PLANT NAMES IN KHALING

A STUDY IN ETHNOBOTANY AND VILLAGE ECONOMY

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Kathmandu

INTRODUCTION

Nepal has a rich contribution to make in the botanical world. Since the time of Sir Joseph Hooker, flowers and other plants of the Himalayas have attracted the scientific attention of people around the world, but unfortunately, names in local dialects or languages are not widely known. This paper attempts to list some of the plant names recorded as a by-product of linguistic studies. Kaling, one of the Rai Languages spoken in Solu-Khumbu, Sagarmatha Zone, is the language in which we have recorded the names of plants here. The technical works we have consulted in the preparation of this paper are cited in the references given below. The following individuals I wish to thank for their contributions in identifying plants: Mr. T.B. Shrestha and Mrs. P. Pradan of the Department of Medicinal Plants, HMG, Thapathali, Kathmandu; Professor Dr. D.D. Bhatt of the Department of Botany at Tribhuvan University, Kirtipur; Mr. Ch.B. Khaling, our language assistant who supplied the Kaling names and many of the Nepali names. All plants were found in Kaling territory, at altitudes between 1300 to 3500 meters above sea level.

PART I
THE UTILIZATION OF NATURAL RESOURCES

1. CULTIVATED PLANTS.
1.1. FOOD GRAINS.

The principal staple for the Kaling people is black millet (Eleusine coracana). It is sown in seed beds during the months of May and June. These seed beds are prepared with great care. The ground is plowed and then with the hand broken into very fine particles and mixed with cow, buffalo or goat dung. The plot is then sown quite densely with seed. The seed beds are weeded twice before the millet shoots are transplanted to the fields where they will grow to maturity. Millet shoots are generally transplanted into fields which had barley as the preceding crop. Millet is
harvested in the months of November and December. Only the ears are cut. The stalks are left for the cattle to eat. Since the cattle go to the fields to feed on the millet stubble, the dung produced by the cattle need not be transported to the fields as is necessary with the Sherpa who keep their cattle in stables by their houses.

Millet, as a staple of Khaling diet, is served usually as the mid-morning meal in the form of porridge. It is accompanied by either a spinach or lentil soup. Leftover millet porridge becomes firm like a piece of bread and is eaten as a snack by children. Sometimes millet flour is mixed with soybeans and prepared as soup. The Khaling do not, as a rule, eat millet pancakes, but they do prepare millet pancakes for the Kamis who work for them¹. Millet is also used to make beer and liquor (rakshi). Millet beer is considered the best quality homemade beer and preferred at festivities such as weddings.

Corn (Zea mays) is second only to millet as a staple food. Like millet, corn has a Khaling name which suggests that it has long been known to the Khaling. But whereas the Khaling normally use their own name when referring to millet, they tend rather to use the Nepali name when referring to corn. Corn is planted in the month of March and harvested at the beginning of the rainy season in June. It is eaten as a porridge in alternation with millet. But almost more important is its use as snack food when it is popped. "Tortillas", the South American kind of corn pancakes prepared from corn mush are completely unknown. Recently we had good response to instruction in how to make corn bread from the fine flour which is not used for corn porridge, but sifted out and fed to the dogs while the coarser meal is used in making porridge. In lean years the people may not be able to afford feeding the fine flour to the dogs and the knowledge of how to make corn bread may prove beneficial. Corn bread can be baked entirely from locally available ingredients. Locally available bicarbonate of soda can be used as a leavening agent. Corn is of course also used in making beer and liquor.

Rice (Oryza sativa) is planted only in small quantities on fields located lower than the actual Khaling villages. Rice is the food reserved for festivities such as weddings. It is only rarely used to make liquor.

Buckwheat (Fagopyrum esculentum) is planted during the months of August and September. Buckwheat is eaten as a porridge either by itself or mixed with millet. It is harvested in late December. Buckwheat is ground into fine flour and cooked into a porridge either by itself or mixed with millet flour. It is also very good in pancakes which are baked on a hot slate without any grease. Because it rises without any leavening agent, it would also be suited for baking bread.

¹. Kami is the name of an ethnic group whose mothertongue is Nepali. They are blacksmiths, gold–and silversmiths, or field labourers.
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Wheat (Triticum vulgare) is planted during the months of September and October. It is harvested during April and May and eaten especially during the rainy season when the millet has been used up and corn has not yet been harvested. Wheat is often parched and mixed with parched soyabean for a snack food. Parched wheat may also be ground and cooked as porridge. Wheat flour is used to make pancakes (chapati) or dumplings.

Barley (Hordeum Vulgare) is planted especially for making beer. The time for planting is during September and October, harvesting time are the months of February and March.

Cop (Triticum sp.) is a kind of rye, planted in small quantities and used for snacks, puffed and mixed with other puffed grains.

1.2. OTHER EDIBLE PLANTS.

Potatoes (Solanum tuberosum) are not planted at the level of Khaling villages, but Khaling people usually own patches of potato fields in higher altitudes where the soil as well as the climate are favorable.

