**Supplementary Table 3** **Application of other Ethnic and Modern Pharmacological Research on Traditional Herbal Medicine to the Tujia Ethnics in Tongren**

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| --- | --- | --- | --- | --- | --- |
| Common Name | **Scientific Name** | Representative Chemical Components | Biological Activities and Medicinal Parts | Ethnic Groups Using the Herb | **References** |
| Cong Bai/Huo Cong | *Allium fistulosum* L. | Amino acids, Carbohydrates, Flavonoids | Roots have Anticancer, Antipyretic, Expectorant, Antimicrobial, Antiviral | Buyei, Dai, Dong, Daur, Ewenki, Gelao, Hani, Jino, Maonan, Mongolian, Qiang, Tujia, Wa, Yi, Tibetan | (Chen and Zhang, 2023) |
| Gan Shan Bian/Pan Long Qi | *Peliosanthes macrostegia* Hance | Flavonoids, Coumarins, Anthraquinones | Roots and Stems Anti-inflammatory, Antidepressant, Antitumor, Anti-aging, Anticoagulant | —— | (Feng et al., 2014) |
| Ma Gan Qi/Lu Yao | *Maianthemum japonicum* (A.Gray) LaFrankie | Steroids, Flavonoids, Proteins | Roots and Stems Antimicrobial, Antitumor, Antioxidant | Miao, Naxi, Pumi, Tujia | (Guan et al., 2024) |
| Ye Cong/Xiao Cong | *Allium macrostemon* Bunge | Proteins, Carbohydrates, Amino acids, Flavonoids | Roots and Leaves have Antioxidant, Antitumor | Korean, Hui, Mongolian, Naxi, Nu, Shui, Tujia, Yao, Tibetan | (Bing et al., 2007; Chen et al., 2016) |
| Bai Zao Xiu/Deng Tai Qi | *Paris lancifolia* Hayata/P*orella japonica var. calcicola* M. Hara | Steroids, Flavonoids, Terpenes, Essential oils | Roots and Stems have Antitumor, Antimicrobial, Anti-inflammatory, Sedative, Analgesic | Buyei, Korean, Dai, Dong, De'ang, Derung, Ewenki, Gelao, Jino, Jingpo, Lisu, Li, Maonan, Miao, Qiang, She, Shui, Tujia, Wa, Yao, Yi, Zhuang | (Dan et al., 2022) |
| Di Zhu/Tou Ding Zhu | *Trillium tschonoskii* Maxim. | Steroid saponins, Flavonoids, Fatty acids | Leaves and Stems have Anti-inflammatory, Analgesic, Antitumor, Anti-aging, Hepatoprotective | Tujia, Miao | (Chen et al., 2011) |
| Wan Nian Qing | *Rohdea japonica* (Thunb.) Roth | Saponins, Essential oils, Polysaccharides, Terpenes, Flavonoids | Whole grass have Antitumor, Analgesic, Anti-inflammatory, Antioxidant, Immunomodulatory | Bai, Buyei, De'ang, Dong, Jingpo, Lahu, Miao, Shui, Tujia | (Ma et al., 2023) |
| Huang Jing Can/Lao Hu Jiang | *Polygonatum* Mill. | Alkaloids, Polysaccharides, Steroid saponins | Roots and Stems have Antimicrobial, Anti-aging, Immune modulation | Tibetan, Tujia, Miao, Maonan, Gelao, Lisu, Bai, Dong, Naxi, Yao | (Chen, 1988) |
| Yi Wo Qu/Tian Dong | *Asparagus* *cochinchinensis* (Lour.) Merr. | Steroids, Polysaccharides, Amino acids | Roots have Antioxidant, Antitumor, Immunomodulation, Anti-inflammatory, Antimicrobial | Buyei, Korean, De'ang, Dong, Hani, Jino, Jingpo, Lahu, Li, Maonan, Miao, Tujia, Tibetan | (Lv et al., 2024) |
| Zhu Gen Qi | *Disporopsis fuscopicta* Hance | Steroid saponins, Flavonoids, Cardiac glycosides | Whole grass have Analgesic, Anti-inflammatory, Antitumor, Antimicrobial, Antioxidant | Buyei, Miao, Shui, Tujia, Yao | (Li et al., 2024) |
| Bai He | *Lilium brownii var. viridulum* Baker/*Cardiocrinum giganteum var. yunnanense* (Elwes) Stearn | Steroid saponins, Alkaloids, Polysaccharides, Phenolics | Whole grass have Antimicrobial, Antitumor, Antioxidant | Dong, Gelao, Lahu, Maonan, Miao, Naxi, Tujia, Yao, Mongolian, She, Wa, Yi, Zhuang | (Wu and Fan, 2024) |
| Ji Xiang Cao | *Reineckea carnea* (Andrews) Kunth | Steroid saponins, Flavonoids, Lignans, Terpenes | Whole grass have Hemolytic prevention, Cough suppressant, Expectorant, Anti-inflammatory, Analgesic, Blood sugar reduction | Bai, Buyei, Dong, Derung, Gelao, Hani, Lisu, Maonan, Miao, Naxi, Nu, Pumi, Shui, Tujia, Wa, Yao, Yi, Zhuang | (Wang and Chen, 2024) |
| Ma Ti Xiang/Zhi Zhu Xiang | *Valeriana jatamansi* Jones | Phenolics, Flavonoids, Lignans, Alkaloids | Roots and Stems have Antimicrobial, Antitumor, Anti-inflammatory, Antipyretic, Analgesic | Achang, Blang, Buyei, Dai, De'ang, Dong, Gelao, Hani, Jingpo, Lahu, Lisu, Maonan, Miao, Yi, Naxi, Nu, Shui, Tujia, Uighur, Wa, Yao, Zhuang | (Wang et al., 2018) |
| Ban Bian Lian | *Lobelia chinensis* Lour. | Alkaloids, Flavonoids, Terpenes, Coumarins | Whole grass have Antitumor, Anti-inflammatory, Analgesic, Antimyocardial ischemia‒reperfusion | Tujia, Achang, De'ang, Dong, Gelao, Jingpo, Li, Miao, She, Yao, Zhuang, Maonan | (Wang, 2020) |
| Si Kuai Wa/Si Da Tian Wang | *Lysimachia paridiformis* Franch. | Triterpene saponins, Steroid saponins | Whole grass have Antibacterial, Antifungal, Antiviral, Hepatoprotective, Antioxidant | Tujia, De'ang, Jingpo, Miao | (Liu et al., 2015) |
| Man Tian Xing | *Lysimachia congestiflora* Hemsl. | Flavonoids, Triterpene saponins, Steroids | Whole grass have Activating blood circulation, Reducing swelling, Pain relief, Expelling cold, Detoxifying | Tujia, Achang, De'ang, Hani, Jingpo | (Chen et al., 2016) |
| Zhu Er Duo/Che Qian Cao | *Plantago asiatica* L. | Flavonoids, Terpenes | Whole grass have Anti-inflammatory, Antibacterial, Anti-ulcerative, Antioxidant | Tujia, Bai, Buyei, Blang, Dong, Zhuang, Yi | (Peng et al., 2023) |
