

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

1 *Abrus precatorius*

| | |
|------------------|-------------------------------------|
| <i>Botanical</i> | <i>Abrus precatorius</i> |
| <i>English</i> | Jequirity |
| <i>Bengali</i> | Kunch-ka-jar; Jaishtomodhu; Bengala |
| <i>Gujarathi</i> | Gumchi |
| <i>Hindi</i> | Rati |
| <i>Kannada</i> | Gula-ganji |
| <i>Konkani</i> | Gurugunji |
| <i>Malayalam</i> | Kunni-kuru |
| <i>Sanskrit</i> | Gunja |
| <i>Tamil</i> | Kundumaniver |
| <i>Telegu</i> | Guru-venda; Guru-ginja |
| <i>Tulu</i> | Gurugunji |

2 *Acacia arabica*

| | |
|------------------|------------------------|
| <i>Botanical</i> | <i>Acacia arabica</i> |
| <i>English</i> | Babul tree |
| <i>Gujarathi</i> | Kaloabaval |
| <i>Hindi</i> | Kala-babul-kikar |
| <i>Kannada</i> | Karinjaali; Jalee |
| <i>Malayalam</i> | Karuvelum |
| <i>Mahrathi</i> | Babul |
| <i>Sanskrit</i> | Babboola; Kala Barbura |
| <i>Tamil</i> | Karuvcl |
| <i>Telegu</i> | Nalla-tumma |

3 *Adhathoda*

| | |
|------------------|--|
| <i>Botanical</i> | <i>Adhatoda vasaka</i> |
| <i>English</i> | Malabarmet |
| <i>Bengali</i> | Basaka; Baksh |
| <i>Gujarathi</i> | Adulso |
| <i>Hindi</i> | Arusa |
| <i>Kannada</i> | Aadusogae; Adasaala; Addasara; Baelasaala; Belugurigue |
| <i>Konkani</i> | Adsowgo |
| <i>Malayalam</i> | Atalotakam |
| <i>Mahrathi</i> | Adulas |
| <i>Sanskrit</i> | Vasaka |
| <i>Tamil</i> | Adathodai |
| <i>Telegu</i> | Addasaram |
| <i>Tulu</i> | Adusoge |

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4 Agasthe

| | |
|------------------|-----------------------------------|
| <i>Botanical</i> | Sesbania grandiflora |
| <i>English</i> | Agathi grandiflora |
| <i>Assamese</i> | Bakphul |
| <i>Bengali</i> | Buko; Bakful |
| <i>Gujarathi</i> | Agathio |
| <i>Hindi</i> | Hadago; Agast |
| <i>Kannada</i> | Agase; Agasthi; Chogachae; Agashi |
| <i>Malayalam</i> | Agathi |
| <i>Mahrathi</i> | Agasta |
| <i>Oria</i> | Agasti |
| <i>Punjabi</i> | Agast |
| <i>Sanskrit</i> | Agasthya |
| <i>Tamil</i> | Agathi |
| <i>Telegu</i> | Avisi |

5 Ajwain

| | |
|------------------|----------------------|
| <i>Botanical</i> | Ptichotis ajawain |
| <i>Hindi</i> | Ajamodaa; Ajawan |
| <i>Kannada</i> | Oama; Oamu; Ajawaana |
| <i>Konkani</i> | Vovon |
| <i>Malayalam</i> | Omam |
| <i>Mahrathi</i> | Ovaa |
| <i>Sanskrit</i> | Yavannikaa; Ajamodaa |
| <i>Tamil</i> | Omum |
| <i>Telegu</i> | Omamu |
| <i>Tulu</i> | Oama |

6 Alale

| | |
|------------------|--|
| <i>Botanical</i> | Terminalia chebula |
| <i>English</i> | Chebulic myrobalan |
| <i>Assamese</i> | Shilikha |
| <i>Bengali</i> | Haritaki |
| <i>Gujarathi</i> | Pilo-hardae; Himaja |
| <i>Hindi</i> | Harara; Har; Harra; Harade; Pile harra; Chhoti har |
| <i>Kannada</i> | Alale; Anile; Hardae |
| <i>Konkani</i> | Hardo |
| <i>Malayalam</i> | Kadukkai |
| <i>Mahrathi</i> | Hirada |
| <i>Oria</i> | Harida |
| <i>Punjabi</i> | Harara |
| <i>Sanskrit</i> | Haritaki |
| <i>Tamil</i> | Kadukkai |
| <i>Telegu</i> | Karakkaya |
| <i>Tulu</i> | Harde Kayi |

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7 Aloes

| | |
|------------------|---------------------------------|
| <i>Botanical</i> | Aloe indica; Aloe vera |
| <i>English</i> | Indian aloes |
| <i>Bengali</i> | Musabhar; Ghrita Kumari |
| <i>Gujarathi</i> | Kumara |
| <i>Hindi</i> | Kumari; Ghikanvar |
| <i>Kannada</i> | Kathalae; Lolisara: Lavalasaara |
| <i>Malayalam</i> | Kaattu Vazha; Katar Vazha |
| <i>Mahrathi</i> | Kora-kanda |
| <i>Sanskrit</i> | Kumaree |
| <i>Tamil</i> | Kartazhai |
| <i>Telegu</i> | Kalabanda |

8 Alum

| | |
|------------------|----------------------|
| <i>English</i> | Alum |
| <i>Bengali</i> | Phatkiri |
| <i>Hindi</i> | Phitikhari; Binkana |
| <i>Kannada</i> | Patakaara; Phatikara |
| <i>Konkani</i> | Photki |
| <i>Malayalam</i> | Pattikaaram |
| <i>Mahrathi</i> | Phatiki; Taakatam |
| <i>Sanskrit</i> | Sphatikari; Tankanam |
| <i>Tamil</i> | Pattikaram |
| <i>Telegu</i> | Pattikaaramu |
| <i>Tulu</i> | Pattikaara |

9 Amaranthus tritis

| | |
|------------------|----------------------|
| <i>Botanical</i> | Amaranthus tritis |
| <i>Hindi</i> | Tandoolia |
| <i>Kannada</i> | Harive |
| <i>Konkani</i> | Denttya bhaji; Dento |
| <i>Malayalam</i> | Arakeerae |
| <i>Sanskrit</i> | Tandoolia |
| <i>Tamil</i> | Araikeerai |
| <i>Telegu</i> | Kooya-koora |
| <i>Tulu</i> | Padpae |

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10 Ambatta

| | |
|------------------|--------------------|
| <i>Botanical</i> | Spondias mangifera |
| <i>English</i> | Indian plum |
| <i>Kannada</i> | Amatae |
| <i>Konkani</i> | Ambado |
| <i>Malayalam</i> | Ambazha |
| <i>Sanskrit</i> | Amraataka |
| <i>Tamil</i> | Kaatambalam |
| <i>Telegu</i> | Konda-maamidi |
| <i>Tulu</i> | Ambadae |

11 Amla

| | |
|------------------|-------------------------------------|
| <i>Botanical</i> | Phyllanthus emblica |
| <i>English</i> | Emblic myrobalan; Indian gooseberry |
| <i>Assamese</i> | Amloki |
| <i>Bengali</i> | Amla; Amlaki |
| <i>Gujarathi</i> | Ambala |
| <i>Hindi</i> | Amla; Amlaka |
| <i>Kannada</i> | Nelli-kayi |
| <i>Konkani</i> | Avalo |
| <i>Malayalam</i> | Nellikka |
| <i>Mahrathi</i> | Avula |
| <i>Oria</i> | Anla |
| <i>Punjabi</i> | Amla |
| <i>Sanskrit</i> | Amalaka; Dhaathree |
| <i>Tamil</i> | Nellikkai |
| <i>Telegu</i> | Usiri |
| <i>Tulu</i> | Nelli |

12 Amritaballi

| | |
|------------------|---------------------------------|
| <i>Botanical</i> | Tinospora cordifolia |
| <i>English</i> | Heart-leaved moonseed |
| <i>Assamese</i> | Amorlota; Amoilota |
| <i>Bengali</i> | Gulanha |
| <i>Gujarathi</i> | Gado; Gulvel |
| <i>Hindi</i> | Gurcha; Giloya; Galbel; Gulanha |
| <i>Kannada</i> | Amrithaballi; Amradaballi |
| <i>Konkani</i> | Amrithvel |
| <i>Malayalam</i> | Amruta; Chitramruta |
| <i>Mahrathi</i> | Gulavaela |
| <i>Oria</i> | Guluchi |
| <i>Punjabi</i> | Galo |
| <i>Sanskrit</i> | Gudoochi; Amritaa |
| <i>Tamil</i> | Sindilkodi; Amrithavalli |
| <i>Telegu</i> | Tippatigae; Gaduchi |
| <i>Tulu</i> | Amrithaballi |

13 Anale

See Alale

14 Anile

See Alale

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

15 Anise Seed

| | |
|------------------|-------------------------------------|
| <i>Botanical</i> | Foeniculum vulgare |
| <i>English</i> | Anise; Fennel |
| <i>Assamese</i> | Guamoori |
| <i>Bengali</i> | Panmohuri |
| <i>Gujarathi</i> | Warjari |
| <i>Hindi</i> | Saunf |
| <i>Kannada</i> | Dodda Jeerige; Dodda sompu; Badesop |
| <i>Konkani</i> | Shep |
| <i>Malayalam</i> | Suthakuppa |
| <i>Mahrathi</i> | Badishep |
| <i>Oria</i> | Panmohuri |
| <i>Punjabi</i> | Saunf; Shathapushpaa |
| <i>Tamil</i> | Sathakuppai; Sombu |

16 Anolas

See Custard Apple

17 Anona squamosa

See Custard Apple

18 Asafoetida

| | |
|------------------|----------------|
| <i>Botanical</i> | Ferula foetida |
| <i>English</i> | Asafoetida |
| <i>Assamese</i> | Hing |
| <i>Bengali</i> | Hing |
| <i>Gujarathi</i> | Hing |
| <i>Hindi</i> | Hing |
| <i>Kannada</i> | Ingu; Hingu |
| <i>Konkani</i> | Hing |
| <i>Malayalam</i> | Kayam |
| <i>Mahrathi</i> | Hing |
| <i>Oria</i> | Hingu |
| <i>Punjabi</i> | Hing |
| <i>Sanskrit</i> | Hingu |
| <i>Tamil</i> | Perunkayam |
| <i>Telegu</i> | Ingua |
| <i>Tulu</i> | Ingu |

19 Ash gourd

| | |
|------------------|--------------------------------|
| <i>Botanical</i> | Benincasa hispida; B. cerifera |
| <i>English</i> | Ash gourd |
| <i>Assamese</i> | Komora |
| <i>Bengali</i> | Kumra; Chalkumra |
| <i>Gujarathi</i> | Kobola |
| <i>Hindi</i> | Petha; Golkaddu |
| <i>Kannada</i> | Boodu; Gumbala |
| <i>Konkani</i> | Kuvallo |
| <i>Malayalam</i> | Kumpalam; Elavan |
| <i>Mahrathi</i> | Kohola |
| <i>Oria</i> | Panikakharu |
| <i>Punjabi</i> | Petha |
| <i>Sanskrit</i> | Kooshmaanda |
| <i>Tamil</i> | Kumpala; Kalyana pooshanikai |
| <i>Telegu</i> | Buded gummidi |
| <i>Tulu</i> | Karukembudae |

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20 Ashoka

| | |
|------------------|---------------------------------------|
| <i>Botanical</i> | Saraca indica |
| <i>English</i> | Asoka |
| <i>Assamese</i> | Asok |
| <i>Bengali</i> | Asok |
| <i>Gujarathi</i> | Asupala |
| <i>Hindi</i> | Seetha-asok; Ashoka; Asok-anganapriya |
| <i>Kannada</i> | Ashoka; Kenkali achange |
| <i>Konkani</i> | Ashok |
| <i>Malayalam</i> | Asogu; Asokam |
| <i>Mahrathi</i> | Seethecha ashok |
| <i>Oria</i> | Asoka |
| <i>Punjabi</i> | Asok |
| <i>Sanskrit</i> | Ashoka; Gandhapushpa |
| <i>Tamil</i> | Asogu; Asokam |
| <i>Telegu</i> | Asokamu |
| <i>Tulu</i> | Asoka |

21 Ashwagandhi

| | |
|------------------|--|
| <i>Botanical</i> | Withania somnifera |
| <i>English</i> | Winter cherry |
| <i>Assamese</i> | Lakhanu |
| <i>Bengali</i> | Aswagandha |
| <i>Gujarathi</i> | Asundha |
| <i>Hindi</i> | Aswagandh |
| <i>Kannada</i> | Ashwagandhi; Penneru; Hiremaddina gida |
| <i>Malayalam</i> | Amukkuram |
| <i>Mahrathi</i> | Askandh; Asagandha |
| <i>Punjabi</i> | Asgandh |
| <i>Sanskrit</i> | Ashwagandhi |
| <i>Tamil</i> | Amukkura-kizhangu; Achuvagandhi |
| <i>Telegu</i> | Pennerugadda; Ashwagandhi |

22 Ashwatha

See Pipal

23 Athi

| | |
|------------------|-----------------------|
| <i>Botanical</i> | Ficus glomerata |
| <i>English</i> | Country fig; Wild fig |
| <i>Assamese</i> | Dimoru |
| <i>Bengali</i> | Dumur; Jajnadumar |
| <i>Gujarathi</i> | Umbaro |
| <i>Hindi</i> | Gular |
| <i>Kannada</i> | Athi |
| <i>Konkani</i> | Rumbad |
| <i>Malayalam</i> | Athi |
| <i>Mahrathi</i> | Umbar; Rumbadi |
| <i>Oria</i> | Dimure |
| <i>Tamil</i> | Athi |
| <i>Telegu</i> | Athi, Bodda |
| <i>Tulu</i> | Athi |

