རྒན་རྩི	leb-rgan-rtsi (J)	indet.
ལེལ་མོ་ཤེས་	lel-mo-ses (H)	<i>Achyranthes bidentata</i> Bl. (H)
གླང་མ་	glang-ma (J,D)	<i>Salix</i> sp. (D,G,H)
ཨ་ས་ཨ་	----- SHA -----	
ཤ་ཏ་ཕུ་ཤ་པ་	sha-ta-push-pa (Dh,D)	<i>Anethum sowa</i> Kurz. (D) <i>Peucedanum graveolens</i> Benth. & Hook. (Dh)
ཤ་མོང་	sha-mong (J)	gill mushroom (J)
ཤང་འྲིལ་	shang-dril (J)	<i>Adenophora latifolia</i> Fisch. <i>A. pereskiifolia</i> (Fisch.) G. Don (G)
ཤང་འྲིལ་སྒོན་པོ་	shang-dril-sngon-po (G)	<i>Primula vittata</i> Bur. & Franch. (T)
ཤང་འྲིལ་དཔལ་པོ་	shang-dril-dmar-po (T)	
ཤང་ཙེ	shang-tshe (J,G)	<i>Dontostemon integrifolius</i> Ldb. (G)
ཤལ་མ་ལ་	shal-ma-la (J)	indet.
ཤི་རི་ཤ་	shi-ri-sha (Dh)	<i>Albizzia lebbeck</i> (L.) Benth. (Dh)
ཤིང་ཀུན་	shing-kun (J,M,T,G,P,H,Dh,R)	<i>Ferula assa-foetida</i> L. (M,T,G,R, Dh,H) <i>Narthex asafoetida</i> Falc. (P)
ཤིང་མངར་	shing-mngar (J,M,T,G,P,H,Dh)	<i>Glycyrrhiza</i> sp. (M,T) <i>G. glabra</i> L. (Dh) <i>G. uralensis</i> Fisch. (G,P,H)
ཤིང་རྟོག་	shing-tog (H,Dh)	<i>Mangifera indica</i> L. (H) <i>Sesamum orientale</i> L. <i>S. indicum</i> L. (Dh)

ཤིང་ཏོག་འམ་	shing-tog-'a-mra (H)	<i>Diospyros kaki</i> Thunb. (H)
ཤིང་དེ་མ	shing-de-wa (J)	indet.
ཤིང་ཚ	shing-tsha (J,M,T,G,P,H,R,Dh)	<i>Cinnamomum cassia</i> Bl. (M,G) <i>C. tamala</i> Nees. & Eberm. (T) <i>C. zeylanicum</i> Nees. (G,P,H,Dh)
ཤིང་ཤུག་པ	shing-shug-pa (Dh)	<i>Prunus cerasoides</i> D.Don (Dh)
ཤིང་མ་རྒྱ་པ་རྒྱ	shing-a-rka-parna (D)	<i>Calotropis gigantea</i> (L.) Dryand. (D,Dh)
ཤུ་མཁའ་	shu-mkhan (H) [see also zhu-mkhan]	<i>Rhododendron metternichii</i> Sieb. & Zucc. (H)
ཤུ་ཏི	shu-ti (H)	<i>Zingiber officinale</i> Rosc. (H)
ཤུ་དག	shu-dag (J,M,T,G,P,H,Dh)	<i>Acorus calamus</i> L. (G,T,Dh) <i>Angelica archangelica</i> L. (P) <i>A. sylvestris</i> L. <i>A. anomala</i> Ave.-Lall. (H) <i>Menyanthes trifoliata</i> L. (G)
ཤུ་དག་དཀར་པོ	shu-dag-dkar-po (J)	indet.
ཤུ་དག་དམན་པ	shu-dag-dman-pa (G)	<i>Menyanthes trifoliata</i> L. (G)
ཤུ་མོ་བ	shu-mo-za (J,D,P,H)	<i>Daucus carota</i> L. (H) "a legume" (D)
ཤུག་པ་ཚེར	shug-pa-tsher (J,M,G,P,H)	<i>Empetrum nigrum</i> L. (P,H) <i>Juniperus</i> sp. (M)
ཤུག་པ	shug-pa (J,G)	<i>J. communis</i> L. (G) <i>J. davurica</i> Pall. (G) <i>J. pseudosabina</i> Fisch. & Mey. (G) <i>J. recurva</i> Buch.-Ham. ex D.Don ? (M)
ཤེལ་ཏ	shel-ta (J,G)	<i>Larix sibirica</i> Ledeb. (G) <i>Myrrha chinensis</i> (P,H)
ཤེལ་ཏམ	shel-tas (P,H)	
ཤོ་མང	sho-mang (T,G,P)	<i>Rumex acetosa</i> L. (G) <i>R. nepalensis</i> Spr. (T)
ཤོ་མང་རི་ཤོ	sho-mang-ri-sho (J)	
ཤྱེ་མ་རྒྱ་ཏ	shra-kha-nta (J)	<i>Fritillaria verticillata</i> Willd. (P)
ཤྱེ་རི་མཁའ་ཏ	shra-ri-khan-ta (P)	

