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Ethno-Botanical Study at the Nabiganj Upazila of Habiganj District, Bangladesh

By Jontu Chandra Deb

Abstract- Between August 2019 and October 2020, an ethnobotanical research was carried out to look at how the inhabitants of Nabiganj Upazila of Bangladesh's Habiganj district was noted. The information regarding the ethnobotanical data was obtained by interviewing residents of different age groups, most of them were in the 15 to 55 age range, including medicinal herbalists and hakims. The present paper reported that 68 medicinal plants belonging to 41 families, and 60 genera which have been proven to be helpful in the treatment of 78 diseases. Out of these plant species, 24 belonged to herbs, 27 trees, eight shrubs, and nine climbers. However, other parts of medicinal plants, including the stem, bark, latex, leaf bud, pulp, petiole, fruits, and rhizome, Seed, root, calyx, and peduncle were also shown to be helpful. For each species, scientific name, local name, habit, family, ailments to be treated, mode of treatment, and part(s) used are provided.Local residents of gathered data on medicinal plants, including Nabiganj Upazila of Habiganj district.

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Keywords: ethnobotany, medicinal plants, rural people, disorders, local communities, nabiganj upozila.

I. Introduction

Ethno botanists scour the globe in search of the world's many indigenous peoples, who practice a wide variety of culturally specific rituals and performances and have developed deep ties to the flora and fauna of their respective environments. The word "ethnobotany" was created by John William Hershberger in the 1890s. Ethno-botany, a combination of the terms "ethnographic" and "botanical," refers to the study of both people and plants (Tree, Shrubs, and Herbs). As a subfield of Ethnobiology, "Ethno-botany" studies plant life in indigenous communities. In ethnobotany, researchers compile all available data on plants and their therapeutic use. Humans have used wild plants for thousands of years to provide for their most fundamental requirements: food, shelter, and clothing. Some plants have medicinal properties that are used to cure both internal and exterior ailments. In rural places, wild plants constitute a significant economic driver. States, Canada, Germany, Australia, and New Zealand are examples of developed nations. Even though fast-developing countries like China, India, Brazil, Indonesia, and Russia provide 80-85% of the world's medicinal plant medications, only 20-25% of the world's pharmaceuticals are derived from plants. More than 85,000 plant species are used for medical purposes, out of a total of 250,000 higher plant species known on Earth. Being a Mega-diversity country, Bangladesh has an abundance of useful plants for medicine. These plants have been used for a very long time. in Ayurvedic medicine, dating back thousands of years. Ethno-botanical research in Bangladesh has only recently begun. Studies of both medicinal plants and ethnobotanical practices in Bangladesh have been conducted.

Objectives:

- To record ethnobotanical knowledge of medicinal plants used by the local people living in Nabiganjupazila, Habiganj district of Bangladesh;
- To explain Ethno-medicinal Uses;
- To find out the origin of the plant;
- To investigate and collect knowledge about medicinal plants' therapeutic properties collected from traditional medicine practitioners and indigenous populations.

II. Materials and Methods

68 species were gathered and identified in this ethnomedicinal study, with the samples representing 60 different genera and 41 different families. Local herbalists, community leaders, and elders were interviewed using a semi-structured questionnaire to compile information on the medical uses of plants in their respective areas. Data collected by one individual was double-checked by asking similar questions to another person. Most medicinal plants were recognized in the wild, and when this was not possible, plant specimens were gathered. Herbarium specimens were compared, and their identities were confirmed, using this process. The field observations also highlighted the dangers threatening medicinal plants and their ecosystems. The verified identification of the plants to which these individuals referred Hooker (1961), Prain (1963), Khan and Huq (1975), Kirtikar and Basu (1987), Rahman et al. (2012, 2013), and Ahmad et al. (2010), Ahmed et al. (2007).

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III. Ethno-Botanical Enumeration

All species have been sorted alphabetically by their botanical name, their common name, and their family. The components, conventional applications, and application methods have all been described.

Albiziaprocera Benth.
Local name: Koroi
Family: Mimosaceae
Habit: Tree
Part(s) used: Leaves, Bark

Ethno-medicinal Uses: The leaves can be used as an insecticide and as a poultice for skin ulcers. To get rid of threadworms, a doctor may recommend a bath in water infused with bark and table salt, and the same treatment may be used for scabies. The use of barks as a remedy for tooth pain is well documented.

Alternanthera philoxeroides(Mart.) Griseb.
Local name: Helena
Family: Amaranthaceae
Habit: Herb
Part(s) used: The whole plant

Ethno-medicinal Uses: Foggy vision, night blindness, malaria, postpartum symptoms, diarrhea, dysentery, and puerperal fever are all treated with the whole plant.