Around each house in a Khaling village one finds a clump of banana trees (Musa paradisiaca), the fruit of which ripens during the warm and rainy months. Also common in the gardens around the houses is a very useful plant of the gourd family (Momordica charantia). Its fruit is eaten from November till December. After that, the leaves fall off, and then part of the root is dug out and cut off and eaten boiled like potatoes. It is delicious when it is roasted in the ashes. Tomatoes (Lycopersicon esculentum) grow as big as marbles in the gardens around the houses. Indispensable is the patch of very hot red chilli (Capsicum frutescens) near each house. As in other parts of Nepal, both black lentils and soyabeans (Glycine max.) are grown around the houses. Also mustard greens are seen in every garden. They are cooked like spinach or dried and eaten in soup during early spring before the wild buckwheat leaves appear. When these appear they are also prepared and eaten like mustard greens. As yet, few people plant cabbage or cauliflower in their gardens. Recently, tea bushes are being grown in Khaling gardens. But the Khaling have yet to learn how to process tea leaves.

So-called sweet potatoes (Ipomoea batatas) grow in the red soil below the villages.

Taro (Alocasia indicum) is another starchy plant - root planted in fields near the village. In June, its leaves are cooked like spinach. The roots are dug out in January and boiled like potatoes. They can be kept raw for several months.
The beauty of the Rhododendronaceae, orchids, and other wild flowers.

The Golden Rinse (Dendrobium Richfordii) is a strong shrub which is obtained from the stem of one particular kind. The young folk who wash the cow and goats from the stem of one particular kind are often picked by the people. They are often picked by the people. One plant outstanding for its beauty is the Rhododendron case (Rhododendron Leucodendron case).

There is a supply of firewood in the forest. In fact, deforestation is a serious threat to the Khaling people.

Firewood is unfortunately not cultivated. Though different kinds of trees are known to provide good firewood, nothing is done to cultivate these trees in order to guarantee a supply of firewood for the future.

There are many shrubs and trees in the forest, the fruits of which are gathered seasonally and eaten raw. Many fruits and leaves are also gathered. These add variety to an otherwise monotonous menu. One kind of nut (Zungu reconstructed) is part of the Khaling diet.

3. WILD PLANTS

Decoration.

All kinds of trees and fruits, including apples and oranges, are planted to decorate the house.

An important semi-cultivated plant is bamboo (Calothamnus corymbosus). Once it has grown, it is left to grow on its own. Bamboo has a very wide range of uses. Dishes, ladders, and fences are all made out of bamboo. Every Khaling house has various bamboo structures for this purpose. Some bamboo stalks are cut in half to make poles. The fresh shoots are cooked and prepared as a vegetable. The leaves are picked fresh.

Netles (Nuticae) are an example of a plant which falls into the category of cultivated plants. All the plants mentioned thus far fall into the category of cultivated plants.
4. RELIGIOUS AND MEDICINAL USE OF PLANTS.

Some plants listed in Part III below are utilized for both religious and medical purposes, these purposes being inseparable. Some of these plants do have healing properties, serving to fight infection or stop diarrhea, while others are useful mainly for their ritual significance. One example is the betelnut (Piper betle). It is not, as is common among other ethnic groups in Nepal, chewed habitually, but serves exclusively a religious purpose in a ceremony held in the jungle in order to ward off evil spirits.

PART II

BARterING AND TRADING.

Khaling economy is largely based upon agriculture. Though every family also owns livestock, consisting of cattle, water buffalos, goats and sheep, it is grain that is used to figure prices of goods bought by Khaling people. Until a few years ago, there were only a few items that needed to be bought in a Khaling household. Such items included metal tools for field work, cooking pots made of metal, some kinds of baskets, and clothes sewn by the local tailor. In each case, payment was made not in cash or cattle but in grain. That was still so until quite recently, because even nowadays people will often tell us the price of something, e.g. a basket, in terms of the quantity of grain required for the payment. Thus, bartering of goods for grain was the form of trade observed by the Khaling. Of course, nowadays, there is a market only one day's walk away from any Khaling village. Goods purchased in the market must be paid for in cash. But how do Khaling people earn cash? They do not have a large surplus of grain to sell for cash in any given year. It is just enough to account for expenses as mentioned above, or in addition for paying voluntary workers at house building or feeding a large number of guests at a feast. Apart from trying to sell small quantities of grain in order to have the necessary cash for items bought at the market, the Khaling people resort to buying products produced in the lowlands, such as rice, and transporting them to highland markets and selling them at a profit. But this is a slow and strenuous way to earn cash.

Grains that bring good prices in the market are millet, corn, rice and wheat. Mandarin oranges, grown at lower elevations within the Khaling area, bring a good profit when sold in Namche. Rice is in great demand in Namche, but the Khaling do not have a large surplus to sell. Wheat, since it grows better at higher altitudes and is cultivated by the Sherpa, is not very profitable as a cash crop for the Khaling. Corn is in demand by Sherpas, therefore it is a good item for bartering with Sherpas.
Trading in the strict sense of the word is not practised by the Khalings. No shops are found in the five panchayats in which Khaling villages are located. There are only occasional fairs held at irregular intervals. They are held at night time and are connected with religious observances.

Table 1 shows the places where Khalings buy and sell, the items which are marketed, and the approximate range of prices for each item. Except where specified, the prices given are for one pathi of the named commodity. The pathi is a unit of volume equivalent to approximately one gallon. In the case of chili pepper, the unit specified is the mana. There are eight mana to the pathi. The chart was recorded in March, 1974. Namche and Dorpu are weekly markets in Sherpa villages, Tumshe is in the Thulung area. Namche is three to four days walk north of the Khaling area, Tumshe is one day south, and Dorpu, where Khaling sell and buy most frequently, is one day east. Prices are given in Nepal rupees.