| Yi Mu Cao | *Leonurus japonicus* Houtt. | Alkaloids, Flavonoids, Diterpenes, Phenylethanol glycosides | Whole grass have Anti-atherosclerosis, Antioxidant, Anti-apoptotic | Bai, Buyei, Korean, Dai, Dong, Derung, Gelao, Hani, Lahu, Lisu, Maonan, Mongolian, Miao, Naxi, Qiang, She, Tujia, Yi, Tibetan, Zhuang | (Xiong et al., 2024) |
| Shan Bo He/Chou Bo He | *Mentha canadensis* L. | Essential oils, Flavonoids, Terpenes, Phenolic acids | Leaves and Stems have Antibacterial, Antiviral, Anti-inflammatory, Antioxidant, Antitumor, Anti-fertility | Buyei, Korean, Dai, Dong, Hani, Kazakh, Jing, Lisu, Maonan, Mongolian, Miao, Naxi, She, Tujia, Wa, Uighur, Yao, Yi, Yugur, Tibetan, Zhuang, Taiwanese minorities | (Huang et al., 2007) |
| Deng Long Cao/Feng Lun Cao | *Trifolium polycephalum* Ser. | Terpenes, Flavonoids, Saponins | Roots have Common cold, Anti-inflammatory, Hepatoprotective | Dai, Hani, Miao, She, Shui, Tujia, Yao | (Miao et al., 2024) |
| Mao Yan Cao/Dao Du San | *Euphorbia helioscopia var. ceretana* Sennen | Terpenes, Flavonoids, Phenylpropanoids, Sterols | Leaves and Stems have Antitumor, Antioxidant, Antibacterial | Korean, Miao, Tujia, Tibetan | (Cui et al., 2024) |
| Suan Pan Zi | *Glochidion puberum* (L.) Hutch. | Terpenes, Flavonoids, Coumarins, Steroid compounds | Fruit、Roots and Leaves have Antitumor, Analgesic | Achang, Buyei, De'ang, Dong, Gelao, Hani, Jingpo, Li, Maonan, Miao, She, Shui, Tujia, Yao, Zhuang | (Tan et al., 2023) |
| Han Xiu Cao | *Mimosa pudica f. glabrior* Benth. | Flavonoids, Phenolics, Organic acids | Whole grass and Roots have Anti-aging, Anticancer, Cardiovascular disease prevention, Anti-inflammatory, Analgesic | Achang, Dai, De'ang, Hani, Jingpo, Lisu, Maonan, Naxi, Tujia, Wa, Zhuang | (Li et al., 2023) |
| Yun Shi | *Caesalpinia vesicaria* Lam. | Flavonoids, Terpenes, Phenolics | Roots and Stems have Anti-inflammatory, Antioxidant, Antimalarial | Tujia, Achang, Buyei, Dai, De'ang, Dong, Gelao, Hui, Jingpo, Maonan, Miao, Wa, Yao, Yi, Zhuang | (Xie and Wang, 2024) |
| Huang Ge Teng | *Pueraria montana var. lobata* (Willd.) Maesen & S.M.Almeida ex Sanjappa & Predeep | Puerarin, Soyasaponins | Roots and Stems have Anti-osteoporotic | Achang, Buyei, Korean, De'ang, Dong, Jino, Lisu, Mongolian, Miao, Naxi, Nu, She, Shui, Tujia, Yao, Yi | (Tang et al., 2022) |
| Ye Wan Dou | *Lotus corniculatus* L. | Terpenes, Flavonoids, Amino acids | Whole grass have Antioxidant, Antimicrobial, Anticancer, Diabetes management, Hepatoprotective | Tujia | (Xu et al., 2015) |
| Xue Teng | *Sargentodoxa cuneata* (Oliv.) Rehder & E.H.Wilson | Phenolic acids, Lignans, Triterpenes, Essential oils | Roots and Stems have Anti-inflammatory, Antiviral, Antiallergic, Antioxidant | Buyei, Dong, Miao, Yao, Shui, Zhuang, Yi, Tujia | (Yin et al., 2024) |
| Bai Yao/Qian Jin Teng | *Stephania herbacea* Gagnep. | Alkaloids, Lignans, Sterols, Flavonoids, Phenolics | Roots and Stems have Antitumor, Antifibrotic, Antibacterial, Anti-inflammatory | She, Tujia, Taiwanese minorities | (Zheng and Wang, 2023) |
| Di Ku Dan | *Tinospora sagittata* (Oliv.) Gagnep. | Palmatine | Roots have Anti-inflammatory, Antiswelling, Analgesic | Achang, Dai, De'ang, Dong, Jingpo, Maonan, Miao, Mulam, Naxi, Shui, Wa, Yao, Tibetan, Zhuang | (Liu, 2020) |
| Shan Wu Gui | *Stephania epigaea* H.S.Lo | Alkaloids | Roots have Anti-inflammatory, Analgesic | Bai, Dai, Jino, Lahu, Miao, Wa, Yi, Tibetan | (Chi et al., 2008) |
| Hai Jin Sha | *Lygodium japonicum* (Thunb.) Sw. | Flavonoids, Phenolic acids and their glycosides, Triterpenes |  Dried fruits have Cholagogic, Antilithic, Antioxidant, Antibacterial | Achang, Bai, Buyei, Korean, Dai, De'ang, Dong, Gelao, Hani, Jino, Jingpo, Lahu, Lisu, Maonan, Mongolian, Miao, Mulam, Nu, She, Tujia, Yao, Yi, Tibetan, Zhuang, Taiwanese minorities | (Ni et al., 2020) |
| Xiang Ya Cao | *Festuca brauniana* (Nees) Walp. | Polyphenols, Pentacyclic triterpenes, Essential oils | Antioxidant, Antibacterial | Achang, Dai, De'ang, Hani, Jingpo, Miao, Naxi, Yi, Zhuang | (Wang et al., 2022) |
| Yan Mai | *Avena fatua subsp. nuda* (L.) Thell. | Proteins, Amino acids, Unsaturated fatty acids, Saponins | Whole grass have Lipid-lowering, Vasoconstrictive, Antioxidant | Mongolian, Yi, Tibetan | (Wang et al., 2024) |
| Ma You | *Sesamum indicum* L. | Fatty acids, Trace elements, Vitamins | Mature seeds have Blood lipid regulation, Cholesterol reduction, Antioxidant, Antitumor | Achang, Korean, Dai, De'ang, Dong, Tujia, Uighur, Yao, Yi, Hani, Mongolian, Jingpo, Lahu | (Zhi et al., 2023) |
| Ku Gua | *Momordica charantia var. abbreviata* Ser. | Alkaloids, Saponins, Peptides, Vitamins, Minerals | Dried fruits have Glycemic control, Lipid-lowering, Antioxidant, Anticancer | Dai, Dong, Jino, She, Tujia, Wa, Yi, Zhuang | (Zhang et al., 2024) |
| Bai Wei Lian/Jin Gui Lian | *Schizocarpum guatemalense* Cogn. ex Donn.Sm./*Hemsleya chinensis var. longivillosa* (C.Y.Wu & Z.L.Chen) D.Z.Li | Triterpene saponins | Roots and Stems have Antitumor, Antioxidant, Anti-inflammatory | Buyei, Dong, Gelao, Maonan, Miao, Tujia | (Tong et al., 2023) |
| Ye Xi Gua/Dong Gu Zi | *Trichosanthes kirilowii* Maxim. | Triterpenes, Flavonoids, Fatty acids, Plant sterols | Dried fruits have Antioxidant, Anti-inflammatory, Antimicrobial, Antithrombotic | Korean, Dong, Mongolian, Miao, Naxi, She, Tujia, Uighur, Yi, Zhuang | (Yang et al., 2024) |
