

## MEDICINAL PLANT-

### 1. Bael

SCIENTIFIC NAME: *Aegle marmelos*

FAMILY: Rutaceae

PURPOSE: Bael contains chemicals called tannins, flavonoids, and coumarins. These chemicals help to reduce swelling (inflammation). This might help treat asthma, diarrhea, and other conditions. Also, some of these chemicals help to reduce blood sugar.



### 2. Cardamom

SCIENTIFIC NAME: *Elettaria cardamomum*

FAMILY: Zingiberaceae

PURPOSE: Antimicrobial ability- One study found that cardamom essential oil was effective in killing several different types of bacteria and fungi. The researchers suggested that the oil's antibacterial activity may be due to its ability to damage the cell membrane of certain bacteria.



### 3. Cinnamon

SCIENTIFIC NAME: *Cinnamomum verum*

FAMILY: Lauraceae

PURPOSE: Cinnamon is an **effective anti-inflammatory**. Researchers tested the phytochemicals found in cinnamon and discovered antioxidant and anti-inflammatory effects. In one study, certain cinnamon compounds also targeted free radicals with promising results. Angiogenesis is the formation of new blood vessels to feed tumors.



### 4. Kalmegh

SCIENTIFIC NAME: *Andrographis paniculata*

FAMILY: Acanthaceae

PURPOSE: Studies have shown that kalmegh may be an effective solution for infective hepatitis treatment. In a study decoction obtained from the kalmegh plant demonstrates cleaning and purifying activity, especially of blood. Thus, it may be used to cure jaundice.



## 5. Tulsi

SCIENTIFIC NAME: *Ocimum tenuiflorum*

FAMILY: Lamiaceae

PURPOSE: Tulsi's broad-spectrum antimicrobial activity, which includes activity against a range of human and animal pathogens, suggests **it can be used as a hand sanitizer, mouthwash and water purifier as well as in animal rearing, wound healing, the preservation of food stuffs and herbal raw materials and traveler's health.**



## 6. Lemon Grass

SCIENTIFIC NAME: *Cymbopogon*

FAMILY: Poaceae

PURPOSE: The plant is used as a fragrance and flavoring agent and in folk medicine as an antispasmodic, hypotensive, anticonvulsant, analgesic, antiemetic, antitussive, antirheumatic, antiseptic and treatment for nervous and gastrointestinal disorders and fevers.



## 7. Vasaka

SCIENTIFIC NAME: *Justicia adhatoda*

FAMILY: Acanthaceae

PURPOSE: The Vasaka plant may have properties such as **antimicrobial, antibacterial, analgesic, anti-inflammatory, anti-asthmatic, antiulcer, anti-diabetic, antitubercular, antioxidant, anticancer and wound-healing activity.** It may also act as a bronchodilator (open the airway of the lungs) and as an expectorant (remove cough).



## 8. Lemon

SCIENTIFIC NAME: *Citrus limon*

HIGHER QUALIFICATION: CITRUS

PURPOSE: imon, known since ancient times, has nowadays been supported by numerous scientific studies. Other uses for lemon juice, known from traditional medicine, include **treatment of high blood pressure, the common cold, and irregular menstruation.** Moreover, the essential oil of *C. limon* is a known remedy for coughs.



## 9. Amla

SCIENTIFIC NAME: *Phyllanthus emblica*

FAMILY: Phyllanthaceae

PURPOSE: Various studies show that Amla possesses **anti-diabetic, hypolipemic, anti-microbial, anti-inflammatory, antioxidant, hepatoprotective and anti-emetic activities**. The drug is used as single and as ingredient in various compound formulations like Chyavanprasa, Dhatriloha, Amalaki Rasayana, Dhatriarishta etc.



## 10. Neem

SCIENTIFIC NAME: *Azadirachta indica*

FAMILY: Meliaceae

PURPOSE: All parts of the neem tree- leaves, flowers, seeds, fruits, roots and bark have been used traditionally for the **treatment of inflammation, infections, fever, skin diseases and dental disorders**. The medicinal utilities have been described especially for neem leaf.



## 11. Aloe Vera

SCIENTIFIC NAME: *Aloe vera*

HIGHER QUALIFICATION: Aloes

PURPOSE: Aloe is used topically (applied to the skin) and orally. Topical use of aloe is promoted for acne, lichen planus (a very itchy rash on the skin or in the mouth), oral submucous fibrosis, burning mouth syndrome, burns, and radiation-induced skin toxicity.



## 12. Black Pepper

SCIENTIFIC NAME: *Piper nigrum*

FAMILY: Piperaceae

PURPOSE: Black pepper and its active compound piperine may have potent antioxidant and anti-inflammatory properties. Laboratory studies suggest that black pepper may **improve cholesterol levels, blood sugar control, and brain and gut health**.