ཨ་ས་ཨ་

----- SA -----

ས་འབྲས

sa-'bras (G,P,H)
[see also
sra-'bras]*Nelumbo nucifera* Gaertn. (G,P,
H,M,J,Dh)

ས་མུག

sa-myag (H,T)

Musci, indet.; "peat moss" (H)

ས་ཁ་ཙ

sa-ha-tsa (Dh)

Barleria cristata L. (Dh)

སིན་ཏུ་ར

sin-dhu-ra (P)

Woodfordia fruticosa Kurz.*Lythrum fruticosum* (P)

སིན་རུ་ར

sin-rdu-ra (T)

སུམི

sumi (J)

indet.

སུག་མེལ

suk-mel (R)
[see also sug-smel]*Amomum* sp. (R)

སུག་འབྲས

sug-'dras (P,H)

Platycodon grandiflorum DC. (H)
Stellaria dichotoma L. var.
cordifolia Bge. (P)

སུག་པ

sug-pa (J,T,G)

Lychnis brachypetala Schwaeg.
Melandrium brachypetalum
Fenzl. (G)
L. fulgens Fisch. (G)
Silene gonosperma (Rupr.) Bocq.
ssp. *himalayensis* (Rohrb.)
Bocq. (T)

སུག་སྐལ

sug-smal (P,H)

Amomum amarum Lour. (P)
Elettaria cardamomum (L.) Maton.
(M,T,Dh)
Amomum cardamon L. (H)

སུག་སྐལ

sug-smel (J,M,T)

སུག་སེལ་ལ

su-kshme-la (Dh)

སུམ་ཅུ་ཏིག

sum-chu-tig
(J,M,T,G,P)*Gentiana* sp. (G)
Gentiana amarella L. (G,P)
Pleurogyne sp.
Lomatogonium sp. (G)

སེ་རྣོད

se-rgod (J,G,P)

Rosa sp. (G)
R. acicularis Lindl. (P)

སེ་རྣོད་འབྲས

se-rgod-'bras
(J,T,G,P,H)*Ribes himalense* Royle (T)
Rosa acicularis Lindl. (H,P)
R. davurica Pall. (G)

སེ་བ

se-ba (J,T)

Rosa acicularis Lindl. (G,P,H)
R. davurica Pall. (G)

སེ་བའི་མེ་རྣོད

se-ba'i-me-tog
(M,T,G,P,H)*R. indica* L. (M)
R. sericea Lindl. (T)

