

Harvesting time of selected Medicinal Plants-GFCP

Sl no	Name of the Herb	Local name	Part Used	February to April	May to July	August to October	November to January
1	Abies webbiana	Taishpatra	Leaves		Y	Y	
2	Acacia chundra	Khadir	wood				Y
3	Acacia nilotika	Babool	Bark			Y	
4	Achyranthes aspera	Apamarga	Whole Plant	Y			
5	Aconitum ferox	Ativisha	Rhizome			Y	
6	Aconitum heterophyllum	Atish	Rhizome			Y	
7	Acorus calamus	Vacha	Rhizome		Y		
8	Adhatoda vasica	Adusa	Leaves	Y			
9	Aegle marmelos	Belgiri belchhal	Fruit Bark	Y			
10	Alpinia galanga	Kulinjana	Rhizome			Y	
11	Alstonia scholaris	Saptaparni	Bark		Y		
12	Andrographis paniculata	Kalmegh	Aerial parts	Y			Y
13	Aquilaria agallocha	Agaru	Stem		Y		
14	Argyrea speciosa	Vidhara	Root		Y		
15	Asparagus adscendens	Safed musli	Root			Y	
16	Asparagus racemosus	Shatawari	Root			Y	
17	Azadirachta indica	Neem	Leaves, Bark		Y		Y
18	Barringtonia acutangula	Hizzal	Seeds			Y	
19	Berberis aristata	Daruhaldi	Roots/Stem			Y	
20	Blepharis edulis	Utigan Beej	Seeds	Y	Y		
21	Boerhaavia diffusa	Punarnava	Aerial parts, Roots		Y	Y	
22	Boswellia Serrata	Sallaki	Gum-resin	Y			
23	Butea monosperma	Palash	Seeds	Y			
24	Calotropis procera	Arka/Aak	Leaves	Y			
25	Calotropis gigantea	Arka/Aak	Leaves	Y			
26	Carthamus tinctorius	Kusum phol	Floral parts	Y			
27	Cassia angustifolia	Senna	Leaves , Pods	Y		Y	
28	Cassia fistula	Amaltas	Fruit		Y		
29	Cedrus deodara	Devdar	Wood		Y		
30	Celastrus paniculata	Malkagini	Seeds		Y		
31	Centella asiatica	Mandookparni	Leaves			Y	
32	Cinchorium intybus	Kashni	Root, Seeds	Y			Y
33	Cinnamomum tamala	Tejpatra	Leaves	Y			Y
34	Cinnamomum verum	Dalchini	Bark		Y	Y	
35	Cissus quadrangularis	HarhJORH	Stem			Y	
36	Clerodendrum serratus	Bharangi	Bark			Y	Y
37	Commiphora wightii	Guggulu	Gum-resin				
38	Crataeva nurvala	Varun	Bark			Y	Y
39	Crocus sativus	Keshar	Stigma				Y
40	Curcoligo orchioides	Kali Mushli	Rhizome	Y	Y		
41	cyperus rotundus	Mustaka	Rhizome			Y	
42	Desmodium gangeticum	Shalparni	Aerial parts			Y	
43	Dioscorea bulbifera	Varahikand	Tuber		Y		
44	Eclipta prostrata	Bhringraj	Whole Plant		Y		
45	Emblica ribes	Vidanga	Fruit				Y
46	Ferula asfoetida	Heeng	Gum-resin	Y	Y		
47	Ficus benghalensis	Vata/Bargad	Bark			Y	Y
48	Ficus carica	Anjeer	Fruit		Y		
49	Ficus racemosa	Udumbar	Bark			Y	Y
50	Ficus religiosa	Peepal	Bark			Y	Y
51	Gmelina arborea	Gamnhar	Bark			Y	Y
52	Gymnema sylvestre	Gurmar	Leaves			Y	
53	Hedychium spicatum	Karpoorkachri	Rhizome	Y			
54	Hemidesmus indicus	Anantmool	Root	Y			
55	Holarrhena antidysenterica	Kutaz Indarajava	Bark/ Seed	Y			Y
56	Hyoscyamus niger	Khursani Ajwain	Seeds		Y		
57	Inula racemosa	Pushkarmool	Root			Y	
58	Ipomoea digitata	Kshir-vidari	Tuber			Y	Y
59	Madhuca indica	Mahua	Flowers	Y			
60	Martynia diandra	Kakanasha	Fruits			Y	
61	Mesua ferrea	Nagkeshar	Stamen	Y			