Annona squamosa L.
Local name: Ata
Family: Annonaceae
Habit: Tree
Part(s) used: Leaves, Bark, Fruits, Seeds

Ethno-medicinal Uses: One teaspoon of bark juice is commonly used to cure diarrhea. Fruit fully ripened has several medicinal uses, including as a sedative for the heart, a pain reliever, a laxative, a maturing, and a tonic.

Artocarpusheterophyllus Lamk.
Local name: Kathal
Family: Moraceae
Habit: Tree
Part(s) used: Young leaves, Seeds, Roots

Ethno-medicinal Uses: Treatment of skin disorders often begins with fresh leaves. Seeds have diuretic, aphrodisiac, and laxative properties. Diarrhea treatment with roots

Artocarpuslacucha Buch.-Ham.
Local name: Deua
Family: Moraceae
Habit: Tree Part(s)
used: Seeds, Bark

Ethno-medicinal Uses: Purging with seeds is common. To treat constipation in breast-feeding babies infants, a paste formed from three to four roots is added to the mother's milk. To treat cracked and dry skin, an infusion of the bark is applied. The powdered bark is then put into the wound to help remove the pus.

Azadirachtaindica A. Juss
Local name: Neem
Family: Meliaceae
Habit: Tree
Part(s) used: Leaves, Fruits, Dry Nuts, Kernels

Ethno-medicinal Uses: In cases of ulcers and eczema, a strong decoction of the fresh leaves is employed due to theirmildly antibacterial properties. The fruit may be used as a laxative and as an anthelmintic, and it can also treat urinary tract infections, skin conditions, tumors, piles, and toothaches. When used after being crushed and mixed with water or another liquid, dried nuts have nearly the same therapeutic characteristics as the oil. To treat swollen gums, discomfort, and pyorrhea boils around 250 g of leaves in 1 liter of water until you get 250 ml to use as a gargle. You may treat scabies by taking a bath in water that has been cooked with the leaves, or you can take pills produced from the paste of the leaves. Jaundice treatment includes drinking the juice of the leaves.

Averrhoa carambola L.
Local name: Kamranga
Family: Oxalidaceae
Habit: Tree
Part(s) used: Fruits

Ethno-medicinal Uses: Eaten to treat jaundice, fruits are tonic, cooling, and antiscorbutic. The digestive tract can be soothed by eating green foods. Bloody piles, especially inside, respond well to the ripe fruit.

Aegle marmelos(L.) Correa
Local name: Bel
Family: Rutaceae
Habit: Tree
Part(s) used: Ripe Fruits, Unripe Fruits

Ethno-medicinal Uses: Fruits aid digestion, stimulate the appetite, and have long been touted as a miracle cure for intractable digestive issues, including persistent diarrhea, dysentery, and nausea. Both diarrhea and dysentery can be treated with unripe fruit, whereas ripe fruit can be used to treat constipation. An astringent, digestive, and stomachic, dried unripe fruit slice is recommended for cases of diarrhea and dysentery.

Allium cepa L.
Local name: Piaj
Family: Liliaceae
Habit: Herb
Part(s) used: Bulbs, Leaves

Ethno-medicinal Uses: A diabetic person's daily insulin needs can be cut in half if they consume 50 grams of onion daily day. Consuming 80 grams of onion daily for five months reduced serum cholesterol below normal in healthy humans.

Allium sativum L.
Local name: Rosen
Family: Liliaceae
Habit: Herb
Part(s) used: Bulbs, Leaves

Ethno-medicinal Uses: For relief from stomach gas, try taking anbulbs extract. Headaches can be treated by applying a paste made from the bulb to the forehead. Cough in children can be treated by giving them a paste made from leaves and cow or goat's milk and taking one teaspoonful twice a day for four or five days.

Asparagus racemosus L.
Local name: Stimuli
Family: Liliaceae
Habit: Herb
Part(s) used: the whole plant

Ethno-medicinal Uses: Child appetites are stimulated as a result. Sesame oil is a cooling and tonic for the hair as well as a remedy for acidity and impotence.

Aloe vera (L) Burm. f.
Local name: Gritakumari
Family: Aloeaceae
Habit: Herb
Part(s) used: the whole plant

Ethno-medicinal Uses: Rheumatism, edema, and paralysis can all be alleviated by applying a warm leaf directly to the afflicted region. When a leaf is cooked, the extract is used to cure paralysis.