མེ་འབྲུ	se-'bru (J,M,T,G,P,H,R)	<i>Punica granatum</i> L. (T,M,G,P,H,R)
མེ་ཡལ	se-yab (J,T,G) [see also bse-yab]	<i>Chaenomeles lagenaria</i> (Loisel) Koidz. (T) <i>Pyrus sinensis</i> Poir. <i>Cydonia sinensis</i> Thouin. (G)
སེང་གེ་འཇིགས་མེད	seng-ge-'jigs-med (J,G)	<i>Limonium aureum</i> (L.) Mill. (G) <i>Patrinia sibirica</i> Juss. (G) <i>P. rupestris</i> (Pall.) Juss. (G)
སེང་ལྷང	seng-ldang (H)	<i>Acacia catechu</i> (L.f.) Willd. (H)
སེང་ལྷིང	seng-lding (J)	indet. [misprint of seng-ldeng?]
སེང་ལྷེང	seng-ldeng (M,T,G,P,Dh)	<i>Acacia catechu</i> (L.f.) Willd. (T,Dh) <i>Rhamnus dahuricus</i> Pall. (G) <i>R. erythroxylon</i> Pall. (G) <i>R. parvifolia</i> Bge. (G) <i>Santalum</i> sp. (P)
སེང་སྤྲོམ	seng-srom (Dh)	<i>Symplocos racemosa</i> Roxb. (Dh)
སེར་པོ	ser-po (Dh)	<i>Curcuma longa</i> L. (Dh,P,G,H)
སོ་ཆས	so-chhas (P,H)	<i>Bombax ceiba</i> L. <i>B. malabaricum</i> DC. (H)
སོ་བ	so-ba (J,D,H)	<i>Hordeum vulgare</i> L. (D) <i>H. sativum</i> Pers. (H)
སོ་མ་ཐང་ཤིང	so-ma-thang-shing (J)	indet.
སོ་མ་ར་ཙ	so-ma-ra-tsa (M,T)	<i>Abutilon theophrasti</i> Medik. (G) <i>Cannabis sativa</i> L. (T,M,G,P,H)
སོ་མ་ར་ཇ	so-ma-ra-dza (J,G,P,H)	
སོ་མང	so-mang (H)	<i>Angelica sylvestris</i> L. (H)
སོག་ཀ་པ	sog-ka-pa (J,T,D)	<i>Capsella bursa-pastoris</i> (L.) Medik. (P,T,D,G)
སོགས་ཀ་པ	sogs-ka-ba (P)	
སྤྲ་འབྲས	sra-'bras (M)	<i>Nelumbo nucifera</i> Gaertn. (M,J,G)
སྤྲ་དཀར	srad-dkar (T,G,P,H)	<i>Astragalus</i> sp. (G) <i>A. yunnanensis</i> Frch. (T) <i>Oxytropis</i> spp. (G) <i>O. oxyphylla</i> DC. (G,P,H)
སྤྲ་མེར	srad-ser (J,G)	<i>Melilotus dentatus</i> Pers. (G)

སྒན་ཅུང	sran-chhung (J,T,H)	<i>Pisum sativum</i> L. (H) "cultivated legume" (J)
སྒན་མ	sran-ma (J,T,G)	<i>Melilotus dentatus</i> Pers. (G) <i>Pisum sativum</i> L. (G) <i>Trifolium lupinaster</i> L. (G) <i>Vicia amoena</i> Fisch. (G)
སྒན་ཟུམ	sran-zlum (J)	"cultivated legume" (J)
སྒན་ཤང་སྒ	sran-shang-sna (J)	indet.
སྒྲིན་ཤིང་སྒ་མའི་ འབྲས་བུ	srin-shing-sna-ma'i- 'bras-bu (P,H)	<i>Forsythia suspensa</i> Vahl (H) <i>Spiraea media</i> F. Schmidt (P)
སྒུབ་ཀ	srub-ka (J,G,P)	<i>Anemone pulsatilla</i> L. (P) <i>Pulsatilla patens</i> (L.) Mill. (G)
སྒོང	sred (J)	indet.
སྒོ་མ་ནག་པོ	sro-ma-nag-po (J)	indet.
སྒོ་ལོ	sro-lo (J,M,P,H)	<i>Adenophora polymorpha</i> Ldb. (H) <i>Cardamine macrophylla</i> Willd. (M) <i>Stellaria dichotoma</i> L. (P)
སྒོ་ལོ་དཀར་པོ	sro-lo-dkar-po (G)	<i>Stellaria dichotoma</i> L. (G)
སྒོ་ལོ་དམར་པོ	sro-lo-dmar-po (J)	indet.
སྒོ་ལ་གོང	srol-gong (J)	<i>Lactuca sibirica</i> (L.) Benth. (G)
སྒོ་ལ་གོང་པ	srol-gong-pa (P)	
སྒོ་ལ་གོང་སྒོ་ནག་པོ	srol-gong-sngon-po (G)	
སྒོ་ཏྲེས	sle-tres (J,M,G,P,H,R,Dh)	Menispermaceae ? (M) <i>Robinia amara</i> Lour. (P) <i>Sophora flavescens</i> Ait. (G,H) <i>S. angustifolia</i> Sieb. & Zucc. (P) <i>Tinospora cordifolia</i> Miers. (Dh)
གསེར་སྒུང	gser-skud (J)	indet.
གསེར་གྱི་ཕུར་ཕུ	gser-gyi-phur-pu (J)	<i>Thladiantha harmsii</i> Cogn. (T) drawing of a cucurbit (J)
གསེར་གྱི་ཕུང་ཕུ	gser-gyi-phud-pu (T)	
གསེར་གྱི་མེ་ཏྲེས	gser-gyi-me-tog (J,T,G,P,H,R)	<i>Herpetospermum pedunculatum</i> (Ser.) Baill. (Jeffrey,T)
གསེར་མེ	gser-me (J,M,T)	<i>Nomordica cochinchinensis</i> Spreng. (G,P,H)