<table>
<thead>
<tr>
<th></th>
<th>Namche</th>
<th>Tumshe</th>
<th>Dorpu</th>
</tr>
</thead>
<tbody>
<tr>
<td>corn</td>
<td>7.50—8.00</td>
<td>5.00</td>
<td>4.00—500</td>
</tr>
<tr>
<td>rice</td>
<td>14.00—16.00</td>
<td>13.00—14.00</td>
<td>10.00—12.00</td>
</tr>
<tr>
<td>millet</td>
<td>7.50—8.00</td>
<td>4.00</td>
<td>6.00</td>
</tr>
<tr>
<td>potato</td>
<td>4.00</td>
<td>4.00</td>
<td>3.00</td>
</tr>
<tr>
<td>wheat</td>
<td>12.00</td>
<td>8.00</td>
<td>6.00</td>
</tr>
<tr>
<td>sweet potato</td>
<td>—</td>
<td>2.00</td>
<td>—</td>
</tr>
<tr>
<td>soybeans</td>
<td>8.00</td>
<td>6.00—8.00</td>
<td>—</td>
</tr>
<tr>
<td>chili (mara)</td>
<td>2.00</td>
<td>1.00</td>
<td>1.00</td>
</tr>
<tr>
<td>pounded rice</td>
<td>14.00</td>
<td>8.00</td>
<td>8.00</td>
</tr>
<tr>
<td>salt</td>
<td>16.00</td>
<td>10.00</td>
<td>8.00</td>
</tr>
</tbody>
</table>

**PART III**

**PLANT NAMES.**

The following Khaling plant names were collected during linguistic field research in January through May 1974. The list as it stands has been checked carefully to ensure that the Khaling and Nepali names match. About ten Khalings cooperated with me in the identification of each plant, and Mr. Purne P. Dhungana checked the Nepali names twice, for which I am very grateful. A great deal of time and effort was invested in checking the accuracy of the botanical names and descriptions given here.
We have restricted the list of plant names to those which are specifically useful to the human inhabitants of the area. While some of the Khaling names for plants given here are descriptive, others have no special meaning other than as plant names. There are surely names for many other plants which we have not included in this list. Many of the plants which we have included here have no Nepali names. This may be due in part to our limited knowledge of Nepali plant names.

The order of listing follows the Khaling Roman orthography. The description following the botanical names is not given in detail. For this the reader is invited to refer to the technical books that are listed in the references. I consulted them for each plant name. Doubtful names are followed by (?). We excluded in this list plants that have only Nepali names: exceptions are names which are completely incorporated into the Khaling phonological system. The Nepali equivalent is given in a slash line following the Latin name. A blank between slash lines indicates that either we did not know the Nepali name or that no Nepali name exists. Local variation in Nepali names may also be observed. In describing plant usage, fire wood is not listed, because practically all dry trees and shrubs can serve that purpose.

ækpa  
Zanthoxylum oxyphyllum Edgew. /Timbur/  
a shrub with edible seeds

asalam  
Castanopsis indica (Roxb.) A. DC. /dhale kaTus/  
a tree. The leaves are used for fodder and in religious healing ceremonies.

’aap  
Pinus Roxburghii Sargent /khoTo salla/  
a lowland pine with long needles. It is used for timber.

‘baalsam  
a creeper. The inner strings are used to make ropes to tie domestic animals.

‘barsu  
Cucumis sativus Linn. /kàakro/  
cultivated climbing herb with edible fruit

bæysu  
Cstnopsis tribuloides (Sm.) A. DC. /masure kaTus/  
a tree about 30' tall with edible fruit.

belæmæ  
(?) /halhale/  
an herb with edible leaves

belembu  
Photinia integrifolia Lindl. /gaj phul/  
a tree, used as support and beams in cattle shelters

2. Tha Khaling Roman orthography system is described in Toba and Toba, 1972.
'beljwaana

an herb

Achnas nepalensis D. Don
a tall riverside tree, usually planted on land-slide areas to stop further erosion. It is also used as timber.

blenggam

1 bagale cyau/
an inedible fungus

bokomæs

Garuga pinnata Roxt. /dadabe/
a tree. Its leaves are used for fodder.

bokote-sang

Maesa macrophylla (Wallich) A. DC. / / a small highland tree. The leaves are used for fodder and the trunk for timber.

'bokto

Engelahridia spicata Lech ex. Bl. /maiwa/
a large tree

'bosu

Boehmeria rugulosa Weddell /dar/
a lowland tree. It is used for making all kinds of containers.

brapjem

Arundinaria sp. /kharuki/
an herb, or bamboo grass which animals are very fond of

bubuyem

Anaphalis contorta (D.Don) Hook. f. /buki jhaar/
tan herb with white flowers

'buplaaceu

/paan' cyau/
an edible fungus

bhendekekepci

Cyathula tormentosa (Roth) Moquin / a shrub. Monquin in fruit. Its seeds adhere to animal hair and are thus distributed.