Ananassativus Schult. f.
Local name: Aneros
Family: Bromeliaceae
Habit: Herb
Part(s) used: Leaves, Flowers, Fruits

Ethno-medicinal Uses: The ingestion of a young leaf extract is used to prevent nausea and vomiting. Women seeking an abortion may ingest an extract made from young flowers.

Basella alba L.
Local name: Puishak
Family: Basellaceae
Habit: Herb
Part(s) used: Leaves, Roots

Ethno-medicinal Uses: Constipation, especially in young children and pregnant women, can be treated using the juice extracted from the leaves. An effective remedy for tooth pain that involves chewing on a robot

Benincasahispida(Thunb.) Cogn.
Local name: Chalkumra
Family: Cucurbitaceae
Habit: Climber
Part(s) used: Fruits, Seeds

Ethno-medicinal Uses: Tonic, nutritive, diuretic, antiperiodic, constipation, heart disease, TB, colic discomfort, and aphrodisiac are among the conditionsthat benefit from eating fruit curry. The fried seeds are helpful fortreating tapeworms, lumbrical, and as a diuretic.

Bauhinia acuminate L.
Local name: Kanchan
Family: Caesalpiniaceae
Habit: Tree
Part(s) used: Leaves, Barks

Ethno-medicinal Uses: A decoction made from the bark or leaves is administered to patients suffering from biliousness, bladder stones, leprosy, and asthma. In other words, it aids digestion. A decoction from boiling the root in oil is used to treat burns. Herbal treatments for dropsy often use barks and leaves.

Borassusflabellifer L.
Local name: Tal
Family: Arecaceae
Habit: Tree
Part(s) used: Leaves

Ethno-medicinal Uses: In situations of dysentery, the young leaves' juice is administered in conjunction with water.

Bambusaarundinacea(Retz.) Willd.
Local name: Bansh
Family: Poaceae
Habit: Herb
Part(s) used: Barks, Leaf bud

Ethno-medicinal Uses: Stopping bleeding by applying a thin green covering of bark. As a remedy for aching joints and overall weakness, the roots are often used topically. To promote the smooth passage of menstruation or lochia after childbirth, a decoction of the leaf bud is given.

Carica papaya L.
Local name: Pepe
Family: Caricaceae
Habit: Shrub
Part(s) used: Latex

Ethno-medicinal Uses: The milky juice of both the fruit and the plant includes a digestive and anthelmintic enzyme called papain, which is used to treat digestive disorders, intestinal inflammation, and ringworm. Wounds, ulcers, boils, warts, and malignant tumors can benefit from an external application of latex, which speeds up the healing process. Abortion is caused by the latex of green fruits.

Coccinia cordifolia(L.) Cogn.
Local name: Telakucha
Family: Cucurbitaceae
Habit: Climber
Part(s) used: Whole plant, Fruit, Leaves, Roots, Stem

Ethno-medicinal Uses: Diabetes, aphrodisiac, biliousness, and blood diseases are all treated with a young fruit curry. Diabetes, anorexia, asthma, fever, dropsy, catarrh, epilepsy, and gonorrhea can all be treated using the juice of the entire plant. Patients with diabetes mellitus benefit from the entire plant because of its well-known ability to lower sugar levels in their urine. Patients with glycosuria do not see a decrease in sugar levels in their blood or urine after consuming fresh juice from leaves, stems, and roots. In the event that a snake bit you, you should consume the fruit and, use the leaves as medicine.

Cucumis melon L.
Local name: Bangi
Family: Cucurbitaceae
Habit: Climber
Part(s) used: Seeds and Fruits.

Ethno-medicinal Uses: The mature fruit has several ethnomedical applications, including treatment for renal ailments, cooling, flattening, toning, laxative, aphrodisiac, biliousness, diuretic, and severe eczema. When consumed, the seeds have diuretic, cooling, nutritional, and enlarging effects on the prostate gland.

Cucumis sativus L.
Local name: Sasha
Family: Cucurbitaceae
Habit: Climber
Part(s) used: Leaves, Fruits, Seeds

Ethno-medicinal Uses: Demulcents can be made directly from the fruit. These fried seeds have several medicinal uses, including as a diuretic, a laxative, and even an anthelmintic. leaves and cumin seeds for throat problems.

Cassia fistula L.
Local name: Badarlathi
Family: Caesalpiniaceae
Habit: Tree
Part(s) used: Leaves, Pulps, Barks

Ethno-medicinal Uses: The ringworm-curing properties of the juice extracted from the young leaves. the fruit pulp is administered for liver problem and is a pleasant laxative that may be used safely by pregnant women and young children. The pulp, when used topically, is effective against gout, rheumatism, and ringworm.