གསེར་སྒྲུང	gser-sgud (P,H)	<i>Cuscuta chinensis</i> Lam. (H)
གསེར་རྒྱ	gser-tig (J,T)	<i>Gentiana</i> sp. (T)
གསེར་ལྷན	gser-ldan (D)	<i>Terminalia chebula</i> Retz. (D,M,R)
བསེ་ཡབ	bse-yab (P,H,Dh) [see also se-yab]	<i>Pyrus sinensis</i> Poir. <i>Cydonia sinensis</i> Thouin. (P,H) <i>Tamarindus indica</i> L. (Dh)
བསེ་ཤིང	bse-shing (Dh)	<i>Semecarpus anacardium</i> L.f. (Dh)
ཨ ཏ ཨ	----- HA -----	
ཧོང་ལེན	hong-len (J,M,T,G,P,H,R,Dh)	<i>Picrorhiza kurroa</i> Royle (T,Dh) <i>Scutellaria baicalensis</i> Georgi (G,P,H)
ལྷ་མིང་ཁྲག	lha-ming-khrag (P)	<i>Allium sativum</i> L. (P)
ཨ ཨ ཨ	----- A -----	
ཨ་ཀ་རུ	a-ka-ru (J,D) [see also a-ga-ru]	"aloes wood" (D) <i>Aquilaria agallocha</i> Roxb. ? (M)
ཨ་ཀོ་ལ	a-ko-la (Dh)	<i>Alangium salviifolium</i> (L.f.) Wang. (Dh)
ཨ་ཀྲོང	a-krong (J,M,T,D,H)	<i>Artemisia</i> sp. (M,T) <i>A. capillaris</i> Thunb. (H) "fern" (D)
ཨ་ག་རུ	a-ga-ru (M,T,P,H,R)	<i>Aquilaria agallocha</i> Roxb. (T,M, H,R) <i>Cupressus sempervirens</i> L. (P)
ཨ་ག་རུ་དམར་པོ	a-ga-ru-dmar-po (J)	indet.
ཨ་གྲོང	a-grong (P)	<i>Stellaria dichotoma</i> L. var. <i>cordifolia</i> Bge. (P)

