

75
आज़ादी का
अमृत महोत्सव



सत्यमेव जयते

Ministry of AYUSH

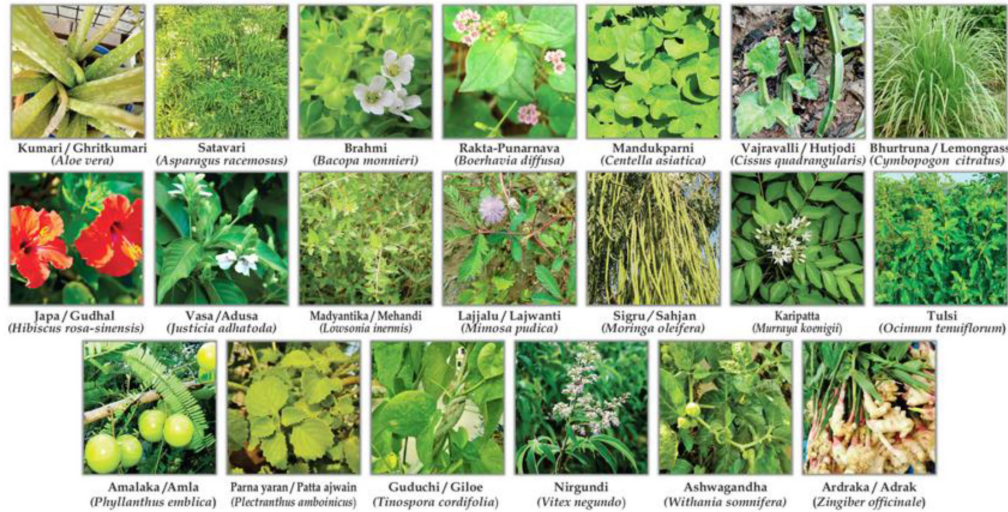
National Medicinal Plants Board

Celebrating

AYUSH AAPKE DWAR

as part of **Azadi ka Amrit Mahotsav**

Free distribution of Medicinal Plants to households



AYUSH AAPKE DWAR



Our great Nation has recently celebrated the 75th Anniversary of India's Independence (Azadi ka Amrit Mahotsav). To commemorate the monumental occasion, National Medicinal Plants Board, Ministry of Ayush is organizing an event viz. 'Ayush Aapke Dwar' for distribution of medicinal plants in which 75 lakh saplings of herbal plants are to be distributed freely throughout India to general public for creating awareness on Medicinal Plants with the help of SMPBs / RCFCs and other State Govt. Departments.



AYUSH systems of medicine are widely accepted and in practice at large. Besides this traditional herbal therapy is also part of health care medicine and continues to be valuable source of remedies used by million of people around the world. Subsequently, it is important to make people aware and educate in a scientific user-friendly manner about the fascinating knowledge and tradition associated with the popular herbal resources.



1. Kumari / Ghritkumari (*Aloe vera* (L.) Burm.f.) Family: Xanthorrhoeaceae



Vern. Name: English: Indian Aloe; **Ayurvedic:** Ghritkumaarika;

Hindi: Kumari/Ghritkumari; **Unani:** Sibr; **Siddha:** Sotru Kattrazhai

A succulent herb. Leaves sub-basal, 15-35 cm and margin sparsely spiny-dentate.

Ayurveda Usages: Leaf Juice is used in jaundice, constipation, fever and skin diseases.

Unani Usages: Plant juice is used to cure constipation, asthma, diabetes, liver disorders and loss of appetite.

Siddha Usages: Juice or pulp of plant is used to treat jaundice, liver disorder, worm infestation, piles, sunburn and skin diseases.

Folklore / Ethno medicinal use: Decoction of whole plant is used for diabetes; gel is applied on cuts, wounds, burn and skin breakage.

