



# *Hand Book of Dry Land Medicinal Plants*



भाकृअनुप-राष्ट्रीय अजैविक स्ट्रेस प्रबंधन संस्थान  
ICAR-National Institute of Abiotic Stress Management

(समतुल्य विश्वविद्यालय / Deemed to be University)

मालेगाव (खु), बारामती - ४१३ ११५, पुणे  
Malegaon (Kh), Baramati - 413 115, Pune, Maharashtra, India



An ISO 9001:2015 Certified Institute

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CB Harisha  
Narendra Pratap Singh

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February 2019

**Published by**

Prof. N. P. Singh  
Director  
ICAR-National Institute of Abiotic Stress Management  
Malegaon, Baramati, 413 115, Pune, Maharashtra

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**Citation**

Harisha, C.B. and Singh, N.P. 2019. Hand Book of Dry Land Medicinal Plants. Technical Bulletin No.31.ICAR- National Institute of Abiotic Stress Management, Malegaon, Baramati.413 115.Pune, Maharashtra (India).p.70.

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**Printed at:**

Sakalp Printing Press  
Indapur Road, Baramati 413 102.  
Tel. : 02112-223441/39  
E-mail : [sakalp2009@gmail.com](mailto:sakalp2009@gmail.com) Web : [www.sakalp.com](http://www.sakalp.com)

# Preface

The medicinal plants or herbs lead to the thought of miraculous and supernatural cures used in traditional system of medicine such as Ayurveda, Naturopathy, Siddha, Unanai etc. our ancient literature not only has references of medicinal preparation but also the plant species and their classification. As rightly said by Charka father of Modern Medicine, there is no plant on earth which does not have medicinal value. Generally speaking all plants provide food and all of them have one or the other medicinal properties.

India is one the world's richest source of herbal wealth. Due to varied climatic conditions and soil types India gifted with heritage of medicinal plants. Due to indiscriminate collection of medicinal plants from its natural sources led to become endangered and vulnerable species. Therefore, it is duty of every human being to save the plants in natural habitat which is only the source of diversity and also new drugs. In this view government has taken the initiative to establish herbal gardens in every state, region, even at community level to conserve the native medicinal plants and also to multiply the plants to make it available for commercial cultivation. One of such herbal garden has been established at ICAR-National Institute of Abiotic stress management, Baramati, District Pune, Maharashtra in an area of 2.0 hectare comprising of 65 Species of Trees, Shrubs and Climbers.

In this book all the plant details with pictorial identity for identification of plants of the dry region of the Maharashtra and also few rare species of other region also included. This book provides information of plant species with names in different languages, economic part, propagation method, effect on doshas as per Ayurveda, medicinal uses etc. The objective of the book is to provide information of plant species and details of known uses and physiological actions of the plants and their parts. This book can be used as ready reckoner to get the information of available species for the benefit of students, researchers, farmers, and other common people who engaged in this plants

Our sincere thanks to National Medicinal Plants Board, Department Of AYUSH, Ministry Of AYUSH, Government of India. New Delhi for providing financial support to establish The Herbal Garden at ICAR-NIASM, Baramati. We are also thankful to Dr. Trilochan Mahapotra, Secretary DARE and Director General ICAR for Need felt help and support to the organization.







**Narendra Pratap Singh**  
Director,  
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## Foreword

Plants are one of the best gift of nature earth for mankind. Plants are being used by man for day to day needs which may include, food, fibre, timber, medicine, shelter, etc. among them use of plants as a medicine is one of the ancient skill of Indian civilizations. On account of fact herbal drugs have no side effect, there has been a huge demand for raw medicinal plants. In those days plants is being collected from natural source mainly forests, but today many plant species of great medicinal properties are being rare, endangered and threatened due to indiscriminate collection of the plants.

All the plants on earth are having one or the other medicinal properties and only few of them are being utilized for medicinal purpose. These plants can grow even in adverse conditions such as low moisture, excess moisture, high temperature, lower temperature, poor and rocky soils etc. therefore these plant species suitable to different adverse conditions can be grown for reclamation of soils by afforestation thereby ecosystem can be strengthened and balanced. Collection, conservation of native species of plants which are rare, endangered and threatened in their region itself is much needed. In this regard ICAR-National Institute of Abiotic Stress Management is developed the herbal garden consisting of rare and endangered and threatened trees, shrubs, and climber species in rocky barren land which is not suitable for cultivation any annual crops. The efforts made by the scientists of the institute to develop the waste land into a green belt are most appreciable task.

I fervently hope that, this hand book is more useful for students, farmers, researchers regarding identification and use of dry land medicinal trees, shrubs and climbers. I hope this herbal garden is model for many other organizations and society for converting waste land into a diversified green belt.

18 February 2019

Narendra Pratap Singh



## Medicinal trees / plant species available at Sanjeevini Udyan, ICAR-NIASM, Baramati

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## Development of Medicinal Garden at ICAR-NIASM, Baramati (2.0ha)



*Initial view of field before Development*



*Layout and pit opening and of garden into different blocks*



*Pits opening and filling of black soil*



*Plantation of various medicinal trees, shrubs, and climbers*



## AGNIMANTHA



|                 |                               |
|-----------------|-------------------------------|
| Family          | Verbanaceae                   |
| Scientific name | <i>Premna integrifolia</i> L. |
| Common name     | Headache tree                 |
| Sanskrit        | Agnimantha                    |
| Hindi           | Taker, Arni, Agathu           |
| Marathi         | Eirani, Takali, Airana        |
| Part used       | Root bark, bark, leaves       |

**Method of propagation :** Seeds

### According to Rajanigantu

According to this shalok Agnimantha, jay, sreeparni, ganikarika, jaya, jayanti, tarkari, nadya and vayjanti are the synonyms of this herb. This herb is anti-inflammatory (shothnashak), hot potency (ushanveerya), pacifies vata and kapha (kaphavatahara). It is pungent (katu), bitter (tikat), astringent (kashay) and sweet (madhur) rasa and It is fire productive (deepan karma) in nature. It is best used to treat anemia (panduroga).

**Effect on Doshas :** It balances Vata and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Agnimantha means Agni means fire. Mantha means churning. Its wood pieces was rubbed with each other to generate fire in ancient times
- Agnimantha is best remedy for anemia.
- Used to reduce swelling and inflammation (Shothahara). Warm leaves of Agnimantha are used to relieve severe pain.
- Agnimantha is useful for low digestive fire (Agnimandya) and improves digestive fire (deepana).
- Herb is used to expel out extra waste from body (anulomana).
- Helpful in treating diabetes (premhaghna). Decoction of roots has anti-diabetic properties.
- It is used to treat haemorrhoids (arsha), cough (kasa) and asthma (swasa).
- Useful in urinary tract infection.
- Boost the immune system and purify blood (Raktashodhaka).
- Known for its analgesic properties and anti-pyretic properties (jawarghna).
- It is analgesic which kill pain (Vednasthapan).
- Decoction of root is used in painful micturition.
- Pulp of roots is given orally to treat Urticaria and other skin disorders

## ALEXANDRIAN LAUREL



|                 |                                  |
|-----------------|----------------------------------|
| Family          | Guttiferae                       |
| Scientific name | <i>Calophyllum inophyllum</i> L. |
| Common name     | Alexandrian Laurel               |
| Sanskrit        | Padma Keasara, Rakta Pushpa      |
| Hindi           | Sultan Campa, Punnaga            |
| Marathi         | Undi, Punnaga                    |
| Part used       | Root bark, seed oil              |

**Method of propagation :** Seeds

**According to Rajanigantu**

*Bark and root of the siyoli is used for treating arthritis and rectal problems*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Seed oil used externally to relieve pain of rheumatoid arthritis, osteo arthritis and other wounds
- Kashaya prepared from bark is used to treat diarrhoea, and dysentery
- Seed oil in small doses is used to treat dysuria (pain, discomfort, or burning when urinating) and urinary tract infection with pus formation (pyuria)
- Bark is used in blood related disorders such as abscess, skin disorders, nasal bleeding
- Bark is also useful in pitta related disorder such as gastritis, burning sensation etc.
- Seeds kernel yields 50-70% oil which is used as biodiesel in engines
- The timber of this species referred to a 'Bintagor' is of superior quality and is popularly traded in South-East Asian countries.
- It has demand for carving, furniture making, boat building and flooring. It is a durable multi-purpose timber

## ANNATO



|                 |                             |
|-----------------|-----------------------------|
| Family          | Bixaceae                    |
| Scientific name | <i>Bixa orellana</i> Shrub. |
| Common name     | Annato, Lipstick tree       |
| Sanskrit        | Sindhuri                    |
| Hindi           | Sindguriya, Latkan          |
| Marathi         | Sendri                      |
| Part used       | Seeds and leaf              |

**Method of propagation :** Seeds

### MEDICINAL PROPERTIES AND USES

- Annatto is a natural dye yielding plant. The seed are used as natural colour.
- People take annatto for diabetes, diarrhoea, fevers, fluid retention, heartburn, malaria, and hepatitis.
- They also use it as an antioxidant and bowel cleanser.
- Annatto is sometimes put directly on the affected area to treat burns and vaginal infections and to repel insects.
- Colour is used as Chemical ink, Coating medicines, Drugs, Dyeing, Food colouring, Hair oils, Polishes, Poultry feed
- The annatto dye is non-toxic and is mainly used for colouring edible materials like butter, ghee, other milk products, margarine, cheese, vanaspati, chocolates, cosmetics etc.
- Dye is also used in floor polishes, shoe polish, hair oils etc.
- Tree can be grown as ornamental, avenue tree along the roads.

## ARJUN



|                 |                             |
|-----------------|-----------------------------|
| Family          | Combretaceae                |
| Scientific name | <i>Terminalia arjuna</i> L. |
| Common name     | Arjun                       |
| Sanskrit        | Darala, Indradru            |
| Hindi           | Arjun                       |
| Marathi         | Sadaru                      |
| Part used       | Bark, Fruits                |

### Method of propagation : Seeds

#### According to Rajanigantu

*Kukumbh, Arjun, nadisarj, inderdru, veervariksh, veer and dhawal are various synonyms of Arjuna. Due to its anstringent taste (kashaya rasa) and cool potency (sheet virya) it is used a cardiac tonic (hridya). It is best used to cure chest injuries (kshata), chronic respiratory disorders (kshayhara), reduces cholesterol levels (medohara), diabetes (prameha), useful to relieve wound and ulcers caused by kapha and pitta dosha.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- The Bark of the Arjuna tree contains calcium salts, magnesium salts, and glucosides.
- It has been used in traditional Ayurvedic herbalism Juice of its leaf is used to cure dysentery and earache.
- Arjuna helps in maintaining the cholesterol level at the normal rate, as it contains the antioxidant properties similar to the Vitamin E.
- It strengthens the heart muscles and maintains the heart functioning properly.
- It also improves functioning of cardiac muscle.
- Arjuna is used for the treatment of coronary artery disease, heart failure, edema, angina and hypercholesterolemia.
- Its bark power possesses diuretic, prostaglandin enhancing and coronary risk factor modulating properties.
- It is also considered as beneficial in the treatment of Asthma.



## ASPARAGUS



|                 |                               |
|-----------------|-------------------------------|
| Family          | Liliaceae                     |
| Scientific name | <i>Asparagus racemosus</i> L. |
| Common name     | Climbing asparagus            |
| Sanskrit        | Shatamuli                     |
| Hindi           | Satavari                      |
| Marathi         | Satavari                      |
| Part used       | Tuberous roots                |

**Method of propagation :** tuberous roots

**According to Bhavprakash nighantu**

*Small shatavari is rejuvenator, intellect promoter. It supports digestive fire. Increases stamina. Promotes spermatogenesis is a galactagogue. It manages vata pitta diseases and inflammation.*

*Big Shatavar - Good for heart, intellect, rejuvenative, aphrodisiac and cold in potency. It manages pile, ulcerative colitis and eye diseases. Both types of Shatavari are good for tridoshaj disease, piles and managing emaciation.*

**Effect on Doshas :** It balances Pitta and Vata doshas.

### MEDICINAL PROPERTIES AND USES

- A very potent herb to maintain the health of female reproductive system. Shatavari treats PMS symptoms just by relieving pain and controlling blood loss, supports already balanced female hormones
- It is extremely beneficial herb in amenorrhea, dysmenorrhea, leucorrhea and other pelvic inflammatory diseases.
- Supportive of male reproductive system as well. Shatavari can enhance the level of white blood cell count.
- This herb helps to maintain healthy energy levels and strengthen the body there by supports immune system of the body
- This herb enhances the amount of breast milk for mothers and can also be consumed by women after hysterectomy.
- Shatavari nourishes the ovum which further increases fertility rate. The root powder is even used in males to solve their sexual problems.
- It can bring about cooling effect and thereby lower fever, inflammation and even stomach ulcers.
- Shatavari has properties to fight against cholera, typhoid fever, dysentery, E.coli and Staphylococcus aerus.

## BAEL



|                 |                                       |
|-----------------|---------------------------------------|
| Family          | Rutaceae                              |
| Scientific name | <i>Aegle Marmelos</i>                 |
| Common name     | Apple wood                            |
| Sanskrit        | Bilva, Sripthal, Pootivat, Shaelpatra |
| Hindi           | Bael, Bel patra, Vili, Sripthal       |
| Marathi         | Bael                                  |
| Part used       | Bark, root, flowers                   |

### Method of propagation : Seeds

#### According to Rajanigantu

*Bilav, shandliya, shailush, maloor and shripthal are various synonyms of this bael. It is bitter and astringent in taste, absorbent, rough, stimulates digestive fire, aggravates pitta dosh and pacifies vata kapha dosha. It has light guna, improves digestion and has hot potency.*

**Effect on Doshas :** Ripe fruits - Aggravate all three doshas

Unripe fruits - Balance Kapha and Vata doshas

### MEDICINAL PROPERTIES AND USES

- Its fruit is relished as a whole as well as for its chilled juice which is very good to beat the heat in hot and scorching summers
- Leaves have anti-diabetic properties. It helps to control diabetic polyuria. It helps pancreas to produce more amount of insulin, which controls diabetes.
- Bilva is one of the ten herbs mentioned in Dashamoola. Therefore, it can be widely used in an anti-inflammatory and pain relieving in the body.
- Problems of the female reproductive system like leucorrhoea, menstrual irregularities & vaginal haemorrhages etc. are also relieved with the use of Bilva along with other herbs.
- It also balances pitta related disorders in the body, effective in managing ulcers and infections.
- The ripe fruit has laxative properties and helps to treat constipation. Unripe fruit is also very effective in treating dysentery, diarrhoea and other gastro intestinal disorders.
- Bilva helps to control functioning of heart, cardiac muscles and cardio vascular system of body.
- Flowers relieve diarrhoea, dysentery, thirst and vomiting. Whereas, leaves relieve pain, dyspepsia, gastritis and abdominal colic pain.
- Roots improve the digestion, prevent vomiting and balance all three doshas.