bhenderæni

Lycopersicon esculentu Mill. /golbheDa /
tomato, cultivated and eaten

bhek-apraa

Arisaema costatum Wal Mart. /baankro/
a tuberous herb which looks like the head of a snake

bhonggolsi

Pouzolzia hirta (Bl.) Hassk. /cipe laharo/
a creeping plant with edible fruit

'bhøp

Arundinaria Hookeriana Munio /malingo/
a bamboo, used to make baskets
<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
</table>
| 'bhō            | *Panicum italicum* /kaagunu/  
a millet, cultivated and eaten as a cereal                           |
| 'bhræm          | *Fagopyrum esculentum* Moench /latte/  
buckwheat, cultivated in the highland  
*F. tataricum* (L.) J. Gaertner /kaun/  
buckwheat, ground and eaten as porridge or pancakes |
| 'bholung        | *Dryopterus filixmas* Schott. /uniu/  
a fern with edible shoot                                                  |
| bhülusi         | *Agapetes serpens* (Wight) Sleumer /gaadar/  
a parasitic plant with edible fruit                                        |
| 'bhündüwæ-sang  | *Clematis grewiaeflora* DC. /juge lahara/  
woody climber. Its roots are used as medicine for headache.               |
| bhwaam          | (?) /jhyau/  
a kind of white lichen used to stop bleeding                             |
| bhwaarnæm       | *Buddleia asiatica* Lour. /bhimsing paat/  
a tall shrub, used as fodder                                                |
| 'caakcaramsi    | (?) /ghaangghaa okaaro/  
a thorny tree with white flowers. It is used for fences and as goat fodder.|
| cemō            | *Arundinaria sp.* /phurke/  
a bamboo which is used by village shamans in healing ceremonies           |
| 'ceri           | *Cynodon Dactylon* (L.) Pers. /seto dubo/  
an herb used for fodder                                                   |
| cerlæm          | *Maesa chisia* Buch. – Ham. ex. Don /bilaune/  
a small lowland tree used for fodder                                       |
| 'ces            | *Viburnum mullah* Buch /cyaaasi amilo/  
a tree use as fodder                                                       |
| 'cinwaam        | *Chenopodium album* Linn. /bThu/  
an edible herb. Its fruit is used in beer-making                            |
| 'comphæræm      | *Berberis aristata* DC. /cutro/  
barberry. Thorny shrub with yellow flowers. It is used for fencing in fields. |
'congki  (?) /bhaisisure/  
an herb used for fodder

cop  *Triticum sp.* /uwaa/  
a cultivated grain, used as cereal, in pancakes, and in beer

cos  *Ficus glaherrima* Bl. /kaabho/  
a tree with edible leaves. Its trunk is used for timber.

cōkaasi  *Quercus glauca* Thunb. /phalaDh/  
a tree, used to make agricultural tools, e.g. plough parts

cuksu  *Picea spinulosa* (Griffith) Henwy /Thigure/  
White spruce, used as timber

curbu  (?) /  
a thorny tree with dark green leaves which are eaten by goats. It is also used to fence in fields.

curbham  *Cirsium arvicanthum* DC. /sugure kaaDo/  
a thistle, used for fodder

chæmcu  *Bauhinia variegata* Linn. /koiraro/  
a tree used for fodder

chænūwærsi  (?) /paani lahara/  
a creeper with sap which is used as eye medicine

chebar  *Saccharum officinarum* Linn. /ukhu/  
sugar cane. It is cultivated, but the Khaling do not produce sugar from it, they only chew it.

chörkwaay  (?) /mirge cyau/  
an edible fungus which grows on old trees

daamdaa  *Arundinaria sp.* /raato nigaalo/  
a thin bamboo, used for making baskets

dænciki  *Leycesteria formosa* Wall. /paDpaDe/  
an aromatic shrub, which sometimes takes parasitic form. It is used as an anthelmintic.

delki  *Dioscorea alata* L. /ghar tarul/  
cultivated yam with edible fruit and root

dodikhaem-saang  *Gentiana capitata* Buch /  
a small edible herb used as fodder
dokosi  
*Zea mays* L. /makai/  
corn. Together with millet, corn is the most important crop for the Khalings. Dry, empty cobs and stalks are used as fuel in the making of rakshi (liquor, because they give the low heat required for distilling. Dry stalks also are fed to water buffalos during the dry winter season.

dongdang pungmæ  
*Primula ianthina* Balfour P. ex. Cave / /  
primula, it blooms in dark blue flowers in the highland. It is picked and worn as decoration on clothes or headwear.

dūlimas  
*Vicia hirsuta* (L) G.iiay /aakura/  
an herb used for fodder

dhābatam  
*Bergenia ciliata.* (Maw.) stenb. /pakhanaa bhed/  
a poisonous herb

'dhāru  
*Prunus cerasoides* D.Don /paiyung/  
Himalayan cherry tree. It is planted for the beauty of its flowers.

'dhengga'isi  
*Magnolia Campbellii* Hook. f. et. Thom. /ghoge cāap/ (?)  
a tree. Its leaves provide fodder, its trunk is used for timber.

'dhocer  
*Triticum vulgare* Vill. /gāu/  
wheat. It is cultivated and eaten whole and roasted or ground into fine flour and used in porridge or pancakes.

dhosnær  
*Carey beccans* Nees, /harakeTo/  
herb-like grass used for fodder

dhumri  
*Ficus foveolatus* Wall. ex. Mig. /dude lahara/  
a creeper with edible fruit. It also provides fodder.