### 13. Chille Pepper

SCIENTIFIC NAME: *Capsicum annuum*

FAMILY: Solanaceae

PURPOSE: Studies show that the capsaicin in hot peppers can **reduce inflammation and decrease the chances of heart disease**. If you're one of the many people in the world with obesity, you may be interested to know that chili peppers are **thought to stimulate weight loss**.



### 14. Garlic

SCIENTIFIC NAME: *Allium sativum*

FAMILY: Allium sativum

PURPOSE: Garlic **inhibits and destroys bacteria, fungus, and parasites, as well as lowers blood pressure, cholesterol, and sugar levels, preventing blood clotting and protecting the liver**. It also has anticancer effects [8]. Garlic can also help to improve the immune system, prevent sickness, and preserve good health.



### 15. Ginger

SCIENTIFIC NAME: *Zingiber officinale*

FAMILY: Zingiberaceae

PURPOSE: Gingerol, a natural component of ginger root, **benefits gastrointestinal motility** — the rate at which food exits the stomach and continues along the digestive process. Eating ginger encourages efficient digestion, so food doesn't linger as long in the gut. Nausea relief.



### 16. Pudina

SCIENTIFIC NAME: *Mentha*

FAMILY: Lamiaceae

PURPOSE: It has shown benefits in **diabetes, inflammation, and cancer** in several animal trials. It may also help in enhancing memory and mood improvement. However, you are advised to consult your healthcare provider or doctor before using Pudina for any of the disease conditions.



### 17. Shatavari

SCIENTIFIC NAME: *Asparagus racemosus*

FAMILY: *Asparagus racemosus*

PURPOSE: Shatavari has been used to **attempt to treat conditions related to hormone imbalance such as polycystic ovarian syndrome (PCOS) and infertility**. Reduce symptoms of menopause. A small study showed taking an herbal mixture that included shatavari significantly reduced hot flashes.



### 18. Stevia

SCIENTIFIC NAME: *Stevia rebaudiana*

FAMILY: *Asteraceae*

PURPOSE: Certain glycosides in stevia extract have been found to **dilate blood vessels**. They can also increase sodium excretion and urine output. A 2003 study showed that stevia could potentially help lower blood pressure. The study suggested that the stevia plant might have cardiogenic actions.



### 19. Turmeric

SCIENTIFIC NAME: *Curcuma longa*

FAMILY: *Zingiberaceae*

PURPOSE: Like other colorful plant-based foods, turmeric is rich in phytonutrients that may **protect the body by neutralizing free radicals (pollution, sunlight) and shielding the cells from damage**. Diets rich in plant-based foods are associated with prevention of medical conditions such as cancer and heart disease.



### 20. Clove

SCIENTIFIC NAME: *Syzygium aromaticum*

FAMILY: *Myrtaceae*

PURPOSE: Clove oils, dried flower buds, leaves, and stems are used to **make medicine**. Clove oil contains a chemical called eugenol that might help decrease pain and fight infections. Clove is also a popular ingredient in cigarettes.



### 21. Methi (Fenugreek)

SCIENTIFIC NAME: *Trigonella foenum-graecum*

FAMILY: *Fabaceae*



**PURPOSE:** Fenugreek (*Trigonella foenum-graecum*) is a legume and it has been used as a spice throughout the world to **enhance the sensory quality of foods**. It is known for its medicinal qualities such as antidiabetic, anticarcinogenic, hypocholesterolemic, antioxidant, and immunological activities.

## **22.Datura**

**SCIENTIFIC NAME:** Datura

**FAMILY:** Solanaceae

**PURPOSE:** The seeds of Datura are **analgesic, anthelmintic and anti-inflammatory** and as such, they are used in the treatment of stomach and intestinal pain that results from worm infestation, toothache, and fever from inflammation. The juice of its fruit is applied to the scalp, to treat dandruff and falling hair



## **23.Henna**

**SCIENTIFIC NAME:** Lawsonia inermis

**FAMILY:** Lythraceae

**PURPOSE:** There are many scientific reasons behind henna application on hands and feet of a bride. Firstly, Mehendi or henna paste **acts as an anti-fungal and anti-viral agent resulting in prevention of many skin related ailments**.



## **24.Coriander**

**SCIENTIFIC NAME:** Coriandrum sativum

**FAMILY:** **Apiaceae**

**PURPOSE:** In addition to its culinary use, the coriander seed possesses medicinal properties and has been used since time immemorial to **treat disorders of the digestive, respiratory, and urinary systems**, as it has diaphoretic, diuretic, carminative, and stimulant effects.