| Pa Di Hong Mao | *Chrysosplenium pilosum* Maxim. | Flavonoids, Pentacyclic triterpenes, Essential oils | Whole grass and Roots have Antitumor, Antiviral, Cytotoxic | Tibetan | (Mu et al., 2019) |
| Yan Bai Cai | *Bergenia purpurascens* (Hook.f. & Thomson) Engl. | Polyphenols, Flavonoids | Leaves and Stems have Anti-inflammatory, Antitumor, Antioxidant, Anti-arrhythmic | Bai, Dai, Dong, Lisu, Mongolian, Miao, Naxi, Pumi, Wa, Yao, Yi, Tibetan, Zhuang | (Pan et al., 1998) |
| Sheng Jiang | *Zingiber officinale f. rubens* (Makino) M.Hiroe | Essential oils, Gingerols | Roots and Stems have Anti-ulcerative, Antibacterial, Anti-inflammatory, Antioxidant | Achang, Buyei, Korean, Dai, Dong, Dongxiang, Gelao, Hani, Jino, Lisu, Mongolian, Miao, Naxi, Nu, She, Tujia, Wa, Uighur, Yao, Yi, Tibetan, Zhuang, Taiwanese minorities | (Hu and Dang, 2024) |
| Shan Jiang | *Alpinia japonica* (Thunb.) Miq. | Essential oils, Flavonoids, Steroids, Terpenes | Roots and Stems have Antioxidant, Blood pressure reduction, Antispasmodic, Analgesic | Dai, De'ang, Dong, Miao, She, Tujia, Yao, Zhuang | (Jiang et al., 2024) |
| Jin Si Cao | *Polytrichum formosum* Hedw. | Ketones, Flavonoids | Whole grass have Antitumor, Cytotoxic, Anti-inflammatory | She, Yao | (Yuan et al., 2018) |
| Tian Ji Huang/Di Er Cao | *Hypericum japonicum* Thunb. | Flavonoids, Koumine, Phenolic compounds | Leaves、flowers and Stems have Liver protection, Jaundice treatment, Antimicrobial, Antiviral | Buyei, Dai, Dong, Gelao, Hani, Jino, Lahu, Lisu, Maonan, Miao, She, Tujia, Wa, Yao, Yi, Zhuang | (Zhou et al., 2024) |
| Xiao Niu Xi/Dui Ye Qi | *Chloranthus serratus* (Thunb.) Roem. & Schult. | Saponins, Steroids, Polysaccharides | Roots have Antioxidant, Anti-inflammatory | Dong, Lahu, Miao, Tujia, Yao | (Liu et al., 2024) |
| Si Ye Xi Xin/Si Kuai Wa | *Chloranthus serratus* (Thunb.) Roem. & Schult. | Bicyclic terpenes, Flavonoids | Roots have Antioxidant, Anti-inflammatory | Buyei, Hani, Miao, Tujia, Dong | (Zhang et al., 2023) |
| Si Kuai Wa | *Chloranthus spicatus* (Thunb.) Makino/*Chloranthus henryi* Hemsl. | Terpenes | Whole grass have Anti-inflammatory, Antitumor, Antifungal, Antiviral, Neuroprotective | Buyei, Dong, Gelao, Hani, Maonan, Miao, Tujia, Yao, Bai, Dai, Yi, Zhuang, Wa, Lahu, Jino | (Li et al., 2023) |
| Zi Hua Di Ding | *Viola diamantiaca* Nakai/*Viola betonicifolia var. cordifolia* Hara | Coumarins, Flavonoids, Glycosides | Whole grass have Antibacterial, Anti-inflammatory, Antioxidant, Antiviral, Immunomodulatory, Anticancer | Buyei, Korean, Dong, Gelao, Maonan, Miao, Pumi, Mongolian, She, Hani, Lisu, Naxi, Tujia, Yao, Wa, Taiwanese minorities | (Qiu et al., 2024) |
| Luan Zi Cao/Yan Song | *Sedum elatinoides* Franch./S*edum lineare* Thunb. | Flavonoids, Sterols, Pentacyclic triterpenes, Phenylpropanoids | Leaves and Stems have Antitumor, Anti-inflammatory, Analgesic, Antioxidant | Miao, She, Tujia, Yao, Yi, Zhuang | (Chen and Yu, 2023) |
| La Jiao Cao | *Sedum oligospermum* Maire | Alkaloids, Flavonoids, Active polysaccharides | Whole grass have Anti-inflammatory, Antioxidant, Neuroprotective | Dong, Tujia | (Huang et al., 2017) |
| Wa Song/Wa Lian Hua | *Cotyledon elizae* A.Berger ex Raym.-Hamet | Flavonoids, Organic acids, Triterpenes, Cardiac glycosides | The dry part of the ground have Anti-inflammatory, Analgesic, Antibacterial, Cardiac support | Achang, De'ang, Evenki, Jingpo, Mongolian, Tujia, Yao, Tibetan | (Fan et al., 2020) |
| Ba Bao Cao/Huo Yan Cao | *Hylotelephium erythrostictum* (Miq.) H.Ohba | Flavonoids, Glycosides, Organic acids | Leaves and Stems have Antibacterial, Anti-inflammatory, Antioxidant, Antitumor | Tujia | (Chen and You, 2010) |
| Da Bu Si/Luo Di Sheng Gen | *Bryophyllum pinnatum* (Lam.) Oken | Flavonoids, Alkaloids, Steroids, Terpenes | Roots or Whole grass have Anti-inflammatory, Analgesic, Immunosuppressive, Immunomodulatory, Antitumor | Bai, Dai, De'ang, Hani, Jino, Jingpo, Lahu, Lisu, Maonan, Wa, Taiwanese minorities | (Duan et al., 2017) |
| Dou Ban Cai | *Sedum majus* (Hemsl.) Migo | Flavonoids, Alkaloids, Steroids, Terpenes | Leaves and Stems have Anti-ulcer, Antibacterial, Antioxidant, Neuroprotective | Tujia | (Li et al., 2022) |
| Da Bu Si | *Sedum chauveaudii* Raym.-Hamet | Flavonoids, Alkaloids | Anti-ulcer, Antibacterial, Antioxidant | —— | (Qi and Niu, 2011) |
| Fei Cai | *Sedum oligospermum* Maire | Flavonoids, Unsaturated fatty acids, Glycosides, Sterols | Antioxidant, Antibacterial | Korean | (Zhang et al., 2024) |
| Tu San Qi | *Phedimus aizoon* (L.) 't Hart | Glycosides, Coumarins, Organic acids, Flavonoids | Roots have Antioxidant, Antibacterial, Anticancer | Korean, Dong, Evenki, Manchu, Miao, Pumi, Qiang, Tujia, Tibetan | (Tang et al., 2024) |
| Tu Dang Shen | *Campanumoea javanica* Blume | Phenylpropanoids, Sugars and glycosides, Acetylenes, Flavonoids and flavonoid glycosides | Roots have Antitumor, Immunomodulatory, Antioxidant | Yi, Miao, Hani, Tujia, Lahu | (Lu et al., 2023) |