2. Satavari (*Asparagus racemosus* Willd.); Family: Asparagaceae

Vern. name: English: Indian asparagus; **Ayurvedic:** Satawari;

Hindi: Shatamuli; **Unani:** Shaqaqul; **Siddha:** Shathavari A scandent prickly, climbing perennial shrub; branches spiny. Root stock tuberous. Leaves reduced to flattened cladodes. Flower white. Fruit globose, red when ripe.

Ayurveda Usages: Tuberous adventitious root is used for treatment of gastric ulcer, diarrhea, bleeding piles, cough, indigestion and as a galactagogue.

Unani Usages: Tuberous adventitious root is used for treatment of diarrhea, dysentery, leucorrhoea and it a diuretic & antispasmodic.

Siddha Usages: Root is used for heart burn, leucorrhoea, indigestion and diarrhea.

Homeopathy Usages : Root is used as nervine tonic, carminative and antiseptic.

Folklore / Ethno medicinal use: Root extraction is orally given for diabetes, urinary infections and jaundice.



3. Brahmi (*Bacopa monnieri* (L.) Wettst.); Family: Plantaginaceae



Vern. name: English: Water hyssop; **Ayurvedic:** Brahmi; **Unani:** Brahmi; **Siddha:** Neerbrami

A small, creeping herb, rooting at nodes, water loving perennial herb. Leaves sessile, oblong-oblancoleate. Flower whitish purple.

Ayurveda Usages: Plant is used in treatment for asthma, ulcer, anemia, mental fatigue, high blood pressure and skin diseases and as a memory booster.

Unani Usages: Whole plant is used as brain tonic, blood purifiers, diuretic and arthritis.

Siddha Usages: Whole plant powder is used for constipation, cough and orally given as a memory booster.

Homeopathy Usages: The plant is used in whooping cough and as a brain tonic.

Folklore / Ethno medicinal use: Whole plant cooked with clarified butter (desi ghee) and consumed as green vegetable to increase the memory. Plant juice 8 -10 ml or 1/2 g of plant powder orally given once a day for memory enhancement. The leaves along with oil are externally applied for arthritis.

4. Rakta -Punarnava (*Boerhavia diffusa* L.); Family: Nyctaginaceae.

Vern. name: English: Red Hogweed; **Ayurvedic:** Rakta-punarnavaa; **Hindi:** Punarnava; **Unani:** Handakaku; **Siddha:** Mookirattai

Perennial herb. Stem glabrous or minute pubescent, often purplish. Leaves in unequal pair, broadly ovate or sub-orbicular, green and glabrous above. Flower very small, pink, sessile or subsessile.

Ayurveda Usages: Dried root powder is used for treatment of swelling, anemia and arthritis. Whole plant juice is used for jaundice.

Unani Usages: Plant is used as appetizer, laxative and to cure jaundice.

Siddha Usages: Dried whole plant is used for jaundice. The roots are used for asthma, cardiac disorder, rheumatoid arthritis and as diuretic so helpful in urinary and kidney stone.

Homeopathy Usages: Whole plant is used for asthma, jaundice, cardiac disorder, hypertension, bites of venomous insects.

Folklore / Ethno medicinal use: About half glass decoction of plant orally given early in the morning for the treatment of white discharge (leucorrhoea). Cooked leaves are consumed as green vegetable to avoid constipation.



5. Mandukparni (*Centella asiatica* (L.) Urb.; Family: Apiaceae)



Vern. name: English: Indian Pennywort; **Ayurvedic:** Mandukparni; **Hindi:** Ballari; **Unani:** Brahmi; **Siddha:** Vallaarai.

A perennial prostrate herb. Stem creeping, rooting at the nodes. Leaves simple, reniform, long petioled. Inflorescence a loose sub-capitate umbel.

Ayurveda Usages: Juice of plant with honey, turmeric and milk is used to treat jaundice and as a topical application the remedy is useful to reduce boils. Dried whole plant is used for fever, itching, cough and anemia.

Unani Usages: Herb is used as diuretic and for enhancing memory.