24 Athimadhura

See Jyeshtamadhu

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

- 25 **Banda**
- | | |
|------------------|------------------|
| <i>Botanical</i> | Bridelia Montana |
| <i>Hindi</i> | Bandaa |
| <i>Kannada</i> | Bandha |
| <i>Konkani</i> | Bondha |
| <i>Malayalam</i> | Malvengai |
| <i>Mahrathi</i> | Baandagoolu |
| <i>Sanskrit</i> | Vrikadhanu |
| <i>Tamil</i> | Mulvaengai |
| <i>Telegu</i> | Poothankgi |
| <i>Tulu</i> | Banda |
- 26 **Bangda** See Mackerel
- 27 **Banyan tree**
- | | |
|------------------|---------------------|
| <i>Botanical</i> | Ficus bengalensis |
| <i>English</i> | Banyan |
| <i>Assamese</i> | Borgoch |
| <i>Bengali</i> | Bot |
| <i>Gujarathi</i> | Wad |
| <i>Hindi</i> | Barh; Bad; Baragada |
| <i>Kannada</i> | Aalada mara |
| <i>Konkani</i> | Vodacho ruk |
| <i>Malayalam</i> | Aala; Peeralu |
| <i>Mahrathi</i> | Wad; Vada |
| <i>Oria</i> | Bara |
| <i>Punjabi</i> | Barh |
| <i>Sanskrit</i> | Nyegoadah |
| <i>Tamil</i> | Aala; Aala maram |
| <i>Telegu</i> | Marri |
| <i>Tulu</i> | Goalimara |
- 28 **Babchi** See Bavanchi
- 29 **Bael** See Bilwapatre
- 30 **Bajae**
- | | |
|------------------|----------------|
| <i>Botanical</i> | Acorus calamus |
| <i>English</i> | Sweet flag |
| <i>Bengali</i> | Bora-bach |
| <i>Gujarathi</i> | Godavaj |
| <i>Hindi</i> | Gora-bach |
| <i>Kannada</i> | Baje |
| <i>Konkani</i> | Vaikand |
| <i>Malayalam</i> | Vayambhu |
| <i>Mahrathi</i> | Vekhand |
| <i>Sanskrit</i> | Vacha |
| <i>Tamil</i> | Vashambu |
| <i>Telegu</i> | Vasa |
| <i>Tulu</i> | Bajae |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

31 Barley

| | |
|------------------|--------------------------|
| <i>English</i> | Barley |
| <i>Bengali</i> | Jab |
| <i>Gujarathi</i> | Cheno |
| <i>Hindi</i> | Jan |
| <i>Kannada</i> | Jave-godi |
| <i>Mahrathi</i> | Satu |
| <i>Sanskrit</i> | Yava |
| <i>Tamil</i> | Valkothumai; Barlhariisi |
| <i>Telegu</i> | Pachcha yavulu |

32 Basella alba

| | |
|------------------|---------------|
| <i>Botanical</i> | B. alba |
| <i>Kannada</i> | Basale |
| <i>Konkani</i> | Valechi bhaji |
| <i>Malayalam</i> | Vasalacheera |
| <i>Sanskrit</i> | Upodikka |
| <i>Tulu</i> | Basale |

33 Bavanchi

| | |
|------------------|-------------------------------|
| <i>Botanical</i> | Psoralin corrylifolia |
| <i>English</i> | Babchi seeds |
| <i>Bengali</i> | Bavachi |
| <i>Hindi</i> | Bavanchiyani-baschi; Bakuchee |
| <i>Kannada</i> | Bavanchi |
| <i>Konkani</i> | Vakuchu |
| <i>Malayalam</i> | Karboga-ari |
| <i>Mahrathi</i> | Bavanchi |
| <i>Sanskrit</i> | Baakuchee |
| <i>Tamil</i> | Karpokarishi |
| <i>Telegu</i> | Bhavanchi-vittulu |

34 Bayani

| | |
|------------------|---------------|
| <i>Botanical</i> | Caryota urens |
| <i>Kannada</i> | Bayani |
| <i>Konkani</i> | Eind |
| <i>Malayalam</i> | Chunda pana |
| <i>Sanskrit</i> | Shallakee |
| <i>Tamil</i> | Koondal panai |
| <i>Telegu</i> | Jilugu |
| <i>Tulu</i> | Eend |

35 Bay leaves

| | |
|------------------|--------------------------------|
| <i>Botanical</i> | Murraya hoenigi |
| <i>Hindi</i> | Misht nimb; Marchula |
| <i>Kannada</i> | Bavina elae |
| <i>Konkani</i> | Bevacho palo |
| <i>Malayalam</i> | Karuveppila |
| <i>Mahrathi</i> | Kaddhee nimbu; Pandheri kunthi |
| <i>Sanskrit</i> | Kaidarya |
| <i>Tamil</i> | Karuaeppilai |
| <i>Telegu</i> | Karuveppaaku |
| <i>Tulu</i> | Bevudirae |

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36 Bengal gram

| | |
|------------------|------------------|
| <i>Botanical</i> | Cicer arietenum |
| <i>Assamese</i> | Bootmah |
| <i>Bengali</i> | Chhola |
| <i>Gujarathi</i> | Chana |
| <i>Hindi</i> | Chana |
| <i>Kannada</i> | Kadale; Chana |
| <i>Konkani</i> | Chanae |
| <i>Malayalam</i> | Kadalai |
| <i>Oria</i> | Bata |
| <i>Punjabi</i> | Chana |
| <i>Sanskrit</i> | Chanaka |
| <i>Tamil</i> | Muzhu kadalai |
| <i>Telegu</i> | Sanaga; Sanikalu |
| <i>Tulu</i> | Kadle |

37 Betel Leaf

| | |
|------------------|------------------------|
| <i>Botanical</i> | Piper betle |
| <i>Assamese</i> | Paan |
| <i>Bengali</i> | Punj |
| <i>Gujarathi</i> | Paan |
| <i>Hindi</i> | Paan |
| <i>Kannada</i> | Veeleyadelae; Eleballi |
| <i>Konkani</i> | Kasar |
| <i>Malayalam</i> | Vethila |
| <i>Oria</i> | Pana |
| <i>Punjabi</i> | Paan |
| <i>Sanskrit</i> | Naagavalli |
| <i>Tamil</i> | Vettrilai |
| <i>Telegu</i> | Tamalapaakku |
| <i>Tulu</i> | Bachchirae |

38 Bhendi

See Lady finger

39 Bilwapatre

| | |
|------------------|-----------------------------------|
| <i>Botanical</i> | Aegle marmelos |
| <i>English</i> | Bael fruit |
| <i>Assamese</i> | Bael |
| <i>Bengali</i> | Bel; Siphel |
| <i>Gujarathi</i> | Bilwa phal; Bela-phal; Bilmi-phal |
| <i>Hindi</i> | Bael; Siriphel |
| <i>Kannada</i> | Bilwapatre; Patre |
| <i>Malayalam</i> | Kuvalam pazham |
| <i>Oria</i> | Bela |
| <i>Punjabi</i> | Bil |
| <i>Sanskrit</i> | Mahakapitha; Sripheal; Bilva |
| <i>Tamil</i> | Vilvam; Bilva pazham |
| <i>Telegu</i> | Bilambu; Bilvamu; Maredu |
| <i>Tulu</i> | Bellapatre |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

40 Bitter gourd

| | |
|------------------|---------------------|
| <i>Botanical</i> | Momordica charantia |
| <i>Assamese</i> | Tita-kerala |
| <i>Bengali</i> | Karala; Uchche |
| <i>Gujarathi</i> | Karela |
| <i>Hindi</i> | Karela |
| <i>Kannada</i> | Hagala Kayi |
| <i>Konkani</i> | Karathen |
| <i>Malayalam</i> | Pavakkai |
| <i>Mahrathi</i> | Karle |
| <i>Oria</i> | Karala |
| <i>Punjabi</i> | Karela |
| <i>Sanskrit</i> | Karela |
| <i>Tamil</i> | Pavakkai |
| <i>Telegu</i> | Kakara |
| <i>Tulu</i> | Kanchala |

41 Black gram

| | |
|------------------|------------------------------|
| <i>Botanical</i> | Phaseolus roxburghii (mungo) |
| <i>Assamese</i> | Mati-mah |
| <i>Bengali</i> | Mash; Kalai |
| <i>Gujarathi</i> | Udad |
| <i>Hindi</i> | Urid; Urad |
| <i>Kannada</i> | Uddu |
| <i>Konkani</i> | Udid |
| <i>Malayalam</i> | Uzhunnu |
| <i>Mahrathi</i> | Udid |
| <i>Oria</i> | Muga |
| <i>Punjabi</i> | Mash |
| <i>Sanskrit</i> | Maasha |
| <i>Tamil</i> | Ulunnu; Ulundu |
| <i>Telegu</i> | Manipa; Uddulu |
| <i>Tulu</i> | Urdu |

42 Black pomphret

| | |
|-----------------|---------------|
| <i>Hindi</i> | Halwa machchi |
| <i>Konkani</i> | Sorongul |
| <i>Mahrathi</i> | Halwa machchi |
| <i>Tulu</i> | Maanji |

43 Boenagaarae

| | |
|------------------|--------------------|
| <i>Botanical</i> | Randia ugilinsa |
| <i>Assamese</i> | Kadikaral |
| <i>Sanskrit</i> | Mahapindatharu |
| <i>Tamil</i> | Vagatta; Kalikarai |
| <i>Telegu</i> | Adavi maanga |

44 Bombay duck

| | |
|-----------------|--------|
| <i>Hindi</i> | Bombil |
| <i>Konkani</i> | Bombil |
| <i>Mahrathi</i> | Bombla |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

45 **Bottle gourd**

| | |
|------------------|-------------------------------------|
| <i>Botanical</i> | Lagenaria ciceraria (vulgaris) |
| <i>Assamese</i> | Jati-lau |
| <i>Bengali</i> | Lau |
| <i>Hindi</i> | Lauki |
| <i>Kannada</i> | Sorekai; Esugai balli; Halu gumbala |
| <i>Konkani</i> | Boblen |
| <i>Malayalam</i> | Chorakkai; Cherakka |
| <i>Mahrathi</i> | Dudya bhopala |
| <i>Oria</i> | Lau |
| <i>Punjabi</i> | Ghiya |
| <i>Sanskrit</i> | Alaabuh |
| <i>Tamil</i> | Sorekai; Chorakkai |
| <i>Telegu</i> | Anabakai |
| <i>Tulu</i> | Turae |

46 **Brahmi**

| | |
|------------------|--|
| <i>Botanical</i> | Hydrocotyle asiatica; Centella asiatica |
| <i>English</i> | Indian pennywort |
| <i>Assamese</i> | Manimuni |
| <i>Bengali</i> | Thulkuri; Thankuni |
| <i>Gujarathi</i> | Karbrahmi |
| <i>Hindi</i> | Brahmi-booti; Brahma manduki; Khula-kudi |
| <i>Kannada</i> | Ondelaga |
| <i>Konkani</i> | Karenno |
| <i>Malayalam</i> | Kodangal; Kotakan; Muttal; Kudakam |
| <i>Mahrathi</i> | Karivana; Brahmi |
| <i>Oria</i> | Thalakudi |
| <i>Punjabi</i> | Brahmi-booti |
| <i>Sanskrit</i> | Braahmi; Mandukaparni |
| <i>Tamil</i> | Vallarai; Ollarai |
| <i>Telegu</i> | Bokudu chettu; Manduka; Kuradu; Manduka brahma |
| <i>Tulu</i> | Thimarae |

47 **Broneal camphor**

| | |
|------------------|-------------------|
| <i>Hindi</i> | Pachcha karpooa |
| <i>Kannada</i> | Pachcha karpooa |
| <i>Malayalam</i> | Pachcha karpooa |
| <i>Mahrathi</i> | Pachcha karpooa |
| <i>Tamil</i> | Pachcha karpooram |
| <i>Telegu</i> | Pachcha karpooa |
| <i>Tulu</i> | Pachcha karpooa |

48 **Butea frondosa**

See Muthuga

49 **Calatropis gigantea**

See Ekka

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

50 Camphor

| | |
|------------------|---------------------|
| <i>Botanical</i> | Cinnamomum camphora |
| <i>Assamese</i> | Karpura |
| <i>Bengali</i> | Karpura |
| <i>Gujarathi</i> | Kappur |
| <i>Hindi</i> | Kappur |
| <i>Kannada</i> | Karpura |
| <i>Konkani</i> | Karpura |
| <i>Malayalam</i> | Karpuram |
| <i>Mahrathi</i> | Kappur |
| <i>Punjabi</i> | Kappur |
| <i>Sanskrit</i> | Karpur |
| <i>Tamil</i> | Karpooram |
| <i>Telegu</i> | Karpuram |
| <i>Tulu</i> | Karpura |

51 Caraway seeds

| | |
|------------------|---------------|
| <i>Botanical</i> | Carum carui |
| <i>Bengali</i> | Safed jeeru |
| <i>Gujarathi</i> | Safed jiraun |
| <i>Hindi</i> | Shimai shombu |
| <i>Kannada</i> | Jeerigae |
| <i>Malayalam</i> | Cheerakam |
| <i>Mahrathi</i> | Jeera |
| <i>Sanskrit</i> | Ajaji |
| <i>Tamil</i> | Safed jeera |
| <i>Telegu</i> | Jiraka |

52 Cardamom

| | |
|------------------|------------------------|
| <i>Botanical</i> | Ellataria cardamom |
| <i>Bengali</i> | Garate |
| <i>Gujarathi</i> | Elachi |
| <i>Hindi</i> | Elacki; (choti elachi) |
| <i>Kannada</i> | Elakkai |
| <i>Konkani</i> | Yello |
| <i>Malayalam</i> | Elakka |
| <i>Mahrathi</i> | Eachi; Velchi |
| <i>Sanskrit</i> | Elaa |
| <i>Tamil</i> | Elakkai |
| <i>Telegu</i> | Yaalakkai; Allakayi |
| <i>Tulu</i> | Elakkai |

53 Carrot

| | |
|------------------|-----------------|
| <i>Botanical</i> | Daucus carota |
| <i>Hindi</i> | Gajar |
| <i>Konkani</i> | Kaeret |
| <i>Malayalam</i> | Manjal mullangi |
| <i>Mahrathi</i> | Gajara |
| <i>Sanskrit</i> | Garjar |
| <i>Tamil</i> | Manjal mullangi |
| <i>Telegu</i> | Pacha mullangi |
| <i>Tulu</i> | Kaeret |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

54 *Cashew*

| | |
|------------------|------------------------|
| <i>Botanical</i> | Anacardium occidentale |
| <i>Assamese</i> | Kajubadam |
| <i>Bengali</i> | Hijli badam |
| <i>Gujarathi</i> | Kaju |
| <i>Hindi</i> | Kaju |
| <i>Kannada</i> | Geru; Godambi |
| <i>Konkani</i> | Kazu |
| <i>Malayalam</i> | Kashukavu; Parangimavu |
| <i>Mahrathi</i> | Kaju |
| <i>Oria</i> | Lanka badam |
| <i>Punjabi</i> | Kaju |
| <i>Sanskrit</i> | Hijli badam |
| <i>Tamil</i> | Mundiri |
| <i>Telegu</i> | Jidimamidi |
| <i>Tulu</i> | Goanku |

55 *Cassia fistula*

| | |
|------------------|----------------------------------|
| <i>English</i> | Indian laburnum |
| <i>Assamese</i> | Sonaru |
| <i>Bengali</i> | Shondal |
| <i>Gujarathi</i> | Garmala |
| <i>Hindi</i> | Amaltash |
| <i>Kannada</i> | Konne; Kombe; Honnavarike; Kakke |
| <i>Malayalam</i> | Konnai |
| <i>Mahrathi</i> | Gurmala; Bahawa |
| <i>Oria</i> | Sunsari |
| <i>Punjabi</i> | Amaltash |
| <i>Sanskrit</i> | Aragvadha |
| <i>Tamil</i> | Konnai; Konde |
| <i>Telegu</i> | Rela |

