

Project Update: February 2009

Building on the support and participation of members of the previously established local conservation groups and wetland clubs, further capacity building activities were focused on the new three community forest user groups and five nature clubs. They received the educational materials in local language and conservation classes to foster better understanding on wetland health and biodiversity conservation. Wetland Day leaflet was prepared in Nepali which helped to generate awareness among the community members. Participatory ethnobotany assessment was useful to document the medicinal and local uses of local flora. The ethnobotanical uses of some local flora were documented as below:

- Amala *Phyllanthus emblica*: Fruit is used to heal cold and cough.
- Asna *Terminalia tomentosa*: The juice from green bark is used to heal cuts and wounds.
- Bar *Ficus bengalensis*: The leaves and the plant as a whole are used to worship for the betterment of family members.
- Barro *Terminalia bellirica*: Fruit is used to heal cold, cough, asthma and other respiratory problems.
- Bel *Aegle marmelos*: Juice from fruit is used to heal diarrhea and other stomach problems. Nowadays, juice from fruit is commonly used as beverage in hot weather. Green leaves are used in religious events.
- Dumri *Ficus racemosa*: Green fruits are used as vegetables. Plant sap is used to heal abdominal disorders. Paste of bark powder is used to increase milk of mothers.
- Harro *Terminalia chebula*: Fruits are used to heal cold, cough, respiratory disorders, diarrhea and dysentery.
- Jamun *Syzygium cumini*: Bark paste is used to heal abdominal disorders like diarrhea, dysentery and stomach-ache. Leaf juice is used to make forehead cool.
- Karma/Haldu *Adina cordifolia*: Leaf juice is used to make forehead cool and to heal cuts and wounds.
- Khair *Acacia catechu*: Bark juice / paste is used to heal body ache. Juice of core wood is used to heal cough.
- Koiralo *Bauhinia variegata*: Flower is used as pickle.
- Kusum *Schleichera oleosa*: Fruits are used as juice and beverage in hot weather.
- Neem *Azadirachta indica*: Leaf juice is used to treat cold and cough.
- Pipal *Ficus religiosa*: The leaves and plant as a whole are used to worship for the betterment of family members.
- Rajbriksha *Cassia fistula*: Leaf juice is used as laxative. Fruit extraction is used to heal diarrhea and dysentery.
- Sal *Shorea robusta*: Warm green leaves are used to treat swollen parts of the body. Wood juice is used to treat abdominal pain.
- Simal *Bombax Ceiba*: Root juice is used to treat urinary disorders. Paste of gum is used to heal wounds. Resin water is used to treat abdominal disorders like diarrhea and dysentery.
- Sindhure *Mallotus philippensis*: Bark juice is used to treat diarrhea.
- Sisau *Dalbergia sissoo*: Paste of young leaves is applied on forehead to treat fever. Bark juice is used to treat fever.

- Tanki Bauhinia purpurea: Flower is used as pickle.