## BELERIC MYROBALAN



|                 |                                   |
|-----------------|-----------------------------------|
| Family          | Combretaceae                      |
| Scientific name | <i>Terminalia bellarica</i> Roxb. |
| Common name     | Beleric Myrobalan                 |
| Sanskrit        | Vibhitak, Akshay, Karshfala       |
| Hindi           | Baheda                            |
| Marathi         | Baheda                            |
| Part used       | Bark, root, flowers               |

### Method of propagation : Seeds

#### According to Rajanigantu

*Aksh, karshfala, kalidrum, bhootvaas and kaliyugalya are various synonyms of this herb. It has astringent taste and after digestion it is sweet in taste, pacifies kapha and pitta dosha and possesses cooling effects and hot potency. Bibhitaki is used in purgation therapy, cough, eye and hair problems, worm infestation and voice hoarseness. Seed kernel is astringent in taste, narcotic, easy to digest and used to cure thirst. It is also used to pacify kapha and vata dosha and to induce purgation therapy.*

**Effect on Doshas :** It balances Pitta and Kapha doshas especially used for pacification of kapha dosha

### MEDICINAL PROPERTIES AND USES

- Fruit pulp is very effective in eye nourishment, hair growth and preventing hoarseness of voice.
- It also has mild sedative action and is also used in insomnia.
- It is laxative in nature and used in the purgation therapy.
- It is rejuvenating in nature and it is very beneficial for hair growth.
- Bibhitaki is useful in hoarseness of voice, asthma, cough and common cold. It relieves blocked phlegm and bleeding in sputum.
- Seed oil of paste of fruit is applied to swollen parts to get relief from inflammation of rheumatism.
- Seed oil of this herb is also beneficial for skin disorders and premature graying of hair. It also boosts up hair growth and helps to impart black color to hair.
- Fruit paste is also applied on eyelids to cure conjunctivitis and it is also beneficial for various eye disorders such as myopia, corneal opacity and cataract.
- It is aphrodisiac, prevents ageing and used to enhance immunity to fight against various diseases.



## BETEL LEAF



|                 |                            |
|-----------------|----------------------------|
| Family          | Piperaceae                 |
| Scientific name | <i>Piper betle</i> L.      |
| Common name     | Betel leaf                 |
| Sanskrit        | Tambulivalli, Bhujangalata |
| Hindi           | Nagar bel, Pan             |
| Marathi         | Paanvel, Nagavela          |
| Part used       | Leaves                     |

**Method of Propagation :** Stem cuttings of runner shoots

### According to Charaka

*Tambula made of well grown betel leaf with betel nut, cardamom, camphor, clove, kankola (P. cubeba) and nutmeg is very good for stomach problems and relieves gastritis*

**Effect on Doshas :** It balances Vata and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- It is very good for improving digestion, chewing pan after food is enables food to digest properly by producing saliva and also enzymes
- It helps to mask the bad odour due to indigestion and gastritis
- It helps to absorb excess saliva and brings about clarity of mouth
- Leaf with spices and camphor act as aphrodisiac and improves the mood
- Useful in soar throat, cough and toothache
- Leaf can be used to alleviate pain caused due to cuts, bruises, rashes, inflammation
- Leaf is having antiseptic properties hence used to cure wounds by applying leaf paste
- It is diuretic in nature helps in easing urination for people suffering from scanty or obstructed urination.

## BLACK CURRANT



|                 |                                |
|-----------------|--------------------------------|
| Family          | Apocynaceae                    |
| Scientific name | <i>Carissa carandas</i> L.     |
| Common name     | Benagal currant, balck currant |
| Sanskrit        | Karamarda                      |
| Hindi           | Karonda                        |
| Marathi         | Boronda, karonda               |
| Part used       | Fruit, bark                    |

**Method of propagation :** Seeds

**Effect on Doshas :** Ripe fruits balances Pitta and Vata doshas

### MEDICINAL PROPERTIES AND USES

- The root yield cardiac glycosides uses in heart problems. Use of fresh fruits strengthens cardiac muscles.
- Fruit induces mobility, causes diahrrea, releases constipation
- Fruit used to thrive form excessive thirst
- Fresh juice of fruit is taken at 10-15ml improves apatite and digestion
- Stem bark consumed to treat skin diseases.
- Paste of leaves or bark is applied on wounds for its treatment
- Fresh unripe fruits used to prepare Jam, jelly and pickles
- Paste of root is applied over diabetic ulcers to cure it faster.
- Excessive use of ripen fruits may cause hyper acidity and unripe fruit may cause burning sensation.
- Fruit is used in making pickles, eaten riped wholly.

## BONE SETTER



|                 |                                 |
|-----------------|---------------------------------|
| Family          | Vitaceae                        |
| Scientific name | <i>Cissus quadrangularis</i> L. |
| Common name     | Bone setter                     |
| Sanskrit        | Asthisamharaka, Vajravalli      |
| Hindi           | Hadjod, Harjora                 |
| Marathi         | Nadena                          |
| Part used       | Stem                            |

**Method of propagation :** Stem cuttings

**According to Bhavaprakasha Nighantu**

*The paste of Asthisamharaka is used for setting of bone fractures. The extract of stem can be given in Vata and Kapha disorders. Plant is helpful in deworming, ophthalmic defects and as an appetizer.*

**Effect on Doshas:** It is Vatahara, Kaphahara.

### MEDICINAL PROPERTIES AND USES

- Herb is having analgesic properties which relieve pain and act as a pain killer.
- The stem extract used in bandages of bone fracture settings.
- Stem extract contains high amount of calcium and phosphorus which is essential for bones growth
- The root extract possess central nervous system depressant activity indicated by decreased in exploratory behaviour.
- The roots contain saponin which is having sedative property.
- Person suffering from piles should consume stem juice with honey and juice can applied on pile mass
- It is having anti-inflammatory and reduces the swelling upon application of stem juice on affected part.
- For skin diseases consuming two spoons of juice and applying the juice on the skin is beneficial.
- It has significant antiulcer activity by decreasing gastric secretions and by enhancing glycoprotein levels
- It exhibits strong antioxidant and free radical scavenging activity.



## BULLET WOOD



|                 |                             |
|-----------------|-----------------------------|
| Family          | Sapotaceae                  |
| Scientific name | <i>Mimusops elangi</i> L.   |
| Common name     | Spanish cherry, bullet wood |
| Sanskrit        | Chira pushpa, Madhugandha   |
| Hindi           | Moulasiri                   |
| Marathi         | Elaingi                     |
| Part used       | Bark, fruit, flowers        |

**Method of Propagation :** Seed

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Fruit is sweet contains reducing sugar such as monitol, and fatty oil having property of cooling on the human body
- Cold infusion of flower acts as cardiac tonic and congenial for heart
- Fruit is act as good absorbent in stomach and thereby helps in diarrhoea and other stomach problems
- Powder of dried flower and fresh juice is administered through nose (Nasya Karma) to get relief from headache and sinusitis
- Bark decoction is used to gargling to get relief from oral cavity, loose teeth and mouth ulcers
- Cold infusion or decoction of bark is used in deworming, leucorrhea, fever and general debility
- In case of insect bite paste of bark is applied on affected area to relief from pain due to poison

## BUTTERFLY PEA



|                 |                                  |
|-----------------|----------------------------------|
| Family          | Convolvulaceae                   |
| Scientific name | <i>Convolvulus pluricaulis</i> L |
| Common name     | Butterfly pea                    |
| Sanskrit        | Shankapushpi                     |
| Hindi           | Shankahul,                       |
| Marathi         | Shankavel                        |
| Part used       | Whole plant, root, seeds,        |

**Method of propagation :** Seeds

**According to Bhavaprakash Nigantu**

*Shankpushpi, Shakhava, Manglay and Kusuma are the synonyms of Shankpushpi. It is astringent in taste, with hot potency and is good for intellect, eye diseases and mental disorders. It is good for memory, rejuvenation, skin glow and epilepsy, psychological disorders like hysteria, leprosy, worms and toxins.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Important ayurvedic medicine for improving the memory and intelligence. It helps to rejuvenate the mind
- It is used in treatment of disorders such as hypertension, anxiety, neurosis, stress, insomnia, asthma, bronchitis, cerebral abnormalities, epilepsy, edema, urinary disorders, constipation and very dangerous and tricky brain etc.
- Use of this herb is good to manage the problem of vertigo. This herb helps to calm the nervous system
- It is a good herb in the treatment of respiratory complications like common cold, cough, asthma and bronchitis.
- It helps to clear the air channels and also enhances immunity to fight against the various viral or bacterial infections.
- It helps to provide relief in the symptoms like painful urination, swelling of urethra, burning sensation etc.
- In males it helps to enhance sperm production and also improves the quality of sperm.

## CHAMPAKA



|                 |                                |
|-----------------|--------------------------------|
| Family          | Magnoliaceae                   |
| Scientific name | <i>Michelia champaca</i> Linn. |
| Common name     | Golden champa                  |
| Sanskrit        | Shephalika, Parijatha          |
| Hindi           | Champa                         |
| Marathi         | Son champa                     |
| Part used       | Flowers, Bark                  |

**Method of propagation :** Seeds, Grafting, Stem cuttings

**According to Bhavaprakash Nigantu**

*Champaka is katu, Tikta, kashaya, madhura in rasa, hima in veerya, cures visha, krmi, krchra alleviated vitiation of kpha, vata sara pitta*

**Effect on Doshas :** It balances Vata, Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Flowers and bark is used for diabetics
- Used in raktapitta i.e., bleeding disorders, such as nasal bleeding, heavy periods etc.
- Cures leprosy, skin diseases, and ulcers: use of extract of the Champa tree on the skin and wash it off with some warm water after ten minutes.
- The decoction of the bark is an antitoxic agent, expels worms and promotes the flow of urine.
- The infusion of the flowers is used to give tone to the stomach,
- It check the over production of bile, cure leprosy, skin diseases, ulcers, and remove phlegm.
- It is a good remedy for cough and rheumatism.
- The dried root and root bark, mixed with curd, is useful as an application to abscesses, clearing away or maturing the inflammation.
- The dried root and root bark in infusion promotes menstrual flow and is a good laxative.
- The leaf juice is used with honey in cases of stomach and intestinal cramps, indigestion, nausea and fever
- The volatile oil extracted from the flowers used externally to treat headache, eye infections and gout.

## CHEBULIC MYROBALAN



|                 |                                   |
|-----------------|-----------------------------------|
| Family          | Combretaceae                      |
| Scientific name | <i>Terminalia chebula</i> L.      |
| Common name     | Indian walnut/ Chebulic myrobalan |
| Sanskrit        | Haritaki                          |
| Hindi           | Harad                             |
| Marathi         | Hirda                             |
| Part used       | Bark, root, fruits                |

**Method of propagation :** Seeds

**According to Bhavaprakash Nigantu**

*Abhaya, pathya, prapathya, putana, amrita, jaya, avyatha, hemvati, vaystha, chetaki, siva, pranda, nandini, rohini and vijya all are synonyms of haritaki. Haritaki is astringent, sour, pungent, bitter and sweet in taste. It pacifies all three dosha, it is laghu, beneficial for eyes and induce purgation. The herb is used to cure polyuria, leprosy, ulcers, emesis, edema, gout and dysuria. It acts as carminative, beneficial for heart and used to cure all diseases associated with obesity.*

**Effect on Doshas :** It balances all three doshas

### MEDICINAL PROPERTIES AND USES

- Fruit is one of the ingredient in Triphala preparation
- Haritaki is a miraculous herb with versatile effects and this single herb is used to cure various disorders associated with body.
- Herb helpful in cough, cold breathlessness and useful in curing fever also
- Unripe fruit of this plant is used to treat diarrhoea and dysentery. The fruit powder is used for purgation therapy.
- It is having anti-aging properties
- Ripe fruit is used for treating ophthalmic disorders, diseases of spleen and piles.
- Fruit pulp is also rich in medicinal properties and acts as astringent to cure bleeding gums, loose gums and ulceration of gums.
- Haritaki is very beneficial herb for gastro intestinal disorders and it gives wonderful results in splenic enlargement. It is also used to increase appetite.
- Haritaki is very effective in gout, asthma and hiccups.
- It acts as tonic for nervous system as very effective in nervous weakness and promotes power of senses.
- Haritaki are helpful in urinary tract infections.



## CINNAMON



|                 |                                 |
|-----------------|---------------------------------|
| Family          | Lauraceae                       |
| Scientific name | <i>Cinnamomum zeylanicum</i> L. |
| Common name     | Cinnamon                        |
| Sanskrit        | Shephalika, Parijatha           |
| Hindi           | Dalchini                        |
| Marathi         | Dalchini                        |
| Part used       | Bark, leaves                    |

**Method of propagation :** Seeds, Grafting

**According to Bhavprakash nighantu**

*The name and the properties of Dalchini are mentioned here. Tvak, Svadvi, Tanutvak and Darusita all are its Sanskrit name. It is bitter in taste, manages Vata and Pitta. It is aromatic. Promotes Shukardhatu in the body and complexion. It manages Dryness of mouth and thirst.*

**Effect on Doshas :** It balances Vata and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- The bark is peeled off after the tree is six or seven years old which is called cinnamon sticks. The inner bark of tree is collected and used as spice. It is usually grounded into powder, Bark and leaves of tree are aromatic.
- It is very good mouth freshener and reduces the tooth inflammation upon keeping piece of bark in mouth.
- It has property of reducing blood glucose level by improving insulin sensitivity in case of diabetes.
- It is a natural remedy that provides relief in sore throat, influenza, common cold and headache.
- Helpful and efficient herb that can reduce the cholesterol levels and tends to strengthen the heart muscle and thus a good herbal agent to manage congestive heart failure.
- Its application on forehead, helps in reduction of headache and migraine.
- Helps in digestion and also useful in lessening the inflammation caused due to indigestion and ulcers.
- It aids to lessen chronic inflammation that is related to neurodegenerative diseases like Alzheimer's, Parkinson's disease, and multiple sclerosis.
- Helps to boost the cognitive ability and memory of the brain
- Helps to remove acne and black heads and also a good way to relief from toothache
- It benefits to reduce and maintain constant weight.
- It is good in case of insomnia, anorexia, and Paralysis etc.

