



# *PEACE Project*

*"Reducing Risk for the Kuchi People"*

*Local Names and Traditional Uses of Plants as recorded during field interviews in 2007 and 2008*

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*To cite this material:*

**Schloeder, C. A. and M. J. Jacobs. 2009. Afghanistan PEACE Project: Local names and traditional uses of plants as recorded during field interview 2007-2008. Department of Ecosystem Science and Management, Texas A&M University.**

**This publication was made possible through support provided by the U.S. Agency for International Development, Afghanistan Agriculture Program Sector, under the terms of the University of California - Davis Cooperative Agreement Award no. 306-A-00-06-00521-00. The views expressed by the author(s) do not necessarily reflect those of USAID.**

No.	Family	Species	Dari	Pashto	Common name: Dari	Common name: Pashto
1	Leguminosae		چنگک	چنگک	jin jack	chaghac
2	Plumbaginaceae	Acantholimon auganum	سرخ غوزبه		Surkh Ghozba	
3	Plumbaginaceae	Acantholimon cephalotes	سنگ غوزبه		Jaw Ghozba	
4	Plumbaginaceae	Acantholimon erinaceum	شل غوزبه		Shal ghozba	
5	Plumbaginaceae	Acantholimon poliochlorum	سنگ غوزبه		Sang ghozba	
6	Caryophyllaceae	Acanthophyllum laxiflorum	خر پوک		khar puk	
7	Caryophyllaceae	Acanthophyllum schugnanicum	استوق		Ostooq	
8	Compositae	Achillea wilhelmsi	گل باران		Gul-e- boran	
9	Compositae	Artemisia lehmanniana				
10	Leguminosae	Astragalus lasiosemius	خار موش		Khar-e mosh	
11	Leguminosae	Astragalus tribuloides	نخوتک		nakhotak	
12	Umbelliferae	Bunium persicum				
13	Leguminosae	Cicer pungen	خار (جدید)			
14	Compositae	Cousinia cf chionophila	جومهار / جوخار		Khar-e- goshphand	Jam khar
15	Compositae	Cousinia eurylepis	شکر خار		Shatar khar	
16	Compositae	Cousinia multiloba	سفید خار		Safed Khar	
17	Compositae	Cousinia cf bupthalmoides	گاوک		Gawak	
18	Compositae	Cousinia xanthula	جو خار		Jaw khar	
19	Asphodelaceae	Eremurus alberti	سیچ	رانی	seech	ghrani

No.	Family	Species	Dari	Pashto	Common name: Dari	Common name: Pashto
20	Cruciferae	Eruca sativa				
21	Geraniaceae	Geranium charlesii	كدوگك		Kadogak	
22	Leguminosae	Glycyrrhiza uralensis	شربین بوی		Shirine bui	
23	Labiatae	Hymenocrater sessilifolius	بز بوش		Buzboosh/Bozboosch	
24	Chenopodiaceae	Krascheninnikovia ewersmanniana	بوچرغانه		Bojerghana	
25	Compositae	Lactuca orientalis	قو غک/قو غک		Qawghak; Qawooq	
26	Cruciferae	Malcomia turkestanica	اسکاری			eskAri; Iskore
27	Leguminosae	Onobrychis afghanica	خار موش		Khar-e mush (new)	
28	Orobanchaceae	Orobanche cernua	شمندو		Shamandaw	
29	Zygophyllaceae	Peganum harmala	اسفند	اسفند	esphand	esphand
30	Polygonaceae	Polygonum podlechii	سرخ پکچه		Surkh pekcha	
31	Umbelliferae	Prangos pabularia	غاغون		Ghaghon	
32	Chenopodiaceae	Salsola canesams	ترغو		Targho	
33	Labiatae	Salvia moorcroftiana	گنده بغل		Ganda baghal	

No.	Family	Species	Dari	Pashto	Common name: Dari	Common name: Pashto
34	Leguminosae	Trigonella monantha	نخوتک		Nakhotak	
35	Leguminosae	Trigonella monantha	رشقه دشتی		reshka dAshti	
36	Chenopodiaceae	Salsola spp.				Gogerdak
37	Compositae	Xylanthemum fisherae				
38	Chenopodiaceae	Halocharis spp.	شورک		Shurak	Dawdawak