'dhupsi  
*Piper betle* Linn. /paan/  
betel nut. Its fruit is edible. Its leaves are used at a religious ceremony of the Khalings called *thunām mosi* 'jungle purification'. It is performed to keep the evil spirit that brings sickness from coming to the village. This is done by a shaman called *sele nokco*.

elsi  
*Sterculia coccinea* Roxb. /cirui/  
a tree. Its leaves are used as food containers at feasts. The trunk is used for timber.
'gipsi  
*Glycine max* (L) Merrill /bhaTomaas/  
a soyabean. It is cultivated and either roasted for snacks or made into a fermented paste which is cooked as soup.

'glombe  
*Machiltus Gamlei* King /kaaulo/  
a tree. Its bark is used for leavening sel roTi (Nepalese doughnut). The Khaling shaman uses the leaves when he performs an exorcism.

'goldo  
*Symloros ramosissima* Wall. ex. Gr. Don /khaaraane/  
a tall tree. Its leaves provide fodder. Its fruit is processed for edible oil and its trunk is used as timber.

'ghamaalam  
*Zingiber Mioga* Rosc. (?) /ghokapaa/  
a wild edible ginger root.

ghraktam  
(?) /gharaghoti/  
a tree. Its black fruit is processed for edible oil.

'ghremsi  
*Quercus spicata* /phaalaame/  
oak. Its leaves are used for fodder.

ghrenaa  
*Uritica dioica* Linn. /sisnu/  
nettle. It is semi-cultivated and eaten like spinach.

ghruksu  
*Bombax malabaricum* D.C. /simbal/  
a large tree, used as timber.

ghrūs  
*Rubus ellipticus* Smith /àaiselu/  
golden evergreen raspberry, uncultivated, edible

'hip  
*Arundinaria Maling* Gamble /setio nigaalo/  
a small and thin bamboo, used in making baskets and rainwear.

'holo  
*Duabanga sonneratiodes* Hamilt. /lampaate/  
a lowland tree, used as timber, mainly for the house beams.

'jaasu  
*Bauhinia pspurea* L. /Tàaki/  
a tree, used as fodder. Its flowers are eaten as a vegetable substitute.

jijile  
*Albizzia sp.* /seto siris/  
a tree, used for fodder.
'jilesi  
*Cannabis sativa* Linn. /bhàago/
true hemp. Its seeds are eaten as a sedative to sooth restlessness

'jörnis  
*Rhus succedanea* Linn. /raani bholaayo/
cashew, edible nut, not cultivated

'jujur-saang  
*Oxalis corniculata* Linn. /cari amilo /
a medicinal herb

'jharbu  
*Eurya acuminata* DC. /jingguni/
a tree, used for fodder

'jhaalaabu  
(?) /tilke/
a tree, used for fodder

'jheremsi  
*Myrica esculenta* Buch. –Ham. ex. D. Don. /kaaphal/
evergreen tree, its bark is used as medicine for fever and cough

jhes-bhündüwæ  
*Clematis montana* Buch. –Ham. ex. D. Don. /a tree, used for fodder
a woody climber with a white flower

jhes-kanaasi  
*Calanthe plantaginea* Lind  
a highland orchid

jhes-khaltap  
*Daphne bholua* Buch. Ham. ex. D. Don /lek ko aalgei/
a tree. Its bark is used to make ropes. The Sherpas make paper out of it.

jhes-khaepraa  
*Arisaema Wallichianum* Hook. f. /lek baako/
a tuberous herb, used for making rope

jhes-lamcaasi  
*Gaultheria pyroloides* Hook. f. et Thom. ex. Mig.
a highland shrub with edible fruit. Its leaves are used for fodder.

jhes-næpcibem  
*Viburnum cordifolium* Wall. /ghode khari/
a highland shrub with white peduncled corymb flowers

jhes-rangkhilæm  
*Lyonia villosa* (Hook. f.) Hand.  
a tree, used for fodder

jhes-taaktibung  
*Rhododendron dalhousiae* Hook. f. /cimaal/
a rhododendron
jhes-yasu  
*Prunus nepalensis* (Ser.) Steudel  /arupaate/ 
plum

'jhesu  
*Terminalia myriocarpa* Heurck et Muell. -Arg. /paani saas/ 
a lowland tree.

'kanasi  
*Coelogye corymbosa* Lindley  /kaarine/ 
an epiphytic orchid with short rhizomes

kat  
*Rubia manjith* Roxb. ex. Fleming  /majiTo/ 
a creeper, used as fodder, also used as medicine by shamans

'kaanter  
*Dendroca lanmus* sp.  /coya bâå/ 
a bamboo, used for making containers and ladders

kaatwaalam  
*Rubia sikkimensis* Kurz.  /majiTo/ 
a climbing herb

kæmculem  
*Pouzolzia viminea*  /cîple/ 
an herb with a bag-like fruit containing a sticky juice which 
is used for paste. The red fruit is also used for washing hair. 
Some Khaling call this plant ngelemæ.

kæphæm  
*Lagenaria leucantha* Rusby (Dvc.)  /loki/ 
bottle gourd. The fruit can be used as a container after the 
juice is taken out. Khaling priests, nægi nokco, use it filled 
with beer which is offered to ancestor gods.