## CITRON



|                 |                        |
|-----------------|------------------------|
| Family          | Rutaceae               |
| Scientific name | <i>Citrus medica</i> L |
| Common name     | Citron, Wild lemon     |
| Sanskrit        | Matulunga, Madiphalam  |
| Hindi           | Bijoura, Bara Nimbu    |
| Marathi         | Mavlimb                |
| Part used       | Fruit                  |

### Method of Propagation : Seeds

#### According to Bhavapraksha Nigantu

*Matulkanga laghu to digest, used in Kanta Shodana(throat clearing), Raktapitta (bleeding disorders), Hrudaya Shodanam (cleanses and detoxifies heart) and Deepan (improves digestion)*

**Effect on Doshas :** It balances Vata and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- It is used in Raktapitta disorders such as nasal bleeding, heavy periods etc
- Fruit rind oil used in treating headaches, muscle pain, toothache, etc
- Fruit relieves excessive thirst and reduces body heat
- It is good for digestive system disorders such as constipation, colic pain, low digestion etc.
- Fruit is good for respiratory problems such as cough with sputum, colds, asthma and other chronic respiratory disorders
- Fruit skin or rind is used as insect repellent especially mosquitoes in home
- Rind is used in treating worm infection
- Used to treat anorexia i.e., mental illness where people are of low weight due to limiting their energy intake



## CITRONELLA



|                 |                                       |
|-----------------|---------------------------------------|
| Family          | Poaceae                               |
| Scientific name | <i>Cymbopogon winterianus</i> Jowitt. |
| Common name     | Java citronella                       |
| Sanskrit        | Guchcha                               |
| Hindi           | Ganjani                               |
| Marathi         | Gawat                                 |
| Part used       | Leaves, essential oil                 |

**Method of propagation :** Slips

**Effect on Doshas :** It balances Kapha doshas and aggravates

### MEDICINAL PROPERTIES AND USES

- Citronella oil is a natural dewormer. It can eradicate harmful organisms (worms) from our stomach, small intestine and large intestine, thereby treating loss of appetite.
- It is a natural detoxifier that helps our body get rid of harmful toxic materials and sometimes
- The oil is diaphoretic by nature which increases sweating in our body and facilitates the detoxification by eliminating additional fat, oil, salt, uric acid, etc.
- It also being used for healing orthopaedic problems like osteoarthritis, rheumatoid arthritis, etc.
- It works as a natural diuretic. Regular use of citronella oil can promote the production of urine, which ultimately accelerates the detoxification.
- The essential oil is extremely helpful in curing problems related to fluid retention. It maintains the water balance in our body
- It is a great pain reliever helps to relieve from muscle pain or joint pain
- It offers calming and soothing effects for internal inflammation (in digestive tract, stomach, intestines, etc.) caused by certain drugs, alcohols, etc.
- Like all other essential oils, citronella also has strong antiseptic, anti-microbial and anti-fungal properties
- It reduces the chances of developing infections in various internal as well as external injuries and heals the wounds faster.
- The oil is also an effective antidepressant. It helps people get rid of gloominess and mental fatigue. It also works as a great mood elevator.
- The oil is used commercially today by the perfumery industry, the toiletry industry in soaps, the household products industry in aerosols, insecticides, insect repellents, disinfectants and shoe polishes, and by the paint industry in varnish.
- Apart from its commercial uses the leaves are picked locally for flavouring in soups, hotly spiced dishes and fish dishes. They are also infused as a tea.

## CONESSI TREE



|                 |                                   |
|-----------------|-----------------------------------|
| Family          | Oleaceae                          |
| Scientific name | <i>Holarrhena antidysenterica</i> |
| Common name     | Conessi tree                      |
| Sanskrit        | Kutaja, Kalinga, Vatsa, Kurchi    |
| Hindi           | Kuda, Kudaiya                     |
| Marathi         | Kuda                              |
| Part used       | Bark, seeds, leaves, flowers      |

**Method of propagation :** Seeds

**According to Bhavprakash nighantu**

*The names of Kuda are Kutaja, Kutaj, Kit, Vatsaka, Girimallika, Kalinga, Shakshaki,indra, Yavphal, Virishak, and Panduindra which all are Sanskrit. It is astringent and bitter in taste and dry in nature. Promotes digestive fire and is cold in potency. It is good for piles, Diarrhea. Pitta and Kapha. Blood disorders, cough and skin disorder.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Kutaja herb is very useful for the treatment of dysentery caused due to amoeba.
- It is also good to be used for mal-absorption and also able to stop dysentery. Very useful in treatment of urinary tract infection.
- Suitable and effective for disorder in the digestive system resulting vomiting.
- In Charka Samhita is mentioned about use of Kutaja for Arsha means bleeding piles by keeping a check on the secretions of mucus and blood.
- It also mentioned it is useful for treating skin diseases like scabies, ringworm, itching and other infections.
- Stanyashodana-means useful in cleansing and detoxification of breast milk
- The seeds of this plant promote conception. Along with this these are used for toning up vaginal tissue after delivery in women.
- It is very suitable remedy for rheumatoid arthritis and osteoarthritis.
- This herb is a wonderful rejuvenating agent and also boosts the immune system of the body.
- It is also used for children to kill worms in intestines since ancient days.
- Extract from the stem and bark benefits positively in mouth ulcer and also treats an oral infection.

## CORAL TREE



|                 |                                |
|-----------------|--------------------------------|
| Family          | Mimosaceae                     |
| Scientific name | <i>Adenanthera pavonina</i> L. |
| Common name     | Coralwood tree                 |
| Sanskrit        | Kuchandana, Tamraka            |
| Hindi           | Baragunchi                     |
| Marathi         | Gunja                          |
| Part used       | Bark, leaves and seeds         |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances Vata and Pitta doshas

### MEDICINAL PROPERTIES AND USES

- Seeds of the tree were used to weigh gold, silver and diamonds due to similar shape and size of all the seeds and they have a narrow range in weight. Goldsmiths use the seeds in soldering
- The plant is antibacterial and haemagglutinin
- A decoction of the leaves is used in the treatment of rheumatism and gout.
- The bark is used to treat leprosy
- A decoction of the bark and leaves is used to treat dysentery, diarrhoea and tonsillitis
- The wood is used as a tonic
- The pulverized wood, mixed with water, is taken orally for treating migraines and headaches
- The bark is rich in saponins and can be used as a soap for washing clothes etc,
- The plant is a source of dyestuffs. A red dye is obtained from the shredded bark.
- The dye has been used for dyeing clothes, and is used by the Hindus of India for the sacred mark placed on the forehead
- The red, glossy seeds are widely used as toys and for beads in necklaces and other ornaments
- It is very good avenue tree.
- Timber of the tree is used for making tools and packaging material.



## CURRY LEAF



|                 |                              |
|-----------------|------------------------------|
| Family          | Rutaceae                     |
| Scientific name | <i>Murraya Paniculata</i> L. |
| Common name     | Cuurry leaf                  |
| Sanskrit        | Giri nimba                   |
| Hindi           | Kattaneem                    |
| Marathi         | Kadiya Nimba                 |
| Part used       | Leaf                         |

**Method of propagation :** Seeds, root suckers, stem cuttings

**According to Bhavaprakasha Nighantu**

*The leaves are pungent and bitter but very effective in action. It is good for fever, skin diseases and deworming. It is effective blood purifier, antidote, good for nervous, increases apatite, improves voice and stimulates taste.*

**Effect on Doshas :** It is Vatahara, Kaphahara and increases pitta

### MEDICINAL PROPERTIES AND USES

- Decoction of leaves controls fever and thirst
- Juice of leaves with honey controls vomiting in pregnancy
- Consumption of 10 leaves daily morning in empty stomach reduces excess fat
- Chewing of leaves improves digestion and it is also good for diabetic patients
- Tender leaves with honey, taken twice daily reduces the piles pain and burning sensation
- Fruit with lemon juice applied on the insect bite reduces irritation and burning. If applied after boiling in milk removes insect poison
- One spoon of bark powder is taken with water is good for gastritis
- Fresh juice of leaf controls cataract if applied to the eye.
- Leaf decoction can be used in dysentery and diarrhoea
- Coconut oil prepared with curry leaves controls hair loss and premature greying.
- Decoction is good for kidney problems

## CUTCH TREE



|                 |                              |
|-----------------|------------------------------|
| Family          | Fabaceae                     |
| Scientific name | <i>Acacia catechu Willd.</i> |
| Common name     | Cutch tree                   |
| Sanskrit        | Kadhira, Kantaki             |
| Hindi           | Khair                        |
| Marathi         | Parijathka                   |
| Part used       | Bark, heart wood, flowers    |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- The Khair tree signifies endurance and strength.
- Khair tree is very useful in the dental problems.
- Water decoction is used for diabetics and urinary tract disorders
- It is also given in stomatis, Anaemia, Leprosy, Bronchitis, Pruritus, Diarrhoea, Polyuria.
- Its wood contains catechin, catechutanic acid and tannin. It is used externally for ulcers, boils and eruption of the skin.
- The juice of the fresh bark is given in haemoptysis. It is used to treat painful throat and cough.
- The pale yellow mucilaginous gum exudes from the tree yield one of the best substitutes for true gum arabic.
- The wood extracts are used for tanning and dyeing Khaki.
- It is even used as the fire for yagna.
- The wood of Khair is used in making the plough and the pounding log for rice.
- In any skin problems such as psoriasis, eczema, dermatitis and allergies decoction is used for bathing and oral consumption.

## EUCALYPTUS



|                 |                                    |
|-----------------|------------------------------------|
| Family          | Myrtaceae                          |
| Scientific name | <i>Eucalyptus globulus</i> Labill. |
| Common name     | Blue gum eucalyptus                |
| Sanskrit        | Neela niryasa                      |
| Hindi           | Safeda, Neelgiri                   |
| Marathi         | Neelgiri                           |
| Part used       | Leaves, oil, stem                  |

**Method of propagation :** Seeds

**According to Danvanthari Nigantu**

*It is light to digest, oily poothihara (relives bad smell), Deepana (improves digestive strength), Hrudya (act as cardiac tonic)*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- The leaves and the oil from the plant are used as medicine.
- The leaves consist of tannins which are useful in reducing inflammation, relieving arthritis, wounds and sores.
- The extract of the leaves shows anti-diabetic, diuretic and anti-tumor properties.
- The leaves are Eucalyptus oil is used for inhalation and vapor rub for relieving and relieving mucus congestion.
- It is helpful in relieving bronchitis, colds, sinusitis and flu.
- It is used as an ointment for sprains, bruises and muscular pains.
- Eucalyptus oil is an essential ingredient in Aromatherapy managements and is used for improving concentration.
- It is effective in relieving congested skin. The oil has anti-rheumatic, analgesic, anti-spasmodic, antiviral, deodorant, expectorant, insecticide, stimulant and rubefacient properties.
- Use of few drops of oil in bucket of hot water for bathing reduces the rashes during the winter
- Ointments made from eucalyptus are applied to chest and nose for relieving congestion. It helps to loosen phlegm, so people use it for inhalation for relieving coughs, flu and bronchitis.
- Gum and plaque disease: It is useful as an antiseptic as it contains cineole, which kills bacteria.
- The oil is used as an insect repellent and as per a study a lemon eucalyptus formulation will keep the ticks away.



## FEVER NUT



|                 |                                  |
|-----------------|----------------------------------|
| Family          | Fabaceae                         |
| Scientific name | <i>Caesalpinia bonducella</i> L. |
| Common name     | Fever Nut                        |
| Sanskrit        | Kantakikaranja, Kuberaksha       |
| Hindi           | Kantakareja                      |
| Marathi         | Sagargota                        |
| Part used       | Root bark, leaf, seed            |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances all the tridoshas i.e., vata, pitta and kapha doshas.

### MEDICINAL PROPERTIES AND USES

- Antimalarial activity - It helps to manage the symptoms like moderate to severe chills, high fever, sweating, headache, vomiting and diarrhea which are associated with malaria.
- Anthelmintic – Anti parasitic properties of this herb are quite effective to extrude out the helminthes and other internal parasites from body. Use if this herb is quite effective against roundworms, tapeworms and flukes in body.
- Anti-spasmodic property - This herb suppresses spasms, and reduces muscular tension. Smooth muscles like those that line the stomach contract without conscious control, and cause spasms, cramps and abdominal pain.
- Anti-oxidants – Anti-oxidant properties of the herb help to neutralize the effects of free radicals in body and reduces the oxidative stress in body.
- Anti-diabetic - This herb is packed with the Anti-diabetic properties which help to maintain the healthy blood sugar levels in the body.
- This herb also has the properties of immunostimulant and helps in stimulation of different components of immune system like T cell, B cell, monocytes, and macrophages.
- Leaf or seed paste is applied over hydrocele to reduce swelling

## FIVE LEAVED CHASTE



|                 |                               |
|-----------------|-------------------------------|
| Family          | Lamiaceae                     |
| Scientific name | <i>Vitex Negundo</i> L.       |
| Common name     | Five leaved chaste            |
| Sanskrit        | Nirgundi, Shephalika, Sinduka |
| Hindi           | Shambalu                      |
| Marathi         | Nirgudi                       |
| Part used       | Bark, root, flowers           |

### Method of propagation : Seeds

### According to Bhavprakash nighantu

*Sambhalu and Sindhuvara are the names of nirgundi. Sambhalu is of two types- white flowers and blue flowers sambhalu. Sanskrit names of white flowers are sndhuvara, sindhuk, sindhuvarak. Blue flowers sambhalu are known as nirgundi, shephali and suvaha in Sanskrit.*

*White flowers are bitter and pungent in taste and light and dry in nature. It is good for eyes and hair. It is useful in abdominal pain, manages ama, useful in intestinal worm infestation (krumi), useful in skin diseases, eczema, ring worm (kustha), useful in anorexia (aaruchi), and in fever (jwar).*

**Effect on Doshas :** It balances vata and kapha doshas

### MEDICINAL PROPERTIES AND USES

- Based on flower types, there are two varieties of this plant – blue and white flowered. Blue flowered plant is called nirgundi (*Vitex negundo*), but the white flowered plant is called siduwar (*Vitex trifolia*).
- It is a multipurpose and versatile herb which is used for external application in form of oil, ointment as well as for oral administration in form of powder, leaf juice extract or water decoction.
- It act as brain tonic and alleviates vata, therefore useful in headache, sciatica, improves memory .It cures disorders of nasal passages and mental channels.
- It improves ventilation therefore used in Kapha dominant cough, asthma, pneumonia and pleurisy. It cures multinodular tuberculosis.
- It is used as anupan or a main drug in typhoid and malaria fever. It cures fever, chronic rhinitis and deafness.
- Chronic Arthritis - It has analgesic property. Its leaves are boiled in water or heated then tied over the affected part. It is useful in headache, scrotal swelling, and arthritic pain.
- It cures chronic rhinitis and arthritis.
- Menstrual Cycle - It improves menstrual flow therefore used in dysmenorrhea and obstetric conditions.
- In case of irregular or incomplete menstrual cycle give 2 gm powder of its seeds every morning and evening. It normalizes the menstrual cycle.