ཁར	a-rga (Dh)	<i>Calotropis gigantea</i> (L.) Dryand. (Dh,D)
ཁཔ་མར་རྒྱ	a-pa-ma-rga (Dh)	<i>Achyranthes aspera</i> L. (Dh)
ཁཔིམ	a-pim (H)	<i>Papaver somniferum</i> L. (H)
ཁཔ	a-ba (J)	indet.
ཁཔི་ཤ	a-bi-sha (J,G,P)	<i>Lilium</i> sp. (G,P)
ཁཔི་ས	a-bi-sa (H)	<i>Cajanus indicus</i> Spreng. (H)
ཁཔུག	a-byag (M,P,H)	<i>Bidens cernua</i> L. (P) <i>Inula britannica</i> L. (H,G) <i>Tanacetum dolichophyllum</i> (Kitam.) Kitam. (M)
ཁཔུག་ཅེར་སྒོན	a-byag-tsher-sngon (J,G)	<i>Carduus crispus</i> L. (G,P) <i>Echinops dahuricus</i> Fisch. (G)
ཁཔུག་ཤེར་པོ	a-byag-ser-po (J)	indet.
ཁཔུག་གོས	a-bra-gos (H)	<i>Diospyros lotus</i> L. (H)
ཁཔུག་ས	a-'bras (J,M,P,G)	<i>Torreya nucifera</i> Sieb. & Zucc. (P,G); not <i>Torreya</i> sp., <i>Aesculus</i> or <i>Castanea</i> (M)
ཁཔ	a-lba (P,T)	indet.
ཁཔ	a-mra (H)	<i>Pyrus malus</i> L. var. <i>tomentosa</i> (H)
ཁམ་ཆེད	a-sma-bhe-da (Dh)	<i>Bergenia ciliata</i> (Haw.) Sternb. f. <i>ligulata</i> Yeo; <i>B. ligu-</i> <i>lata</i> (Wall.) Engl. (Dh)
ཁང་པ་ཁ་རྒྱ	a-dza-gan-dha (Dh)	<i>Cleome gynandra</i> L. <i>Gynandropsis gynandra</i> Merr. (Dh)
ཁུ	a-ru (M,T)	<i>Terminalia chebula</i> Retz. (M,T,P,R,D)
ཁུར	a-ru-ra (J,T,P,R,D)	[also other names containing a-ru or a-ru-ra]
ཁུ་པ་ཤེར་མདོག	a-ru-gser-mdog (M)	
ཁུ་པ་ཁ་རྒྱ	a-so-gan-dha (H)	<i>Asparagus lucidus</i> Lindl. (H)
ཁུ་པ་པ	at-pal (P,) [see also ut-pal]	<i>Althaea rosea</i> (H) <i>Aquilegia viridiflora</i> Pall. (P)
ཁུ་པ་ལ	at-pa-la (H)	

ཨར་སྐལ་

ar-skya (J,D,G)

Boswellia carteri Birdw. (G)
"yields frankincense" (D)

ལུག་ཆུ་མེས་

ug-chhos (P,T)

Gossypium herbaceum L. (P,T)

ལུ་ཕལ་

ut-pal (J,Me,Dh)

Abutilon theophrasti Medik.
Sida abutilon L. (R)

ལུ་ཕལ་

ud-pal (M,T,R)

Meconopsis sp. (M,T,Me)
M. simplicifolia (D.Don) Walp. ? (M)

ལུ་ཕལ་སྒོན་པོ་

ud-pal-sngon-po (T)

Nelumbo nucifera Gaertn. (Dh,G,P)

ལེ་ར་

e-ra (Dh)

Ricinus communis L. (Dh,H)

ལོ་མུ་བུ་

o-mbu (H)
[misprint for
'om-bu?]

Salix sp. (H)

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TIBETAN MEDICINE

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Tibetan medicine is a rich and unresearched field. Reports of cures abound, reminiscent of the stories about a Burmese king cured of leprosy by chaulmoogra. That legend resulted in the discovery of the first effective drug for leprosy, once the plant involved was correctly identified. But with respect to *Tibetan medicine* we are still at the stage of trying to determine the identity of the raw materials. Pharmacologic research may well be as fruitful using this pharmacopoeia as it was with the South American onces, which gave the world drugs like quinine and curare, but it can't begin until the basic taxonomic questions are answered.

It is hoped that this glossary, compiled by Mia Molvray, Biology Department, Tulane University, New Orleans, Louisiana, USA, will help in the identification of the many plants referred to in the traditional Tibetan medical literature and foster a better understanding of the Tibetan pharmacopoeia.