56 *Cassia tora(sophera)*

| | |
|------------------|------------------------------------|
| <i>Assamese</i> | Medelua |
| <i>Bengali</i> | Kalka sunde |
| <i>Gujarathi</i> | Kasundari |
| <i>Hindi</i> | Kasunda; Chakavada |
| <i>Kannada</i> | Thagate; Kasamarda |
| <i>Konkani</i> | Thaikullo |
| <i>Malayalam</i> | Thakara; Ponnararan; Ponnamthakara |
| <i>Mahrathi</i> | Thayakulaa |
| <i>Oria</i> | Kusunda |
| <i>Punjabi</i> | Kasunda; Chakavada |
| <i>Sanskrit</i> | Chakramarda |
| <i>Tamil</i> | Thagarai; Ponnaveeran |
| <i>Telegu</i> | Thantipu |
| <i>Tulu</i> | Thajanku |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

57 Castor

| | |
|------------------|-------------------|
| <i>Botanical</i> | Ricinus communis |
| <i>English</i> | Castor |
| <i>Assamese</i> | Erigoch |
| <i>Bengali</i> | Bheeranda; Aranda |
| <i>Gujarathi</i> | Erundi; Divel |
| <i>Hindi</i> | Arandi;Rendi |
| <i>Kannada</i> | Haralu; Oudala |
| <i>Konkani</i> | Erndi |
| <i>Malayalam</i> | Avanakku; Kottai |
| <i>Oria</i> | Jada |
| <i>Punjabi</i> | Rendi; Aranda |
| <i>Sanskrit</i> | Eranda |
| <i>Tamil</i> | Amanaku |
| <i>Telegu</i> | Avanakha; Amudam |
| <i>Tulu</i> | Kinnialbooru |

58 Channa

See Bengal gram

59 Chiratta

See Kiriyath

60 Chogache

See Agasthe

61 Cinnamon

| | |
|------------------|-----------------------------------|
| <i>Botanical</i> | Cinnamomum zeylanicum (iners) |
| <i>English</i> | Chinese cassia |
| <i>Assamese</i> | Dalchini |
| <i>Bengali</i> | Dalchini |
| <i>Gujarathi</i> | Dalchini |
| <i>Hindi</i> | Dalchini |
| <i>Kannada</i> | Dalchinni; Lavanga chakke |
| <i>Konkani</i> | Thike sal |
| <i>Malayalam</i> | Lavanga patta; Illavangam; Patta |
| <i>Mahrathi</i> | Dalchini |
| <i>Oria</i> | Dalchini |
| <i>Punjabi</i> | Dalchini |
| <i>Sanskrit</i> | Thwak |
| <i>Tamil</i> | Karuva; Ilavangam; Lavanga pattai |
| <i>Telegu</i> | Lavangamu; Lavangapatta |
| <i>Tulu</i> | Ijinda kethae |

62 Citron

| | |
|------------------|---------------|
| <i>Botanical</i> | Citrus medica |
| <i>Hindi</i> | Bijaura |
| <i>Kannada</i> | Maadavaala |
| <i>Konkani</i> | Mawling |
| <i>Malayalam</i> | Kalpanarangam |
| <i>Mahrathi</i> | Mahalung |
| <i>Sanskrit</i> | Mathulanga |
| <i>Tamil</i> | Elumicha |
| <i>Telegu</i> | Nimma |
| <i>Tulu</i> | Mapala |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

63 Cockles

| | |
|-----------------|---------------------|
| <i>English</i> | Shell fish; Cockles |
| <i>Hindi</i> | Shivle |
| <i>Konkani</i> | Kubae |
| <i>Mahrathi</i> | Shivle |
| <i>Tulu</i> | Marwai |

64 Cod fish

| | |
|-----------------|----------|
| <i>Hindi</i> | Musi |
| <i>Konkani</i> | Thato |
| <i>Mahrathi</i> | Musi |
| <i>Tulu</i> | Balliaur |

65 Cloves

| | |
|------------------|---------------------|
| <i>Botanical</i> | Syzygium aromaticum |
| <i>Assamese</i> | Lavang |
| <i>Bengali</i> | Lavanga |
| <i>Hindi</i> | Lavang |
| <i>Kannada</i> | Lavanga |
| <i>Konkani</i> | Longan |
| <i>Malayalam</i> | Graampa; Karappa |
| <i>Mahrathi</i> | Laung |
| <i>Oria</i> | Labanga |
| <i>Punjabi</i> | Lavang |
| <i>Sanskrit</i> | Lavanga |
| <i>Tamil</i> | Kirambu |
| <i>Telegu</i> | Lavangamu |

66 Colocasia

| | |
|------------------|---------------------------------------|
| <i>Botanical</i> | Colocasia antiquorum; Alocasia indica |
| <i>Assamese</i> | Mankachu |
| <i>Bengali</i> | Mankachu |
| <i>Gujarathi</i> | Alavu |
| <i>Hindi</i> | Alooka; Arvi; Arvichunia; Mankanda |
| <i>Kannada</i> | Kesave; Manaka |
| <i>Konkani</i> | Allun |
| <i>Malayalam</i> | Chaambu |
| <i>Mahrathi</i> | Alu; Alukanda |
| <i>Oria</i> | Manasaru |
| <i>Punjabi</i> | Arvi |
| <i>Sanskrit</i> | Aloo |
| <i>Tamil</i> | Seppang kizhangu |
| <i>Telegu</i> | Chama dumpa |
| <i>Tulu</i> | Taevu |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

67 Coriander

| | |
|------------------|-------------------------|
| <i>Botanical</i> | Coriandrum sativum |
| <i>Assamese</i> | Dhania |
| <i>Bengali</i> | Dhania |
| <i>Gujarathi</i> | Dhane |
| <i>Hindi</i> | Dhania |
| <i>Kannada</i> | Kothambari; Haveeja |
| <i>Konkani</i> | Kanpir |
| <i>Malayalam</i> | Kothamalli; Kothamalari |
| <i>Mahrathi</i> | Dhane; Kothimir |
| <i>Oria</i> | Dhania |
| <i>Punjabi</i> | Dhania |
| <i>Sanskrit</i> | Dhaanyaka |
| <i>Tamil</i> | Kothamalli |
| <i>Telegu</i> | Dhaniyaalu |
| <i>Tulu</i> | Kothemberi |

68 Country fig

See Athi

69 Cowpea

| | |
|------------------|--------------------------|
| <i>Botanical</i> | Vigna sinensis (catiang) |
| <i>Assamese</i> | Nesera mah |
| <i>Bengali</i> | Barbati |
| <i>Hindi</i> | Bora |
| <i>Kannada</i> | Alasande; Tadagani |
| <i>Konkani</i> | Alsandae sango |
| <i>Malayalam</i> | Thattapayeru |
| <i>Mahrathi</i> | Chavli |
| <i>Oria</i> | Bargada |
| <i>Punjabi</i> | Raung |
| <i>Sanskrit</i> | Rajamasha |
| <i>Tamil</i> | Thattappayaru |
| <i>Telegu</i> | Alchandalu |
| <i>Tulu</i> | Lathanae |

70 Crab

| | |
|------------------|---------|
| <i>Hindi</i> | Khekra |
| <i>Konkani</i> | Kurli |
| <i>Malayalam</i> | Njhandu |
| <i>Tamil</i> | Nandu |
| <i>Tulu</i> | Denji |

71 Cubebs

| | |
|------------------|------------------|
| <i>Botanical</i> | Piper cubeba |
| <i>English</i> | Tailpepper |
| <i>Bengali</i> | Sitalchini |
| <i>Gujarathi</i> | Tadamiri |
| <i>Hindi</i> | Sitalchini |
| <i>Kannada</i> | Gandha menasu |
| <i>Malayalam</i> | Valmilaku |
| <i>Sanskrit</i> | Sugandha muricha |
| <i>Tamil</i> | Val-milaku |
| <i>Telegu</i> | Toka miriyalu |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

72 Cucumber

| | |
|------------------|------------------|
| <i>Botanical</i> | Cucumir sativas |
| <i>Assamese</i> | Tianh |
| <i>Bengali</i> | Sasha |
| <i>Gujarathi</i> | Kakri |
| <i>Hindi</i> | Khira; Kakri |
| <i>Kannada</i> | Mullu-southe kai |
| <i>Konkani</i> | Thavshen |
| <i>Malayalam</i> | Mullenvellari |
| <i>Oria</i> | Kakudi |
| <i>Punjabi</i> | Kira |
| <i>Sanskrit</i> | Karkata |
| <i>Tamil</i> | Mullenvellari |
| <i>Telegu</i> | Mullu-vellari |
| <i>Tulu</i> | Thekkarae |

73 Currants

| | |
|------------------|--------------------------|
| <i>Botanical</i> | Vitis vinifera |
| <i>Assamese</i> | Angur |
| <i>Bengali</i> | Angur |
| <i>Gujarathi</i> | Mudraka |
| <i>Hindi</i> | Kismis; Angur |
| <i>Kannada</i> | Onadraakshe |
| <i>Konkani</i> | Kismis |
| <i>Malayalam</i> | Muthrivalli; Onadraakshe |
| <i>Mahrathi</i> | Manuka; Draksha |
| <i>Oria</i> | Angura |
| <i>Punjabi</i> | Angur |
| <i>Sanskrit</i> | Draakshe |
| <i>Tamil</i> | Muthrivalli; Onadraakshe |
| <i>Telegu</i> | Munthri; Draaksha |
| <i>Tulu</i> | Kismis |

74 Cus-cus

| | |
|------------------|--------------------|
| <i>Botanical</i> | Papaver somniferum |
| <i>English</i> | Poppy seeds |
| <i>Assamese</i> | Afugoch |
| <i>Bengali</i> | Afing |
| <i>Gujarathi</i> | Aphim |
| <i>Hindi</i> | Khus-khus; Post |
| <i>Kannada</i> | Kasa kase |
| <i>Konkani</i> | Kaskaso |
| <i>Malayalam</i> | Kashkasha |
| <i>Mahrathi</i> | Khash-khush |
| <i>Oria</i> | Aphima |
| <i>Punjabi</i> | Post |
| <i>Sanskrit</i> | Khas-khas |
| <i>Tamil</i> | Kashkasha |
| <i>Tulu</i> | Gasa-gase |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

75 Custard apple

| | |
|------------------|---------------------------|
| <i>Botanical</i> | Anona squamosa |
| <i>Assamese</i> | Atlas |
| <i>Bengali</i> | Ata |
| <i>Gujarathi</i> | Sithaphal |
| <i>Hindi</i> | Sharifa; Sitaphal |
| <i>Kannada</i> | Seetha Phala |
| <i>Konkani</i> | Aath |
| <i>Malayalam</i> | Seema atha; Seetha-phalam |
| <i>Mahrathi</i> | Sithaphal |
| <i>Punjabi</i> | Sharifa; Sitaphal |
| <i>Sanskrit</i> | Seetha Phala |
| <i>Tamil</i> | Seema atha; Seetha-phalam |
| <i>Telegu</i> | Seetha pandu |
| <i>Tulu</i> | Seetha Phala |

76 Dalchini

See Cinnamon

77 Dates

| | |
|------------------|----------------------|
| <i>Botanical</i> | Phoenix sylvestris |
| <i>Assamese</i> | Khejur |
| <i>Bengali</i> | Khejur |
| <i>Gujarathi</i> | Khajur |
| <i>Hindi</i> | Khajur |
| <i>Kannada</i> | Kharjura; Eachalu |
| <i>Konkani</i> | Kazur |
| <i>Malayalam</i> | Etta; Inda |
| <i>Mahrathi</i> | Khajoor; Kharik |
| <i>Oria</i> | Khajuri |
| <i>Punjabi</i> | Khajur |
| <i>Sanskrit</i> | Khajoor |
| <i>Tamil</i> | Perichambalam; Icham |
| <i>Telegu</i> | Itha |
| <i>Tulu</i> | Karjoora |

78 Dattura

| | |
|------------------|-----------------------|
| <i>Botanical</i> | Datura fastuosa |
| <i>English</i> | Thorn Apple |
| <i>Assamese</i> | Dhotura |
| <i>Bengali</i> | Dhutra |
| <i>Gujarathi</i> | Dhatoora |
| <i>Hindi</i> | Dhutura |
| <i>Kannada</i> | Dattura; Ummatte |
| <i>Konkani</i> | Dutro |
| <i>Malayalam</i> | Ummatham; Ummam |
| <i>Mahrathi</i> | Dhoothra |
| <i>Oria</i> | Dudura |
| <i>Punjabi</i> | Dhutura |
| <i>Sanskrit</i> | Dhatoora |
| <i>Tamil</i> | Oomathai; Velloomathu |
| <i>Telegu</i> | Ummatha |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

- 79 **Devadare**
- | | |
|------------------|--------------------------------|
| <i>Botanical</i> | Cerdras deodora; Pinus deodara |
| <i>English</i> | Deodar |
| <i>Hindi</i> | Devadara |
| <i>Kannada</i> | Thuppadevadaaru |
| <i>Konkani</i> | Godsango; Pingeyachoruk |
| <i>Mahrathi</i> | Devadara |
| <i>Sanskrit</i> | Snigda devadara |
| <i>Tulu</i> | Devadare |
- 80 **Dhania** See Coriander
- 81 **Dharbe grass**
- | | |
|------------------|-------------------------|
| <i>Botanical</i> | Eragrostis cynosuroides |
| <i>Kannada</i> | Dharbe hullu |
| <i>Konkani</i> | Darbe than |
| <i>Malayalam</i> | Dharbe pillu |
| <i>Sanskrit</i> | Kusha; Mridu-darbha |
| <i>Tamil</i> | Attu dharbe |
| <i>Tulu</i> | Darbe panthi |
- 82 **Dill seeds** See Sabbasige
- 83 **Drum stick**
- | | |
|------------------|---|
| <i>Botanical</i> | Moringa oleifera; Moringa Pterygosperma |
| <i>Assamese</i> | Sajana |
| <i>Bengali</i> | Sajina |
| <i>Gujarathi</i> | Suragavo; Saragavu |
| <i>Hindi</i> | Sahijna; Segva; Sehijjan |
| <i>Kannada</i> | Nugge |
| <i>Konkani</i> | Muska sang |
| <i>Malayalam</i> | Muringa |
| <i>Mahrathi</i> | Sheerenga; Shevaga |
| <i>Oria</i> | Sajana |
| <i>Punjabi</i> | Savonjna |
| <i>Sanskrit</i> | Shigru |
| <i>Tamil</i> | Murungai |
| <i>Telegu</i> | Munaga |
| <i>Tulu</i> | Nurge |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