## FLAME OF THE FOREST



|                 |                                  |
|-----------------|----------------------------------|
| Family          | Fabaceae                         |
| Scientific name | <i>Butea monosperma</i>          |
| Common name     | Flame of the forest/ Bengal kino |
| Sanskrit        | Palaash, kinshuk                 |
| Hindi           | Harharsingar, saherva            |
| Marathi         | Kakracha                         |
| Part used       | Bark, root, flowers              |

**Method of propagation :** Seeds

**According to Rajanigantu**

*It states that palaash, kinshuk, parn, yageyi, raktapushpa kshaarshresth, vatapoth, brahmavriksh and samidwar all are synonyms of butea. This herb is bitter, pungent and astringent in taste and used to stimulate digestive fire. It has hot potency and used as aphrodisiac and laxative. It is used for treating bone fractures, ulcers, abdominal tumors, vata related disorders, piles, worm infestation and anal disorders.*

**Effect on Doshas :** It helps in pacification of vata and kapha dosha.

### MEDICINAL PROPERTIES AND USES

- External application of bark over wounds and ulcers for quick healing.
- Palaosin is a compound that is obtained from its seeds are anti-helminthic and laxative in nature and used to cure worm infestation.
- Bark and flowers are used to reduce pain in affected areas and inflammation and sprain in body.
- Gum of the tree is used to treat diarrhoea and dysentery.
- Dried flowers of this tree are soaked overnight and saffron colour water obtained is used for bathing during summers to protect children against various skin allergies and skin disorders.
- Flowers of this tree are used in the treatment of impotency and very beneficial for irregular bleeding and severe abdominal pain during menstruation.
- Decoction of leaves relieve leucorrhoea.
- Poultice prepared from leaves relieves various skin disorders like boils, pimples, swelling and skin ulcers.
- Fruits and seeds are used in the treatment of piles and various eye related disorders.
- Acrid bark is having properties of anthelmintic, appetizing, laxative and aphrodisiac. Roots of this herb possess analgesic and anti-fertility properties
- Flowers are blood purifier and used to reduce toxins from body.
- Flower paste is applied locally to reduce swelling in arthritis, injury and sprains.





|                 |  |
|-----------------|--|
| Family          | Menispermaceae                               |
| Scientific name | <i>Tinospora cordifolia</i>                  |
| Common name     | Tinospora                                    |
| Sanskrit        | Amrita, Jivantika, Amritavalli, Jvaranashini |
| Hindi           | Giloy, Gudicha                               |
| Marathi         | Gulvela, Ambervel                            |
| Part used       | Stem, leaves                                 |

**Method of propagation :** Seeds and stem cuttings

#### According to Charaka Samhita

*Guduchi is one main herb with bitter taste. It stimulates digestion and helps in alleviating vata and kapha dosha. Guduchi is beneficial herb to cure constipation and bleeding disorders.*

#### According to Kaiyyadev Nighantu :

*Amritha the very good for rejuvenating the body*

**Effect on Doshas :** It balances vata, pitta and kapha dosha.

#### MEDICINAL PROPERTIES AND USES

- Guduchi helps in boosting up immune system. It helps to remove extra toxins from body and rejuvenates body.
- According to Ayurveda this herb helps to maintain balance between all necessary ailments of body i.e. dosha, dhatu and mala.
- This herb helps to prevent body from diseases and maintain overall health.
- It is very beneficial herb to relieve all type of high grade, low grade fever and other viral, bacterial infections. Two spoons of stem juice mixed with honey before food three times a day is effective
- In jaundice and liver disorders using 4 spoons of juice with honey everyday morning is effective.
- Food items can be prepared from leaves are good for health.
- For diabetes taking two spoons of juice or it's decoction two times a day or eating 2-4 leaves every morning will also help
- To improve immunity in children juice of plant stem should be given with milk.
- The herb is effective for various skin disorders like itching, burning sensation, leprosy, redness, swelling and tenderness by taking leaf paste with mustard oil and sandalwood
- Giloy is also very beneficial herb for arthritis and gout by taking juice with ginger and honey every day twice.
- It helps to reduce high cholesterol level



## GUGGAL



|                 |                         |
|-----------------|-------------------------|
| Family          | Burseraceae             |
| Scientific name | <i>Commiphora mukul</i> |
| Common name     | India bdellium          |
| Sanskrit        | Guggulu                 |
| Hindi           | Guggal                  |
| Marathi         | Guggala                 |
| Part used       | Oleo-gum-resin          |

**Method of propagation :** Seeds, stem cuttings, air layers

**According to Bhavaprakash nigantu**

*Guggulu, devdhoop, jatayu, kaushik, pur, kumbholukhlak, mahishashand palankash.*

**Effect on Doshas :** It balances all three Doshas : Vata, Pitta and Kapha

### MEDICINAL PROPERTIES AND USES

- Guggal stem on tapping yield gum which is called oleo-gum-resin. These resin yields essential oil contains guggulipid, guggulsterones, myrrhanol and alpha-camphorene.
- It is well known and popular medicine for vata disorders. Guggul is useful in the treatment of rheumatoid arthritis, facial paralysis, hemiplegia and gout etc.
- Guggulu is useful in constipation, liver diseases, loss of appetite, piles and worms.
- It is a cardiac tonic as helps to increase haemoglobin, leucocyte count and thus enhances blood quality and power.
- The herb is useful in chronic cough and asthma.
- This helps to treat dysuria and gonorrhea.
- It increases sexual power and is useful in impotency, dysmenorrhea, leucorrhoea and other gynaecological diseases like infertility.
- Fresh guggul is very helpful in weakness and loss of weight.
- It is very good herbal remedy in obesity and diseases of vata-kapha.
- This herb also helps in digestion of oil and ghee.
- It enhances complexion and is useful in many other skin diseases.
- Guggulu is helpful in treatment of thyroid.
- Some ayurvedic preparations such as Yograj Guggul, Kaishore Guggul, Lakshadi Guggul, Kanchnaar Guggul, Triphala Guggul contains guggal as main ingredient helps in reduction of ailments like constipation, aging, cholesterol, heart problems, muscles and joint disorders and in removal of toxins from the body.

## HENNA



|                 |                            |
|-----------------|----------------------------|
| Family          | Lythraceae                 |
| Scientific name | <i>Lawsonia inermis</i> L. |
| Common name     | Henna, Mignonette tree     |
| Sanskrit        | Madayanti, Modayani        |
| Hindi           | Mehandi                    |
| Marathi         | Mehandi                    |
| Part used       | Leaf, flower and seeds     |

**Method of propagation :** Seeds, Stem cuttings

### According to Danvanthari nigantu

*Madayanti is light to digest, used for treating Kushta (skin Diseases), Jwara (fever), Kandu (itching), Rakta pitta (bleeding disorder), Kamal (jaundice), Rudroga (cardiac disorders) and raktatisara*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Henna is very good herbal remedy for skin problems such as itching
- Paste of leaves applied over affected areas to get rid of head ache, burning sensation and also joint pains
- Gargling of decoction prepared from leaves to get relief from oral infections, sour throat etc.
- Powder or paste of seeds used to treat dysentery or diarrhoea and irritating bowel symptoms
- Decoction of bark is used to treat jaundice and other liver problems
- Cold infusion of flower used in treating fever
- Paste of leaves with arecanut and buttermilk is used to colour the hair, hands and body
- It is also being used to colour the fabrics of silk, wool and leather

## INDIAN ALOE



|                 |                             |
|-----------------|-----------------------------|
| Family          | Liliaceae                   |
| Scientific name | <i>Aloe vera</i> (L) Burman |
| Common name     | Indian Aloe                 |
| Sanskrit        | Kumari, Ghrutha Kumari      |
| Hindi           | Gheekanvar, Kumari          |
| Marathi         | Corephad                    |
| Part used       | Leaves                      |

**Method of propagation :** Suckers

**According to Danvanthari nigantu**

*loe is known by many names like Grihakanya, Kumari, Kanyaka, Grithakumati and so on. Since the leaves are long it is called Dheergapatrika (Dheerga-Long, Patrika-Leaves). It is good tonic for the eye, used in the treatment of enlargement of liver and spleen. It can be used in the treatment of tumour and abscess. It is good aphrodisiac. Used in the disease of skin, as blood purifier and in muscle toning.*

**Effect on Doshas :** It helps to balances all three doshas (Vata, Pitha and Kapha).

### MEDICINAL PROPERTIES AND USES

- Being a good pithanashaka acts as diuretic, analgesic and relieves constipation
- It helps to stabilize blood sugar level, hence is good for diabetes.
- It gives relief from wounds and ulcers when juice applied with jeera powder. It also helps to treat fungus, insect bites, herpes, vaginal infections and allergic reactions.
- Pulp is known for many cosmetic uses, almost all shampoos and soaps contains aloe as ingredient. It prevents growth of acne and moisturizes the skin.
- Pulp is a biggest drug for menstrual problems
- Juice with turmeric is a good tonic liver and spleen enlargement and also for amenorrhea and piles.
- Aloe juice with pinch of pippali and honey is good remedy for fever
- It is antiseptic, helps to kill many of viruses and bacteria.
- It helps to alkalize the body, balances acid production and treats constipation.
- It prevents kidney stones, crohn's disease and IBS.
- It also controls the levels of cholesterol and oxidative stress



## INDIAN OLEANDER



|                 |                         |
|-----------------|-------------------------|
| Family          | Apocynaceae             |
| Scientific name | <i>Nerium indicum</i> L |
| Common name     | Indian oleander         |
| Sanskrit        | Karavira                |
| Hindi           | Kaner, Kanial           |
| Marathi         | Kanher                  |
| Part used       | Root and flowers        |

**Method of propagation :** seeds and Stem cuttings

**According to Bhavaprakash Nigantu**

*Name and properties of white and red Karavira (Kaner) – Karavir, Svetapushpa, Satakumbha, aswamaraka are Sanskrit name of White Kaner.*

*Sanskrit Name of Red Kaner is Raktapushpa, chandata, and laguda. Both red and white Kaner varieties have bitter, pungent and astringent taste. These are helpful in healing of wounds and also helpful in Leprosy, Skin Infections, itching and worms. It acts as a poison in overdose and when impure.*

**Effect on Doshas :** It balances Kapha and Vata doshas

### MEDICINAL PROPERTIES AND USES

- It is a very good hedge plant found on the road sides and grown in the fences. Its flowers
- are used to worship God especially lord Shiva.
- It can act as abortifacient: causing abortion.
- It is an efficient useful treatment in conditions like snake bites and ulcers
- It is also useful in prevention or treatment of cancer.
- It is having antibacterial, antiseptic properties hence being used in wounds and inflammations.
- It has Bradycardic effect as it can slow the heart rate.
- Induce vomiting required in certain cases.
- It is an emmenagogue which can stimulate or increases menstrual flow.
- It is good fungicide, insecticide, larvicide, antiparasitic, rodenticide.



## IRON WOOD



|                 |                          |
|-----------------|--------------------------|
| Family          | Calophyllaceae           |
| Scientific name | <i>Mesua ferrea</i> L.   |
| Common name     | Iron wood                |
| Sanskrit        | Nagakesara               |
| Hindi           | Nagkeasr                 |
| Marathi         | Nagachampa               |
| Part used       | Stamens, fruits, flowers |

**Method of propagation :** Seeds

**According to Bhavaprakasha Nigantu**

*Padmakesra* i.e., lotus stamens are used as alternative to nagakesara when unavailability.

*It is bitter in taste, astringent, light to digest, piercing, causes dryness*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- It is national tree of Sri Lanka
- Immature flower buds of Punna (Calophyllum inophyllum) and Sura punna (naea suriga) is also used as substitute for nagakesara
- It is even described as one of the Srestha (Best) herb of all the rest due to its positive effects over the human body.
- All the bleeding disorders occur due to the Pitta (heat) imbalance
- It is indicated in the bleeding disorders like piles, menorrhagia, metrorrhagia and epistaxis because it pacifies the Pitta that maintains the heat imbalance.
- Flowers relieves bad odour and breath, excess sweating and relieves excess heat
- It is useful in urinary tract disorders
- Seed oil is externally used to relieve swelling and edema
- Fresh flowers of this tree are useful in skin diseases like leprosy, itching, erysipelas, scabies, wounds and excessive sweating as it provides fragility and transparency to the skin.
- Dried flowers are used in Dysentery with Mucus.
- Oil from the seeds of this tree are used in treating sores and rheumatism.
- Helps in digestion and relieves 'Ama' dosha
- It produces hardest commercial dark red coloured timber

## JAMUN



|                 |                              |
|-----------------|------------------------------|
| Family          | Myrtaceae                    |
| Scientific name | <i>Syzygium cumini</i> L.    |
| Common name     | Jamun, black plum, java plum |
| Sanskrit        | Jambu phal                   |
| Hindi           | Jamun, Jambol, Jambul        |
| Marathi         | Jambul                       |
| Part used       | Fruit, seed, bark            |

**Method of propagation :** Seeds, Grafting

### According to Rajanigantu

*Jamun is sweet and sour in taste, aggravates vata dosha and it is styptic and used to pacify kapha and pitta dosha.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Jamun is also called "Fruit of God" and it has vast significance in Hindu religion and mythology.
- Jamun fruit works miraculously in diabetes. It is wonderful medicine for the sufferers of hyperglycemia. Because its low glycemic index maintains proper sugar level in human body.
- This fruit is rich in iron and richness of iron makes it a natural blood purifier as it ensures proper blood supply of oxygenated blood throughout body.
- It is good source of vitamin A and C and is very beneficial for overall health of eye and skin. Astringent property of this herb makes skin healthy, glowing and free from acne and pimple.
- It protects our body from the harmful effects of free radicals that are main cause of cardiovascular disorders and good for overall heart health.
- It is also used for the treatment of lung & other problems like cough, asthma and bronchitis.
- This herb is aphrodisiac in nature and is used as tonic to generalize weakness, treating anemia and to improve sexual weakness.
- Bark is very effective for the females suffering with leucorrhea.
- It is also very beneficial for depression, exhaustion and other nervous system related disorders.
- This herb is also very beneficial in mouth ulcers and sore throat.

