**Outdoor Allergens**

**Grasses**

1. **Name** – **Cynodon dactylon/Bermuda Grass**

Hindi: Doob ghaas, Dobri, Assamese: Dubari, Bengali: Dubra Kannada: Garikehullu, Balli garike, Ambate hulluMarathi: Haryali, Dhruva Manipuri: Tingtho Mizo: Phaitualhnim Oriya: Dubbo ghas Telugu: Ghericha, Gerichagaddi Tamil: Arugampillu, Arukampillu, Muyalpul

**Distribution** - Across India

**Starting of pollination​ season** – February

**Optimum season**​ – March July-August

**End of season** – September

1. **​Name** – **Cyperus rotundus**

Kannada-Tunge hullu, Hindi-Motha Telugu-Tunga Malyalam - Muthanga

**Distribution** – Andhra Pradesh, Karnataka, Kerala-all districts. Maharashtra.

**Starting of pollination​ season** – June

**Optimum season**​ – July-august​

**End of season** - September

1. **Name** – **Maize/Zea mays**

Mekkejola (kannada) Makkachola

**Distribution** - Karnataka, Andhra Pradesh, Tamil Nadu, Rajasthan, Maharastra , Utter Pradesh ,Madhya Pradesh ,Gujarat ,Himachal Pradesh, Punjab

**Starting of pollination​ season** – July ​

**Optimum season**​ – August-September

**End of season** - October​

1. **Name** – **Timothy Grass**

**Distribution** - North western Himalayan region

**Starting of pollination​ season** – February​

**Optimum season**​ – March​ July-august

**End of season** - September ​

1. **Name** – **Rye Grass**

**Distribution** - Jammu and Kashmir, Uttarakhand, Himachal Pradesh

**Starting of pollination​ season** – February​

**Optimum season**​ – March​ July-august

**End of season** - September ​

**Weed Pollen**

1. **Name** – **Short ragweed/Parthenium hysterophorus/Congress weed**

**Distribution** - Across India

**Starting of pollination​ season** – Perennial Allergen

**Optimum season**​ –June-July

**End of season** – Perennial Allergen

1. **Name** – **Spiny Pig weed/ Amaranthus spinosum**

Kateli (hindi), Mulludantu (kannada), Mullukeerai (tamil), Mullutotakura (telugu)

**Distribution** - Across India

**Starting of pollination​ season** – July

**Optimum season**​ – October -February

**End of season** - April

1. **Name -** Lamb’s Quarters/Chenopodium album

Chakkaravarthi keerai (tamil), Khartua sag (hindi), Hunachikka (kannada), Pappukura (telugu)

**Distribution** Across India

**Starting of pollination​ season -** December

**Optimum season** January- February

**End of season -** March

1. **Name - Ricinus communis**

Castor plant Aerandi (Hindi), Manda or Dodda Haralu (kannada), Kottaimuthu (Tamil), Amudammu chettu (Telugu)

**Distribution** Across India

**Starting of pollination​ season** September

**Optimum season** November-February

**End of season** April

1. **Name - Mugwort/ Artemesia** Nagadouna (hindi), Nagadamani (kannada), Pathri (tamil), Machapatri (telugu)

**Distribution** Across India

**Starting of pollination​ season** – April

**Optimum season** October

**End of season** November

1. **Name - Cannabis**

**Bhang, Ganja (kannada, Cheras (hindi)**

**Distribution** North western Himalayan region

**Starting of pollination​ season** February

**Optimum season** March-April

**End of season** May

1. **Name - Nettle**

Alla, Bichua

**Distribution** Foot hills of Himalayas, Jammu and Kashmir, Nepal, Himachal Pradesh

**Starting of pollination​ season -** August

**Optimum season -** September

**End of season – march**

**Tree Pollen**

1. **Name - Mesquite/Prosopis juliflora**

Mesquite, Semai parambai (Tamil), Sarkar humma(Telugu),Bellary jail (kannada)

**Distribution** Across India, Karnataka, Maharashtra-Akola dist, TN-all districts,

**Starting of pollination​ season** March

**Optimum season** April-May September -October

**End of season** November

1. **Name** **Holoptelea integrifolia**

Kaanjhu (hindi), Tambachi(Tamil), Tapasimara (kannada), Pedanevili (Telugu)

**Distribution** Widespread in India, found up to an altitude of 600metres in Himalayas KarnatakaBang, Bellary, Belgavi, TN-all districts

**Starting of pollination season** February

**Optimum season** March

**End of season** April

1. **Name** **Acacia**

Aila(hindi), Kaadu seege balli(kannada), Mullugorintha(telugu)

**Distribution** Across India, AP-East Godavari, Srikakulam dist, west Godavari, Karnataka-Ballari, chikkamangluru, kolar, Kerala-all districts TN-Salem, Dharmapuri

**Starting of pollination** - May

**Optimum season** - June-July

**End of season** - October

1. **Name** **Casuarina equisetifolia (coastal)**

She-OakJunglee jhan(hindi), Gaalimara(kannada), jarugudu(Telugu), Chavuku(Tamil)

**Distribution** Andhra Pradesh, Tamil Nadu, Orissa, Puducherry, Kerala-all districts

**Starting of pollination** February

**Optimum season** March-may

**End of season** June

1. **Name Cocus nucifera (important for coastal belt and coconut farm)**

Coconut palm, Thengina mara (kannada), Narial ka ped (hindi), kalpavriksha (sanskrith).

**Distribution** Kerala, TN, Karnataka, Andhra Pradesh, Goa, Maharashtra, Odisha, WB and Gujarat, Lakshadweep, Andaman and Nicobar

**Starting of pollination** Perinial Allergen

**Optimum season** PerinialAllergen

**End of season** Perinial Allergen

1. **Name Cassia siamea**

**Distribution** Throughout India,

**Starting of pollination** September

**Optimum season** November - December

**End of season** January

1. **Name** **Peltophorum pterocarpum**

Copper pod, Konda chinta (telugu), perungondrai(Tamil)

**Distribution** All districts of Karnataka,Kerala and Maharashtra,AP, Bihar,MP,UP,Assam

**Tree pollen**

**Season 1 -**

**Starting of pollination** - March

**Optimum season -** April

**End of season** - May

**Season 2**

**Starting of pollination** - September

**Optimum season -** October

**End of season** - November

1. **Name Euclyptus (Important for Nilgiri and foot belt of Nilgiri)**

Forest red gum, Yukkali (malayalam)

**Distribution** Andhra Pradesh, Telangana, Tamilnadu, Punjab, Harayana, Karnataka, Kerala.

**Starting of pollination** - October

**Optimum season** December -February ​

**End of season** - April

1. **Name Neem/Azaditecta indica**

Neem(hindi), Bevu mara (kannada), Veppa maram (tamil), Veppa (telugu)

**Distribution** All districts of kerala, Andhra Pradesh, Tamil Nadu, Karnataka, Odisha Most widely grown tree from the southern tip of kerala to Himalayan hills.

**Starting of pollination** April

**Optimum season** May

**End of season** June