Cajanuscajan(L.) Huth.
Local name: Arhar
Family: Fabaceae
Habit: Shrub
Part(s) used: Leaves, Seeds

Ethno-medicinal Uses: Mouth and piles ailments are treated with leaves. The laxative effects of the leaf juice make it a standard treatment for jaundice and pneumonia. Coughs benefit from the leaves and seeds, and so does regulating breast milk production. Pectoral infusions includebuds, flowers, and green pods. Jaundice patients are often administered leaf juice.

Clitoriatarnetea L.
Local name: Aprajita
Family: Fabaceae
Habit: Climber
Part(s) used: Leaves, Flowers, Roots

Ethno-medicinal Uses: Colliquative perspiration during a frantic fever can be treated with a mixture of leaf juice and fresh ginger juice, earaches can be alleviated by applying warm saltwater compresses to the outer ear. Children with coughs are treated with flower juice combined with their mother's milk or honey for three days. An effective method of birth control involves the use of roots (White Flowered Variety).

Chenopodium album L.
Local name: Batuashak
Family: Chenopodiaceae
Habit: Herb
Part(s) used: Leaves, Flowers

Ethno-medicinal Uses: The infusion of the leaves is used to treat intestinal ulcers, while the leaves themselves are used as an anthelmintic to treat hepatic diseases and splenic enlargement. Stomach issues, kid weakness, and weight gain are all treated with flowers and buds.

Cinnamomumtamala Nees.
Local name: Tejpata
Family: Lauraceae
Habit: Small tree
Part(s) used: Leaves, Barks

Ethno-medicinal Uses: Coughs and colds can be treated by brewing tea from the leaves and bark. Insulin resistance can be reversed by taking a tablet containing leaf paste twice a day for an extended period. In cases of gonorrhea, bark can be used as a carminative.

Croton bonplandianum Bail.
Local name: Croton
Family: Euphorbiaceae
Habit: Herb
Part(s) used: Leaves, Seeds, Latex

Ethno-medicinal Uses: Coughs can be alleviated by ingesting the juice from three to four leaves for three to four days. Eczema and ringworm are cured by applying a paste from ground seeds directly to the affected area. Wounds and cuts can be treated with latex.

Citrus aurantifolia Sw.
Local name: Kagochilebu
Family: Rutaceae
Habit: Shrub
Part(s) used: Fruits, Unripe Fruits

Ethno-medicinal Uses: In cases of skin irritation and nausea, eating fruit can help. Indigestion can be alleviated by eating the salted peel. Onestandard

treatment for catarrhal fever is to drink a warm water mixed with two teaspoons of honey and some of the fruit juice.

Citrus grandis(L.) Osbeck.
Local name: Jambura
Family: Rutaceae
Habit: Tree
Part(s) used: Leaves, Fruits, Seeds

Ethno-medicinal Uses: A fruit juice preparation is used to treat jaundice and fever. To prevent nausea and vomiting, leave the fragrance where it is. Those who suffer from nausea and vomiting might benefit from taking seeds.

Centellaasiatica(L.) Urban.
Local name: Thankuni
Family: Apiaceae
Habit: Herb
Part(s) used: Leaves, Whole plants

Ethno-medicinal Uses: Leaf extract from boiling water is used to cure conjunctivitis. For diarrhea, flatulence, and TB, take four teaspoonfuls of whole plant extract twice daily for two days. To treat gastrointestinal issues, including diarrhea, dysentery, and stomach ache, the entire plant is ground into a paste and eaten with boiling rice. A memory tonic derived from the leaves.

Colocasia esculenta (L.) Schott.
Local name: Kachu
Family: Araceae
Habit: Herb
Part(s) used: Petioles, Leaves

Ethno-medicinal Uses: It is common practice to treat an athlete's foot and halt bleeding from cuts using the styptic, stimulant, and rube facient juice extracted from the petioles. The juice made from the leaves is used to treat malignant growths, polyps with ulcers, nasal cancer, and warts. The laxative properties of corm juice make it helpful in treating piles, portal system congestion, and alopecia.

Cynodondactylon Pers.
Local name: Durba
Family: Poaceae
Habit: Herb
Part(s) used: whole plants, Roots

Ethno-medicinal Uses: To staunch bleeding, fresh plant juice is applied to new cuts and wounds. To treat vesicle calculus and secondary syphilis, a decoction of the roots is helpful. It's also beneficial for soothing irritated urinary organs.