## JASMINE



|                 |                                |
|-----------------|--------------------------------|
| Family          | Oleaceae                       |
| Scientific name | <i>Jasminum sambac</i> L       |
| Common name     | Common jasmine/Arabian jasmine |
| Sanskrit        | Vanamallika                    |
| Hindi           | Chameli, mogra                 |
| Marathi         | Parijathka                     |
| Part used       | Bark, root, flowers            |

**Method of propagation :** Stem cuttings

**According to Kaiyyava Nigantu**

*The extracts of the jasmine flowers relieve headache and irritation of eyes. it is recommended in mouth sores and caries. it is used in curing skin diseases and wounds*

**Effect on Doshas :** Flower balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Flowers calm down the anxiety and also helpful in reducing headache.
- Flowers upon solvent extraction used as perfumes, agarbattis, soaps, shampoos, hair oil etc.
- Infusion of flowers given in small doses to cure fever
- Fresh juice of flowers dropped into eyes for treating conjunctivitis and other eye disorders.
- Paste of leaf or flower is applied over skin diseases such as scabies and itching
- Oil prepared from root and flowers applied on scalp in case of dizziness, vertigo and headache
- Decoction of leaves is used for gargling for treating mouth ulcers
- Flower and oil I shaving aphrodisiac property and stimulates the nervous system

## KADAMBA



|                 |                                      |
|-----------------|--------------------------------------|
| Family          | Rubiaceae                            |
| Scientific name | <i>Anthocephalus cadamba</i> (Roxb). |
| Common name     | Burflower tree                       |
| Sanskrit        | Dhara-kadambo, Dharakadambah         |
| Hindi           | Kadam, Kadamb, Haldee                |
| Marathi         | Rajakadamba, Dharkalambu             |
| Part used       | Bark, root, flowers                  |

**Method of propagation :** Seeds

### According to Vedas

*Kadambika is madhura, tuvararasa, guru, ruksha in guna, sita in veerya, malstambakakara, stanyakaphaprada and increases vata*

**Effect on Doshas :** Flower balances Pitta and Vata

### MEDICINAL PROPERTIES AND USES

- Kadamba has its roots in the Bhagwad Gita. In North India, it is associated with Krishna, whilst in the South it is known as 'Parvati's Tree.' Radha and Krishna are supposed to have conducted their love play in the hospitable and sweet-scented shade of the Kadamba tree.
- Paste of leaves is applied to wounds or localized infections to reduce pain and swelling
- Decoction of bark is used to wash wounds, also dysentery and diarrhoea
- Powder of bark is given with sugar candy to treat nausea and vomiting
- Decoction of bark is used to gargle the mouth to reduce mouth ulcers, inflammation of gums and throat infection
- Fruit juice is used to reduce excessive thirst, sweating, burning sensation of the body
- Fresh juice of fruit is used to increase the milk in lactating women
- Paste of bark is applied to treat black spots and pimples
- Root decoction is used to treat urinary tract infection and renal calculi



## KHIRNI



|                 |                              |
|-----------------|------------------------------|
| Family          | Sapotaceae                   |
| Scientific name | <i>Manilkara hexandra</i> L. |
| Common name     | Rayan, Khirni                |
| Sanskrit        | Ksirini, Rajadan, Rajnya     |
| Hindi           | Khirni, Rayan                |
| Marathi         | Karani, Rajana, Ranjana      |
| Part used       | Fruits, Bark                 |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances Pitta doshas

### MEDICINAL PROPERTIES AND USES

- Its bark is especially useful in treating gum problems and dental disorders such as bleeding gums, gum inflammation, sudden discharge of blood from gums
- Its tender parts are used as tooth brush
- Bark is also used to treat fever, gas, stomach disorders, jaundice, deworming etc
- Bark of tree is astringent, sweet, cooling, aphrodisiac, alexipharmic, stomachic/stimulates digestion and anthelmintic
- They are useful in hallucinations, loss of consciousness, anorexia, bronchitis, leprosy and vitiated conditions of pitta
- The fruit can be eaten fresh or dried
- A pale yellow oil, known as rayan oil, is obtained from the seed kernels yields 25% oil
- The bark is added to palm sugar to inhibit fermentation
- This species is often used as a rootstock for the sapota

## LEMON GRASS



|                 |                                 |
|-----------------|---------------------------------|
| Family          | Poaceae                         |
| Scientific name | <i>Cymbopogon winteruanus L</i> |
| Common name     | Lemon grass                     |
| Sanskrit        | Bhustrina, Takratrini           |
| Hindi           | Gandha truni                    |
| Marathi         | Hirvachaha                      |
| Part used       | Herb                            |

**Method of propagation :** Slips

**According to Bhavaprakasha Nighantu**

*The plant is used in cardiac ailments, itching, nervous disorders, cough and fever*

**Effect on Doshas :** It is Vatahara, Kaphahara and increases pitta

### Medicinal properties and Uses

- Lemon grass oil obtained from distillation of herb is used in perfumes, soaps, hair oils, scents, agarbattis and medicine.
- Citral present in volatile oil used in Vitamin A preparation
- Small piece of grass is added to tea preparation increases the appetite and also good for cold and cough
- Decoction of leaf is taken with milk and sugar controls pain of dyspepsia
- Decoction of leaf with  $\frac{1}{4}$  spoon ginger juice cures fever
- 4-6 spoons of decoction with pinch of pepper powder gives relief against abdominal pain. Even use of 3-4 drops of oil with sugar also control abdominal pain
- Massage face with the oil once a week and take fomentation improves the skin complexion
- Oil mixed with coconut oil used for massage in joint pains or in rheumatism
- 10 drops of oil in hot water for bath gives fresh feel and skin cracks will not appear during winter
- Few drops of oil sprayed on pillow gives good relief against sleepless ness
- 3-4 drops of oil on handkerchief and smelling oftenly gives relief against cold and cough

## LIME



|                 |                           |
|-----------------|---------------------------|
| Family          | Rutaceae                  |
| Scientific name | <i>Citrus X Latifolia</i> |
| Common name     | Lime, Seedless Lime       |
| Sanskrit        | Nimbuka                   |
| Hindi           | Nimbu                     |
| Marathi         | Limbu                     |
| Part used       | Fruit, Fruit rind         |

**Method of propagation :** Seeds

**According to Bhavaprakash Nigantu**

*Lemon destroys all kinds of worms. It is sour in taste pacifies tridoshaj pains, anorexia, toxins in the body, low digestive fire, intestinal obstruction and cholera.*

**Effect on Doshas :** It balances Kapha and Vata doshas

### MEDICINAL PROPERTIES AND USES

- The oil obtained from the fruit skin of this herb is applied on smallpox and chickenpox
- It provides smoothening effects to the skin and juice is applied to get relieve from itching.
- Fruit juice is very good remedy for kidney stones
- It recovers the sensation of taste, increases an appetite and dry features.
- It helps in secretion of digestive enzymes improving digestion.
- The topical application of fruit juice is said to be effective in dandruff.
- It is also a good appetiser, digestive, mild laxative and cholagogue, therefore, used in various digestive ailments like anorexia, dyspepsia, vomiting, constipation, hepatic disease etc.
- Beneficial in the heart diseases, skin diseases, gout and bleeding disorders.
- It is a rich source of Vitamin C which makes it helpful in treating bleeding and spongy gums in scurvy.
- Smelling fruit stops vomiting, cough, ailments of the throat and tumours etc.
- Intake of juice stops burning sensation in intestinal track.

## MADHUNASHINI



|                 |                                  |
|-----------------|----------------------------------|
| Family          | Asclapiadaceae                   |
| Scientific name | <i>Gymnema sylvestre</i> (Retz.) |
| Common name     | Antidiabetic plant               |
| Sanskrit        | Mesashringi, Madhunashini        |
| Hindi           | Gudmar, Gurumara                 |
| Marathi         | Kavali, Medhashingi              |
| Part used       | Leaves                           |

**Method of propagation :** stem cuttings

**According to Bhavaprakasha Nighantu**

*The juice of Meshashringi is good for cold, respiratory disorders and joint pain. It can be used in vata and kapha disorders, eye ailments. The juice is used as an appetizer. The paste of the leaf can be applied as an antidote in poisonous bites*

**Effect on Doshas :** It balances Kapha and Vata doshas

### MEDICINAL PROPERTIES AND USES

- Eating leaves of madhunashini in early morning in empty stomach or drinking its decoction controls the diabetes.
- Reduces burning sensation, neuropathy, burning sensation in eyes, gastritis.
- Its cures fever, juice of leaves with honey can be used
- It is having property of Kasa means which is beneficial in a cough and cold
- Leaf paste along with coconut oil or castor oil applied on wounds for reducing swelling
- It is useful in reducing asthma and chronic respiratory disorders
- Beneficial in bleeding disorders such as heavy periods, and nasal bleeding
- For snake bite or scorpion bite leaf juice is given orally and paste made of root is applied on bite area.



## MAHAGONY



|                 |                              |
|-----------------|------------------------------|
| Family          | Meliaceae                    |
| Scientific name | <i>Swietenia mahagoni</i> L. |
| Common name     | Mahogany, Indian cedar       |
| Sanskrit        | -                            |
| Hindi           | Mahogany                     |
| Marathi         | Mahogany                     |
| Part used       | Leaves, Seed, Trunk          |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances Pitta and Vata doshas

### MEDICINAL PROPERTIES AND USES

- Mahogany Seeds powder lowers cholesterol and helps to boost your immune system too.
- Mahogany Seeds help to regulate blood sugar, use of seeds in the form of tea and or taking the powder daily lowers blood sugar levels.
- Seeds increases circulation and lower blood pressure and have anti-inflammatory effects
- Mahogany Seeds are antibacterial and antimicrobial thus helping to treat malaria and other diseases
- Mahogany Seed powder can help prevent insect bites
- Seeds are having lots of amazing antioxidants that work to fight against free radicals
- Leaves of the tree could help treat diabetes naturally
- Wood of the tree is highly valued for its timber used in furniture and fixtures
- Tree is grown as avenue tree along with road sides.
- Very good shed and spreading tree for ground coverage.

## MAHUVA



|                 |                              |
|-----------------|------------------------------|
| Family          | Sapotaceae                   |
| Scientific name | <i>Madhuca longifolia</i> L. |
| Common name     | Honey tree, Butter tree      |
| Sanskrit        | Madusheetala, Madupushpa     |
| Hindi           | Mahuva                       |
| Marathi         | Moha                         |
| Part used       | Flowers seeds and oil        |

**Method of propagation :** Seeds

**According to Dhanvanthari nigantu**

*Jalamadhuka is madhu in rasa, sita in veerya, vrshay rasayana, balya vanti hara and varna nasana. It is useful for nervous system, excessive heat, strengthens nervous system.*

**Effect on Doshas :** It balances Vata and pitta doshas, but increases Kapha dosha

### MEDICINAL PROPERTIES AND USES

- The seed yield fixed oil used for various skin diseases and also pain relieving formulations
- Nasal administration of flower juice used for treating headache, burning sensation of eyes etc.
- Dried flowers of mahuva are administered with milk to improvement of nerve strength and neuro muscular diseases.
- Decoction of bark of tree is given to treat irritable bowel syndrome and diarrhoea
- Fresh juice of flowers is given at dose of 30 ml to treat hypertension, hiccups, and dry cough
- Cold infusion of bark or flowers given to treat burning sensation of the body and intestinal system
- Cold infusion of flowers boiled with milk is beneficial for patients suffering from general debility and it improves immune system of the body
- Fruit pulp is used in treating Raktapitta i.e., nasal bleeding, heavy periods etc.
- Fruit pulp or flowers are used to improve sperm quality and also semen quantity

## MALABAR NUT



|                 |                                   |
|-----------------|-----------------------------------|
| Family          | Acanthaceae                       |
| Scientific name | <i>Ashathoda Zylanica</i> Medicks |
| Common name     | Malabar nut                       |
| Sanskrit        | Vasa, Vaasaka, Simha Parni        |
| Hindi           | Adalpa, Arusa                     |
| Marathi         | Adulsa                            |
| Part used       | Leaves, Root, flower, bark        |

**Method of propagation :** stem cuttings

**According to Rajanighantu**

*Simha parni is popular cough syrup used in jaundice, fever, bronchitis and tuberculosis*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Vasa herb naturally known to be very effective in the management of respiratory problems like cough, cold & asthma etc. It is also a potent anti - microbial agent and has many cooling properties as well.
- Root bark powdered and given with honey removes phlegm in turn cures cough in children
- Fresh juice of leaves uses with honey, ginger used for chronic cough and asthma
- Paste of leaves applied on rheumatism to cure pains
- Paste of leaves mixed with turmeric and cow urine relieves pain and itching in skin diseases
- Fresh leaf juice or decoction of root cures piles or fomentation of leaf to pile mass can be done
- Flower can be used against conjunctivitis by keeping flowers around eye
- 4-5 spoons of leaf juice before meals helps in reducing fat
- Use of herb is not advisable to pregnant women in first trimester
- It is a mild sedative and used in calming of mind and to relieve stress.
- The herb is used in removal of interstitial parasites. Decoction of this herb is used in worm infestation.
- The herb is also effective for the liver and gall bladder as well. It can positively affect bile secretions due its pitta balancing properties, According to Ayurveda, gall bladder and liver are the seats of Pitta energy in the body.
- Method of juice extraction: keep the leaves in steam for a while and crush to extract juice.

## NEEM



|                 |                                   |
|-----------------|-----------------------------------|
| Family          | Meliaceae                         |
| Scientific name | <i>Azadirachta indica</i> A. Juss |
| Common name     | Neem                              |
| Sanskrit        | Nimba, Arishta, Subhadra, Neta    |
| Hindi           | Margosa, Neem                     |
| Marathi         | Limba, Kadunimba                  |
| Part used       | Leaves, flower, fruit             |

**Method of propagation :** Seeds

**According to Ratnakarnigantu**

*Tender leaves are good for vata disorders. It is used in treatment of blood and pitta disorders, eye trouble and skin diseases.*

**According to Odalnigantu**

*Each part of the plant is medicinal and referred as panchanga meaning root, bark, leaf, flower, and fruit. It is blood purifier. It is highly antibiotic.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Neem is major herb with anti-fungal, anti-bacterial, anti-diabetic, sedative, anti-viral and anti-helminthic properties.
- The bark powder with coriander, ginger and cinnamon powder act against fever like malaria and chronic fever. It is equivalent to quinine for malaria
- Children having chicken pox and measles neem leaf paste with turmeric should be applied before bath.
- For allergy and skin diseases the patient must take decoction of bark of neem and should apply leaf juice or oil 2-3 times daily.
- In case of jaundice tender leaf juice with honey twice a day in empty stomach is beneficial
- Juice of leaves taken during early morning controls diabetics
- Neem oil or dry herb is used to neutralize various types of pests, insects, mites and ticks.
- Neem paste is applied externally to cure pimples and acne
- Cholesterol level in the blood can be reduced by consuming 4-5 leaves in the morning
- Tree is very good avenue ground cover grown in barren and problematic soil.