| Ye Dang Shen | *Codonopsis javanica subsp. japonica* (Maxim. ex Makino) Lammers | Alkene glycosides, Organic acids, Glycosides, Adenosine | Roots have Antioxidant, Immunomodulatory, Anti-aging | Dai, De'ang, Dong, Hani, Jino, Lahu, Lisu, Maonan, Miao, Naxi, Shui, Tujia, Yao, Yi, Tibetan, Zhuang | (Zhan et al., 2024) |
| Ai Cao | *Artemisia lavandulifolia* Salisb./*Artemisia indica* Willd./*Artemisia argyi* H.Lév. & Vaniot | Plant fibers, Polysaccharides, Flavonoids, Essential oils | Whole grass have Antibacterial, Antiviral, Hemostatic, Immunomodulatory | Dai, De'ang, Dong, Hani, Jino, Lahu, Lisu, Maonan, Miao, Naxi, Shui, Tujia, Yao, Yi, Tibetan, Zhuang | (Li et al., 2024) |
| Jiu Li Guang | *Senecio scandens* Buch.-Ham. ex D.Don | Alkaloids, Flavonoids, Essential oils, Terpenes | Roots have Antibacterial, Anti-inflammatory, Antiviral, Antitumor, Antioxidant | Bai, Buyei, De'ang, Dong, Derung, Gelao, Hani, Jingpo, Lahu, Lisu, Maonan, Miao, Naxi, Nu, Qiang, She, Tujia, Wa, Yao, Yi, Tibetan, Zhuang, Taiwanese minorities | (Chen and Xie, 2015) |
| Cang Er Zi/Zhan E Zi/Cang Er Zi | *Xanthium strumarium* L. | Glycosides, Phenolic acids and derivatives, Alkaloids, Flavonoids | Dried fruits have Antimicrobial, Antitumor, Anti-inflammatory, Analgesic, Antioxidant, Antiallergic | Achang, Bai, Korean, Dai, Dongxiang, Evenki, Gelao, Hani, Kazakh, Lisu, Maonan, Mongolian, Miao, Mulam, Naxi, She, Tujia, Uighur, Yao, Yi, Tibetan, Zhuang, Taiwanese minorities | (Dong et al., 2024) |
| Shan Luo Bo/Ye Luo Bo | *Parasenecio forrestii* W.W.Sm. & J.Small | Terpenes and derivatives, Brassins, Organic acids, Alkaloids | Leaves、flowers and Stems have Antibacterial, Throat discomfort relief, Antioxidant, Blood pressure reduction | Tibetan, Yi | (Wang et al., 2016) |
| Hong Chai Hu/Yi Zhi Huang Hua | *Solidago decurrens* Lour. | Terpenes, Flavonoids, Phenylpropanoids | Roots have Antitumor, Antioxidant, Blood sugar reduction, Antimicrobial | Buyei, De'ang, Dong, Gelao, Kazakh, Jingpo, Maonan, Miao, She, Tujia, Yao, Zhuang | (He et al., 2024) |
| Da Huo Cao/Qing Ming Cao | *Psychrophyton buchanani* (Kirk) Anderb. | Flavonoids, Diterpenes | Roots have Anti-inflammatory, Antioxidant, Antibacterial | Bai, Dong, Derung, Hani, Lisu, Miao, Naxi, Shui, Tujia, Wa, Yi, Tibetan | (Gao et al., 2019) |
| Ye Yan | *Carpesium abrotanoides* L. | Alkaloids, Glycosides, Phenolics | Roots have Anti-inflammatory, Antibacterial | Bai, Lisu, Miao, Tujia, Yi, Tibetan | / |
| Dong Feng Cai | *Aster scaber* Thunb. | Flavonoids, Phenolic acids | Whole grass have Antiviral, Antibacterial, Antitumor, Anti-inflammatory, Antioxidant | Tujia | (Xie et al., 2023) |
| San Qi | *Gynura japonica* (Thunb.) Juel | Phenolic acids, Flavonoids, Glycosides | Roots have Antibacterial, Anti-inflammatory, Anti-HIV | Achang, Bai, Buyei, Dong, Hani, Lahu, Miao, Naxi, Pumi, Qiang, She, Tujia, Yao, Yi, Zhuang | (Liu et al., 2024) |
| Shen Jiao Cao/Cui Yun Cao | *Selaginella uncinata* (Desv.) Spring | Flavonoids, Phenolic acids, Anthraquinones, Terpenes | Roots have Anti-inflammatory, Antioxidant, Immunomodulatory | Hani, Jino, Li, Miao, She, Tujia, Yao, Yi, Zhuang | (Zhang et al., 2023) |
| Shi Shang Bai/Yan Juan Bai | *Selaginella involvens* (Sw.) Spring | Alkaloids, Saponins, Sterols | Whole grass have Anti-inflammatory, Antitumor, Antioxidant | Hani, Lisu, Miao, Nu, She, Tujia | (Chen et al., 2023) |
| Jiu Tou Shi Zi | *Peristrophe japonica* (Thunb.) Bremek. | Alkanes, Sterols | Roots and Stems have Anti-inflammatory, Antitumor, Lipid regulation | Buyei, Dong, Miao, Shui, Tujia, Yao, Zhuang, Taiwanese minorities | (Gao et al., 2020) |
| Xiao Qing Cao/Gan Ji Cao | *Justicia procumbens* Blume | Lignans, Flavonoids, Steroids | Antioxidant, Anti-aging, Anti-inflammatory | Dong, Hani, Lisu, Miao, She, Tujia, Yao, Zhuang | / |
| Yan Pi Pa/Yan Ju Hua | *Briggsia latisepala* Chun ex K.Y.Pan | Flavonoids, Sesquiterpenes | Roots and Stems have Antibacterial, Antiviral |  | (Pan et al., 1998) |
| Shi Diao Lan | *Lysionotus pauciflorus* Maxim. | Flavonoids, Essential oils, Phenylethanol glycosides | Whole grass have Antibacterial, Anti-inflammatory, Hepatoprotective, Antitussive | Buyei, Dai, Dong, Gelao, Maonan, Miao, Qiang, She, Shui, Tujia, Yao, Zhuang | (Zhou et al., 2021) |
| Jia Tian Ma | *Corallorhiza trifida var. trifida* | Phenolic compounds and glycosides | Dried Tubers hace Antiepileptic, Anticonvulsant, Sleep improvement |  | (Liang et al., 2024) |
| Shan Ci Gu/Ye Bai Ji/Bai Mao Gu | *Cremastra appendiculata* (D.Don) Makino | Mannose-bound glucans | Dried phosphorus stem have Antitumor, Sedative, Hypnotic, Antitussive | Korean, Dong, Miao, Tujia | (Zhang et al., 2023) |
| Huo Xue Zhu/Mao Suan Gu | *Pleione bulbocodioides* (Franch.) Rolfe | Phenylpropanoids, Lignan derivatives, Glycosides | Stems have Antitumor, Antioxidant, Anti-inflammatory | Korean, Mongolian, Miao, Tujia | (Mu et al., 2008) |
| Xiang Long Cao | *Pogonia japonica* Rchb.f. | Triterpenes, Anthraquinones | Whole grass have Antibacterial, Anti-inflammatory | Buyei | (Qiu et al., 2014) |
| Fei Xing Cao | *Goodyera schlechtendaliana f. similis* (Blume) Makino | Xanthones, Cycloether terpenes, Flavonoids | Whole grass have Anticancer, Immunomodulatory, Antimicrobial | Tujia | (Liu et al., 2019) |