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62	Mimosa pudica	Lajwanti	Whole Plant	Y			
63	Mimuscops elengi	Vakula	Bark			Y	
64	Moringa oleifera	Sahajana	Fruit	Y			
65	Mucuna Pruriens	Kaunch Beej	Seeds	Y			
66	Myrica esculenta	Kaiphali	Bark		Y	Y	
67	Myristica fragrans	Jaiphali	Fruit		Y	Y	
68	Nardostachys jatamansi	Jatamanshi	Rhizome				
69	Operculina turpethum	Nishothi	Root			Y	
70	Oroxylum indicum	Syonaka	Barks				
71	Parnelia perlata	Chharila	Ascolichen		Y	Y	
72	Phyllanthus emblica	Amla	Fruit/ Seed				
73	Picrorrhiza Kurroa	Kutki	Rhizome			Y	
74	Piper longum	Pippli	Fruit	Y			
75	Plumbago indica	Chitrakmool	Root	Y			
76	Plantago ovata	Isabgol	Seeds	Y			
77	Podophyllum hexandrum	Bankakri	Rhizome			Y	
78	Premna integrifolia	Agnimantha	Stem				Y
79	Psoralea corylifolia	Bakuchi/Somraji	Seeds				
80	Pterocarpus marsupium	Vijayshali	Heart wood				Y
81	Pterocarpus santalinus	Raktachandan	Heart wood	Y			
82	Rauwolfia serpentina	Sarpgandha	Root				
83	Rheum australe	Rewandchini	Root				
84	Rubia cordifolia	Manjishtha	Stem				
85	Santalum album	Chandan	wood				
86	Sapindus mukorossi	Reetha	Seeds				
87	Saraca asoca	Ashoka	Bark				
88	Saussurea costus	Kutha	Root				
89	Sida cordifolia	Bala	Leaves				
90	Solanum anguivi	vrihati	Root & Stem				
91	Solanum nigrum	Makoy	Fruit, whole plant				
92	Solanum virginianum	Kantkari	Whole Plant				
93	Spheranthus indicus	Mundi	Fruits				
94	Swertia chirayita	Chirata	Whole Plant				
95	Syzygium cumini	Jamun	Seed/ Bark				
96	Syzygium aromaticum	Lavanga	Floral Buds				
97	Taxas baccata	Thuner	Leaves				
98	Tephrosia purpurea	Sarpaunkha	Whole Plant				
99	Teramnus labialis	Mashparni	Aerial parts				
100	Terminalia arjuna	Arjuna	Bark				
101	Terminalia bellirica	Vibheetaki	Fruit				
102	Terminalia chebula	Hareetaki	Fruit				
103	Tinospora cordifolia	Guduchi	Stem				
104	Tribulus terrestris	Gokharu	Fruit				
105	Uraria picta	Prishniparni	Aerial parts				
106	Valeriana jatamansi	Tagar	Root				
107	Vetiveria zizaniodes	Khash/Ushir	Root				
108	Vigna triloba	Mudgaparni	Aerial Parts				
109	Viola odorata/ V.serpens	Vanafsha	Flowers				
110	Withania somnifera	Aswagandha	Roots				
111	Woodfordia fruticosa	Dhataki	Flowers				
112	Zanthoxylum armatum	Timru/Tejbal	Fruits				
113	Zingiber officinalis	Sunthi/Adrak	Rhizome				
114	Zizyphus fruticosa	Vadari/Ber	Fruits				

** Collection time may vary according to various geo-climatic conditions

Source: Dabur Research Foundation & TRAFFIC India, General guidelines for harvesting and processing Ayurvedic Medicinal Plants (AMP's)