Canna indica L.
Local name: Kolaboti
Family: Cannaceae
Habit: Herb
Part(s) used: Seed, Rhizome, Root

Ethno-medicinal Uses: Seed juice relieves earaches. The Rhizome is used in ringworm.

Curcuma longa L.
Local name: Holud
Family: Zingiberaceae
Habit: Herb
Part(s) used: Rhizome, Flowers

Ethno-medicinal Uses: Dysentery can be cured by eating a diet of rhizome paste or powder combined with wild rice, mustard oil, and table salt for three to four days. When applied as a poultice, a mixture of ground rhizome and lime can help alleviate sprain pain. Intestinal worms are treated with a saline solution of freshly squeezed rhizome juice. Oil from the rhizome can be used as an antacid, carminative, stomachic, and tonic. Gonorrhea, ringworm, and other parasitic skin illnesses are treated using flower paste.

Curcuma zeoderia Rosc.
Local name: Shakthi
Family: Zingiberaceae
Habit: Herb
Part(s) used: Rhizome, Leaves

Ethno-medicinal Uses: Diarrhea is treated using a decoction made from the rhizome. Dropsy treatment includes ingesting the leaf juice. Cough, cold, fever, and bronchitis are all treated with a combination of long pepper, cinnamon, and honey. New rhizome inhibits the spread of gonorrhea and leucorrhea.

Dilleniaindica L.
Local name: Chalta
Family: Dilleniaceae
Habit: Tree
Part(s) used: Fruits

Ethno-medicinal Uses: Fruit juice is an expectorant and cooling drink for fevers and coughs.

Dyospyrosperigrina(Gaertn.) Gur.
Local name: Gab
Family: Ebenaceae
Habit: Tree
Part(s) used: Fruits, Seeds, Clayx, Peduncle

Ethno-medicinal Uses: Injuries, ulcers, and diarrhea can all benefit from the application of the fruit's juice, while aphthae and sore throats can be gargled with an infusion. In cases of diarrhea and dysentery, the seeds are used as an astringent. Coughs and dyspnea can be alleviated with the help of fruit peduncles and calyx.

Eichhorniacrassipes(Mart.) Sol.-Lau.
Local name: Kochuripana
Family: Pontederiaceae
Habit: Herb
Part(s) used: The whole plant

Ethno-medicinal Uses: Half a cup of a mixture of totri and dorearfena paste and poser sap twice a day till

asthma is gone. A three-month course of therapy for goiter involving oral administration of plant juice and topical application of a poultice made from the plant pulp is recommended.

Ficusbenghalensis L.
Local name: Bot
Family: Moraceae
Habit: Tree
Part(s) used: Young buds, Arial Roots.

Ethno-medicinal Uses: In cases of diarrhea and dysentery, an infusion of the young buds might be helpful. For persistent vomiting, try giving your child a taste of the dangling roots.

Ficus religiosa L.
Local name: Pakur
Family: Moraceae
Habit: Tree

Part(s) used: Fruits, Ethno-medicinal Uses: By consuming powdered dried fruit in water over two weeks, asthma can be cured.

Feronia limonia(L.) Sw.
Local name: Kothbel
Family: Rutaceae
Habit: Tree
Part(s) used: Leaves, Fruits, Seeds

Ethno-medicinal Uses: Unripe fruit treats diarrhea and dysentery due to its astringent properties. Therapeutically, seeds have been utilized to treat cardiac conditions. You can induce vomiting with the leaves since they are astringent and carminative.

Hibiscus esculentus L.
Local name: Bhandari
Family: Malvaceae
Habit: Herb Part(s) used: Fruits

Ethno-medicinal Uses: The fruits are effective in treating various medical conditions, including gonorrhea, urinary discharges, strangury, and diarrhea; chronic dysentery; and gastrointestinal upset.

Hibiscus rosa-sinensis L.
Local name:Joba
Family: Malvaceae
Habit: Shrub
Part(s) used: Flowers

Ethno-medicinal Uses: The flower buds are astringent and cooling, relieving burning sensations and eliminating urinary discharges, impotence, and impotence. Acute dysentery can be cured by combining flower juice with banana inflorescence juice.

Kalanchoe laciniate L.
Local name: Himsagor
Family: Crassulaceae
Habit: Herb

Part(s) used: Leaves Ethno-medicinal Uses: Patients with jaundice can benefit from ingesting leaf juice. Indigestion and abdominal discomfort are two other common indications for its use. Blood dysentery can be treated by drinking a mixture of mucilaginous water made from soaking pounded leaves in water overnight. In cases of gonorrhea, the leaves juice is combined with sugar.