| Shuang Shen Cao | *Habenaria davidii* Franch. | Terpenoids, Polysaccharides, Alkanes | Roots have Antibacterial, Anti-inflammatory, Antitumor, Antioxidant, Anti-aging, Immunomodulatory | Tujia, Bai |  (Tan et al., 2024) |
| Shuang Shen Can | *Habenaria dentata* (Sw.) Schltr. | Triterpene glycosides, Saponins | Roots and Stems have Anti-inflammatory, Immunomodulatory | Dai, Dong, Hani, Lahu, Lisu, Miao, Tujia, Yi, Taiwanese minorities | (Ma et al., 2020) |
| Yan Shi Hu | *Bulbophyllum nutans* (Thouars) Thouars | Polysaccharides, Amino acids, Polyphenols | Roots have Anti-inflammatory, Antioxidant, Immunomodulatory | Miao, Tujia | (Chen, 2016) |
| Lian Huan Cao | *Calanthe discolor var. discolor* | Monoterpenes, Cycloether terpenes, Flavonoids | Dried phosphorus stem have Anti-inflammatory, Antitumor, Antioxidant, Antibacterial | Dong, Tujia, Miao | (Wan et al., 2010) |
| Hong Hua Liao | *Polygonum runcinatum* Buch.-Ham. | Flavonoids, Sterols | Flowers have Antioxidant, Anti-inflammatory, Antibacterial | Bai, Dong, Tujia, Yao, Yi | (Xie et al., 2024) |
| Zhu Sha Qi | *Pleuropterus ciliinervis* Nakai | Anthraquinones, Emodin | Roots have Antitumor, Anti-aging, Anti-inflammatory, Antibacterial, Antiviral | Miao, Tujia, Qiang, Yi | (Wang et al., 2022) |
| Niu Dai Huang/Jin Da Huan | *Rumex crispus subsp. littoreus* (Hardy) Akeroyd | Bile acids, Sterols, Bilirubin | Roots and Stems have Anti-inflammatory, Antibacterial | Korean, Dong, Evenki, Kazakh, Mongolian, She, Tujia, Uighur, Tibetan | (Guo et al., 2024) |
| She Dao Tui | *Polygonum perfoliatum* L. | Glycosides, Phenolics | Stems have Anti-inflammatory, Antioxidant, Antibacterial, Antiviral | Buyei, Korean, Dai, Dong, Gelao, Hani, Miao, Tibetan, Zhuang, Tujia, Yi | (Yao et al., 2023) |
| Hou Er Qi | *Bistorta vivipara* (L.) Gray | Saponins, β-sitosterol | Whole grass havAnti-inflammatory | Korean, Kazakh, Lisu, Naxi, Qiang, Yi, Tibetan | (Liu et al., 2023) |
| Xue Li Mei/Qing Yu Dan | *Gentiana rhodantha* Franch. | Bile acids | Roots and Stems have Immune enhancement, Anti-fatigue, Sleep promotion, Blood pressure reduction | Bai, Buyei, Dong, Gelao, Hani, Lisu, Maonan, Miao, Naxi, Nu, Tujia, Yao, Tibetan | (Yang et al., 2024) |
| Xiao Long Dan/Tu Long Dan | *Halenia corniculata* (L.) Cornaz | Bitter glycosides, Sterols, Esters, Alkanes | Roots and Stems have Anti-inflammatory, Analgesic, Antitumor, Antioxidant | Tujia, Lisu, Mongolian, Naxi, Pumi, Qiang, Tibetan | (Cao et al., 2024) |
| Yan Long Dan | *Gentiana squarrosa* Ledeb. | Cycloether terpenes, Triterpenes, Xanthones, Flavonoids | Roots and Stems have Anti-inflammatory, Analgesic, Hepatoprotective, Antitumor | Mongolian, Tibetan | (Jiao et al., 2024) |
| Dui Yue Cao/Zhu Ye Qi | *Vincetoxicum pycnostelma* Kitag. | Hypericin | Leaves have Anti-inflammatory, Sedative, Antioxidant, Antibacterial, Antispasmodic | Buyei, Korean, Dong, Gelao, Hani, Maonan, Mongolian, Miao, She, Tujia, Yao, Yi, Zhuang | (Wu et al., 2024) |
| Hei Gu Teng/Hei Hu Teng | ­­—— | Flavonoids, Alkaloids, Polysaccharides, Organic acids | Whole grass havAnti-inflammatory, Wound healing promotion, Antitumor, Cardiotonic | —— | (Shu et al., 2023) |
| Nai Jiang Teng | *Cynanchum rostellatum* (Turcz.) Liede & Khanum | Bitter steroid glycosides, Flavonoids, Polysaccharides, Oils | Whole grass have Anti-inflammatory, Antioxidant | Mongolian | (Shen, 2014) |
| Da Feng Cao | *Ranunculus bungei* Steud. | Magnesium lactate, Succinic acid, Anisic acid, Vanillic acid | Whole grass have Antitumor, Anti-inflammatory, Analgesic, Antibacterial | Achang, Bai, Blang, Buyei, Dai, De'ang, Dong, Hani, Jino, Jingpo, Jing, Lahu, Lisu, Maonan, Miao, Naxi, She, Tujia, Wa, Yao, Yi, Zhuang | (Jiao et al., 2024) |
| Tu Ren Shen | *Talinum paniculatum* (Jacq.) Gaertn. | Anthraquinones, Sugars, Amino acids, Organic acids | Roots have Anti-inflammatory, Antibacterial, Antioxidant, Sun protection | Bai, Dong, Lisu, Maonan, Miao, Mulam, She, Tujia, Yao, Yi, Zhuang | (Chang et al., 2023) |
| Si Liang Ma | *Asarum sieboldii* Miq. | Lignans, Essential oils, Acids | Whole grass with roots Anti-inflammatory, Analgesic, Antitussive, Antimicrobial, Antiviral | Korean, Hui, Mongolian, Miao, Naxi, Tujia, Uighur | (Tan et al., 2024) |
| Ma Ti Xiang/Pen Cao | *Saruma henryi* Oliv. | Aristolochic acid amides, Aristolochic acids | Dried fruits have Antitumor, Antibacterial, Antiviral | Tujia, She | (Zhang et al., 2020) |
| Ma Ti Xiang/Ma Xi Xin | *Asarum macranthum* Hook.f. | Essential oils | Dried fruits have Fever reduction, Anti-inflammatory, Analgesic, Sedative | Dong, Tujia, Yao | (Wang et al., 2019) |
| She Shen | *Aristolochia tubiflora* Dunn | Alkaloids | Roots have Antitumor, Antibacterial, Blood pressure reduction, Anti-fertility | Miao, Tujia, Yao | (Qiao et al., 2006) |
| Ma Sang | *Coriaria nepalensis* Wall. | Flavonoids, Terpenes | Roots and leaves have Antibacterial | Buyei, Dong, Lisu, Miao, Nu, Qiang, Shui, Tujia, Yao, Yi, Zhuang | (Chen et al., 2022) |
| Po Xue Zi/Lao Guan Cao | *Geranium wilfordii* Maxim. | Flavonoids, Catechins, Tannins | Whole grass have Antiviral, Antibacterial, Anti-inflammatory | Mongolian, Miao, Tujia, Yi, Zhuang, Tibetan | (Kong et al., 2023) |
| Niu Jiao Qi/Tie Po Luo/Guai Zi Qi | *Beesia calthifolia* Ulbr. | Terpenes, Glycosides | Roots and Stems have Antitumor, Anti-inflammatory, Antiviral | Bai, Lisu, Naxi, Tujia | (Yang et al., 1995) |