84 Dry ginger

| | |
|------------------|----------------------|
| <i>Botanical</i> | Zingiber officinale |
| <i>Assamese</i> | Ada |
| <i>Bengali</i> | Sonth; Ada |
| <i>Gujarathi</i> | Adhu |
| <i>Hindi</i> | Sonth; Sattah; Adrak |
| <i>Kannada</i> | Shunti; Ona Shunti |
| <i>Konkani</i> | Sunt |
| <i>Malayalam</i> | Inchi Chukku |
| <i>Mahrathi</i> | Sunt; Suntih |
| <i>Oria</i> | Ada |
| <i>Punjabi</i> | Adarak |
| <i>Sanskrit</i> | Nagaram; Ardhaakam |
| <i>Tamil</i> | Inchi Chukku |
| <i>Telegu</i> | Allam |
| <i>Tulu</i> | Shunti; Ona Shunti |

85 Ekka

| | |
|------------------|------------------------------|
| <i>Botanical</i> | Calotropis gigantea |
| <i>English</i> | Gigantic swallow wort; Mudar |
| <i>Assamese</i> | Akon |
| <i>Bengali</i> | Akanda |
| <i>Gujarathi</i> | Akado |
| <i>Hindi</i> | Aak; Akan; Akond; Mudar |
| <i>Kannada</i> | Ekka; Ekkamaalae |
| <i>Konkani</i> | Ruiechen zad |
| <i>Malayalam</i> | Erukku |
| <i>Mahrathi</i> | Rui |
| <i>Oria</i> | Arka |
| <i>Punjabi</i> | Aak |
| <i>Sanskrit</i> | Arka |
| <i>Tamil</i> | Erukkalai |
| <i>Telegu</i> | Jilledu |
| <i>Tulu</i> | Ekkamaale |

86 Elephant Yam

| | |
|------------------|--------------------------------|
| <i>Botanical</i> | Amorphophallus campanulatus |
| <i>Assamese</i> | Ol |
| <i>Bengali</i> | Ol |
| <i>Gujarathi</i> | Suran |
| <i>Hindi</i> | Kanda; Suran |
| <i>Kannada</i> | Suvarna gedde; Choorna gedde |
| <i>Konkani</i> | Schoorn |
| <i>Malayalam</i> | Chaena; Cinapavu |
| <i>Mahrathi</i> | Suran |
| <i>Oria</i> | Olua |
| <i>Punjabi</i> | Zamin kanda |
| <i>Sanskrit</i> | Soorna |
| <i>Tamil</i> | Karunaikkilangu; Senaikkilangu |
| <i>Telegu</i> | Surai kanda; Thiya kandha |
| <i>Tulu</i> | Sorna |

87 Fennel

See Aniseed

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

88 Fenugreek

| | |
|------------------|---------------------------|
| <i>Botanical</i> | Trigonella foenum-graecum |
| <i>Assamese</i> | Mithiguti |
| <i>Bengali</i> | Methi |
| <i>Gujarathi</i> | Methi |
| <i>Hindi</i> | Methi |
| <i>Kannada</i> | Menthe; Menthya |
| <i>Konkani</i> | Methi |
| <i>Malayalam</i> | Uluva; Venthiam |
| <i>Mahrathi</i> | Methi |
| <i>Oria</i> | Methi |
| <i>Punjabi</i> | Methi |
| <i>Sanskrit</i> | Methee |
| <i>Tamil</i> | Vendayam |
| <i>Telegu</i> | Menthulu |
| <i>Tulu</i> | Menthae |

89 Four O' clock flower

| | |
|------------------|---------------------------------|
| <i>Botanical</i> | Mirabilis jalapa |
| <i>Hindi</i> | Gule-aabas |
| <i>Kannada</i> | Madhyana mallige; Sanje mallige |
| <i>Malayalam</i> | Antimantaram |
| <i>Sanskrit</i> | Sandhyaraga |
| <i>Tamil</i> | Andhi malli |
| <i>Telegu</i> | Chandrakanta |

90 Gajaga

| | |
|------------------|---|
| <i>Botanical</i> | Caesalpinia bonducella |
| <i>English</i> | Molucca bean; Bonduc nut |
| <i>Assamese</i> | Letaguti |
| <i>Bengali</i> | Nata |
| <i>Gujarathi</i> | Kakachia; Gajga |
| <i>Hindi</i> | Katkaranj; Kat-kaliza; Sagaragotaa; Kalkaranj |
| <i>Kannada</i> | Gajjiga |
| <i>Konkani</i> | Gazgo |
| <i>Malayalam</i> | Kalanchikuru; Kaghanji |
| <i>Mahrathi</i> | Sagargotaa; Gajaga |
| <i>Oria</i> | Gila |
| <i>Punjabi</i> | Bel karanjwa |
| <i>Sanskrit</i> | Kubaerakshi |
| <i>Tamil</i> | Kalakkodi; Kalachikal |
| <i>Telegu</i> | Gacha |

91 Gall nut

See Anale

92 Garga

See Kadiggara

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

93 Garike

| | |
|------------------|--------------------------------------|
| <i>Botanical</i> | Cynodon dactylon |
| <i>English</i> | Dog grass; Bermuda grass; Dhub grass |
| <i>Assamese</i> | Duboriban |
| <i>Bengali</i> | Durbaghas |
| <i>Gujarathi</i> | Durva |
| <i>Hindi</i> | Doob |
| <i>Kannada</i> | Garike hullu; Kudigarike |
| <i>Konkani</i> | Kadke than; Hariyali |
| <i>Malayalam</i> | Karga pillu; Arugam pillu |
| <i>Mahrathi</i> | Harali; Hariyaalee; Gavath |
| <i>Oria</i> | Duba ghasa |
| <i>Punjabi</i> | Doob |
| <i>Sanskrit</i> | Durva |
| <i>Tamil</i> | Arugampul |
| <i>Telegu</i> | Gericha gaddi |
| <i>Tulu</i> | Kadike panthi |

94 Garlic

| | |
|------------------|----------------|
| <i>Botanical</i> | Allim sativum |
| <i>Assamese</i> | Naharu |
| <i>Bengali</i> | Rasum |
| <i>Gujarathi</i> | Lasan |
| <i>Hindi</i> | Lashun |
| <i>Kannada</i> | Bellulli |
| <i>Konkani</i> | Lasun; Losun |
| <i>Malayalam</i> | Veluthulli |
| <i>Mahrathi</i> | Lasun |
| <i>Oria</i> | Rasuna |
| <i>Punjabi</i> | Lashun |
| <i>Sanskrit</i> | Lashunah |
| <i>Tamil</i> | Vellaippoondur |
| <i>Telegu</i> | Tella gadda |
| <i>Tulu</i> | Bollulli |

95 Garuda pathala

| | |
|------------------|--|
| <i>Botanical</i> | Rauwolphia serpentina |
| <i>Assamese</i> | Chando |
| <i>Bengali</i> | Sarpagandha |
| <i>Gujarathi</i> | Sarpagandha |
| <i>Hindi</i> | Sarpagandh |
| <i>Kannada</i> | Sarpagandhi; Sutranaabhi; Shivanabhi balli |
| <i>Malayalam</i> | Amalporiyan |
| <i>Mahrathi</i> | Sarpagandh |
| <i>Oria</i> | Patala garuda |
| <i>Punjabi</i> | Sarpagandh |
| <i>Tamil</i> | Sarpagandha |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

- 96 **Gherkins** See Thondekayi
- 97 **Gingelly**
- | | |
|------------------|------------------|
| <i>Botanical</i> | Sesamum indicum |
| <i>Assamese</i> | Tisi |
| <i>Bengali</i> | Til |
| <i>Gujarathi</i> | Mitho tel |
| <i>Hindi</i> | Til |
| <i>Kannada</i> | Yallu |
| <i>Konkani</i> | Til |
| <i>Malayalam</i> | Ellu |
| <i>Mahrathi</i> | Til |
| <i>Oria</i> | Khasa; Rashi |
| <i>Punjabi</i> | Til |
| <i>Sanskrit</i> | Thilam |
| <i>Tamil</i> | Ellu |
| <i>Telegu</i> | Nuvvulu; Nurellu |
| <i>Tulu</i> | Yenme |
- 98 **Ginger**
- | | |
|------------------|---------------------|
| <i>Botanical</i> | Zingiber officinale |
| <i>Assamese</i> | Ada |
| <i>Bengali</i> | Ada |
| <i>Gujarathi</i> | Adhu |
| <i>Hindi</i> | Adrak |
| <i>Kannada</i> | Shunti; Alla |
| <i>Konkani</i> | Alae |
| <i>Malayalam</i> | Inchi |
| <i>Mahrathi</i> | Alae |
| <i>Oria</i> | Ada |
| <i>Punjabi</i> | Adarak |
| <i>Sanskrit</i> | Ardhrakam |
| <i>Tamil</i> | Inchi |
| <i>Telegu</i> | Allam |
| <i>Tulu</i> | Soonthi |
- 99 **Gijigiji**
- | | |
|------------------|---------------------------------------|
| <i>Botanical</i> | Crotolaria sericea; (C. labunnifolia) |
| <i>English</i> | Rattle wort |
| <i>Assamese</i> | Ghanta korna |
| <i>Bengali</i> | Atashi |
| <i>Hindi</i> | Jhun jhunia |
| <i>Kannada</i> | Giji-giji-gida |
| <i>Konkani</i> | Giji-giji |
| <i>Malayalam</i> | Thanthalakotti |
| <i>Mahrathi</i> | Ghagri |
| <i>Oria</i> | Junka |
| <i>Punjabi</i> | Jhanjhanian |
| <i>Tulu</i> | Giji-giji |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

100 **Gorochana**

| | |
|------------------|--------------------------------|
| <i>Botanical</i> | Bostarus; Ovgall; Fel. Bovinum |
| <i>English</i> | Gorochana |
| <i>Assamese</i> | Gorochana |
| <i>Bengali</i> | Gorochana |
| <i>Gujarathi</i> | Gorochana |
| <i>Hindi</i> | Gorochana |
| <i>Kannada</i> | Gorochana |
| <i>Konkani</i> | Gorochana |
| <i>Malayalam</i> | Gorochana |
| <i>Mahrathi</i> | Gorochana |
| <i>Oria</i> | Gorochana |
| <i>Punjabi</i> | Gorochana |
| <i>Sanskrit</i> | Gorochana |
| <i>Tamil</i> | Gorochana |
| <i>Telegu</i> | Gorochana |
| <i>Tulu</i> | Gorochana |

101 **Green peas**

| | |
|------------------|----------------|
| <i>Botanical</i> | Pisum sativum |
| <i>Assamese</i> | Motor |
| <i>Bengali</i> | Matar |
| <i>Gujarathi</i> | Vatana |
| <i>Hindi</i> | Matar |
| <i>Kannada</i> | Batani |
| <i>Konkani</i> | Batani |
| <i>Malayalam</i> | Payaru |
| <i>Mahrathi</i> | Watane |
| <i>Oria</i> | Matar |
| <i>Punjabi</i> | Matar |
| <i>Tamil</i> | Pattaani |
| <i>Telegu</i> | Gundusanighelu |
| <i>Tulu</i> | Batani |

102 **Green gram**

| | |
|------------------|----------------------|
| <i>Botanical</i> | Phaseolus aureus |
| <i>Assamese</i> | Mogu-mah |
| <i>Bengali</i> | Moong |
| <i>Gujarathi</i> | Muga |
| <i>Hindi</i> | Moong |
| <i>Kannada</i> | Hesaru |
| <i>Konkani</i> | Moog |
| <i>Malayalam</i> | Cherupayaru |
| <i>Mahrathi</i> | Moog; Hirave mug |
| <i>Oria</i> | Jhain muga |
| <i>Punjabi</i> | Mung |
| <i>Sanskrit</i> | Mudgha |
| <i>Tamil</i> | Pachaipayaru |
| <i>Telegu</i> | Pesalu; Pacha-pesalu |
| <i>Tulu</i> | Elya-padengi |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

103 Ground nut

| | |
|------------------|------------------------------|
| <i>Botanical</i> | Arachis hypogaea |
| <i>Assamese</i> | Chinabadam |
| <i>Bengali</i> | Chinabadam |
| <i>Gujarathi</i> | Maffali |
| <i>Hindi</i> | Mung phali |
| <i>Kannada</i> | Nelagadale; Shenga; Kadlekai |
| <i>Konkani</i> | Bhuinchane |
| <i>Malayalam</i> | Nilakadalai |
| <i>Mahrathi</i> | Bhuimug |
| <i>Oria</i> | Chinabadam |
| <i>Punjabi</i> | Mung phali |
| <i>Tamil</i> | Nilakkadalai |
| <i>Telegu</i> | Verusanaga |
| <i>Tulu</i> | Nelakadale |

104 Guava

| | |
|------------------|------------------------|
| <i>Botanical</i> | Psidium guava |
| <i>Assamese</i> | Modhuri-am |
| <i>Bengali</i> | Payara |
| <i>Gujarathi</i> | Jamfal |
| <i>Hindi</i> | Amarooda; Paere |
| <i>Kannada</i> | Seebe; Chepe; Perale |
| <i>Konkani</i> | Paer |
| <i>Malayalam</i> | Perakka; Alakka pazham |
| <i>Mahrathi</i> | Peroo |
| <i>Oria</i> | Pijuli |
| <i>Sanskrit</i> | Peruka |
| <i>Tamil</i> | Koyya |
| <i>Telegu</i> | Jama |
| <i>Tulu</i> | Perangai |

105 Harive

See Amaranthus tritris

106 Hibiscus

| | |
|------------------|------------------------|
| <i>Botanical</i> | Hibiscus rosa-sinensis |
| <i>English</i> | Shoe flower |
| <i>Assamese</i> | Joba |
| <i>Bengali</i> | Jaba |
| <i>Gujarathi</i> | Jasunt |
| <i>Hindi</i> | Gurhal; Jasum |
| <i>Kannada</i> | Kempu dasavaala |
| <i>Konkani</i> | Dasmichen-phul |
| <i>Malayalam</i> | Chemparathy |
| <i>Mahrathi</i> | Jaswand |
| <i>Oria</i> | Mandara |
| <i>Punjabi</i> | Gurhal; Jia pushpa |
| <i>Sanskrit</i> | Japaa |
| <i>Tamil</i> | Sambathoo chedi |
| <i>Telegu</i> | Dasani |
| <i>Tulu</i> | Dasemi; Dasan poo |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