Lagenariasiceraria(Mol.) Stan.
Local name: Lau
Family: Cucurbitaceae
Habit: Climber
Part(s) used: Leaves, Fruits, Roots, Stem, Seeds

Ethno-medicinal Uses: The fruit's white flesh has a yellowish tint. Earaches can be alleviated by the soothing warmth of the sensitive stem. Fruit curry has antibilious, cooling, emetic, purgative, diuretic, and diuretic properties and is used to treat cholera. The chilly oil extracted from the sources is used to treat headaches. It is well known that seeds provide both dietary and diuretic benefits. A sugary leaf decoction is served.

Lablab purpureus(L.) Sweet.
Local name: Sim
Family: Fabaceae
Habit: Climber
Part(s) used: Leaves

Ethno-medicinal Uses: The ringworms are cured by rubbing fresh leaves that have been mashed and combined with lime.

Lawsoniainermis L.
Local name: Mehedi
Family: Lythraceae
Habit: Shrub
Part(s) used: Leaves

Ethno-medicinal Uses: Headaches, eczema, leprosy, dandruff, and burred feet are only some of the conditions where an emollient poultice like the paste made from the leaves may be helpful. The spermatorrhea treatment involves ingesting a mixture leaf juice, water, and sugar.

Litchi chinensis Sonn.
Local name: Litchi
Family: Sapindaceae
Habit: Tree
Part(s) used: Roots, Barks, Flowers, Leaves

Ethno-medicinal Uses: A decoction from the plant's root, bark, or blossoms is gargled for sore throats. Animal bites can be treated using leaves.

Microcospaniculata L.
Local name: Pisa
Family: Tiliaceae
Habit: Shrub

Part(s) used: Leaves

Ethno-medicinal Uses: Leave is helpful for treating various of medical issues, including indigestion, eczema, itching, smallpox, typhoid fever, dysentery, and syphilitic ulcers of the mouth.

Momordica charantia L.
Local name: Korola
Family: Cucurbitaceae
Habit: Climber
Part(s) used: Fruit, Root, Leaves, Seeds, Whole plant

Ethno-medicinal Uses: The fruits are used to treat rheumatism, gout, and liver and spleen diseases, and they are also tonic, stomachic, febrifuge, carminative, and cooling. Seeds are utilized as an anthelmintic. Colic and fever can be treated with a stomachic made from an alcoholic extract of the entire plant. In treating diabetes, the plant's whole-leaf juice is employed. Its fruits, leaves, and roots have been used traditionally as a home treatment for diabetes. The berries and greens are used medicinally as an anthelmintic and in the treatment of piles, leprosy, jaundice; and scurvy.

Manilkaraachras(Mill.) Per.
Local name: Sofa
Family: Sapotaceae
Habit: Tree
Part(s) used: Leaves, Fruits, Whole plant

Ethno-medicinal Uses: Diarrhea can be treated by ingesting a mixture of guava (Pisdiumguajava) leaf juice, sofa's leaf juice, and nutmeg (Myristicafragrans) for seven days. Asthma and coughs can be alleviated by consuming a paste made from the entire plant and a two cups of hot water per day for three days.

Mimosa pudica L.
Local name: Lajjaboti
Family: Mimosaceae
Habit: Herb
Part(s) used: Leaves, Roots, Whole plants

Ethno-medicinal Uses: When the entire plant is cooked in water, the extract is consumed to reduce inflammation and alleviate urinating discomfort. To cure diarrhea, a root paste is made and consumed. Boils may be treated with a paste made from the plant's roots, In contrast, root extract can be used to alleviate symptoms of dysentery, bug bites can be alleviated with a paste made from the plant's leaves, and leucoderma can be helped with a paste made from the entire plant and Limnophilarepens. A root extract is taken twice daily for 30 days to help with piles.

Mangiferaindica L.
Local name: Am
Family: Anacardiaceae
Habit: Tree
Part(s) used: Leaves, Ripe Fruits

Ethno-medicinal Uses: You may use a decoction made from the leaves to treat things like a fever, diarrhea, or toothache. Diarrhea treatment that includes young leaves. The mature fruit is beneficial for chronic constipation due to its astringent and laxative properties.

Musa paradisiacal L.
Local name: Kola
Family: Musaceae
Habit: Herb
Part(s) used: Fruits

Ethno-medicinal Uses: Children with splenomegaly can be healed by taking one teaspoonful of ash made from the dried banana fruit shell cleaved, along with a few drops of lemon essence.