'kekepci  
*Triumfetta pilosa* Roth.  /kuro/ 
a sharp pointed grass. The seeds are distributed when their 
burrs attach themselves to clothing and animals.

'kerpungme  
*Primula atrodentata* W.W. Smith  / / 
a highland primrose

ki  
*Solanum tuberosum* L.  /aalu/ 
potato. Cultivated above 6,000'. Another variety is grown 
in the lowland where it ripens earlier.

kokcalapkæpra  
*Arisaema Jacquemontii* Blume  /chepato. baako/ 
an herb

'kole  
*Boswellia serrata* (?)  /saala/ 
a tree, used for making boxes
'kongkoci  
*Lindera nessiana* Benth. /silTimbur/  
a tree. Its leaves and seeds are used as medicine.

'korosi  
*Emblea officinalis* Gaertn. /amala/  
a deciduous tree with an edible fruit which is dried and used as diarrhea medicine.

'kursi  
*Juglans regia* Linn. /okhaar/  
walnut. It is used for timber, its edible fruit is used in beer making.

khaktam  
*Plygoun runcinatum* Buch.– Ham. ex. D. Don /ratnaulo/  
an herb, used for fodder

'khawaa  
*Sterculia villosa* (?) /odaala/  
a lowland tree. It provides a fibre which is used to make headbands and rope.

khaakcalap  
*Holarrhena antidysenterica* Wallich ex DC /khirro/  
a large tree. Its leaves are only eaten by goats. It is planted for shade or kept as a hedge around fields.

'khænæmbu  
*Heynea trijuga* (Roxb.) Kurz. /ààkhaa taruwa/  
a lowland tree

khæbwaasmi  
*Melothria maderaspatana* (L.) Coginax /kààkro jhar/  
a creeping herb with edible red fruit

khık  
*Scurrula elata* (Edgew.) Danser /aaijeru/  
a woody parasitic plant, poisonous

'khisaa  
*Pinus Griffithii* McClelland /sallo/  
tall pine tree with long cones, used for timber

khlus  
*Mahonia napaulensis* DC. /jamane mardro/  
a tree with edible fruits

khorsane  
*Osmanthus fragrans* Loui. /silingge/  
a tall tree with white flowers. Its trunk is used to make ploughs and handles of other agricultural instruments including axes.

khos  
*Alocasia inda* Schott /pinDalu/  
taro, cultivated and eaten
khörsæy  *Capsicum frutescens* var. /khursaani/  
chilli, used for seasoning

khöwel  *Mechelia champaca* Linn. /cààp/  
a tall tree with yellow flowers. Its trunk is used for timber.

'khukwaay  (?) /bagale cyau/  
an edible fungus

'khup  *Ficus clavata* Wall /khuniu/  
a fig tree with edible fruits. Its leaves as well as its fruits  
are fed to animals.

'khurbu  *Albizzia mollis* Boiv. /siris/  
a tree with pinnated leaves, flowering in April. Its trunk is  
used for timber.

'khüpli  *Swertia angustifolia* Buch.—Ham. ex D. Don /ci aito/  
a medicinal herb used on wounds

lahomaujur  *Rheum spiciforme* Royle / /  
a highland herb with edible fruit

'lamcassi  *Gaultheria fragrantissima* Walli h /macino/  
a tree with edible fruit, its leaves are used for fodder.

'lamlam saang  *Tithymarus sikkimense* Boiss. Hurusawaet Ya. Tamaka /hirimbe/  
a poisonous highland shrub. Its leaves are yellow and look  
like a flower, but the actual flower emerges from the top leaves.

leldhamkhos  *Gonatunthus pumilus* (D.Don) Engter et Krause / /  
a tuberous herb on mossy rocks. It has no flower and is  
poisonous.

'lemgaasi  *Musa paradisiaca* L. /kera/  
banana, edible, cultivated below 700’

'lömæsi  *Rubus calycinus* Wall. /bhui aaiselu/  
highland strawberry, wild, with edible fruit

'lujaa  *Eleusine indica* (L) ex D. Dor /kodo/  
finger millet. Together with corn, it is the most important  
crop for Khalings.
"lungkupæ  Amaranthus caudatus L. /laTTe/
amaranthus, cultivated and eaten for snacks.

lusam  Imperata arundinacea Cyrill. /khar/
a thatch grass

'makhaa  Codonopsis viridis Wallich / /a creeper which emits a peculiar odor, used as fodder

'mal saapham  Bauhinia Vahlii Wight /bhorlo/
a creeper with large leaves which are used for umbrellas

matikhala  (?)/ /a fern, used for fodder

maacaram  Inula cappa DC. /gaaiteware/
a shrub, used for fodder.

'maaraa  Callicarpa arborea Roxb. / /a tree with red flowers. Its leaves are used for fodder.

'maassang  Myrsine semiserrata Wall. /kaabikaat/
a tree, used for fodder.

nangkayem  Bucklandea populnea R. Brown ex Griffith /pipiro/
a shrub, used to make walls in the animal shed.

'nampængmæ  Selaginella involvens Spring /banmaaaraa/
a club-moss, used for the Hindu ceremony satta naran and for decoration of gates.

'næpcibem  Viburnum erubescens Wall. ex DC. / /a shrub with white flowers. The wood is used in mattock handles.