Siddha Usages: Herb is used for filariasis, diarrhea, cough, vomiting, fever, skin diseases, amnesia and as a blood purifier.

Homeopathy Usages: Whole plant is used for filariasis, jaundice, gout, psoriasis, ringworm constipation, dysentery and leucorrhoea.

Folklore / Ethnomedicinal use: Leaves cooked with clarified butter (desi ghee) and orally taken as vegetable to boost memory. Plant paste is applied to get relief from headache and giddiness.

6. Hutjodi / Vajravalli (*Cissus quadrangularis* L.); Family: Vitaceae)

Vern. name: English: Veldt Grape; **Ayurvedic:** Hutjodi/Vajravalli; **Hindi:** Asthibhanga; **Unani name:** Hadjora; **Siddha:** Pirandai

An evergreen climber, growing to 5 m; branches quadrangular, succulent. Leaves ovate to reniform. Inflorescences umbellate cymes. The healing properties of this plant are attributed to its high contents of vitamin C and antioxidant compounds.

Ayurveda Usages: In Ayurveda plant is used for the treatment of osteoarthritis, osteopenia and osteoporosis.

Unani Usages: Plant is used for abdominal pain and asthma.

Siddha Usages: Stem is used for *treatment* of bleeding piles, indigestion, peptic ulcer, diarrhea, dysentery and loss of appetite.

Folklore / Ethno-medicinal use: Paste of whole plant is externally applied on bone fracture, muscular pains, burns and wounds.



7. Bhurtruna / Lemongrass (*Cymbopogon citratus* (DC.) Stapf); Family: Poaceae



Vern. name: English: Lemongrass; **Ayurvedic:** Bhurtruna/Bhuutika; **Hindi:** Gandhatrina; **Siddha:** Elumitchai Pul

A tall, aromatic, perennial grass with culms (stems) up to 2 m tall. Leaves linear up to 1 m long and 2 cm wide.

Ayurveda Usages: Whole plant is used for asthma, ring-worm, vomiting, indigestion and improving eyesight.

Siddha Usages: Plant is used for indigestion, menstrual cramps, cough and bronchitis.

Homeopathy Usages: Plant is used as an antibacterial and anti-fungal in homeopathic drugs.

Folklore / Ethnomedicinal use: Leaf powder is used in preparation of tea and orally taken for cough, cold, headache and fever.

8. Japa / Gudhal (*Hibiscus rosa-sinensis* L.); Family: Malvaceae

Vern. name: English: Rose-of-China **Ayurvedic:** Japa; **Hindi:** Gudhal; **Unani:** Gul-e-Gurhal; **Siddha:** Chemparathai

It is a glabrous, **bushy**, evergreen shrub up to 1-4 m tall. Flower **solitary** dark red.

Ayurveda Usages: Leaves and flowers are used for anemia, leucorrhea, skin eruptions and irregular menstruation. Powder of flowers is used to prevent grey hair.

Unani Usages: Flower is used for palpitation and cardio-protective.

Siddha Usages: The leaves and flowers are used for leucorrhoea, menorrhagia and hypertension. The juice of the petals along with coconut oil is applied topically for hair fall.

Folklore / Ethno medicinal use: Flowers and leaves paste with water is used as a shampoo plus conditioner to promote hair growth. Leaves and flowers are used in the preparation of herbal tea. It acts as an antioxidant and also helps in the reduction of cholesterol levels. Flower buds are consumed to reduce blood sugar level.



9. Vasa / Adusa (*Justicia adhatoda* L.); Family: Acanthaceae



Vern. name: English: Malabar nut; **Ayurvedic:** Vasa; **Hindi:** Adusa ; **Unani:** Arusa; **Siddha:** Aadaathodai

Tall dense, evergreen, perennial shrub. Leaves oppositely arranged, oblong-lanceolate, acute and entire. Flowers white, nearly sessile in terminal or axillary spikes.