Nelumbo nucifera Gaertn.
Local name: Padma
Family: Nelumbonaceae
Habit: Aquatic Herb
Part(s) used: Roots, Leaves, Seeds

Ethno-medicinal Uses: Ringworms and other skin irritations can be treated using a paste made from the roots of several plants. The young leaves are soothing to the body while it is on fire. Seeds are used as a diuretic and to prevent vomiting in youngsters.

Nymphaea nouchali Burm.f.
Local name: Sapla
Family: Nymphaeaceae
Habit: Aquatic Herb
Part(s) used: Flowers, Seeds

Ethno-medicinal Uses: Medicinal uses for flowers include treating nausea, dizziness, worms, and skin burns. In cases of skin problems, the seeds are utilized as a cooling medication.

Phyllanthus emblica L.
Local name: Amloki
Family: Euphorbiaceae
Habit: Tree
Part(s) used: Fruits

Ethno-medicinal Uses: Insomnia, skin issues, gall discomfort, leucorrhea, and tympanites are some of the other ailments supposedly helped by eating fruits. A sherbet made from the fruit and some lemon juice can be used to stop acute bacillary dysentery. Triphala, an essential ingredient in most Ayurvedic remedies, includes fruit as one of its many benefits.

Psidium guajava(L.) Bat.
Local name: Payara
Family: Myrtaceae
Habit: Tree
Part(s) used: Roots, Leaves

Ethno-medicinal Uses: Diarrhea and dysentery can be treated with an astringent decoction made from the bark of the root, and a paste made from the heart and water

can be used for the same purpose. For example, bronchitis and eye sores are conditions where flowers are utilized medicinally. Fruits are beneficial for treating everything from colic to bleeding gums to a need for a laxative. Chewing on the leaves is supposed to alleviate toothache, and a decoction is used to treat cholera. The leaves can also treat wounds, ulcers, worms, and loose bowels. The diarrhea-curing effects of the young leaves' juice are drunk.

Punicagranatum L.
Local name: Dalim
Family: Punicaceae
Habit: Shrubs
Part(s) used: Fruits, Root barks

Ethno-medicinal Uses: To treat diarrhea and stomach pain, ingest a decoction made from the dried fruit rind. The decoction made from the root bark is used to treat tapeworms due to its strong astringent properties.

Quisqualisindica L.
Local name: Madhabilata
Family: Combretaceae.
Habit: Climber
Part(s) used: Seeds.

Ethno-medicinal Uses: Seeds are anthelmintic; given to children to expel the worms.

Ricinus communis L.
Local name: Bherenda
Family: Euphorbiaceae
Habit: Shrub
Part(s) used: Seed, Root, Leaves

Ethno-medicinal Uses: Strong in its ability to relieve constipation, the seed oil is also massaged into the skin to alleviate rheumatic aches, joint discomfort, and paralysis. The decoction of the root bark and leaves is used to treat rheumatism, inflammations, and neurological problems. Dysentery treatment sometimes involves administering the juice of young leaves together with sugar or sugar candies.

Syzygiumcumini(L.) Skeel.
Local name: Jam
Family: Myrtaceae
Habit: Tree

Part(s) used: Leaves, Barks, Seeds, Ripe Fruits Ethno-medicinal Uses: Drinking a mixture of equal parts fresh milk and bark juice first thing in the morning for three days will help treat dysentery. Fresh bark juice is utilized to treat gastrointestinal distress. Dysentery can be cured by drinking the juice of this plant, which contains astringent leaves. The mature fruit juice has several health benefits, including general tonic, liver tonic, stomachic, carminative, and diuretic. The seeds have been used to treat Jaundice; diabetes, and constipation.

Tamarindusindica L.
Local name: Tetul
Family: Caesalpiniaceae
Habit: Tree
Part(s) used: Leaves, Barks, Pulps

Ethno-medicinal Uses: Cholesterol levels can be lowered by consuming pulp. For a soothing effect on a sore throat, try gargling with tamarind water. The astringent seeds can be used to treat diarrhea. Inflammatory swellings, sprains, tumors, and ringworm can benefit from a poultice made from the mashed leaves. The conjunctiva may be poulticed with the flowers to relieve inflammation, and the juice can be taken orally to stop bleeding from piles. Asthma, amenorrhea, fever, diarrhea, and topical use for loss of feeling in paralysis are among conditions that benefit from the astringent and tonic properties of the stem bark.

Terminalia arjuna (Roxb.) Wt. & Arn.
Local name: Arjun
Family: Combretaceae
Habit: Tree
Parts used: Barks.