'nöri  Chenopodium ambrosioides L. /taato laTTe/
an edible herb which grows in the highland. It is used for fodder.

'ngærbu  Ficus sarmentosa Buch. –Ham. ex. J.E. Smith /ban timilaa/
a climber, used for fodder.

'ngelene  Pouzolzia hirta (Bl.) /ciple/
an edible herb, the stem of which yields a slippery substance used for paste. The leaves are used for fodder.
'ngoroci  *Nardostachys jatamansi* DC. /jatamansi/
spike-nard, used for its medicinal properties. Its flowers are
worn as decoration on the blouse.

'packci  *Arundinaria Hookeriana* Munro /khasre nigalo/
a bamboo, It is planted near farmland and used for weaving
mats.

'paktasi  *Holboellia latifolia* Wallich /gupla/
a creeper with edible fruit. It is used for fodder and to make
ropes.

'pasam  *Phaseolus aureus* Ham. /mungi/
bean, cultivated for vegetables

pataarangkhi  *Cinnamomum tamala* Nees /tel paaT/
cinnamon bark. Because of its aroma it is used for preventing
nausea.

'pæb  *Dendrocalamus sikkimensis* Gamble /b. as/
a bamboo, used for weaving mats and baskets and for tying
together ladders.

'pimæs  *Emblica offi inalis* Gaertn. /amala/
emblic myrobalan, a tree with edible fruits which are dried
and used in diarrhea.

'plemci  *Dolichos biflorus* L. /gahat/
a pulse. This is the most important pulse in the hills of Nepal.
*Pisum arvense* /kerau/ kerong (Khaling) is also grown and
eaten raw.

'pokalpung  *Luculia gratissima* (Wall.) Sweet /ragate/
a tree, used as fodder

'pomer  *Epuisetum diffusum* D. Don /sunggure jhar/
an herb, used as fodder

'popwaap  *Rubus reticulatus* Wallich ex Hook f. /boksi kaaD/
a thorny creeper, used as fodder

'pore  *Machilus Duthieie* King /kaaTe kaaulo/
a tree, used as fodder. Khaling shamans use the leaves to
wave over sick people.
'porongku  

Equisetum diffusum D. Don  /sunggure jhar/
This is another name for 'pomer above.

'prehprewæ  

(?)  /ancuto/
an herb, used as fodder

'puusu  

Prunus napaulensis (Ser.) Stendel /aru paate/
a poisonous tree. Its wood is used in making agricultural tools.

'püyü saang  

(?)  /phusre jhar/
an herb, used for fodder

phakaltim sang  

(?)  /  /
a tree.

p'hamam  

Zingiber officinale Rosc.  /aaduwaa/
ginger. It is used as spice in vegetable dishes. The Khaling shaman bites it for purification before his work, so that spirits cannot trouble him when he exorcises them from the sick. Other priests also use it to the same effect before they officiate in ceremonies.

'phösö sang  

Homalium napaulense (DC.) Benth
an aromatic tree, used for fodder

'rakciki  

Girardia palmata (Fors.) Gaud  /allo/
Wild hemp. It yields a strong and durable fiber for clothing, bags and nets.

rangkhilæm  

Lyonia ovalifolia (Wall.) Drude /aanggeri/
a poisonous tree, used for making charcoal

'raawa  

Tsuga dumosa (D.Don.) Eichler /gopre sallo/
a pine tree, used for timber, but mostly avoided for religious reasons

'rep  

Quercus semicarpifolia Sm.  /khasru/
oak. Its wood is used for hammers, ploughs etc. The leaves are used for fodder.

'eskap sang  

Osyris wightin Wall. ex Wight /nunDhiki/
reskp means 'orphan'. The name describes the tendency of this tree to stand alone, and not in groves. The leaves are used as medicine.
Semecarpus anacardium Linn. Benth. ex Hook f. /kaag bhaayo/
a tree, used as fodder. A white sap runs when it is cut.

risku sang
(?) /sikre/
a shrub used for brooms

robolsi
Lindera pulcherrima (Nees) /phusure /
a poisonous tree

‘rō
Oriza sativa L. /dhaan/
rice. It is not a staple in the hill area. Khaling people eat it
on special occasions only because it is relatively scarce.

rōjæ sang
Thalictrum cheledonii DC.
an herb, used as fodder

røplæm
(?) /       /
an edible fungus

‘rumbu kwaay
Ramalina himalayensis Ræs /thaakre cyau/
an edible fungus

rūys
Mesua ferrea Linn. /naagesari/
iron wood. A tree, used for cough medicine and foot in-
juries.

sakacew
(?) /giTTe cyau/
an edible fungus

sakaar
Ipomoea batatas (L.) Lam. /sakar khanDa/
sweet potato. Cultivated and eaten.