## NIGHT JASMINE



|                 |                                    |
|-----------------|------------------------------------|
| Family          | Oleaceae                           |
| Scientific name | <i>Nictanthus arbor-tristis</i> L. |
| Common name     | Night Jasmine, coral jasmine       |
| Sanskrit        | Shephalika, Parijatha              |
| Hindi           | Harharsingar, saherva              |
| Marathi         | Parijathka                         |
| Part used       | Bark, root, flowers                |

**Method of propagation :** Seeds

**According to Rajanigantu**

*Bark and root of the siyoli is used for treating arthritis and rectal problems*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- The flowers are source of oil, orange dye used in colouring cotton, silk and Buddhist robes.
- The plant is considered as one of the five celestial objects and known as wish granting tree.
- In arthritis section of the leaf juice to be given internally
- Leaf juice is good laxative and diuretic in nature
- Decoction of leaf or bark is given for curing malaria and typhoid.
- Bark decoction used to wash the scalp to remove dandruff. It is also used as disinfectant, used to wash wounds.
- Leaf juice is very good for liver problems
- The bark powder chewed with beetle leaf, controls cough and wheezing.
- In anaemia leaf juice taken with lohabhasma gives good result.
- Leaf juice with ginger gives good result against fever.

## ORANGE JASMINE



|                 |                              |
|-----------------|------------------------------|
| Family          | Rutaceae                     |
| Scientific name | <i>Murraya paniculata</i> L. |
| Common name     | Orange jasmine               |
| Sanskrit        | Ekangi, Muramamsi            |
| Hindi           | Kamini                       |
| Marathi         | Kunti, Kunli                 |
| Part used       | Leaves, root, flowers        |

**Method of propagation :** Stem cuttings, seeds

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- The flowers are used for scenting tea.
- infusion of leaves are used to treat diarrhoea and dysentery
- The powdered leaves are applied to cuts to promote healing; their decoction is taken internally to treat dropsy
- The crushed leaves are made into a paste and mixed with molasses to make tablets that are taken orally to treat joint pains; the leaves, cooked with mustard or sesame oil along with dried ginger, are applied externally to relieve inflamed joints.
- It is considered as very good analgesic, to activate blood circulation and relieve contusions
- In a study of the anti-amoebic activity of some medicinal plants used by AIDS patients in southern Thailand, this species was classified as 'moderately active' against *Entamoeba histolitica*
- The leaves are astringent, stimulant and tonic. They are used in the treatment of dropsy, diarrhoea and dysentery. A decoction of the leaves is used as mouthwash for toothaches.
- An essential oil is obtained from the flowers. It is used in perfumery. The flowers are used in the production of cosmetics
- The wood and the roots are ground into a sweet-scented powder is used as a cosmetic on the cheeks of women.
- The tree is often too small for its wood to be commercially exploited, but the yellow heartwood obtained from larger specimens is highly valued. The wood, even from smaller trees, is used locally to make tool handles, walking sticks, furniture or used for turning.
- It is very good hedge plant in gardens

## PONGEMIA



|                 |                            |
|-----------------|----------------------------|
| Family          | Fabaceae                   |
| Scientific name | <i>Pongamia pinnata</i> L  |
| Common name     | Indian beech, Pongamia     |
| Sanskrit        | Karanja                    |
| Hindi           | Karanj, Dithouri           |
| Marathi         | Karaja                     |
| Part used       | Stem bark, Seeds, seed oil |

**Method of propagation :** Seeds

**Effect on Doshas :** Fruit balances Kapha and Vata doshas

### MEDICINAL PROPERTIES AND USES

- Seed oil is used as biodiesel
- Oil is used in various skin diseases such as itching, burns, eczema, psoriasis etc.
- Seeds used in urinary track disorders, piles/haemorrhoids
- Detoxifies vaginal disorders and useful in uterine disorders
- It is used as krimihra i.e., removes worms
- Twigs are used to relive bloating of stomach, it also used for tooth brush in ancient times
- Helps in quick wound healing
- Seed oil is used as anti feedent for insects and used as pesticide in agriculture crops also.
- Tree is grown as avenue tree and also as in agroforestry system for green manuring
- Seeds are used to extract oil which is used as biodiesel in engines
- Tree trunk is used in making handle of agricultural tools
- Tree is very good source of green manure
- It can be grown as avenue tree along the roads.
- Tree is highly tolerant to drought, high temperature.

## PURGING CASSIA



|                 |  |
|-----------------|--|
| Family          | Fabaceae   |
| Scientific name | <i>Cassia fistula</i> L.                                 |
| Common name     | Purging cassia, Golden shower                            |
| Sanskrit        | Aragvadha, Chaturangula, Rajvraksha, Shampaka, Suvarnaka |
| Hindi           | Amaltas  |
| Marathi         | Bahava   |
| Part used       | Bark, fruit rind, flowers                                |

### Method of propagation : Seeds

### According to Bhavaprakash nigantu

*Aragwadha, rajvraksha, shyampak, chaturangul, aavret, vyadighat, kritmaal, karnikaar, dhirgfal, swaranang and swaranfal are the various synonyms of Amaltas. The properties of Amaltas are heavy, sweet, cool and purgative. It is used in fever (jwara), heart disorders (hridroga), bleeding disorders (raktapitta), bloating (udavart) and abdominal colic pain (shoola). Fruits of Amaltas are soft, purgative, appetizer in nature and used to pacify kapha and pitta dosha. They are also used in leprosy (kusth roga). Best use is as purgative and anti-pyretic.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- In India this golden shower tree is state flower of state Kerala. Flowers have religious importance in Vishnu festival. Image of this tree is painted on Indian 20 rupees.
- According to Ayurveda, keeping the bowel clear is first step for the maintenance of a healthy body.
- It also helps to vitiate all three body energies that is Vata, Pitta and Kapha body energy.
- Problems of indigestion like flatulence, belching, loss of appetite, feeling of fullness etc. can be regulated.
- It is also good for cardiac problems like heartburn.
- "Ama" is a common term given to undigested food particles which ferment in the body and release free radicals that damages cells.
- Herbal oil prepared from Amaltas is used to manage skin problems like eczema, candidiasis and similar skin conditions.
- Aragvadha can be given in all liver and gall bladder conditions. Even in Ascites, it can be used effectively to control abdominal distension and digestive problems associated with it.
- The herb manages blood disorders, gout, anemia and erysipelas etc problems.
- It is anti-pyretic and best used in bleeding disorders.



## PUTRANJEEVA



|                 |                                    |
|-----------------|------------------------------------|
| Family          | Putranjivaceae                     |
| Scientific name | <i>Putranjiva roxburghii</i> Wall. |
| Common name     | Indian amulet plant                |
| Sanskrit        | Sutajeevaka, garbhada              |
| Hindi           | Putranjeev                         |
| Marathi         | Putajan                            |
| Part used       | Leaf, fruit, seeds                 |

**Method of propagation :** Seeds

**According to Rajanigantu**

*Putrajiva* is hima in veerya, vrsya, increases slesma, garbhjivada (strengthens uterus and retains fetus), it pacifies pitta and alleviates daha, and trshna

**Effect on Doshas :** It balances Pitta, but increases Vata and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Ayurvedic classification highlighted the importance of putranjiva as one which helps in progenation, which means decoction of seed powder is used for increasing sperm count in male and also helps in retention of foetus in female.
- It acts very good aphrodisiac and improves vigour in both the sex
- The paste of leafs is applied over affected skin with burning sensation
- Fresh juice of leafs is used against elephantiasis and also paste is applied over affected legs.
- Cold infusion of leafs is used to treat difficulty in micturition
- Seeds of the plant is made into paste used for treating eye diseases
- Leaves are helpful in reliving burning sensation of gastritis, eyes, and wounds.
- It is heavy to digest and creates constipation
- Paste of seeds applied over forehead or scalp to get relief from acute headache.
- Fine paste of seeds are rubbed with water and applied over skin allergies or rashes
- Fine paste of seed with till and jiggery is useful in treating irregular menstrual cycles

## RED PHYSIC NUT



|                 |                               |
|-----------------|-------------------------------|
| Family          | Euphorbiaceae                 |
| Scientific name | <i>Baliospermum montanum</i>  |
| Common name     | Red physic nut, wild castor   |
| Sanskrit        | Danti, Hastidanti             |
| Hindi           | Danti, Hakum                  |
| Marathi         | Danti                         |
| Part used       | Fruit, leaves, root, seed oil |

### Method of propagation : Seeds

#### According to Rajanigantu :

*Laghu danti is sweet in taste, have cold potency, good for both urination and purgation. It is used to pacify kapha dosha and used to treat poisoning and inflammation.*

#### According to Charaka

*For the purification of dantimool danti roots are coated in paste of pippali and madhuka. After that this mass is wrapped in grass, tied and wrapped under the mud covering. This wrapped mass is heated to reduce the toxicity of dantimool.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Danti is blood purifier and paste of danti roots and seeds are used to reduce edema and pain.
- Herb is having a good antipyretic properties and being used to treat fever. This herb is also anti-inflammatory and used to reduce inflammation. Decoction of danti is used in pittaj jawara.
- Roots are good laxative and highly purgative in nature. Seeds and root powder of this herb is used to relieve constipation.
- Leaves are found to be very beneficial for the sufferers of jaundice.
- Decoction prepared from leaves is used to treat asthma and bronchitis.
- Seeds are used externally as stimulant and rubefacient.
- This herb is very effective in abdominal pain, bloating and abdominal tumors.
- Roots of this herb are pungent, heating and diuretic in nature.
- It is also used in hemorrhoids, abdominal tumors and enlarged spleen.
- External use of root paste over pile mass causes reduction in pain, swelling and shrinkage of pile mass.
- Seed oil is very effective in vata disorders such as paralysis, gout and other neurological disorders.

## RED SANDERS



|                 |                                  |
|-----------------|----------------------------------|
| Family          | Fabaceae                         |
| Scientific name | <i>Pterocarpus santalinus</i> L. |
| Common name     | Red Sanders, Red Sandal wood     |
| Sanskrit        | Raktachandan                     |
| Hindi           | Lal Chandan, Rakt Chandan        |
| Marathi         | Tambada chandan, Raktachandan    |
| Part used       | Heartwood                        |

**Method of propagation :** Seeds

**According to Rajanigantu**

*It is used against pitta and kapha disorders, useful in fever, physiological disorders, intestinal parasitic infection etc.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Red sanders is called as red gold due to its colour and high value wood
- Heartwood powder is made into paste and applied over face as face back for glowing skin and to heal acne.
- Pinch of powder in glass of milk is used to give for pregnant women during 2-4 weeks to stop unexplained bleeding.
- It improves vision, helps in eye disorders.
- Used for treating digestive tract problems, fluid retention, and coughs and for blood purification.
- Red sandalwood is used as flavouring in Alcoholic beverages.
- Red sandalwood might increase the loss of body water through the urine (diuretic effect). It might also have drying effects that may help reduce diarrhoea and break up mucus to make it easier to cough up.
- Heartwood is used in making traditional Chinese furniture, artcrafts and decorating temples, Buddhist monuments etc
- Wood extract and essential oil used in many pharmaceuticals and herbal beauty products such as face creams, soaps, perfumes, etc
- Dye extracted from heartwood is used in colouring cloths, art crafts etc.



## ROSARY PEA



|                 |                                  |
|-----------------|----------------------------------|
| Family          | Oleaceae                         |
| Scientific name | <i>Abrus precatorius</i> L.      |
| Common name     | Indian Licorice root, Rosary pea |
| Sanskrit        | Shikadantika, Kakadantika        |
| Hindi           | Gunchi, Gamanchi                 |
| Marathi         | Gunja, Gunj                      |
| Part used       | Seeds, roots                     |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances Vata and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Seeds are having strong aphrodisiac properties and works naturally to improve sexual stamina helping in dealing with sexual disorders.
- It is highly useful for persons suffering from low sperm counts or other similar problems related to sperm formation
- Having kapha and vata pacifying properties, gunja helps to manage digestive problems and improves appetite and taste.
- Though in itself a very strong toxin, when used after careful purification and in regulated doses, gunja acts as a very effective anti – toxin.
- Wound healing improves with its use and similarly gunja helps in improving texture of the skin and hair.
- Gunja also helps strengthen immunity and provides bodily strength working as a general body strengthener.
- Given its amazing medicinal properties, Gunja is good for managing minor cough and cold like problems to rheumatoid arthritis, skin disorders, worm infestations, dizziness, asthma, and excessive thirst and poisoning.
- The seed powder which is used for external as well as internal application, Gunja root is also effective for relieving pain.
- Gunja should be avoided in children and pregnant or lactating women.
- The solvents and extract of root is anticancer, antioxidant, antimicrobial, and immune stimulatory and hepato-protective in nature
- Seed paste is used for treating poisoning of snake bites.