Ethno-medicinal Uses: Heart conditions, anemia, hyperhidrosis, dysentery, asthma, hypertension, wounds, eruptive skin conditions, menstrual cramps, and leucorrhea can all benefit from the bark's anti-inflammatory, antiseptic, antibacterial, antiviral, and antiviral properties. Redness and swelling of the lips, tongue, and gums can also be relieved, by reducinggum bleeding and the risk of pus development.

Terminalia chebula(Gaertn.) Retz.
Local name: Haritaki
Family: Combretaceae
Habit: Tree
Part(s) used: Fruits

Ethno-medicinal Uses: When combined with honey, powdered seeds are an effective antiemetic for nausea and vomiting. Adding powder to your toothpaste can give it a more granular texture. Trifla Churna, which contains powdered amla and behera, treats digestive problems. Dysentery sufferers might benefit from powdered seed, ghee, and honey.

Zizyphusmauritiana Lam.
Local name: Boroi
Family: Rhamnaceae
Habit: Tree
Part(s) used: Bark, Roots

Ethno-medicinal Uses: The bark is astringent and is used as a treatment for diarrhea, while the powdered bark is used as a home cure for wounds and ulcers. Fever can be treated using roots.

Zingiber officinale Rosc.
Local name: Ada
Family: Zingiberaceae
Habit: Herb

Part(s) used: Rhizome Ethno-medicinal Uses: Zinger may be extracted by boiling its pieces in water. For symptomatic relief of indigestion and cough, consume half a cup of this extract combined with honey twice daily for five to seven days. Rhizome juice is used as a carminative and digestive, as well as for treating flatulence and cold fever when taken with salt. Rhizomes can also be used as a mouthwash when dried.

IV. Results and Discussion

People in the Nabiganj Upozila, Habiganj district, were found to have in-depth knowledge of ethnobotany, according to the current study. This list of medicinal plants is organized alphabetically by plant name, then by the plant's local name, then by its family name, then by the portion of the plant utilized and its therapeutic capabilities. Of the 41 plant families, 68 were used by the inhabitants of Nabiganj Upozila. The primary medicinal plant species were found to consist of 39.70% tree species, 35.29% herb species, 11.76% shrub species, and 13.23% climbers, according to an analysis of the data based on growth habits. There is much variety in the medicinal use of plants. Most medicinal plants employ their leaves first, then their fruits, roots, bark, stem, latex, bulb, rhizomes, seed, pulp, leaf bud, petiole, flower, calyx, and peduncle. Mother plants are impacted by any herbal preparation that uses roots, rhizomes, bulbs, barks, stems, or the entire plant (Dawit and Ahadu, 1993). Mostly vegetation Amaranthaceae, Apocynaceae, Araceae, Acanthaceae, Asclepiadaceae, Asteraceae, Caricaceae, Combretaceae, Cucurbitaceae, Liliaceae, Meliaceae, Moringaceae, Moraceae, Rutaceae, and Solanaceae were found to be the most prevalent families of medicinal plants in the research region. Results from this study corroborate those from Yusuf et al. (2009) and Ghani (2011) on the families of plants most commonly used in therapeutic contexts (1998). These people employ a variety of plant components, but the leaves are the most common for treating wounds on the skin's surface. Most of the time, the plant's new parts are best for making medication. Dried leaves or roots can be substituted with fresh ones if necessary. The people of Nabiganj Upozila, according to the findings of this study, continue to rely on traditional plant medicines for the treatment of a wide variety of ailments, including but not limited to: cough, dysentery, diarrhea, dyspepsia, eczema, eye disease, fever, glaucoma, gonorrhea, headache, high blood pressure, insomnia, intestinal infections, jaundice; low blood pressure, laxative, liver disorders, menstru. It was also hypothesized in the study that future botanical and pharmacological research might benefit from the existing data on the therapeutic usage of plants by local and ethnic communities to find new drug sources.

V. Conclusions

Recent research has revealed that the region is abundant in useful plants for medicine. There are 68 plant species known to cure various ailments, classified into 60 genera and 41 families. The elders in a community typically have more information about local medicinal herbs. Young people in the research region exhibited a decreased interest in traditional techniques, perhaps because traditional healers are not as widely respected and modern therapies are more accessible. That's why fewer people than ever before are turning to nature for their health care needs in the form of plants and plant components. Since it was discovered that ethno medicine is still practiced among the Nabiganj Upozila in the Habiganj district of Bangladesh, it is clear that appropriate regulations are needed to conserve this expertise.

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