No.	Family	Species	Medicinal use (human and animal)	Other uses (fuel, building, etc.)	Source
1	Leguminosae		Seed is used for medicine.	Collected for fuel.	1
2	Plumbaginaceae	Acantholimon auganum		Whole plant dug up for fuel.	4
3	Plumbaginaceae	Acantholimon cephalotes		Woody parts collected for fuel.	4
4	Plumbaginaceae	Acantholimon erinaceum		Woody parts collected for fuel.	4
5	Plumbaginaceae	Acantholimon poliochlorum		Collected for fuel and winter fodder	4
6	Caryophyllaceae	Acanthophyllum laxiflorum		Collected for fuel and for winter fodder; used to cover fodder in Bamiyan.	4
7	Caryophyllaceae	Acanthophyllum schugnanicum		People use root as soap for washing clothes.	4
8	Compositae	Achillea wilhelmsi	The whole plant is boiled to make a tea, for headaches, blood pressure and kidney stones.		4
9	Compositae	Artemisia lehmanniana		Collected for fuel.	4
10	Leguminosae	Astragalus lasiosemius		Whole plant dug up for fuel.	4
11	Leguminosae	Astragalus tribuloides			
12	Umbelliferae	Bunium persicum		Fruit is aromatic and valued as a spice.	5
14	Leguminosae	Cicer pungens		Collected for fuel.	4
15	Compositae	Cousinia cf Chionophila		Collected for fuel.	4
16	Compositae	Cousinia eurylepis		Entire plant dug up for winter fodder.	4
17	Compositae	Cousinia multiloba		Whole plant dug up for fuel and for winter fodder when nothing else is available.	4
18	Compositae	Cousinia cf bupthalmoides	Bulb is eaten.	Collected for fuel.	4
19	Compositae	Cousinia xanthula		Collected for fuel and winter fodder.	4
20	Asphodelaceae	Eremurus alberti		Townsppeople make glue out of roots.	2

No.	Family	Species	Medicinal use (human and animal)	Other uses (fuel, building, etc.)	Source
21	Cruciferae	Eruca sativa		Cultivated for oil and fodder in Pakistan.	5
22	Geraniaceae	Geranium charlesii	Children use the roots of this plant.		4
23	Leguminosae	Glycyrrhiza uralensis	Anti-allergen; sweetener.		4
24	Labiatae	Hymenocrater sessilifolius	Headaches, stomachache, pain reliever.	Collected for winter fodder.	4
25	Chenopodiaceae	Krascheninnikovia ewersmanniana		Collected for fodder in emergency in winter	4
26	Compositae	Lactuca orientalis	Fresh leaves eaten to stimulate appetite.	Woody parts only collected for fuel; used as a roofing material to cover beams before mud applied.	4
27	Cruciferae	Malcomia turkestanica		Collect for fodder	1
28	Leguminosae	Onobrychis afghanica		Roots only are collected for fuel.	4
29	Orobanchaceae	Orobanche cernua		Children use the root as a chewing gum.	4
30	Zygophyllaceae	Peganum harmala	Seeds are burned in cans (seen in Kabul) and if smoke covers your body you gain protection from bad spirits, also breathing it relaxes you.		4
31	Polygonaceae	Polygonum podlechii		Woody parts only collected for fuel.	4
32	Umbelliferae	Prangos pabularia		Collected for winter fodder.	4
33	Chenopodiaceae	Salsola canesams		Collected for fuel.	4
34	Labiatae	Salvia moorcroftiana		Collected for winter fodder.	4

No.	Family	Species	Medicinal use (human and animal)	Other uses (fuel, building, etc.)	Source
35	Leguminosae	Trigonella monantha		Collect for fodder- considered the best.	2
36	Leguminosae	Trigonella monantha		Collected for winter fodder.	2
37	Chenopodiaceae	Salsola spp.		Above-ground parts only collected for fuel.	2
38	Compositae	Xylanthemum fisherae		Collected for fuel.	4
39	Chenopodiaceae	Halocharis spp.		Collected for fuel and winter fodder	3

Source of names and traditional uses:

- 1 Kuchi Herder accompanying survey: Mohammad Daud
- 2 Kuchi Herder accompanying survey: Naziq Mir
- 3 Kuchi Herder accompanying survey: Wali Jan
- 4 MAIL Employee from Bamiyan: Niatoke Ashraf
- 5 Local villager, name unknown