107 Hippali

| | |
|------------------|---------------------------|
| <i>Botanical</i> | Piper longum |
| <i>English</i> | Long pepper |
| <i>Assamese</i> | Pipoli |
| <i>Bengali</i> | Pipool |
| <i>Gujarathi</i> | Pipara |
| <i>Hindi</i> | Pipli |
| <i>Kannada</i> | Hippali; Modi |
| <i>Konkani</i> | Pimpli |
| <i>Malayalam</i> | Thippali |
| <i>Mahrathi</i> | Pimpali; Peppar |
| <i>Oria</i> | Pipali |
| <i>Punjabi</i> | Darrilfilfil; Maghan |
| <i>Sanskrit</i> | Granthika; Pippalee moola |
| <i>Tamil</i> | Thippili |
| <i>Telegu</i> | Pippilu |
| <i>Tulu</i> | Ippuli |

108 Horse-gram

| | |
|------------------|-------------------|
| <i>Botanical</i> | Dolichos biflorus |
| <i>Hindi</i> | Hulthi |
| <i>Kannada</i> | Huruli |
| <i>Konkani</i> | Kulith |
| <i>Malayalam</i> | Mudira |
| <i>Sanskrit</i> | Kulithah |
| <i>Tulu</i> | Kudu |

109 Indigo

| | |
|------------------|------------------------|
| <i>Botanical</i> | Indigofera tinctoria |
| <i>English</i> | Blue |
| <i>Assamese</i> | Neel |
| <i>Bengali</i> | Neel |
| <i>Gujarathi</i> | Gali |
| <i>Hindi</i> | Guli; Neel |
| <i>Kannada</i> | Olle neeli; Henu neeli |
| <i>Konkani</i> | Neel |
| <i>Malayalam</i> | Amari |
| <i>Mahrathi</i> | Neel |
| <i>Oria</i> | Neela |
| <i>Sanskrit</i> | Neelini |
| <i>Tamil</i> | Avary |
| <i>Telegu</i> | Aviri; Neeli |
| <i>Tulu</i> | Neeli |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

110 Isabgol

| | |
|------------------|----------------------|
| <i>Botanical</i> | Plantago ovata |
| <i>English</i> | Flea seed |
| <i>Assamese</i> | Isabgo |
| <i>Bengali</i> | Isabgo |
| <i>Gujarathi</i> | Uthamujeeram |
| <i>Hindi</i> | Isabgol |
| <i>Kannada</i> | Ishpa golu; Isamgolu |
| <i>Konkani</i> | Isabgol |
| <i>Malayalam</i> | Karkatasingi |
| <i>Mahrathi</i> | Isabgol |
| <i>Oria</i> | Isabgo |
| <i>Punjabi</i> | Isabgol |
| <i>Sanskrit</i> | Ashwakarna |
| <i>Telegu</i> | Ishappukol |
| <i>Tulu</i> | Isabgol |

111 Ishwari

| | |
|------------------|------------------------|
| <i>Botanical</i> | Aristolochia indica |
| <i>English</i> | Indian birthwort |
| <i>Assamese</i> | Eswermul |
| <i>Bengali</i> | Ishermul |
| <i>Gujarathi</i> | Sapsan |
| <i>Hindi</i> | Isharmul; Ishwaramoola |
| <i>Kannada</i> | Ishwari beru; Thoppalu |
| <i>Konkani</i> | Sapsin; Kodu-paal |
| <i>Malayalam</i> | Iswarammuli |
| <i>Mahrathi</i> | Sagarsund |
| <i>Oria</i> | Gopokoroni |
| <i>Punjabi</i> | Anantmul; Isharmul |
| <i>Sanskrit</i> | Ishwari |
| <i>Tamil</i> | Adagam; Ishwari |
| <i>Telegu</i> | Iswari |
| <i>Tulu</i> | Isaraber |

112 Jaitri

| | |
|------------------|--------------------|
| <i>Botanical</i> | Myristica fragrans |
| <i>English</i> | Mace |
| <i>Hindi</i> | Javathai |
| <i>Kannada</i> | Jayithree |
| <i>Konkani</i> | Zaiphall |
| <i>Malayalam</i> | Jathipathri |
| <i>Mahrathi</i> | Jaipathri |
| <i>Sanskrit</i> | Jathee pathra |
| <i>Tamil</i> | Jathipathri |
| <i>Telegu</i> | Japatri |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

113 Jamun

| | |
|------------------|-------------------------------------|
| <i>Botanical</i> | Eugenia jambulana; Syzygium cuminii |
| <i>Assamese</i> | Jamu |
| <i>Bengali</i> | Kaljam |
| <i>Gujarathi</i> | Jambudo |
| <i>Hindi</i> | Jaman; Jamoona |
| <i>Kannada</i> | Neralae |
| <i>Konkani</i> | Zamblan |
| <i>Malayalam</i> | Nhyaaval |
| <i>Mahrathi</i> | Jambul |
| <i>Oria</i> | Jamukoli |
| <i>Punjabi</i> | Jaman; Jamoona |
| <i>Sanskrit</i> | Jambu |
| <i>Tamil</i> | Naval |
| <i>Telegu</i> | Neredu |
| <i>Tulu</i> | Nerole |

114 Jeera

See Cummin Seed

115 Jyeshthamadhu

| | |
|------------------|--------------------------------|
| <i>Botanical</i> | Glycyrrhiza glabra |
| <i>English</i> | Liquorice-sweetwood |
| <i>Bengali</i> | Yeshto-madhu |
| <i>Gujarathi</i> | Jashtimadh |
| <i>Hindi</i> | Mulatthi; Mulahatthee |
| <i>Kannada</i> | Athimadhura; Jyeshthamadhu |
| <i>Konkani</i> | Godekasth |
| <i>Malayalam</i> | Athi-madhuram; Iratti-madhuram |
| <i>Mahrathi</i> | Jashtimadh |
| <i>Sanskrit</i> | Yashti-madhhukam |
| <i>Tamil</i> | Athimaduram |
| <i>Telegu</i> | Athi-madhuramu; Yastimadhukam |

116 Kadeer

| | |
|------------------|--------------------------|
| <i>Botanical</i> | Sida cordifolia |
| <i>English</i> | Country mallow |
| <i>Assamese</i> | Bariala |
| <i>Bengali</i> | Berela |
| <i>Gujarathi</i> | Jangli methi |
| <i>Hindi</i> | Bariara; Baryal |
| <i>Kannada</i> | Kadeeru; Hithuthi |
| <i>Konkani</i> | Thapkoti |
| <i>Malayalam</i> | Kurumthotti |
| <i>Mahrathi</i> | Chikana; Karaiti |
| <i>Oria</i> | Bisiripi |
| <i>Punjabi</i> | Kharenti |
| <i>Sanskrit</i> | Balaa |
| <i>Telegu</i> | Chirubenda; Mailmanikkam |
| <i>Tulu</i> | Kadeer ber |

117 Kadukai

See Anale

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

118 Kadiggara

| | |
|------------------|------------------------------------|
| <i>Botanical</i> | Elipta prostrata |
| <i>Assamese</i> | Keshoraji |
| <i>Bengali</i> | Kesaraj |
| <i>Gujarathi</i> | Bhangra |
| <i>Hindi</i> | Safed bhangra; Bhangaraa |
| <i>Kannada</i> | Garugada gida; Garugalu; Kadiggara |
| <i>Konkani</i> | Kaajalmaav; Kazalmoko |
| <i>Malayalam</i> | Kayyanyam; Kaithonni |
| <i>Mahrathi</i> | Maaka |
| <i>Oria</i> | Keshdura |
| <i>Punjabi</i> | Safed bhangra |
| <i>Sanskrit</i> | Bhringaraja |
| <i>Tamil</i> | Kayyanyam; Kaithonni |
| <i>Tulu</i> | Garga; Karikodi |

119 Kaedige

| | |
|------------------|------------------------|
| <i>Botanical</i> | Pandamus odoratissimus |
| <i>English</i> | Screw pine |
| <i>Assamese</i> | Keteki |
| <i>Bengali</i> | Ketaky |
| <i>Gujarathi</i> | Ketaky |
| <i>Hindi</i> | Kevadaa; Keora |
| <i>Kannada</i> | Tale hoovu; Kedige |
| <i>Konkani</i> | Bonnong; Kegdi |
| <i>Malayalam</i> | Kaitha; Thaazha |
| <i>Mahrathi</i> | Kevadaa |
| <i>Oria</i> | Kia |
| <i>Punjabi</i> | Keora |
| <i>Sanskrit</i> | Kaethakee |
| <i>Tamil</i> | Thazhai |
| <i>Telegu</i> | Mogil |
| <i>Tulu</i> | Kaedai |

120 Kajoor

See Dates

121 Kallachi

| | |
|------------------|-----------------------|
| <i>Botanical</i> | Citrullus lanatus |
| <i>English</i> | Watermelon |
| <i>Assamese</i> | Khormuja |
| <i>Bengali</i> | Tharmuz |
| <i>Gujarathi</i> | Karigu |
| <i>Hindi</i> | Kalingada; Kalingu |
| <i>Kannada</i> | Kallangadi; Kallachi |
| <i>Konkani</i> | Kalling |
| <i>Malayalam</i> | Kummattikai; Vathaaka |
| <i>Oria</i> | Tarabhuja |
| <i>Punjabi</i> | Tharbuza |
| <i>Sanskrit</i> | Kalingu |
| <i>Tamil</i> | Kummattikai; Vathaaka |
| <i>Telegu</i> | Tarbuja |
| <i>Tulu</i> | Bachchangai |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

- 122 **Kallangadi** See Kallachi
- 123 **Kaanae**
- | | |
|------------------|-----------|
| <i>English</i> | Lady fish |
| <i>Konkani</i> | Nogli |
| <i>Malayalam</i> | Kannan |
| <i>Tulu</i> | Kaanae |
- 124 **Karela** See Bitter Gourd
- 125 **Karubooja**
- | | |
|------------------|------------------------|
| <i>Botanical</i> | Cucumis melo |
| <i>English</i> | Melon |
| <i>Assamese</i> | Bangi |
| <i>Gujarathi</i> | Tarbuch |
| <i>Hindi</i> | Kharbuza; Phuti; Kakri |
| <i>Kannada</i> | Karabooja; Kekkarike |
| <i>Malayalam</i> | Thannimathai |
| <i>Mahrathi</i> | Karbuji |
| <i>Oria</i> | Kharbuja |
| <i>Punjabi</i> | Kharbuza; Phuti; Kakri |
| <i>Tamil</i> | Thannimathai |
- 126 **Katukarohini**
- | | |
|------------------|-------------------|
| <i>Botanical</i> | Picrohiza kuroora |
| <i>Hindi</i> | Kutaki |
| <i>Kannada</i> | Katukarohini |
| <i>Konkani</i> | Katukarohini |
| <i>Malayalam</i> | Katukarohini |
| <i>Mahrathi</i> | Kutaki |
| <i>Sanskrit</i> | Katurohinee |
| <i>Tamil</i> | Katukarohini |
| <i>Telegu</i> | Katukarohini |
| <i>Tulu</i> | Kadraramani |
- 127 **Kepula**
- | | |
|------------------|-------------------------------|
| <i>Botanical</i> | Ixora coccinea |
| <i>English</i> | Scarlet ixora |
| <i>Assamese</i> | Rangan |
| <i>Bengali</i> | Rangan |
| <i>Hindi</i> | Gotagandhal |
| <i>Kannada</i> | Malehoo gida; Kisgara; Repale |
| <i>Konkani</i> | Podkoll |
| <i>Malayalam</i> | Cheththy; Thetty; Thechi |
| <i>Mahrathi</i> | Makadi |
| <i>Oria</i> | Rangani; Khadika phula |
| <i>Punjabi</i> | Rungan |
| <i>Sanskrit</i> | Paathalee; Kaebukavu |
| <i>Tamil</i> | Korampoo; Cheththy; Thetty |
| <i>Tulu</i> | Kepula |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

128 Kiriya

| | |
|------------------|------------------|
| <i>Botanical</i> | Swertia chirata |
| <i>English</i> | Indian gentian |
| <i>Hindi</i> | Bhoochiretta |
| <i>Kannada</i> | Chirayitha |
| <i>Konkani</i> | Kiraithen |
| <i>Malayalam</i> | Kiriya |
| <i>Mahrathi</i> | Khade chirayitha |
| <i>Sanskrit</i> | Kiraatha |
| <i>Tamil</i> | Chirayathu |
| <i>Telegu</i> | Nelavemu |
| <i>Tulu</i> | Kiriya |

129 **Kombe; Konne; Koade** See Cassia Fistula

130 **Khus-khus; Kus-kus** See Cus-cus

131 Lady's finger

| | |
|------------------|------------------------|
| <i>Botanical</i> | Abelmoschus esculentus |
| <i>Assamese</i> | Bhendi |
| <i>Bengali</i> | Bhindi |
| <i>Gujarathi</i> | Bhinda |
| <i>Hindi</i> | Bhindi |
| <i>Kannada</i> | Bendekayi |
| <i>Konkani</i> | Bendan |
| <i>Malayalam</i> | Vendakka |
| <i>Mahrathi</i> | Bhendi |
| <i>Oria</i> | Bhendi |
| <i>Punjabi</i> | Bhindi |
| <i>Tamil</i> | Vendai |
| <i>Telegu</i> | Benda |
| <i>Tulu</i> | Bendekayi |

132 **Lady fish** See Kaanae

133 Lakki

| | |
|------------------|-----------------|
| <i>Botanical</i> | Vitex negundo |
| <i>English</i> | Indian privet |
| <i>Hindi</i> | Mevadi; Indrani |
| <i>Kannada</i> | Lakkee |
| <i>Konkani</i> | Lingdi |
| <i>Malayalam</i> | Nochi |
| <i>Mahrathi</i> | Neergundi |
| <i>Sanskrit</i> | Neergundi |
| <i>Tamil</i> | Nochi |
| <i>Telegu</i> | Vayala; Vavili |
| <i>Tulu</i> | Nekki |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

134 *Lawsonia alba*

| | |
|------------------|--------------------------------|
| <i>Botanical</i> | L-alba |
| <i>English</i> | Henna-samphire |
| <i>Bengali</i> | Mehedi |
| <i>Gujarathi</i> | Mendi |
| <i>Hindi</i> | Mhindi |
| <i>Kannada</i> | Gorante |
| <i>Malayalam</i> | Marutoni |
| <i>Mahrathi</i> | Mendhi |
| <i>Sanskrit</i> | Raktogarba; Kurantaka |
| <i>Tamil</i> | Maruthonri; Maruthani; Aivanam |
| <i>Telegu</i> | Goranta |

135 *Lemon*

| | |
|------------------|--------------------------|
| <i>Botanical</i> | Citrus auratifolia |
| <i>English</i> | Sour lime |
| <i>Assamese</i> | Nemu-tenga |
| <i>Bengali</i> | Kagi-nebu |
| <i>Gujarathi</i> | Limbu |
| <i>Hindi</i> | Nimboo |
| <i>Kannada</i> | Nimbe |
| <i>Konkani</i> | Limbo |
| <i>Malayalam</i> | Cherunaranga |
| <i>Mahrathi</i> | Kagadi Limbu |
| <i>Oria</i> | Lembu |
| <i>Punjabi</i> | Galgal |
| <i>Sanskrit</i> | Elumicha |
| <i>Tamil</i> | Elumicham; Kaipa naranga |
| <i>Telegu</i> | Nimbapandu |
| <i>Tulu</i> | Limbae |