‘samsöri
Anaphalis triplinervis (Sims.)
an herb, used for fodder and to start fire

sapla
Curcuma angustifolia Roxb. /kacur/
a shrub, used by Khaling shamans to divine and diagnose
disease

saankwaay
(?) /kaanne cyau/
an edible fungus

saaphaa
Thysanotena maxima (Roxb.) O. Kuntze /amliso/
a shrub, used for fodder and for making brooms. The Kha-
ling shaman also uses it in healing ceremonies.
sæmces  
*Sambucus hookeri* Rehder  /cari bhaago/

a small odorous herb

'sæmkwaay

(?) /maangnisag/

an herb, eaten as a vegetable

sæmphræm

*Glechnia volubilis* Junghung /uniu/

a fern, used as a bed of straw in the cattle shed, also in beer making and for cleaning pots and pans

sæmsi

(?) /likhi phul/

a tree used for fodder. Its flower is used for decoration.

sereme

*Lens culinaris* Moench  /musur/

lentil

sib

*Cedrela toona* Roxb. ex Rottle et Willd /tuni/

a lowland tree, used as timber

sibuyem

*Artemisia vulgaris* /Linn.  /titépati/

a wormwood herb, used for fodder and in a Khaling ritual called *kommosi*

silaa

*Taxus baccata* L. /Denggro/

a tree, used to make the frame of the shaman's drum.

solubu

*Casearia sp.*  /baarkure/ or /harkaTo/

a tree, used as fodder

sوثwaap

*Grewia vestita*  /syal phusre/

a tree.

sököme

*Triumfetta pilosa* Roth  /ban kurro/

a bristly herb, *'kekepci* is another name for the same plant

sölam

*Shorea robusta* Gaertn.  /saakuwaa/

a large lowland tree, used for bridges because of its strength and durability

sôlemsi

*Pentapanax Leschenaultii* Wight et Arn.  /singau To/

a climber with edible fruit

sönme sang

*Santalum album* Linn.  /sirkhanDaas/

a tree, used for fodder and timber
söslem  Beohmeria macrophylla D.Don /kaamle/
a shrub, used for fodder and ropes

Boehmeria phlayphylla
This is another species found in Khaling villages. See H. Hara

'surci  (?) / /
a large tree, used as timber

swaarsu  Quercus lanuginosa (Lour.) D. Don /bāājh/
a large tree, used as fodder.

swaarcep  Mucuna nigricans Steud /kasuso/
a lowland climber with pods covered with stingy hair. The
large stem is used as part of tools.

'taaktibung  Rhododendron barbatum Wall. ex G. Don /guraas/
a rhododendron with poisonous buds

taaktinggur  Rhododendron lindleyi T. Moore /cimāal/
a highland rhododendron with white flowers. It provides
very good fire wood.

'tæmwaé  Musa sapientum L. /ban Kera/
wild banana. Its leaves are used to make plates at feasts.

terti  Butea frondosa Roxb. /palas/
a large tree with red flowers which bloom before the leaves
appear. Khaling people like to wear these flowers as decorative
on their clothes.

teraa  Saurauja nepalensis DC. /goguna/
a tall tree with edible fruit. Its leaves are used for
fodder

tokol pungme  Cardiocrinum giganteum (Wall.) Makino /gyu paat/
a plant with a white actinomorphic flower, which is worn
for decoration on clothing

'toplemsi  Cinnamomum glanduliferum Meissn. /maligiri /
an edible berry

'tukusi  Sorbus Hedlundi C.K. Schneid. /mel/
a tree, used for fodder
'tur
Cephalostachyum sp. /dhungro bâdz/
cylinder bamboo, used to make water containers and a liquor
container particular to the Khaling which is called thöklaa.
It is beautifully decorated and only very few Khalings make
it.

thaktilem
Berberis asiatica Roxb. /culctro/
a tree with thorny stem, used for fodder

'thaansi
Quercus lamellosa Smith / / an oak, used for fodder. Its trunk and branches provide wood
for tool handles.

theprip
Arundinaria Hookeriana Munro /tite/
a thin bamboo, used for baskets and rain gear. Reportedly to be less durable than hip.

'thocipolu
(?) /soli cyau/
an inedible cup fungus

thunæm-wæsep
Polystichum lentum (D.Don.)
a fern, used as a bed of straw in the cattle shed

'thusü
Machilus sp. /liso kaula/
a tree. The shaman uses its branch which he sharpens at
one end in exorcisms to ascertain the cause of the sickness
by divination. He also uses the leaves to stab the evil spirit
that causes the sickness.

waarmæ
Dendrobium Pierardi Roxburgh /sunikhari/ ex Hook. f. an
orchid with yellow flowers. The stem provides a strong fiber
which is used to weave decorations on little brushes carried
by women and girls.

'waayaa bharœm
Leucosceptrum canum Sm. /bhusure/
a tree with sweet smelling flowers. The leaves are used for
fodder

waayaa khaltap
Edgeworthia Gardnari (Wall). Meisner /algeti/
a bush with bark used for making ropes

wælbe
Michelia velutina DC. /câap/
a very tall tree, used for timber. It is scarce nowadays
because of indiscriminate use in the past.
'wæsep  
*Gleichenia linearis* (Burm.) Clarke  /niguro/
a large inedible fern

wös  
*Ficus Hookerii* (?) /mebhaaro/
fig tree with edible fruit. The leaves are used for fodder.

yaangyaas  
*Prunus persica* Batch.  /aaru/
peach. Cultivated

yaasu  
*Schima wallichii* (DC) Korth  /cilaune/
a tall tree with irritating bark. Its shoots are good for fodder.

yocam  
*Polygonum molle* D.Don.  /ThoDne/
a shrub with edible shoots

yongki  
(?) /  /  
an herb, used for making ropes

yor  
*Ischaemum rugosum* Salish.  /baabiyoy/
a grass growing on cliffs, used for making ropes and brooms.

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