## SANDALWOOD



|                 |                                  |
|-----------------|----------------------------------|
| Family          | Oleaceae                         |
| Scientific name | <i>Abrus precatorius</i> L.      |
| Common name     | Indian Licorice root, Rosary pea |
| Sanskrit        | Shikadantika, Kakadantika        |
| Hindi           | Gunchi, Gamanchi                 |
| Marathi         | Gunja, Gunj                      |
| Part used       | Seeds, roots                     |

**Method of propagation :** Seeds

**According to Bhavapraksh Nigantu**

*Chandana is tikta in taste, ruksha, laghu in property, sitala in potency, ajladana , cures sram, sosa, visa, slesma, trsna, pitta, asra and daha*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Heartwood is best for relieving bad odour and burning sensation etc.
- Essential oil extracted by steam distillation is used in various pharmaceutical products
- Oil is used as fixative in perfume industry which makes perfume long lasting
- Used as Rakta prasadan ie., purifies blood, and also in nasal bleeding and other bleeding disorders
- It is very good aphrodisiac and being used as improve the mood and vigour
- Relives tiredness, fatigue, coolant and it controls anger hence being used in many psychological disorders such as mania, schizophrenia etc.
- It is very good diuretic in nature used for treating bladder inflammation, cystitis, urethritis etc.
- Wood Paste is used in making facial packs to cures acnes, scars, smoothening skin, gives glow to skin,
- Used in stomach problems such as intestinal burning, gastritis, sore throat etc.
- Heartwood is used in making traditional Chinese furniture, artcrafts and decorating temples, Buddhist monuments etc
- Wood extract and essential oil used in many pharmaceuticals and herbal beauty products such as face creams, soaps, perfumes, etc
- Sapwood is used in making garlands, idols, other home decorating items which fetches premium prices

## SESBANIA



|                 |                                |
|-----------------|--------------------------------|
| Family          | Favaceae                       |
| Scientific name | <i>Sesbania grandiflora</i> L. |
| Common name     | Agati, West Indian Tree        |
| Sanskrit        | Vangasena, Agasti, Agastya     |
| Hindi           | Aghastya, Agast, Hathya        |
| Marathi         | Agathi                         |
| Part used       | Leaves, Flower                 |

### Method of Propagation : Seeds

#### According to Rajanigantu :

*Agastya, vangsen, munipushp, agasit and munidrum are various synonyms of agastya. This herb is bitter in taste with cold potency, rough and aggravates vata dosha. It is used to pacify kapha, pitta dosha and it is best used to cure intermittent fever, cold, cough and running nose.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- There are four types of Agathi based on colour, Seeta agatsya (white flowers), Peeta agatsya (Yellow flowers), Neela agatsya (Blue flowers) and Lohita agatsya (Red flowers)
- The flowers are bitter in taste and astringent action on the body. It can be used in fever, night blindness, running nose, abdominal pain and all kinds of liver and spleen disorders.
- It can be used in detoxification of the body, if there is chronic toxicity due to improper dietary patterns over a period of time.
- The leaves prove to be helpful in worm infestations and bleeding disorders like menorrhagia and ulcerative colitis.
- Fruits or pods are very helpful in weight loss and helps to manage abdominal tumors. These also help in improving memory and intelligence.
- Bark helps to improve low digestive power and constipation while the flowers help in treating diarrhea.
- Roots and bark of the plant are also used for external application over the body.
- Leaf juicy extract can be used as nasya to relieve kapha predominant disorders of the upper respiratory tract and also for epilepsy.
- Root bark is applied externally to reduce pain and inflammation in arthritis and gout. Paste of red flower agastya is used in rheumatism.

## SHAMEE



|                 |                               |
|-----------------|-------------------------------|
| Family          | Fabaceae                      |
| Scientific name | <i>Prosopis Cineraria</i>     |
| Common name     | Indian Mesoquite, Sponge tree |
| Sanskrit        | Shami                         |
| Hindi           | Khejri                        |
| Marathi         | Shamee                        |
| Part used       | Bark, Leaf, pods              |

**Method of propagation :** Seeds

**According to Dhanvanthari Nigantu :**

*Bark and root of the siyoli is used for treating arthritis and rectal problems*

**Effect on Doshas :** It balances Kapha doshas

### MEDICINAL PROPERTIES AND USES

- It is one of the plant in navagraha vana indicates Shani
- Medicinally it is used in various skin diseases, diseases of eyes, digestive problems and respiratory illness.
- In Ayurveda shami plant is used for Kushtha (skin diseases)
- Granthi (cysts and tumour)
- Bala roga (diseases of children)
- Kapha pitta vyanga vikara (blemishes and hyperpigmentation due to Kapha and Pitta)
- Kasa (cough), Swasha (bronchitis and asthma)
- Arsha (piles)
- Krimi roga (worm infestation)
- Pravahika (diarrhoea) and Atisara (dysentery)
- Used in Pancha Bringa where five herbs like Devadali, Shami, Bhrunga, Nirgundi, Sanaka are used for bathing after curing disease. It acts as measure of disinfectant and promotes strength
- Flowers are triturated and mixed with sugar and given to pregnant women to avoid unexpected abortion
- Bark is used in treatment of rheumatism, osteo arthritis
- Young immature pods are used for making curry in Western India



## SIMARUBA



|                 |                           |
|-----------------|---------------------------|
| Family          | Simarubaceae              |
| Scientific name | <i>Simaruba galuca</i> L. |
| Common name     | Paradise tree             |
| Sanskrit        | Laxmi taru                |
| Hindi           | Simaruba, Laxmi taru      |
| Marathi         | -                         |
| Part used       | Bark, root, flowers       |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Leaves are used to treat cancer. It is very effective in reducing the size of the tumor.
- Simarouba bark as an effective treatment for malaria and dysentery
- Infusion of the leaves or bark is considered to be astringent, a digestion and menstrual stimulant and an antiparasitic remedy.
- It is taken internally for diarrhoea, dysentery, malaria, and colitis; it is used externally for wounds and sores.
- Simaruba leaves and bark have anti cancerous properties. It is being used for treating blood cancer.
- Decoction of leaves is used to drink in early morning evening to control cancer diseases.
- It also being used for treating arthritis
- Tree can be grown as avenue tree which can give good shade and also biomass
- Seeds are used to extract oil which is used as potential biodiesel in engines
- Foliage can be used as a green manure, as a mulch material during summer months



## SITA ASOKA



|                 |                         |
|-----------------|-------------------------|
| Family          | Fabaceae                |
| Scientific name | <i>Saraca asoca</i>     |
| Common name     | Asoca                   |
| Sanskrit        | Hemapushpa, Sita-ashoka |
| Hindi           | Ashoka                  |
| Marathi         | Ashoka                  |
| Part used       | Bark, root, flowers     |

**Method of propagation :** Seeds

**According to Rajnighantu :**

*This drug has astringent and bitter taste, cold potency, absorbent as used to cure wounds and ulcers of body. It is used to pacify vata dosha and used to cure tumor, thirst, burning sensation, worm infestation, emaciation, poisoning and various bleeding disorders.*

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- According to Rajnighantu this herb is used to cure heart disorders (haridyaroga), tumors (apachi) and abdominal pain (udarshoola).
- It is very useful for the body to bring down excessive heat in the organs due to fatigue or hormonal imbalance.
- This herb helps to regulate blood composition and stabilize blood circulation making it optimally available to all the body parts.
- In females, it is very commonly used to regularize hormones and menstrual cycles.
- Many times combination of Aloe Vera and Ashoka is given to females to improve their reproductive health and blood condition. Anemia which is a very common health problem in females is also recovered with the right combination of herbs along with Ashok derivatives.
- It not only works on the uterine structures but also helps to cleanse the system. So that any kind of microbial infestation that may be causing leucorrhea and other associated infections in female reproductive organs can be checked.
- Ashoka is a good cardiac tonic that can act as a supportive therapy for people suffering from hypertension, circulatory problems, edema & congestive heart failure
- Its bark has natural detoxification properties that improve skin complexion and keep the body free from toxins inside out.
- It also has some digestive properties like bloating, flatulence, burping, colicky pain in abdomen & ascites etc. can be relieved with the use of Ashoka.

## SOAP NUT



|                 |                                |
|-----------------|--------------------------------|
| Family          | Sapindaceae                    |
| Scientific name | <i>Sapindus trifoliatus</i> L. |
| Common name     | Night Jasmine, coral jasmine   |
| Sanskrit        | Reethakaranja, Aristaka        |
| Hindi           | Rita, Reetha, Aritha           |
| Marathi         | Rinithi                        |
| Part used       | Fruit husk                     |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances all three doshas ie., Vata, Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Fruit husk Used to wash gold ornaments, cloths and also in hair shampoos.
- Pericarp of fruit is having scrapping properties and induces abortion in pregnant women
- Roots of the tree is used in migraine head ache and epilepsy
- Fruits are bitter in taste induces abortion and having emetic properties, expectorant, anthelmintic properties
- Due to its anti-inflammatory and antibacterial action it is externally applied on boils, scorpion bites and lesions
- Powder of pericarp or fruit rind is used as hair shampoo which controls lice, and dandruff.
- Asanadi kashya-An Ayurveda preparation containing Reetha is used to treat diabetes, obesity and skin diseases
- Washing gold jewellery: place the gold ornaments into the liquid of soapnut. Rub the jewellery with soft cloth.
- It is being used for many skin problems and its water can be used as face wash.
- Mix of reetha liquid and essential oil (few drops). Stir it properly and apply the same on face. Soapnuts are 100% natural products that can help you tackle many skin diseases like eczema, psoriasis, black heads.
- Tree is highly drought tollerent and grow well in barren and rocky soil.

## SOAP POD



|                 |                                    |
|-----------------|------------------------------------|
| Family          | Mimosaceae                         |
| Scientific name | <i>Acacia sinuata</i> (LOUR) MERR. |
| Common name     | Soap pod                           |
| Sanskrit        | Amala                              |
| Hindi           | Shikakai, Kochi                    |
| Marathi         | Shikakai                           |
| Part used       | Fruit husk or rind, leaves         |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances Pitta and Kapha doshas

### MEDICINAL PROPERTIES AND USES

- The natural ingredients of this herb make hair softer and shine
- The antifungal properties of shikakai nourish scalp and prevent itching and dryness. Used regularly, shikakai can cure dandruff.
- This herb works its magic on a dry scalp by acting as a natural cleanser without washing away essential oils.
- It is calm and soothing on an irritated head and can actually heal minor cuts and abrasions on scalp
- Hair pack made of shikakai and soap nut can offer relief on a hot day, relieve a headache or simply act like a soothing hair pack.



## STAR GOOSEBERRY



|                 |                              |
|-----------------|------------------------------|
| Family          | Phyllanthaceae               |
| Scientific name | <i>Phyllanthus acidus</i> L. |
| Common name     | Star gooseberry              |
| Sanskrit        | Ghana, Komalavalkala, Lavali |
| Hindi           | Chaimeri, Chalmeri           |
| Marathi         | Avil                         |
| Part used       | Fruits                       |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances Kapha and Vata doshas

### MEDICINAL PROPERTIES AND USES

- The root is an active purgative. An infusion of the root is taken to alleviate asthma
- An extract from the root is used to cure skin diseases especially to bring relief from itching
- The leaves are used as one of the ingredients in a Thai remedy to control fevers
- A leaf decoction is applied to urticarial
- An infusion of the leaves is used as a dieting aid for people who are dieting and wish to remain slim
- The latex is credited with emetic and purgative activity
- The bark is heated with coconut oil and spread on eruptions on feet and hands
- A decoction of the bark is used to treat bronchial catarrh
- The fruit is used as a laxative. They are also taken as a liver tonic to enrich the blood
- The juice of the fruit is instilled in the eyes to treat eye-troubles
- An extract from the plant has shown nematocidal activity against the pine wood nematode
- The mature fruits may be eaten fresh but usually they are sprinkled with salt to neutralize the acidity
- Rich in vitamin C with a very acid flavour, it is more usually used in relishes or chutneys, or cooked as a flavouring in desserts



## TRUMPET FLOWER



|                 |                            |
|-----------------|----------------------------|
| Family          | Bignoniaceae               |
| Scientific name | <i>Oroxylum indicum</i> L. |
| Common name     | Indian trumpet flower      |
| Sanskrit        | Shyonak                    |
| Hindi           | Sonapatha                  |
| Marathi         | Tentu                      |
| Part used       | Bark, fruit, seed          |

**Method of propagation :** Seeds

**According to Bhavaprakash Nigantu :**

*Aralu, Shyonak, Nat, Katvanga, Tuntuka, Mandukaparna, Patrorna, Sukanasa, Dirghavrinta, Aralu, Prithu Shimba and Katammar all are Sanskrit names of Sona Patha. It promotes digestive fire. It is astringent, bitter in taste and pungent after digestion. It manages all three doshas vata, pitta and kapha.*

*Charak has prescribed Shyonak as antiseptic, astringent and recommended for non-healing ulcers, female disorders and dysentery.*

**Effect on Doshas :** It balances Kapha and Vata doshas

### MEDICINAL PROPERTIES AND USES

- Shyonak leaves are emollient containing anthraquinone and aloe-emodin
- Decoction of its leaves have good use internally to increase appetite
- The decoction of its root is useful against diarrhoea and dysentery
- The root is even found useful in rheumatoid arthritis, cough, cold and fever
- The seeds of this plant contain a purgative agent that makes it to be an effective remedy for constipation
- Paste of seed when applied can treat boils, wounds and other skin diseases
- Paste of bark applied on neck and throat area for quick relief of tonsil pain
- Fruit is very good for skin, cleansing the wounds and it also detoxifies the blood
- Fruit is useful in gynecological disorders and even in case of childhood psychological disorders.
- Fruit is beneficial for Heart problems.

## VETIVER



|                 |                                 |
|-----------------|---------------------------------|
| Family          | Poaceae                         |
| Scientific name | <i>Vetiveria zizanioides</i> L. |
| Common name     | Vettiver, Khus grass            |
| Sanskrit        | Ushira, Amrnala, Valaka         |
| Hindi           | Khus, Khas                      |
| Marathi         | Vala                            |
| Part used       | Root, root oil                  |

**Method of propagation :** slips

**According to Bhavprakash Nighantu :**

*It states the names and properties of Ushira. There is a root of viran name grass which is known as khus. It is known as usher, nalad, amritaal, sevyā and samagandhika.*

*It is digestive, cold in potency and stops bleeding. It is light, bitter and sweat in taste. It is good for fever, vomiting, addiction, kapha pitta diseases, blood impurities, toxins, heat in the body, skin diseases, difficulties in urination and wounds.*

**Effect on Doshas :** It balances Vata and Pitta doshas

### MEDICINAL PROPERTIES AND USES

- Few root bits or root powder is added into drinking water. It can reduce thirst and also
- It is used as blood purifier, so helps to reduce extra water from blood and plays cardio protective role.
- The herb is helpful in treating disorders like epistaxis and diaphoresis.
- Vettiver helps to manage acid production, gastric secretions and strengthens the stomach. Therefore it is used in treatment of 'Ama'
- It is helpful in curing digestive problems like indigestion, appetite and acidity.
- This herb treats the problems of anorexia, diarrhoea and fever.
- It is very useful in treating respiratory disorders like asthma, hiccups and cough.
- Ushira is nerve relaxant, helps to calm and strengthen brain and nerves.
- The volatile oil is beneficial in improving skin glow and texture.
- Oil is used as fixative in many perfume preparations
- Root is used in making hats, window curtains which can lower the temperature and also give fine aroma upon adding water
- Vettiver oil used for external application for treating rheumatism, sprains and arthritis

## WAX APPLE



|                 |                                 |
|-----------------|---------------------------------|
| Family          | Myrtaceae                       |
| Scientific name | <i>Syzygium samarangense</i> L. |
| Common name     | Java apple, Wax apple           |
| Sanskrit        | Ksirini, Rajadan, Rajnya        |
| Hindi           | Jamrul                          |
| Marathi         | Jambhul                         |
| Part used       | Fruits                          |

**Method of propagation :** Seeds

**Effect on Doshas :** It balances Kapha and Pitta doshas

### MEDICINAL PROPERTIES AND USES

- Rose apples are rich in vitamin C, dietary fiber, vitamin A, calcium, thiamin, niacin, iron, sulfur, and potassium.
- In terms of organic compounds, rose apples contain jambosine, betulinic acid, and friedelolactone
- Jambosine is a type of alkaloid, found in wax apples, that has shown promising results in blocking or regulating the conversion of starch into sugar
- The fiber and nutrient combination in rose apples have shown significant effects on cholesterol levels, leading to a lower risk of atherosclerosis, thereby preventing cardiovascular complications like heart attacks, strokes, and coronary heart diseases
- Fruits help to relieve constipation and other health problems. In addition, the seeds of the rose apples have been used for preventing diarrhoea and dysentery
- Decoction is used as a diuretic substance thereby helpful in removing toxins from the liver and kidney
- Applying the juice of rose apple on face can help in balancing the oil production and serve as a hydrating mask.