136 *Lemon grass*

| | |
|------------------|-----------------------------------|
| <i>Botanical</i> | Cymbopogon citratus |
| <i>Bengali</i> | Gandha Bena |
| <i>Gujarathi</i> | Lilly-chaya |
| <i>Kannada</i> | Majjige hullu; Purvali hullu |
| <i>Konkani</i> | Chahaveche than |
| <i>Malayalam</i> | Vasana pullu |
| <i>Mahrathi</i> | Sugandhichaha; Bhustrima |
| <i>Sanskrit</i> | Sugandha bhoothrana; Thakra thuni |
| <i>Tamil</i> | Karpura pullu; Vasana pullu |
| <i>Telegu</i> | Nimma gaddi; Vasana gaddi |

137 *Lentils*

| | |
|--------------|----------------|
| <i>Hindi</i> | Masoor |
| <i>Tamil</i> | Mysore paruppu |

138 *Lepo*

| | |
|----------------|-----------|
| <i>English</i> | Sole fish |
| <i>Hindi</i> | Repti |
| <i>Konkani</i> | Lep; Lemp |
| <i>Tulu</i> | Nangue |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

- 139 **Lime** See Lemon
- 140 **Linseed**
- | | |
|------------------|------------------------------|
| <i>Botanical</i> | Linum usitatissimum |
| <i>English</i> | Linseed; Flax plant |
| <i>Assamese</i> | Tichi |
| <i>Bengali</i> | Masina; Tishi |
| <i>Gujarathi</i> | Java; Alshi |
| <i>Hindi</i> | Halim; Chansar; Alshi; Ulsi |
| <i>Kannada</i> | Seeme agase beeja; Allibeeja |
| <i>Malayalam</i> | Alivitta |
| <i>Oria</i> | Pesi |
| <i>Punjabi</i> | Alshi |
| <i>Sanskrit</i> | Chandrasura |
| <i>Tamil</i> | Aliverai |
| <i>Telegu</i> | Adeli; Adiyalu |
- 141 **Lotus**
- | | |
|------------------|---------------------|
| <i>Botanical</i> | Nelumbium speciosum |
| <i>Assamese</i> | Podum |
| <i>Bengali</i> | Padma |
| <i>Gujarathi</i> | Kamal |
| <i>Hindi</i> | Kanwal |
| <i>Kannada</i> | Kamala; Tavare |
| <i>Konkani</i> | Salikan |
| <i>Malayalam</i> | Thamara |
| <i>Mahrathi</i> | Kamal |
| <i>Oria</i> | Padma |
| <i>Punjabi</i> | Kanwal |
| <i>Sanskrit</i> | Kamalam |
| <i>Tamil</i> | Thamarai |
| <i>Telegu</i> | Damara |
| <i>Tulu</i> | Taamare; Alli |
- 142 **Mace** See Jayithri
- 143 **Mackerel (fish)**
- | | |
|-----------------|---------|
| <i>Hindi</i> | Bangda |
| <i>Kannada</i> | Bangdo |
| <i>Mahrathi</i> | Bangda |
| <i>Tulu</i> | Bangude |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

144 Maize

| | |
|------------------|-----------------------------|
| <i>Botanical</i> | Zea mays |
| <i>English</i> | Indian corn; Maize |
| <i>Assamese</i> | Makoi-joha |
| <i>Bengali</i> | Bhutta |
| <i>Gujarathi</i> | Makai |
| <i>Hindi</i> | Makai |
| <i>Kannada</i> | Musukina jola; Govina jola |
| <i>Konkani</i> | Zandlo |
| <i>Malayalam</i> | Makka cholam; Ponthi cholam |
| <i>Mahrathi</i> | Jondla |
| <i>Oria</i> | Makka |
| <i>Punjabi</i> | Makai |
| <i>Tamil</i> | Makka cholam; Ponthi cholam |
| <i>Telegu</i> | Mokka junna |
| <i>Tulu</i> | Jola |

145 Methi

See Fenugreek

146 Mint

| | |
|------------------|-----------------------|
| <i>Botanical</i> | Mentha spicata |
| <i>English</i> | Mint; March mint |
| <i>Assamese</i> | Podina |
| <i>Bengali</i> | Pudinah |
| <i>Gujarathi</i> | Pudina |
| <i>Hindi</i> | Pudinah |
| <i>Kannada</i> | Chetni maragu; Pudina |
| <i>Konkani</i> | Vodthalaun |
| <i>Malayalam</i> | Putiyina |
| <i>Sanskrit</i> | Sugandhi pathra |
| <i>Tamil</i> | Puthina |
| <i>Telegu</i> | Pudina |

147 Moolangi

| | |
|------------------|-----------------------|
| <i>Botanical</i> | Raphanus sativus |
| <i>English</i> | Radish |
| <i>Assamese</i> | Mula |
| <i>Bengali</i> | Mula |
| <i>Hindi</i> | Muli; Mula |
| <i>Kannada</i> | Moolangi |
| <i>Konkani</i> | Mullo |
| <i>Malayalam</i> | Mullanki; Kanaka pala |
| <i>Mahrathi</i> | Mulae; Mula |
| <i>Oria</i> | Mula |
| <i>Punjabi</i> | Muli; Mula |
| <i>Sanskrit</i> | Moolaka |
| <i>Tamil</i> | Mullangi |
| <i>Telegu</i> | Mullangi |
| <i>Tulu</i> | Mullangi |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

148 Mullu gorate

| | |
|------------------|------------------------------|
| <i>Botanical</i> | Barleria prionitis |
| <i>Assamese</i> | Nilbagi |
| <i>Bengali</i> | Khanta-jhanti |
| <i>Gujarathi</i> | Khantaasherio |
| <i>Hindi</i> | Vajradanti; Sahachara |
| <i>Kannada</i> | Mullu-goranti |
| <i>Konkani</i> | Goratti |
| <i>Malayalam</i> | Kanakabaram; Chemmuli |
| <i>Mahrathi</i> | Koranti |
| <i>Oria</i> | Daskaranta |
| <i>Punjabi</i> | Pila bansa; Gat saria |
| <i>Sanskrit</i> | Kurantaka |
| <i>Tamil</i> | Katukana-kambaram; Chemmulli |
| <i>Tulu</i> | Gorante |

149 Mullet (fish)

| | |
|-----------------|-----------|
| <i>Hindi</i> | Boi |
| <i>Konkani</i> | Shevtalli |
| <i>Mahrathi</i> | Boittea |
| <i>Tulu</i> | Maala |

150 Mundigenasu

| | |
|------------------|---|
| <i>Botanical</i> | Colocacia esculanta; Alocacia macrohiza |
| <i>English</i> | Taro |
| <i>Assamese</i> | Kachu |
| <i>Bengali</i> | Kachu |
| <i>Hindi</i> | Kachalu |
| <i>Kannada</i> | Keshavina gedde; Mundi genasu; Save gedde |
| <i>Konkani</i> | Kasallu |
| <i>Malayalam</i> | Chempu |
| <i>Mahrathi</i> | Kasallu |
| <i>Oria</i> | Saru |
| <i>Punjabi</i> | Kachalu |
| <i>Sanskrit</i> | Manakam |
| <i>Tamil</i> | Ichi-chembu; Sama kilangue |
| <i>Telegu</i> | Chema |
| <i>Tulu</i> | Rechchow |

151 Mung

See Green gram

152 Mungaaraballi

| | |
|------------------|----------------------|
| <i>Botanical</i> | Vitis quadrangularis |
| <i>Kannada</i> | Sundu balli |
| <i>Konkani</i> | Sandvaal |
| <i>Malayalam</i> | Changaperanda |
| <i>Sanskrit</i> | Vajravallee |
| <i>Tamil</i> | Perandai |
| <i>Telegu</i> | Nalleru |
| <i>Tulu</i> | Sandu booru |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

153 Mustard

| | |
|------------------|----------------------|
| <i>Botanical</i> | Brassica campestris |
| <i>Assamese</i> | Sariah |
| <i>Bengali</i> | Sarisha; Sarshapah |
| <i>Gujarathi</i> | Rai; Safed-rai |
| <i>Hindi</i> | Kaloroi; Sarsoa; Rai |
| <i>Kannada</i> | Saasive; Karisasive |
| <i>Konkani</i> | Sasaun |
| <i>Malayalam</i> | Kaduka; Kadugu |
| <i>Mahrathi</i> | Mohri; Mahori |
| <i>Oria</i> | Sarosha |
| <i>Punjabi</i> | Sarson; Rai |
| <i>Sanskrit</i> | Sarshapah |
| <i>Tamil</i> | Kadagu; Kadugu |
| <i>Telegu</i> | Avalu |
| <i>Tulu</i> | Sasive |

154 Muthuga

| | |
|------------------|--|
| <i>Botanical</i> | Butea frondosa |
| <i>English</i> | Bastand teak; Flame of the forest |
| <i>Assamese</i> | Palas; Phalasa |
| <i>Bengali</i> | Palas; Papra; Phalasa |
| <i>Gujarathi</i> | Kakara; Palas; Paparo |
| <i>Hindi</i> | Dhaak; Palas |
| <i>Kannada</i> | Muthunga |
| <i>Konkani</i> | Phalasa |
| <i>Malayalam</i> | Murukka; Chamatha; Plas |
| <i>Mahrathi</i> | Palasa |
| <i>Oria</i> | Palasa |
| <i>Punjabi</i> | Dhaak |
| <i>Sanskrit</i> | Palaashah |
| <i>Tamil</i> | Polasam; Samithu; Elai porasu; Palasam; Murukkam |
| <i>Telegu</i> | Moduga; Plash |
| <i>Tulu</i> | Palaasha |

155 Nandi battlu

| | |
|------------------|-------------------------------|
| <i>Botanical</i> | Ervatania divaricata |
| <i>Assamese</i> | Kothonaphul |
| <i>Bengali</i> | Tagar |
| <i>Hindi</i> | Chandni; Thagara |
| <i>Kannada</i> | Nandibatlu; Nanjabatlu |
| <i>Konkani</i> | Kavatto; Kokke |
| <i>Malayalam</i> | Thogaran; Nanthiar vattam |
| <i>Mahrathi</i> | Tagar; Anantha |
| <i>Oria</i> | Tagara |
| <i>Sanskrit</i> | Nandyavartham |
| <i>Tamil</i> | Nandia-vattai; Nandiar vattam |
| <i>Telegu</i> | Nandivardhanamu |
| <i>Tulu</i> | Kokke |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

156 **Neem**

| | |
|------------------|----------------------|
| <i>Botanical</i> | Azadirachta indica |
| <i>English</i> | Margosa; Neem |
| <i>Assamese</i> | Moha-nim |
| <i>Bengali</i> | Nim; Nimba |
| <i>Gujarathi</i> | Limba |
| <i>Hindi</i> | Nim; Nimba |
| <i>Kannada</i> | Bevu; Olle bevu |
| <i>Konkani</i> | Kaibevu |
| <i>Malayalam</i> | Veppa; Veppu |
| <i>Mahrathi</i> | Kadu limb |
| <i>Oria</i> | Nimba |
| <i>Punjabi</i> | Nim; Nimba |
| <i>Sanskrit</i> | Nimbah |
| <i>Tamil</i> | Vaambu; Vaeppamaram |
| <i>Telegu</i> | Vepai; Vepaku chettu |
| <i>Tulu</i> | Kaibevu |

157 **Nelabasale**

| | |
|------------------|---------------------------------------|
| <i>Botanical</i> | Boerhavia diffusa |
| <i>Assamese</i> | Pononua |
| <i>Bengali</i> | Punar navaa |
| <i>Gujarathi</i> | Ghetuli |
| <i>Hindi</i> | Thikri; Godhaporva; Punarnavaa |
| <i>Kannada</i> | Balavadike; Ganajali; Rakta punarnava |
| <i>Konkani</i> | Dharni; Vallchebhaji |
| <i>Malayalam</i> | Thazhuthama; Thamichana |
| <i>Mahrathi</i> | Punar navaa |
| <i>Oria</i> | Ghodapuruni |
| <i>Punjabi</i> | Bhiskappa; Itsit |
| <i>Sanskrit</i> | Punar navaa |
| <i>Tamil</i> | Mukkaratai; Sattaranai |
| <i>Telegu</i> | Punarnaba |

158 **Nela Nelli**

| | |
|------------------|---------------------------------|
| <i>Botanical</i> | Phyllanthus niruri (acidus) |
| <i>Assamese</i> | Holpholi; Poram-lokhi |
| <i>Bengali</i> | Noar |
| <i>Hindi</i> | Chalmeri; Harfarauri |
| <i>Kannada</i> | Kirunelli |
| <i>Konkani</i> | Bhuin-avalae |
| <i>Malayalam</i> | Kizhanelli; Nellipuli; Arinelli |
| <i>Mahrathi</i> | Ray avali |
| <i>Oria</i> | Narakoli |
| <i>Sanskrit</i> | Bhoodatreo |
| <i>Tamil</i> | Arunelli; Kilanelli |
| <i>Telegu</i> | Ratsavusirike |

159 **Nelli**

See Amla

160 **Nerale**

See Jamun

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

| | | |
|-----|-------------------|------------------------------------|
| 161 | Nogli | See Lady fish |
| 162 | Nutmeg | |
| | <i>Botanical</i> | Myristica fragrans |
| | <i>Bengali</i> | Jaiphal |
| | <i>Gujarathi</i> | Jayiphal |
| | <i>Hindi</i> | Jaiphal |
| | <i>Kannada</i> | Jayikayi; Jajeekai; Jayipatree |
| | <i>Konkani</i> | Zaiphal |
| | <i>Malayalam</i> | Jathikai |
| | <i>Mahrathi</i> | Jaiphal |
| | <i>Oria</i> | Jaipholo |
| | <i>Punjabi</i> | Jaiphal |
| | <i>Sanskrit</i> | Jathiphalam |
| | <i>Tamil</i> | Jathikai |
| | <i>Telegu</i> | Jaji kaya |
| 163 | Omam | See Ajwain |
| 164 | Periwinkle | |
| | <i>Botanical</i> | Vinca rosea |
| | <i>Assamese</i> | Nayantara |
| | <i>Bengali</i> | Nayantara |
| | <i>Hindi</i> | Sadabahar |
| | <i>Kannada</i> | Kempukasi-kanigalu; Turuku mallige |
| | <i>Malayalam</i> | Kasitumpa |
| | <i>Mahrathi</i> | Sada phuli |
| | <i>Oria</i> | Sadabihari |
| | <i>Punjabi</i> | Rattan jot |
| 165 | Papaya | |
| | <i>Botanical</i> | Carica Papaya |
| | <i>English</i> | Papaw |
| | <i>Assamese</i> | Amita |
| | <i>Bengali</i> | Paypay |
| | <i>Gujarathi</i> | Papayi |
| | <i>Hindi</i> | Papita |
| | <i>Kannada</i> | Parangi; Papaya; Papali |
| | <i>Konkani</i> | Popai |
| | <i>Malayalam</i> | Karutha; Kaplam |
| | <i>Mahrathi</i> | Popai |
| | <i>Oria</i> | Amruthabhanda |
| | <i>Punjabi</i> | Papita |
| | <i>Sanskrit</i> | Vaathokumbha |
| | <i>Tamil</i> | Pappali |
| | <i>Telegu</i> | Boppayi |
| | <i>Tulu</i> | Bappangai |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