| Sui Gu Cao/Ye Wu Tou | *Aconitum sinomontanum* Nakai | Diterpene alkaloids, Guaiane sesquiterpenes | Roots have Analgesic, Local anesthetic, Anti-arrhythmic | Miao, Tujia | (Chen et al., 2024) |
| Lao Hu Xiang/Shi Huang Cao | T*halictrum aquilegiifolium var. sibiricum* Regel & Tiling/*Thalictrum microgynum* Lecoyer ex Oliv. | Alkaloids, Flavonoids, Triterpenes | Whole grass have Antitumor, Antiparasitic, Antiviral | Korean, Lisu, Mongolian, Tibetan | (Lv et al., 2024) |
| Tian Qu Zi/Qian Nian Lao Shu Shi | *Semiaquilegia adoxoides* Makino | Alkaloids, Lactones, Cyanogenic nitro compounds, Phenolics | Roots have Antibacterial, Anti-inflammatory activity, Cytotoxic activity, Antioxidant activity | Dong, Gelao, Maonan, Miao, She, Tujia, Yao, | (Wu et al., 2023) |
| Ye Mian Hua/Da Po Wan Wan Hua | *Anemone vitifolia* Buch.-Ham. ex DC. | Saponins, Flavonoids, Coumarins | Leaves and Stems have Antitumor, Anti-inflammatory, Antibacterial, Analgesic, Sedative | Buyei, Dong, Hani, Maonan, Miao, She, Tujia, Yao, Yi, Zhuang | (Li et al., 2017) |
| Leng Fan Tuan/Xiang Xue Teng | *Kadsura heteroclita* (Roxb.) Craib | Saponins, Tannins, Flavonoids | Roots and Stems have Hepatoprotective, Antitumor, Neuroprotective, Cardioprotective | Dai, Hani, Jino, Li, Maonan, Miao, Mulam, Tujia, Wa, Yao, Zhuang | (Xiong et al., 2004) |
| Da Hui | *Illicium henryi* Diels | Python toxins | Dried fruits have Analgesic, Platelet aggregation inhibition | Tujia | (Li and Dai, 2023) |
| Leng Fan Tuan/Xiao Xiang Teng | *Schisandra* Michx. | Lignans, Terpenes, Steroids | Whole grass have Anti-fibrotic, Antioxidant, Antiplatelet | Bai, Dong, Hani, Lisu, Miao, Tujia, Yi | (Lia et al., 1999) |
| Ba Yue Zha/Ba Yue Gua | *Akebia quinata* (Thunb. ex Houtt.) Decne./*Akebia trifoliata* (Thunb.) Koidz. | Alkaloids, Flavonoids, Polysaccharides | Friuts have Immunomodulatory, Antitumor | Korean, Dong, Mongolian, Miao, Tujia, Yao, Yi | (Zhang et al., 2024) |
| Yi Zhi Jian | *Ophioglossum vulgatum var. reticulatum* (L.) D.C.Eaton | Flavonoids, Essential oils, Steroids | Whole grass with roots have Hepatoprotective, Detoxifying, Anti-ulcer | Dai, Dong, Hani, Lahu, Miao, Naxi, Qiang, Tujia, Yao, Yi, Tibetan, Zhuang | (Zeng et al., 2021) |
| Jian Zhong Xiao/Mu Zhu Teng | *Ampelopsis delavayana* Planch. ex Franch./*Ampelopsis delavayana var. setulosa* (Diels & Gilg) C.L.Li | Terpenes, Tannins | Leavea and Stems have Anti-inflammatory, Antiviral, Hepatoprotective | Buyei, Dai, Dong, Hani, Lahu, Miao, Tujia, Wa, Yao, Yi | (Meng, 1994) |
| Shui Chang Shan/Yi Zhu Xiang | *Anotis urophylla* (Wall. ex Wight & Arn.) Hook.f. | Mannitol, Flavonoid glycosides | Whole grass have Antitussive | / | (Tu et al., 2021) |
| Ci Li | *Rosa roxburghii* Tratt. | Pentacyclic triterpenes, Flavonoids | Friuts have Anti-inflammatory, Antibacterial, Antitumor, Metabolic regulation | Buyei, Dong, Gelao, Maonan, Miao, Shui, Tujia, Yi | (Yang et al., 2024) |
| Lu Bian Huang/Ma Bian Cao | *Geum aleppicum* auct. | Triterpenes and their glycosides, Tannins | Dry ground have Immune enhancement, Blood nourishment, Vision protection | Bai, Buyei, Dong, Oroqen, Kazakh, Miao, Tujia, Tibetan, Zhuang, Yi, Yao, Shui, She, Naxi, Korean, Lisu | (Liu et al., 2021) |
| Di Feng Zi | *Potentilla freyniana var. sinica* Migo | Terpenes | Whole grass have Antibacterial, Anti-inflammatory, Antitumor | Buyei, Dong, Miao, Shui, Tujia, Yao, Zhuang | (Chen et al., 2015) |
| Hong Zi | *Pyracantha pyracantha* (L.) Voss | Benzamide alkaloids | Roots have Antibacterial, Antioxidant, Antitumor | Bai, Dong, Miao, Tujia, Yi | (Chen, 2016) |
| Shi Jie Mei | *Rosa saturata* Baker | Cyanogenic glycosides, Flavonoids, Triterpenes | Whole grass have Antitumor, Antioxidant, Antitussive | Bai, Dong, Miao, Tujia, Yi | (Guo et al., 2023) |
| Wu Pao | *Rubus setchuenensis* Bureau & Franch. | Terpenes, Flavonoids, Phenolic acids | Whole grass have Antibacterial, Anti-inflammatory, Antitumor | Miao, Tujia | (Xu, 2006) |
| Zai Yang Pao | *Rubus corchorifolius* L.f. | Flavonoids, Tannins, Coumarins | Roots and Leaves have Anti-diarrheal, Anti-inflammatory, Antibacterial | Dong, Oroqen, Miao, She, Tujia, Tibetan | (Wang et al., 2014) |
| Qiu Hai Tang | *Begonia grandis* Dryand. | Cardiac glycosides, Flavonoids, Saponins | Friuts and stems have Anticoagulant, Anti-inflammatory, Antibacterial | Bai, De'ang, Dong, Jingpo, Lahu, Lisu, Tujia, Yao, Zhuang | (Fan et al., 2011) |
| Jin Yin Hua | *Urtica japonica* Thunb. | Organic acids, Essential oils, Flavonoids | Whole grass have Antimicrobial, Anti-inflammatory, Antipyretic | Achang, Bai, Buyei, Korean, Dai, De'ang, Dong, Gelao, Hani, Jingpo, Lisu, Jing, Mongolian, Miao, Mulam, Naxi, Nu, She, Tujia, Wa, Yao, Zhuang | (Luo et al., 2024) |
| Jie Gu Cao | *Sambucus javanica* Reinw. ex Blume | Flavonoids, Phenolics, Tannins | Whole grass have Dispels wind-dampness, Promotes blood circulation, Hemostatic | Buyei, Dai, Dong, Lahu, Lisu, Maonan, Miao, Mulam, She, Tujia, Yao, Yi, Tibetan, Zhuang, Taiwanese minorities | (Wang et al., 2023) |