## WHITE TEAK



|                 |                         |
|-----------------|-------------------------|
| Family          | Verbinaceae             |
| Scientific name | <i>Gmelina arborea</i>  |
| Common name     | White teak/ goomar teak |
| Sanskrit        | Gambhari                |
| Hindi           | Gambhara                |
| Marathi         | Shivana                 |
| Part used       | Bark, root, flowers     |

**Method of propagation :** Seeds

**According to Bhavprakash Nigantu :**

*The name and the properties of Gambhari are Gambhari, Bhadraparni, Shriparni, Madhuparnika, Kasmiri, Kashmari, Hora, Kashmarya, Pitharohini, Madhu rasa and Mahakusumika all are Sanskrit names of Gambhari. It is sweet, astringent, bitter in taste with hot potency and heavy in nature. It promotes digestive fire and is a purgative. It manages vertigo, inflammation, vata disorders, pain, piles, fever, heat and toxins.*

**Effect on Doshas :** It balances vata and Pitta doshas

### MEDICINAL PROPERTIES AND USES

- It is one of the components of Dashamoola preparation.
- Helpful herb to improve digestion and absorption in the body.
- Useful in maintaining the normal blood pressure level.
- It is used in improving brain functioning and it has feature to improve intelligence.
- Natural anti-aging agent.
- Its properties improve the quantity and quality of semen.
- One of the useful herb which has features to increase milk secretion in the lactating mothers.
- Fruit is also efficient in nourishing hair and promotes the growth of hair.
- The fruit used in bleeding disorders like nasal bleeding, heavy periods, etc.
- External application of the paste of the leaves on the forehead lessens the headache, especially in fever.
- Root and Bark are beneficial herbal agent in hallucination, piles, abdominal pain, burning sensations, fever, tridoshas diseases and urinary infection.



## WOOD APPLE



|                 |                                 |
|-----------------|---------------------------------|
| Family          | Rutaceae                        |
| Scientific name | <i>Feronia limonia</i> L        |
| Common name     | Wood apple, Elephant apple      |
| Sanskrit        | Gandhphala, Dantaphala, Kapitha |
| Hindi           | Katbhel, Kaitha                 |
| Marathi         | Kavath, Kauth                   |
| Part used       | Fruit, flower, root             |

**Method of propagation :** Seeds

**According to Bhavaprakash Nigantu :**

*It is madhura and sour in taste, heavy to digest, slimy in nature, undergoes sweet after digestion, cold in potency and Vata-pitta shamaka*

**Effect on Doshas :** It balances Pitta and Vata doshas

### MEDICINAL PROPERTIES AND USES

- Fresh Juice of unripe fruit is given to treat to improve appetite, taste, and anorexia
- Fresh juice of ripened fruit is used to improve body strength and also thirst
- Paste of flower is used to treat insect bite or scorpion bite poisoning
- Regular consumption of fruit improves cardiac strength and cardiac output
- Paste of roots is applied over wounds for quick healing
- Fruit juice is used to cure cough and also removes phlegm
- The juice of young leaves is given with milk and sugar in biliousness and bowel complaints of children
- Fruit improves appetite
- Used in diarrhoea, dysentery, hemorrhoids and diabetes.
- Dried gum powder mixed with honey is given in dysentery and diarrhoea
- Unripe fruit is a good tonic to the liver and the lungs
- Tree is hardy, grow well in poor soils, good for afforestation purpose.

## YLANG-YLANG



|                 |                          |
|-----------------|--------------------------|
| Family          | Annonaceae               |
| Scientific name | <i>Cananga odorata</i> L |
| Common name     | Ylang-ylang              |
| Sanskrit        | Apurva champaka          |
| Hindi           | Van champak              |
| Marathi         | Chape                    |
| Part used       | Flowers                  |

**Method of Propagation :** Seeds

**Effect on Doshas :** It balances Kapha doshas

### MEDICINAL PROPERTIES AND USES

- Flowers are aromatic and uses as similar as champaka
- Used in bleeding disorders, such as nasal bleeding, heavy periods etc.
- Oil or flowers used to enhance the scent of coconut oil before being used for massage
- Oil is used to enhance euphoria feel during sex and also reduce sexual anxiety
- Oil is also used as antidepressant to treat depression and nervousness
- Helpful in curing skin diseases, and ulcers
- Leaves are used to relieve itchiness by direct topical application and also to treat dandruff
- The infusion of the flowers is used to give tone to the stomach, check the over production of bile, cure leprosy, skin diseases and ulcers
- Decoction of the bark of the plant to treat rheumatism, phlegm, ophthalmia, ulcers and fevers
- The dried root and root bark, mixed with curd, is useful as an application to abscesses, clearing away or maturing the inflammation.
- The dried root and root bark in infusion promotes menstrual flow and is a good laxative.
- The volatile oil extracted from the flowers used externally to treat headache, eye infections and gout.

## HERBAL PREPARATIONS IN AYURVEDA

- Bath : Herbal therapy being immersed with a water based infusion or through osmosis. Water infused with the goodness of herbs, essential oils and other healthful ingredients
- Compress : Decoctions or infusions in which a cloth has been soaked to apply externally which transmits the healing properties of the herbs to your body through the skin to reduce muscle aches, increase lymphatic drainage, and relax ligaments
- Cream : An emulsion of water and oil that usually don't mix such as almond oil and rose water.
- Decoction : To boil or simmer plant parts for extracts or medicinal agents.
- Elixir : Herbs mixed with liqueurs.
- Essential oil : Distillation of herb to extract volatile compounds either by water or steam distillation.
- Infused oil : Made for external use only in massage oils or salves. Using coldpressed olive oil allowing herb to set for six weeks.
- Infusion : Plant parts boiled or simmered longer than a tea.
- Liniment : Plants soaked in rubbing alcohol to be used externally.
- Ointment : Petroleum jelly, beeswax, or lanolin used as a base for salves applied externally.
- Poultice : Softened or mashed herbs, normally fresh, spread and wrapped in a cloth and applied to the body.
- Steam : Use for skin problems or as an inhalant for bronchial problems. A strong decoction.
- Syrup : A sweet, sticky preparation made with honey or glycerin.
- Tea : A quick preparation made with plant part and boiling water.
- Tincture : Fluid extracts of an herb using alcohol, glycerin or vinegar. Allow to set for up to six weeks.

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## RESEARCH INSTITUTES / ORGANIZATIONS WORKING ON MEDICINAL AND AROMATIC PLANTS IN INDIA

ICAR-Directorate of Medicinal and aromatic Crops Research, Boriavi, Anand, Gujarat

CSIR-Central Institute of Medicinal and Aromatic Plants, Lucknow, Uttar Pradesh

AICRP on Medicinal and Aromatic Plants & Betelvine, ICAR-DMAPR, Anand, Gujarat

## HERBAL GARDEN NETWORK IN INDIA

- Ausadhiya Poudh Vatica / Model Medicinal Plants Garden, Pantnagar, Uttarakhand
- Aushadhiya Udyan, J.N.K.V.V, Jabalpur Madhya Pradesh
- Ayushya Vatika, Lovely Professional University, Phagwara, Punjab  
Azad Hitech Herbal Garden, C.S. Azad University of Agriculture & Technology, Kanpur, Uttar Pradesh
- CHF Herbal Garden, Central Agricultural University, Pasighat, Arunachal Pradesh
- Coastal Ecosystem Herbal Garden, Department of Horticulture, Annamalai University, Annamalai University, Tamil Nadu
- Dhanvantari and Sanjivani Herbal Garden, Junagadh Agricultural University, Junagadh, Gujarat
- Dhanvantary Udyan, MPKV, Rahuri, Maharashtra.
- Dhanvantri CCMB Herbal Garden, Hyderabad, Telangana
- Gopabandhu Ayurveda Mahavidyala, herbal Garden, Puri, Odisha
- Herbal Garden - Department of Horticulture, University of Agriculture Sciences, Dharwad, Karnataka
- Herbal Garden - A&M Plants Research Station (KAU), Asamannoor, Kerala Herbal Garden - S.K.N. College of Agriculture, Jobner, Rajasthan
- Herbal Garden of Dr. A.C.Homoepathic Medical College & Hospital, Bhubaneswar, Odisha
- Herbal garden, Instructional Farm, College of Agriculture, Vellayani, Kerala
- ICAR-Directorate of Medicinal & Aromatic Plants Research, Anand, Gujarat
- Institute of Himalayan Bioresource Technology (CSIR), Palampur, Himachal Pradesh
- Jawaharlal Nehru Govt. Medicinal Botanical Garden, Gandhinagar, Gujarat
- Kerala Forest Research Institute Medicinal Plants Garden, Peechi, Thrissur, Kerala
- Medicinal Germplasm Garden RPRC, Bhubaneswar, Orissa
- Medicinal Plant Garden for Conservation, Propagation and Development, Vadodara, Gujarat
- Nagarjun Medicinal Plants Garden, Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola, Maharashtra
- Natural Remedies Pvt Ltd: Medicinal Plant Cultivation Farm, Denkanikota, Krishnagiri, Tamil Nadu
- Plant Biodiversity Park cum Genomic Valley (Charak Vanoshdhi Vatika), Dapoli, Maharashtra  
Regional Research Institute of Ayurveda, Gwalior Road, Jhansi, Uttar Pradesh
- RRI (Ay.), Jawaharlal Nehru Ayurvedic Medicinal Plants Garden & Herbarium, Kothrud, Pune, Maharashtra
- Siddha Medicinal Plants Garden, Mettur, Salem, Tamil Nadu



## GLOSSARY OF MEDICINAL TERMINOLOGIES

Some of the important medicinal terms used are provided with meanings. The meaning is as per the modern medicine system not as per ayurveda and other system of medicine.

|                   |  |
|-------------------|--|
| Abortifacient     | : An agent induces abortion  |
| Abscess           | : Localized collection of pus in a cavity formed by disintegrating tissue                      |
| Alternative       | : Promotes a renewal of tissues and an improvement in function.                                |
| Amenorrhoea       | : Absence of abnormal stoppage of menses   |
| Anaemia           | : reduction in number of erythrocytes, quantity of haemoglobin                                 |
| Analgesic         | : Agent that relieves pain   |
| Anodyne           | : Relieving Pain, medicine that eases pain   |
| Anorexia          | : Mental illness where people are of low weight due to limiting their energy intake            |
| Anthelmintic      | : An agent destroys worms  |
| Antiemetic        | : Prevents or alleviates nausea and vomiting.  |
| Antiherpetic      | : An agent preventing herpes   |
| Anti-inflammatory | : An agent Suppressing the inflammation  |
| Antipyretic       | : An agent relieving fever   |
| Antispasmodic     | : An agent relieving spasms  |
| Aphrodisiac       | : Drug that induces sexual desire  |
| Arthritis         | : Inflammation of Joints   |
| Astringent        | : An agent that causes tissue to bind, or draw together.                                       |
| Bitter            | : Aromatic plants used as a tonic to stimulate the digestive tract and stimulate the appetite. |
| Calmative         | : Herbs that is soothing, sedating.  |
| Carminative       | : Relieves and prevents flatulence.  |
| Cathartic         | : Causing bowel evacuation   |
| Cholagogue        | : stimulating the secretion of gastric acid.   |
| Conjunctivitis    | : Inflammation or swelling of the conjunctiva.   |
| Cystitis          | : Inflammation of the bladder  |
| Debility          | : Lack or loss of physical strength  |
| Depurative        | : Purifies blood, thus removing the waste from the body.                                       |
| Dermatitis        | : Inflammation of the skin   |
| Diaphoretic       | : Inducing perspiration or excessive sweating  |
| Diuretic          | : Substance that removes water from the body by promoting urine formation.                     |

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|                 |   |  |
|-----------------|---|--|
|                 | : | silvery, or red patches of skin  |
| Purgative       | : | Relieves constipation.   |
| Rejuvenator     | : | An agent makes young again, renew the activity and erosive power   |
| Rheumatism      | : | Inflammation and pain in the joints, muscles, or fibrous tissue  |
| Scabies         | : | Contagious skin problem caused by mites  |
| Scald           | : | Burn caused by hot liquid or steam   |
| Sinusitis       | : | Inflammation or swelling of the tissue lining the sinuses  |
| Sleshma (kapha) | : | one of the three bioentities recognized in Ayurveda and responsible for physical function, stability, firmness of joints and endurance |
| Soporific       | : | Herbs that help to produce sleep.  |
| Spasm           | : | Sudden involuntary muscular contraction or convulsive movement   |
| Stomachic       | : | Stimulates digestion and increases appetite.   |
| Tonic           | : | Restore and produce normal tone throughout the whole body  |
| Tumour          | : | Swelling or uncontrolled progressive multiplication of cells   |
| Ulcer           | : | Open sore on an external or internal surface of the body   |
| Vata            | : | One of the three bioentities recognized in Ayurveda responsible for motivating respiration, locomotion, excretion, circulation         |
| Vertigo         | : | Sensation of feeling off balance or feel of rotation   |



## NOTE







हर कदम, हर डगर  
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Malegaon (Kh), Baramati - 413 115, Pune, Maharashtra, India

An ISO 9001:2015 Certified Institute

Printed at :

Sakalp Printing Press : Indapur Road, Baramati 413 102. Tel. : 02112-223441/39  
E-mail : sakalp2009@gmail.com Web : www.sakalp.com