166 Pee-naari

| | |
|------------------|----------------------------------|
| <i>Botanical</i> | Sterculia goetida |
| <i>Assamese</i> | Ban-badam |
| <i>Bengali</i> | Jangli badam |
| <i>Gujarathi</i> | Narkaya-uda |
| <i>Hindi</i> | Jangli badam |
| <i>Kannada</i> | Pee naari; Bhetala; Pethala mara |
| <i>Malayalam</i> | Ananthondi |
| <i>Mahrathi</i> | Jangli badam |
| <i>Oria</i> | Jangali badam |
| <i>Punjabi</i> | Jangli badam |
| <i>Tamil</i> | Paemaram |
| <i>Telegu</i> | Guttapubadam |

167 Pepper

| | |
|------------------|------------------------------------|
| <i>Botanical</i> | Piper nigrum |
| <i>English</i> | Black pepper |
| <i>Assamese</i> | Jaluk |
| <i>Bengali</i> | Golmarich |
| <i>Gujarathi</i> | Kalomirich; Golmirich; Kala-mircha |
| <i>Hindi</i> | Kali mirch |
| <i>Kannada</i> | Kari menasu |
| <i>Konkani</i> | Mirin |
| <i>Malayalam</i> | Kurumolagu |
| <i>Mahrathi</i> | Kali miri; Miree |
| <i>Oria</i> | Gola maricha |
| <i>Punjabi</i> | Kali march |
| <i>Sanskrit</i> | Mareecha |
| <i>Tamil</i> | Milagu; Kurumilagu |
| <i>Telegu</i> | Savyamu; Miriyaalu |
| <i>Tulu</i> | Eddae munchi |

168 Petluppu

| | |
|------------------|------------------------|
| <i>Botanical</i> | (Lt) Potassium nitrate |
| <i>Kannada</i> | Petluppu |

169 Phyllanthus emblica

See Amla

170 Pine apple

| | |
|------------------|------------------------------|
| <i>Botanical</i> | Ananas sativus |
| <i>Bengali</i> | Anarus |
| <i>Gujarathi</i> | Ananas |
| <i>Hindi</i> | Ananas |
| <i>Kannada</i> | Ananas |
| <i>Konkani</i> | Anas |
| <i>Malayalam</i> | Kaitha chakka |
| <i>Mahrathi</i> | Arnanasa |
| <i>Sanskrit</i> | Kshudra panasam |
| <i>Tamil</i> | Annasipazham; Parangi thalai |
| <i>Telegu</i> | Anasa pandu; Parangi thalai |
| <i>Tulu</i> | Parengi pelakai |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

171 Peepal

| | |
|------------------|------------------------------|
| <i>Botanical</i> | Ficus religiosa |
| <i>English</i> | Sacred-fig-peepul tree |
| <i>Assamese</i> | Anbot |
| <i>Bengali</i> | Asud; Aswatha |
| <i>Gujarathi</i> | Jari; Alubhukara; Pipol |
| <i>Kannada</i> | Aswantha; Arali; Pimpala |
| <i>Konkani</i> | Pimplacho ruk |
| <i>Malayalam</i> | Arasu; Arayalu; Araini-arasu |
| <i>Mahrathi</i> | Pimpal |
| <i>Oria</i> | Aswantha |
| <i>Punjabi</i> | Pipal |
| <i>Sanskrit</i> | Aswantha |
| <i>Tamil</i> | Arasu |
| <i>Telegu</i> | Ravi; Ragi; Aswatha |
| <i>Tulu</i> | Aswantha |

172 Pomegranate

| | |
|------------------|-------------------------|
| <i>Botanical</i> | Punica granatum |
| <i>Assamese</i> | Dalim |
| <i>Bengali</i> | Dalim-gash; Dalim |
| <i>Gujarathi</i> | Dadam |
| <i>Hindi</i> | Anar |
| <i>Kannada</i> | Dalimbe |
| <i>Konkani</i> | Dalimb |
| <i>Malayalam</i> | Mathalam; Uriyan pazham |
| <i>Mahrathi</i> | Dalimb |
| <i>Oria</i> | Dalimba |
| <i>Punjabi</i> | Anar |
| <i>Sanskrit</i> | Daadimah; Sheekdana |
| <i>Telegu</i> | Dalimba |
| <i>Tulu</i> | Dalimbe |

173 Pomfret (fish)

| | |
|-----------------|--------------------------------|
| <i>English</i> | Cohite pomfret; Silver pomfret |
| <i>Hindi</i> | Pomplet |
| <i>Konkani</i> | Pamplet |
| <i>Mahrathi</i> | Pamplet |
| <i>Tulu</i> | Boldu maanji |

174 Poppy seeds

See Cus-cus

175 Potassium nitrate

See Petluppu

176 Prawas

| | |
|------------------|----------|
| <i>Bengali</i> | Chingri |
| <i>Hindi</i> | Jinga |
| <i>Kannada</i> | Sigadi |
| <i>Konkani</i> | Sungtan |
| <i>Malayalam</i> | Chemmeen |
| <i>Mahrathi</i> | Zinga |
| <i>Tulu</i> | Etti |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

177 Pumpkin

| | |
|------------------|------------------------------------|
| <i>Botanical</i> | Curcubita moschata (maxima) (pepe) |
| <i>English</i> | Sweet gourd |
| <i>Assamese</i> | Rongalau |
| <i>Bengali</i> | Mitha kumbra |
| <i>Hindi</i> | Kaddu; Mitha-kaddu |
| <i>Kannada</i> | Sihigumbala; Kumbala |
| <i>Konkani</i> | Dudin; God-dudin |
| <i>Malayalam</i> | Mathan; Chakkara kumbalanga |
| <i>Mahrathi</i> | Kala bhopala; Kohla |
| <i>Oria</i> | Mitha kokharu |
| <i>Punjabi</i> | Halwa-kaddu |
| <i>Sanskrit</i> | Dangaree |
| <i>Tamil</i> | Pooshanikai |
| <i>Telegu</i> | Gummadi kai |
| <i>Tulu</i> | Kembude |

178 Pungam

| | |
|------------------|--------------------------|
| <i>Botanical</i> | Pongamia glabra |
| <i>English</i> | Indian beech |
| <i>Hindi</i> | Koranja |
| <i>Kannada</i> | Hulagala; Honge; Kornege |
| <i>Konkani</i> | Karinge ruk |
| <i>Malayalam</i> | Ungu; Pongu |
| <i>Mahrathi</i> | Karanja |
| <i>Sanskrit</i> | Karaunsah; Karanja |
| <i>Tamil</i> | Pungam |
| <i>Telegu</i> | Kanuga |
| <i>Tulu</i> | Korengi; Pungu; Naipalle |

179 Patranjeevi

| | |
|------------------|-----------------------|
| <i>Botanical</i> | Putranjeevi roxburgil |
| <i>Kannada</i> | Puthranjeeva |
| <i>Konkani</i> | Puthrajebbi ruk |
| <i>Sanskrit</i> | Puthranjeeva |
| <i>Tamil</i> | Karupilai |
| <i>Telegu</i> | Kudrajeevi |

180 Radish

See Moolangi

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

181 Raisins

| | |
|------------------|--------------------------|
| <i>Botanical</i> | Vitis vinifera |
| <i>Assamese</i> | Angur |
| <i>Bengali</i> | Angur |
| <i>Gujarathi</i> | Mudraka |
| <i>Hindi</i> | Munakka; Angur |
| <i>Kannada</i> | Vonadraakshe |
| <i>Konkani</i> | Sukio dako |
| <i>Malayalam</i> | Karuppu draaksha |
| <i>Mahrathi</i> | Manuka |
| <i>Oria</i> | Angura |
| <i>Punjabi</i> | Angur |
| <i>Sanskrit</i> | Draaksha |
| <i>Tamil</i> | Kodimunthiri |
| <i>Telegu</i> | Kisumisu; Nalla draaksha |
| <i>Tulu</i> | Nungel draakshe |

182 Rawa

| | |
|------------------|--------------|
| <i>Hindi</i> | Rawa |
| <i>Kannada</i> | Ravae |
| <i>Konkani</i> | Soji; Rulaun |
| <i>Malayalam</i> | Ravae |
| <i>Tamil</i> | Ravai |
| <i>Tulu</i> | Sajjige |

183 Reeta

| | |
|------------------|-------------------------|
| <i>Botanical</i> | Sapindus emarginatus |
| <i>English</i> | Soap nut |
| <i>Assamese</i> | Monichal; Haritaguti |
| <i>Bengali</i> | Ritha |
| <i>Gujarathi</i> | Aritha |
| <i>Hindi</i> | Ritha |
| <i>Kannada</i> | Antuvaala; Norekayi |
| <i>Konkani</i> | Ringo |
| <i>Malayalam</i> | Urvanji; Ashavakka |
| <i>Mahrathi</i> | Ritha |
| <i>Oria</i> | Ritha; Mukamanji |
| <i>Punjabi</i> | Ritha |
| <i>Sanskrit</i> | Fenila |
| <i>Tamil</i> | Nolkottai; Ponnankottai |
| <i>Telegu</i> | Kunkudu |
| <i>Tulu</i> | Nurekai |

184 Renje

| | |
|------------------|----------------------|
| <i>Botanical</i> | Mimusops elangi |
| <i>Hindi</i> | Mulsari |
| <i>Kannada</i> | Ranjala; Pagade |
| <i>Konkani</i> | Vovli |
| <i>Malayalam</i> | Elenji |
| <i>Sanskrit</i> | Bakula; Simba kesara |
| <i>Tamil</i> | Magadam; Magil |
| <i>Telegu</i> | Pogada |
| <i>Tulu</i> | Renje |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

- 185 **Ridge gourd**
- | | |
|------------------|-------------------------------|
| <i>Botanical</i> | Luffa pentandrea (acutangala) |
| <i>English</i> | Ribbed gourd |
| <i>Assamese</i> | Jika |
| <i>Bengali</i> | Jhinga |
| <i>Gujarathi</i> | Sirola |
| <i>Hindi</i> | Kalitori tharoayi |
| <i>Kannada</i> | Heere kayi |
| <i>Konkani</i> | Gosalen |
| <i>Malayalam</i> | Peechil; Peechingari |
| <i>Mahrathi</i> | Doadakee |
| <i>Oria</i> | Jahni |
| <i>Punjabi</i> | Kalitori |
| <i>Sanskrit</i> | Koshaathaki |
| <i>Tamil</i> | Peechanka; Peerkankai |
| <i>Tulu</i> | Peerae |
- 186 **Rock salt**
- | | |
|-----------------|--------------|
| <i>Hindi</i> | Saindalavana |
| <i>Kannada</i> | Saindalavana |
| <i>Mahrathi</i> | Saindalavana |
| <i>Sanskrit</i> | Saindhavam |
- 187 **Sabbasige**
- | | |
|------------------|------------------------|
| <i>Botanical</i> | Peucedanum graveolens |
| <i>English</i> | Dill seeds |
| <i>Bengali</i> | Soolpha |
| <i>Gujarathi</i> | Surva-nu-bi |
| <i>Hindi</i> | Sowa; Pithapasadaa |
| <i>Kannada</i> | Sabbasige |
| <i>Konkani</i> | Shep |
| <i>Malayalam</i> | Chatakuppa |
| <i>Mahrathi</i> | Shepu |
| <i>Sanskrit</i> | Misheyaa; Shathapushpi |
| <i>Tamil</i> | Chatha kuppai |
| <i>Telegu</i> | Shatakuppi |
| <i>Tulu</i> | Thathai |
- 188 **Sabudana**
- | | |
|--|----------|
| | See Sago |
|--|----------|
- 189 **Sago**
- | | |
|----------------|---------------------|
| <i>Hindi</i> | Saabadaana |
| <i>Konkani</i> | Sago |
| <i>Tamil</i> | Sagarava; Javvarshi |
| <i>Tulu</i> | Saagu |
- 190 **Sajjige**
- | | |
|--|----------|
| | See Rawa |
|--|----------|
- 191 **Salmon (fish)**
- | | |
|-----------------|--------|
| <i>Hindi</i> | Ravas |
| <i>Konkani</i> | Xevto |
| <i>Mahrathi</i> | Ravas |
| <i>Tulu</i> | Paarae |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

192 **Sarasaparella**

| | |
|------------------|--|
| <i>Botanical</i> | Hemidesmus indicus (Smilax zeylanica) |
| <i>English</i> | Sarasaparilla |
| <i>Assamese</i> | Hartikarna Iota |
| <i>Bengali</i> | Kumarika; Anantamul |
| <i>Hindi</i> | Chobchini; Magrabu salsa; Jangli-chanbelii |
| <i>Kannada</i> | Sogade; Naamada baeru; Sugandha-palada |
| <i>Konkani</i> | Dudwal |
| <i>Malayalam</i> | Nanaari |
| <i>Mahrathi</i> | Ghot vel; Uparsari |
| <i>Oria</i> | Kumbatua; Kumarika |
| <i>Punjabi</i> | Ushba |
| <i>Sanskrit</i> | Bhadravalli; Saribha |
| <i>Tamil</i> | Nannaari; Krishnavalli |
| <i>Telegu</i> | Sugandhi-pala |
| <i>Tulu</i> | Namada baer |

193 **Sardiness (fish)**

| | |
|------------------|---------|
| <i>Hindi</i> | Tharla |
| <i>Konkani</i> | Tharlar |
| <i>Malayalam</i> | Mathi |
| <i>Mahrathi</i> | Tharla |
| <i>Tulu</i> | Boothai |

194 **Saunf**

See Aniseed

195 **Seer fish**

| | |
|-----------------|---------------|
| <i>Hindi</i> | Surai; Surmai |
| <i>Konkani</i> | Isvonn |
| <i>Mahrathi</i> | Surmai |
| <i>Tulu</i> | Anjal |