| Zhe Er Gen/Yu Xing Cao | *Houttuynia cordata* Thunb. | Essential oils and Flavonoids | Whole grass have Antibacterial, Antipyretic, Anti-inflammatory, Antitumor | Achang, Bai, Blang, Buyei, Korean, Dai, De'ang, Dong, Derung, Gelao, Hani, Li, Maonan, Miao, Naxi, Nu, Pumi, She, Tujia, Tibetan, Zhuang, etc. | (Xiao et al., 2022) |
| Xiang Cai | *Eryngium foetidum* L. | Polyphenols, Rutin, Essential oils, Chlorogenic acid | Whole grass have Antioxidant, Antibacterial, Antitumor, Anti-anxiety | Dai, Hani, Jino, Lisu, Li, Wa, Yao | (Xiao et al., 2022) |
| Tu Dang Gui/Ye Dang Gui | *Angelica decursiva* (Miq.) Franch. & Sav. | Organic acids, Essential oils, Polysaccharides | Roots have Antibacterial, Anti-inflammatory, Antitumor | She, Tujia, Yao | (Xi et al., 2009) |
| Du Huo | *Aralia cordata* Thunb. | Coumarins, Flavonoids, Essential oils | Roots have Antibacterial, Antioxidant, Anti-inflammatory | Qiang, Tujia, Miao | (Yang et al., 2024) |
| E Jiao Ban | *Pimpinella diversifolia* DC. | Essential oils | Roots have Anti-inflammatory, Anti-allergic, Antimicrobial | Dong, Lisu, Miao, Nu, She, Tujia, Yao | (Dong et al., 2021) |
| Jia Zi Cao/Zhan Shen Cao | *Torilis scabra* DC. | Amino acids, Vitamins, Polyphenols | Whole grass have Blood circulation enhancement, Anti-inflammatory, Analgesic | Naxi | (Gong, 2001) |
| tu dang gui | *Angelica biserrata* (R.H.Shan & Yuan) C.Q.Yuan & R.H.Shan | Organic acids, Essential oils, Polysaccharides | Roots have Anti-inflammatory, Anti-allergic, Antimicrobial | Mongolian, Miao, Tujia | (Liu et al., 2022) |
| E Can | *Anthriscus sylvestris* (L.) Hoffm. | Steroids, Lignans, Phenylpropanoids | Roots have Anti-inflammatory, Antitumor | Mongolian, Tujia, Tibetan | (Tan et al., 2017) |
| Yi Zhi Bi/Guan Yin Lian | *Balanophora involucrata var. gracilis* Hook.f. | Proteins, Dietary fiber, Vitamins | Roots and Leaves have Antibacterial, Anti-inflammatory, Antioxidant | Bai, Lisu, Naxi, Qiang, Tujia, Yi | (Wei et al., 2020) |
| Bai Hua Cai/Sui Mi Cai | *Cardamine leucantha* (Tausch) O.E.Schulz | Essential oils, Triterpenes, Flavonoids | Roots and Leaves have Anthelmintic, Arthritis treatment, Vasodilation | Korean, Miao, Qiang, She | (Lv and He, 2014) |
| Shi Song/Qing Si Long | *Lycopodium japonicum* Thunb. | Alkaloids, Terpenes | Friuts and stems have Antibacterial, Anti-inflammatory, Anti-fatigue | Buyei, Dai, Dong, Gelao, Jino, Lisu, Maonan, Miao, Nu, Qiang, She, Tujia, Yi, Tibetan, Zhuang | (Yang, 1990) |
| Shi Suan/Lao Ya Suan | *Lycoris aurea* (L'Hér.) Herb./*Lycoris radiata* (L'Hér.) Herb. | Alkaloids, Sugars | Friuts and stems have Antiviral, Antitumor, Central nervous system effects | (Laughing Buddha) Hani, Lisu, Tujia, Tibetan; (Stone Garlic) Dong, Lahu, Miao, She, Tujia, Wa, Yao, Yi | (Ji et al., 2016) |
| Huang Yao Zi | *Dioscorea bulbifera* L. | Steroids, Terpenes, Flavonoids, Phenolics | Dried Tubers have Antibacterial, Anti-inflammatory, Anti-fatigue | Achang, Dai, De'ang, Dong, Hani, Jino, Jingpo, Lahu, Lisu, Maonan, Mongolian, Miao, Mulam, Naxi, Nu, She, Tujia, Wa, Yao, Yi | (Zhu et al., 2020) |
| Zhu Sha Lian | *Dioscorea cirrhosa* Lour. | Phenolic acids, Flavonoids, Lignans | Roots have Anticancer, Alzheimer's disease, Anti-inflammatory | Buyei, Dai, De'ang, Dong, Gelao, Hani, Jingpo, Lahu, Maonan, Miao, She, Tujia, Wa, Yao, Zhuang | (Guo et al., 2021) |
| Jiu Gen Suo | *Lepisorus miyoshianus* (Makino) Fraser-Jenk. & Subh.Chandra | Polysaccharides, Flavonoids, Triterpenes | Whole grass have Anti-inflammatory, Diuretic | —— | (Fu et al., 2024) |
| Wo Long Cao | *Pyrrosia angustissima* (Giesenh. ex Diels) Tagawa & K.Iwats. | Polysaccharides, Flavonoids, Triterpenes | Whole grass have Anti-inflammatory, Antioxidant, Diuretic | —— | (Zhang et al., 2024) |
| Long Xu Cao/Xian Ren Tou Fa | *Usnea longissima* Ach. | Ketones, Terpenes | Dry ground have Antispasmodic, Antitumor, Antibacterial, Antitussive | Tibetan | (Ou et al., 2022) |
| Yan Shua Zi/Shua Zhu Cao | *Psilotum nudum* (L.) P.Beauv. | Flavonoids, Triterpenes, Phenolic acids | Anti-inflammatory, Antitumor | Miao, Tujia | (Tian et al., 1995) |
| Hong Nan Xing/Gou Zhao Nan Xing | *Arisaema fargesii* Buchet | Amino acids, Alkaloids | Roots and Stems have Anti-inflammatory, Antitumor | Tujia | (Song et al., 2024) |
| Shi Chang Pu/Shui Chang Pu | *Acorus calamus* L. | Phenolics, Ethers, Alkaloids | Roots have Antibacterial, Anti-inflammatory, Anti-fatigue | Buyei, Dong, Gelao, Korean, Dai, Hani, Jino, Li, Maonan, Mongolian, Miao, Tujia, Yi, Tibetan, Zhuang | (Cao et al., 2024) |
| Ban Jie Lan/Xue Li Jian | *Arisaema decipiens* Schott | Alcohols, Ethers, Glycosides | Roots and Stems have Antibacterial, Anti-inflammatory, Antioxidant | Lisu | (Ran et al., 2015) |
| San Bu Tiao/Ma Yu Zi | *Pinellia ternata* (Thunb.) Makino | Essential oils, Alcohols | Stems have Anti-inflammatory, Anti-allergy, Antimicrobial | Buyei, Korean, Dong, Hani, Mongolian, Miao, Naxi, She, Tujia, Wa, Yao, Tibetan, Zhuang | (Tang et al., 2021) |
| Tie Si Cao/Tie Xian Cao | *Adiantum capillus-veneris* L. | Proteins, Dietary fiber, Alcohols | Roots、Leaves and Stems have Antibacterial, Anti-inflammatory, Antioxidant | Dai, De'ang, Dong, Hani, Jingpo, Miao, Naxi, Tujia, Yi, Zhuang, Taiwanese minorities | (Yang et al., 2023) |