196 **Semolina**

See Rawa

197 **Sesame**

See Gingelly

198 **Sesbania**

See Agasthe

199 **Shanka flowers**

| | |
|------------------|---|
| <i>Botanical</i> | Clitoria ternatea |
| <i>English</i> | Butterfly pea |
| <i>Assamese</i> | Aparijita |
| <i>Bengali</i> | Aparijita |
| <i>Gujarathi</i> | Garani |
| <i>Hindi</i> | Aparajit; Gokarna |
| <i>Kannada</i> | Girikarnike; Satugara gida; Shanka pushpa |
| <i>Konkani</i> | Shanka pushpi |
| <i>Malayalam</i> | Aral; Shanku pushpam |
| <i>Mahrathi</i> | Gokarna moola |
| <i>Oria</i> | Aparijita |
| <i>Punjabi</i> | Aparajith; Nililoel |
| <i>Sanskrit</i> | Aparajitha gokarni |
| <i>Tamil</i> | Kakkatan |
| <i>Telegu</i> | Shanka pushpamu |

200 **Shrimps**

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

| | |
|------------------|---------------------|
| <i>English</i> | Small (tiny) prawns |
| <i>Hindi</i> | Sadari |
| <i>Konkani</i> | Galmbo |
| <i>Malayalam</i> | Cheruchemmeen |
| <i>Mahrathi</i> | Sadari |

201 Snake gourd

| | |
|------------------|-----------------------|
| <i>Botanical</i> | Trichosanthes anguina |
| <i>Assamese</i> | Dhunduli |
| <i>Bengali</i> | Chin chinga |
| <i>Gujarathi</i> | Padavali |
| <i>Hindi</i> | Chachinda; Patoala |
| <i>Kannada</i> | Padavala |
| <i>Konkani</i> | Poddvolen |
| <i>Malayalam</i> | Padavalam |
| <i>Mahrathi</i> | Padval |
| <i>Oria</i> | Chhachindra |
| <i>Punjabi</i> | Parol |
| <i>Sanskrit</i> | Swadu patola |
| <i>Tamil</i> | Pudalai; Padla |
| <i>Telegu</i> | Potla |
| <i>Tulu</i> | Padlanga |

202 Sole fish

See Lepo

203 Soorna gadde

| | |
|------------------|------------------------------------|
| <i>Botanical</i> | Dioscorea elata |
| <i>Assamese</i> | Kath aloo; Patni-aloo |
| <i>Bengali</i> | Chupri-aloo; Zinli kand; Kham-aloo |
| <i>Hindi</i> | Chupri-aloo; Zinli kand; Kham-aloo |
| <i>Kannada</i> | Mudi genasu; Toona genasu |
| <i>Malayalam</i> | Chaena |
| <i>Mahrathi</i> | Kona |
| <i>Oria</i> | Khambo-aloo |
| <i>Punjabi</i> | Kniss |
| <i>Tamil</i> | Kayavalli; Senai |
| <i>Telegu</i> | Gunapendalamu |

204 Spinach

| | |
|------------------|-------------------------------|
| <i>Botanical</i> | Basella rubra |
| <i>Assamese</i> | Purai |
| <i>Bengali</i> | Puin; Palang |
| <i>Gujarathi</i> | Palak |
| <i>Hindi</i> | Poi; Palak |
| <i>Kannada</i> | Kempu baayi basalae |
| <i>Malayalam</i> | Sambarcheera |
| <i>Mahrathi</i> | Sag; Velbondi |
| <i>Oria</i> | Poi; Palak |
| <i>Punjabi</i> | Poi; Palak |
| <i>Tamil</i> | Sambara-keerai; Pasala keerai |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

- 205 **Strebulus asper**
- | | |
|------------------|--------------------------|
| <i>Botanical</i> | St. asper |
| <i>Kannada</i> | Punnoligae |
| <i>Konkani</i> | Pariyechoruk |
| <i>Malayalam</i> | Kurunji |
| <i>Tamil</i> | Kutti pila; Pira perukku |
| <i>Telegu</i> | Pakki; Barinki |
| <i>Tulu</i> | Punnoligae |
- 206 **Sultanas** See Currants
- 207 **Sweet potato**
- | | |
|------------------|------------------------|
| <i>Botanical</i> | Ipomoca batatas |
| <i>Assamese</i> | Mitha-aloo |
| <i>Bengali</i> | Mithia-aloo |
| <i>Gujarathi</i> | Shakkaria |
| <i>Hindi</i> | Shakar kand; Ratalu |
| <i>Kannada</i> | Genasu |
| <i>Konkani</i> | Kanngi |
| <i>Malayalam</i> | Madhura kizhangu |
| <i>Mahrathi</i> | Ratala |
| <i>Oria</i> | Chini-aloo; Kandamoola |
| <i>Punjabi</i> | Shakar kand; Ratalu |
| <i>Sanskrit</i> | Pindalu |
| <i>Tamil</i> | Sarkaraivalli kizhangu |
| <i>Telegu</i> | Genusu |
| <i>Tulu</i> | Kereng |
- 208 **Terminalia arjuna**
- | | |
|------------------|-------------------------------------|
| <i>Assamese</i> | Arjun goch |
| <i>Bengali</i> | Arjun |
| <i>Gujarathi</i> | Sajadan |
| <i>Hindi</i> | Arjun |
| <i>Kannada</i> | Bili mathi; Holae mathi; Tora mathi |
| <i>Konkani</i> | Mathi ruk |
| <i>Malayalam</i> | Velle mathi; Velle lavu |
| <i>Mahrathi</i> | Arjun sadada |
| <i>Oria</i> | Arjuna |
| <i>Punjabi</i> | Arjan |
| <i>Tamil</i> | Matuthu; Marudai |
| <i>Telegu</i> | Tella maddi |
- 209 **Terminalia chebula** See Anale

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

210 Thare

| | |
|------------------|---------------------|
| <i>Botanical</i> | Terminalia belerica |
| <i>English</i> | Beleric myrobalan |
| <i>Assamese</i> | Bhomra-guti |
| <i>Bengali</i> | Bahera |
| <i>Gujarathi</i> | Berang |
| <i>Hindi</i> | Bahairah |
| <i>Kannada</i> | Thare; Shanthi |
| <i>Konkani</i> | Gotinga |
| <i>Malayalam</i> | Thaani |
| <i>Mahrathi</i> | Behadaa |
| <i>Oria</i> | Bahada |
| <i>Punjabi</i> | Bahera |
| <i>Tamil</i> | Thaani |
| <i>Telegu</i> | Thaani |

211 Thonde kai

| | |
|------------------|--|
| <i>Botanical</i> | Cephalandra indica (coccinia cordifolia) |
| <i>English</i> | Gherkins |
| <i>Assamese</i> | Belipoka |
| <i>Bengali</i> | Telakucha |
| <i>Hindi</i> | Bhimba; Kundru |
| <i>Kannada</i> | Thonde kayi; Kaage dondae |
| <i>Konkani</i> | Thendin |
| <i>Malayalam</i> | Kova; Kovel |
| <i>Mahrathi</i> | Thendlee; Thondale |
| <i>Oria</i> | Kunduri; Kainchi kakudi |
| <i>Punjabi</i> | Ghol |
| <i>Sanskrit</i> | Bimbee |
| <i>Tamil</i> | Kaavai; Kovarai |
| <i>Telegu</i> | Kaki-londa |
| <i>Tulu</i> | Manoli |

212 Thumbe

| | |
|------------------|--------------------------------------|
| <i>Botanical</i> | Leucas linifolia (L.aspera) |
| <i>Assamese</i> | Doron; Durun phul |
| <i>Bengali</i> | Swedrona |
| <i>Gujarathi</i> | Jino-panni kubo |
| <i>Hindi</i> | Chota halkusa; Goomaa; Guma madupati |
| <i>Kannada</i> | Gantu thumbe; Karjali gida |
| <i>Konkani</i> | Thumbo |
| <i>Malayalam</i> | Thumpa |
| <i>Mahrathi</i> | Thumbaa |
| <i>Oria</i> | Gaisa |
| <i>Punjabi</i> | Guldona |
| <i>Sanskrit</i> | Drona pushpi |
| <i>Tamil</i> | Thumbai |
| <i>Telegu</i> | Thamma chettu; Tummi |
| <i>Tulu</i> | Thumbe |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

213 Touch me not

| | |
|------------------|--|
| <i>Botanical</i> | Mimosa pudica |
| <i>English</i> | Sensitive plant |
| <i>Assamese</i> | Lajukilota |
| <i>Bengali</i> | Lajjabalilata |
| <i>Gujarathi</i> | Lajjavanti |
| <i>Hindi</i> | Lajwanthi |
| <i>Kannada</i> | Naachike gida; Muttidare muni; Mudugu davare |
| <i>Konkani</i> | Lajechnae kantae |
| <i>Malayalam</i> | Thottal vadi |
| <i>Mahrathi</i> | Lachaaalu |
| <i>Oria</i> | Lajakuli; Lajkuri |
| <i>Punjabi</i> | Lajwanthi |
| <i>Sanskrit</i> | Lajjaalu |
| <i>Tamil</i> | Thottal sinigi; Thottal surungi |
| <i>Telegu</i> | Pedda nidrakantha; Muthava pualga |
| <i>Tulu</i> | Naachike mullu |

214 Turmeric

| | |
|------------------|---------------------------|
| <i>Botanical</i> | Curcuma domestica (longa) |
| <i>Assamese</i> | Holodhi |
| <i>Bengali</i> | Halood; Holodi |
| <i>Gujarathi</i> | Halad |
| <i>Hindi</i> | Haldi |
| <i>Kannada</i> | Arisina |
| <i>Konkani</i> | Halad |
| <i>Malayalam</i> | Kava; Manjal |
| <i>Mahrathi</i> | Halad |
| <i>Oria</i> | Haladi |
| <i>Punjabi</i> | Haldi |
| <i>Sanskrit</i> | Haridraa |
| <i>Tamil</i> | Manjal |
| <i>Telegu</i> | Pasupu |
| <i>Tulu</i> | Manjal |

215 Tuvar dal

| | |
|------------------|------------------------------|
| <i>Botanical</i> | Cajanus indicus (cajan) |
| <i>English</i> | Pigeon pea |
| <i>Assamese</i> | Rahar-mah |
| <i>Bengali</i> | Arahar |
| <i>Gujarathi</i> | Thuvare |
| <i>Hindi</i> | Rahar; Arhar dal |
| <i>Kannada</i> | Thogari kaalu; Thogari baele |
| <i>Konkani</i> | Thori dal |
| <i>Malayalam</i> | Thuvara; Tuvare paruppu |
| <i>Mahrathi</i> | Tur; Tor dal |
| <i>Oria</i> | Harada |
| <i>Sanskrit</i> | Adhakee |
| <i>Tamil</i> | Thovarai; Thuvaram paruppu |
| <i>Telegu</i> | Kandulu pasupu |
| <i>Tulu</i> | Thogari salai |

216 Urad

See Black gram

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

- 217 **Vayuvilanga**
- | | |
|------------------|---------------------|
| <i>Botanical</i> | Embelica ribens |
| <i>Hindi</i> | Vayuvidanga |
| <i>Kannada</i> | Vayuvilanga |
| <i>Malayalam</i> | Vishaul |
| <i>Mahrathi</i> | Vayuvidanga |
| <i>Sanskrit</i> | Vidanga; Krimighnam |
| <i>Tamil</i> | Vivilangam |
- 218 **Vermicelli**
- | | |
|-----------------|--------|
| <i>Hindi</i> | Semia |
| <i>Kannada</i> | Semia |
| <i>Konkani</i> | Sheyyo |
| <i>Mahrathi</i> | Sev |
| <i>Tamil</i> | Saemia |
| <i>Tulu</i> | Saemae |
- 219 **Vollekodi**
- | | |
|------------------|---|
| <i>Botanical</i> | Memecylon amplexicaule (M. edule) |
| <i>Kannada</i> | Bandike; Gandu kusumaalae; Ollaekudi; Gandu kaepala |
| <i>Konkani</i> | Kalleo ankrio |
| <i>Tulu</i> | Vollekodi |
- 220 **Water melon**
- See Kallachi
- 221 **Wild brinjal**
- | | |
|------------------|--|
| <i>Botanical</i> | Solanum jacquini; Solanum Xanthocarpum |
| <i>English</i> | Wild egg-plant |
| <i>Bengali</i> | Kantakari |
| <i>Gujarathi</i> | Patharingami |
| <i>Hindi</i> | Kateli; Bhatakatai |
| <i>Kannada</i> | Nella gula |
| <i>Malayalam</i> | Kantakaththiri |
| <i>Mahrathi</i> | Bhuringani |
| <i>Sanskrit</i> | Kantakatike; Nideghika |
| <i>Tamil</i> | Kandang kathiri |
| <i>Telegu</i> | Nela mulekavakuda |
| <i>Tulu</i> | Mullubadane |
- 222 **Wild castor**
- | | |
|------------------|--------------------------------------|
| <i>Botanical</i> | Jatropha gossypifolia |
| <i>Assamese</i> | Bhotera |
| <i>Bengali</i> | Lal-bharenda |
| <i>Hindi</i> | Lal-bharenda |
| <i>Kannada</i> | Hathi yele haralu; Chika kadu haralu |
| <i>Konkani</i> | Dhakti Erndi |
| <i>Oria</i> | Nalibaigaba; Verenda |
| <i>Punjabi</i> | Lal-bharenda |
| <i>Tamil</i> | Adalai |
| <i>Telegu</i> | Nepalem |
| <i>Tulu</i> | Kinnialmbooru |

MEDICINAL FOOD & PLANT NAMES (IN INDIAN LANGUAGES)

- 223 **Wild fig** See Athi
- 224 **Wood apple**
- | | |
|------------------|--|
| <i>Botanical</i> | Feronica elephantum |
| <i>Assamese</i> | Kath-baei |
| <i>Bengali</i> | Kath-bael |
| <i>Gujarathi</i> | Kotha |
| <i>Hindi</i> | Katha |
| <i>Kannada</i> | Kaadu bilwapatre; Nayi bela; Baelada hannu |
| <i>Konkani</i> | Belpatre |
| <i>Malayalam</i> | Blanka;Mlanka |
| <i>Mahrathi</i> | Kawath |
| <i>Oria</i> | Kaintha |
| <i>Punjabi</i> | Katha |
| <i>Sanskrit</i> | Kapita |
| <i>Tamil</i> | Velan; Vila |
| <i>Telegu</i> | Volaga |
- 225 **Yam** See Soornagadde
- 226 **Yogurt**
- | | |
|------------------|---------|
| <i>English</i> | Curds |
| <i>Hindi</i> | Dahin |
| <i>Kannada</i> | Mosaru |
| <i>Konkani</i> | Dahin |
| <i>Malayalam</i> | Thayir |
| <i>Mahrathi</i> | Dahin |
| <i>Tamil</i> | Thayir |
| <i>Tulu</i> | Benjana |