| Yan Feng Teng/Shang Shu Wu Gong | *Handroanthus serratifolius* (Vahl) S.O.Grose | Total saponins, Essential oils | Roots have Hemolytic, Antibacterial, Antiviral | Buyei, Dong, Lisu, Miao, Naxi, Nu, She, Tujia, Wa, Yao, Yi, Tibetan | (Qin et al., 2010) |
| Ci Lao Bao/Que Er Bu Zhan | *Aralia elata* (Miq.) Seem. | Triterpene saponins | Roots have Anti-inflammatory, Antitumor, Blood sugar lowering | Yao, Korean, Tujia, Zhuang, Yao, Maonan, Qiang, She, Dong | (Sun et al., 2022) |
| Zhu Jie Ren Shen | *Panax pseudoginseng subsp. himalaicus* H.Hara | Amino acids, Saponins | Dry roots and stems have Sedative, Analgesic, Anticonvulsant | Bai, Achang, De'ang, Derung, Jingpo, Lahu, Lisu, Miao, Qiang, Tujia, Yi, Tibetan, Zhuang | (Wang et al., 2021) |
| Kou Zi Qi | *Panax bipinnatifidus* Seem. | Triterpene saponins | Dry roots and stems have Analgesic, Antitumor | Achang, De'ang, Lisu, Miao, Naxi, Qiang, Tujia, Yi, Tibetan | (Wang et al., 2020) |
| Shan He Ye/Yi Wan Shui | *Diphylleia sinensis* H.L.Li | Lignans, Flavonoids, Phenolics | Roots have Antitumor, Antiviral | Miao, Tujia | (Huang et al., 2018) |
| Ci Huang Lian/San Ke Zhen | *Berberis julianae* C.K.Schneid. | Alkaloids | Roots and Stems have Antibacterial, Anti-inflammatory, Hypotensive, Detoxifying | (Porcupine spikes) Buyei, Dong, Gelao, Maonan, Miao, Tujia, Yi, Zhuang; (Mimic porcupine spikes) Miao | (Li et al., 2023) |
| He Ye Lian | *Dysosma versipellis* (Hance) M.Cheng ex T.S.Ying | Aristolochic toxins | Whole grass have Antitumor, Antibacterial, Antiviral | Buyei, Korean, Dong, Gelao, Hani, Miao, Mulam, Tujia, Yao, Yi, Zhuang | (Jiang et al., 2024) |
| Ji Wei Cao | *Pedicularis chinensis* Maxim. | Cycloether terpenes, Phenylpropanoid glycosides, Triterpene saponins | Whole grass have Antipyretic, Anti-inflammatory, Antioxidant | Tibetan | (Li and Tang, 2019) |
| Tian Guan Zi/Chao Tian Guan | *Osbeckia crinita* Benth. ex Naudin | Flavonoids, Organic acids, Steroids | Roots have Antibacterial, Anti-inflammatory | Miao, She, Yao | (Zhang et al., 2022) |
| She Bu Jian/Tai Jue | *Sceptridium ternatum* (Thunb.) Lyon | Total flavonoids, Polysaccharides, Saponins | Roots have Antibacterial, Antioxidant, Antitumor | Achang, Bai, Buyei, Dong, Gelao, Miao, Tujia, Tibetan, Yao | (Ma et al., 2020) |
| Yi Duo Yun | *Botrypus virginianus*(L.) Holub | Flavonoids, Amino acids, Essential oils | Roots and Stems have Anti-inflammatory, Fever reduction | Miao, Tujia | (Li et al., 2022) |
| Tu Huang Lian/Duan Chang Cao | *Corydalis aurea* Willd. | Alkaloids, Rutin, Quercitrin, Cardiac glycosides, High vitamin C | Whole grass have Antiviral, Anti-inflammatory, Diuretic | Tujia, Zhuang | (Wang et al., 2022) |
| Shui Huang Lian/Yi Dian Xue | *Eomecon chionantha* Hance | Alkaloids | Whole grass have Anti-inflammatory, Antibacterial, Blood sugar reduction | Dong, Miao, She, Tujia, Yao, Zhuang | (Zhang et al., 2009) |
| Shui Hu Lu | *Eichhornia crassipes* (Mart.) Solms | Phenolics, Tannins, Flavonoids | Fruit、Roots and Leaves have Antioxidant | Dai, Hani, Mulam, Tujia, Yao | (Chen et al., 2018) |
| Yuan Wei | *Iris tectorum* Maxim. | Flavonoids, Triterpenes, Quinones | Roots and Stems have Antitumor, Anticancer, Antimicrobial | Buyei, Dai, Dong, Gelao, Kazakh, Lisu, Maonan, Miao, Mulam, Tujia, Yao, Yi, Tibetan, Zhuang | (Tian et al., 2024) |
| Bian Zhu Gen | *Iris japonica* Thunb. | Vitamin C | Roots and Stems have Analgesic, Insecticidal, Laxative | Dong, Tujia, Yao, Yi | (Qin et al., 2003) |
| Jian Xue Fei/San Bai Bang | *Toddalia asiatica* (L.) Lam. | Terpenes, Flavonoids, Steroids | Roots have Antitumor, Anti-inflammatory, Antioxidant | Buyei, Dai, De'ang, Dong, Hani, Jino, Jingpo, Lahu, Lisu, Maonan, Miao, Mulam, She, Tujia, Wa, Yao, Yi, Zhuang | (Li et al., 2023) |
| Xiang Ye Zi/Wu Yao | —— | Sesquiterpenes, Alkaloids, Essential oils | Leaves Anti-inflammatory, Hepatoprotective, Lipid-lowering | (Wu Yao) Dong, Mongolian, Miao, She, Tujia, Yao, Zhuang; (Xiang Ye Zi) Yao | (Cheng et al., 2024) |
| Ba Zhao Jin Long/Kai Hou Jian | *Ardisia crenata* Sims/*Ardisia crispa* (Thunb.) A.DC. | Triterpene glycosides, Flavonoids, Coumarin derivatives | Roots and Leaves have Analgesic, Anti-inflammatory, Anticancer | Achang, Dai, De'ang, Dong, Hani, Jino, Jingpo, Lahu, Lisu, Jing, Lahu, Lisu, Miao, Mulam, She, Tujia, Wa, Yao, Yi, Zhuang, Taiwanese minorities | (He and Xiong, 2014) |
| Ai Di Cha/Ai Jiao Cha/Ai Cha Feng | *Ardisia japonica* (Thunb.) Blume | Coumarins, Flavonoids | Whole grass have Expectorant, Anticoagulant, Blood circulation improvement | Dai, Dong, Jingpo, Lahu, Lisu, Maonan, Miao, She, Tujia, Yao, Zhuang | (Xie et al., 2024) |
| Zong Shu Gen | *Trachycarpus fortunei* (Hook.) H.Wendl. | Saponins | Roots have Hemostatic, Anti-inflammatory, Antibacterial, Analgesic | Achang, Bai, Buyei, Dai, Dong, Gelao, Hani, Lisu, Miao, Naxi, Nu, She, Tujia, Wa, Yao, Yi, Zhuang, Maonan | (Luo and Chen, 1992) |
| San Kuai Wa | *Oxalis griffithii* Edgew. & Hook.f. | Alkaloids, Flavonoids, Sugars | Whole grass or Roors have Anti-inflammatory, Diuretic, Antioxidant | Achang, Bai, Buyei, Dai, De'ang, Dong, Gelao, Hani, Jingpo, Lisu, Maonan, Miao, Naxi, Nu, Qiang, She, Tujia, Wa, Yao, Yi, Zhuang, Tibetan | (Deng, 1985) |

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