Ayurveda Usages: Dried root is used for vomiting, fever, cough, bronchitis, anemia and skin disease. Leaves juice is used for treatment of haemorrhage. Decoction of leaves is useful in retention of urine.

Unani Usages: Leaves are used for cough, asthma, pimples and jaundice.

Siddha Usages: Leaves extract is used to cure bronchial asthma, fever, cough and bleeding piles.

Homeopathy Usages: Leaves are used for vomiting, cough, cold, bronchitis, pneumonia and jaundice.

Folklore / Ethnomedicinal use: Decoction of leaves is used for cold, cough and fever. Young leaves made in to paste and externally applied as poultice for skin infections and wound healing.

10. Madyantika / Mehendi (*Lawsonia inermis* L.); Family: Lythraceae

Vern. name: English: Henna; **Ayurvedic:** Madyantika; **Hindi:** Mehendi; **Unani:** Hina; **Siddha:** Marudum

Fragrant shrub, up to 2-3 m tall. Leaves elliptic, ovate or obovate, obtuse or sub-acuminate. Flowers white, sweet smelling in racemes.

Ayurveda Usages: Paste of leaves with honey is useful in skin diseases. Dried leaves are used for jaundice, fever and cardiac disorder.

Unani Usages: Leaves are used for skin diseases, headache, gonorrhoea and as a blood purifier & brain tonic.

Siddha Usages: In Siddha plant is used for white discharge (leucorrhoea), rheumatoid arthritis, wound, hair fall, dandruff and alopecia.

Homeopathy Usages: Plant is used as emetic, expectorant, liver tonic, and for ulcer & wound healing.

Folklore / Ethnomedicinal use: Leaf paste is externally applied on head before bath for hair loss, dandruff, killing lice and to cure scabies.



11. Lajjalu/Lajwanti (*Mimosa pudica* L.); Family: Mimosaceae



Vern. name: English: Touch me not; **Ayurvedic:** Lajjalu/Lajwanti; **Hindi:** Chui-mui; **Unani:** Lajjalu; **Siddha:** Thottal chinungi

Prostrate or ascending herb. Stem weak, prickly. Leaves long petioled, 4-pinnaetly. Flower minute, pink. Pod flat, in cluster.

Ayurveda Usages Paste of whole plant with paste of Mulethi is used to get relief burning sensation in bleeding piles. Sesame oil cooked with fresh roots of *Mimosa pudica* is used for wound healing in accidental injury.

Unani Usages: Plant is used for skin diseases, bleeding piles, bloody diarrhoea, fistula and chronic wound.

Siddha Usages: Roots and leaves are used for diabetes, wound, skin diseases and intestinal worms.

Homeopathy Usages: Plant is used for bleeding piles, fistula and wounds.

Folklore / Ethnomedicinal use: Decoction of root and leaf is orally given for loose motion. Roots paste is externally applied on wounds for quick healing.

12. Sigru /Sahjan (*Moringa oleifera* Lam.); Family: Moringaceae

Vern. name: English: Drumstick; **Ayurvedic:** Sigru; **Hindi:** Sahjan; **Unani name:** Sahajan.; **Siddha:** Murungai

Short, slender, deciduous, about 10 m tall, perennial tree. Leaves compound, tripinnate. Flowers fragrant, white or creamy-white. Seeds dark brown, with 3 papery wings.

Ayurveda Usages: Root bark powder is used in worm infestation, ulcer, edema, skin diseases, wounds, headache and urinary stone.

Unani Usages: Dried leaves are used for treatment of worm infestation, backache, arthritis and loss of appetite

Siddha Usages: Drumstick seeds are used to enhance the male sex hormone and to strength male reproductive system. Bark powder is used in treatment of epilepsy.

Homeopathy Usages: Seeds are used in inflammations and intermittent fevers.

Folklore / Ethnomedicinal use: Soup prepared from leaves and pods is orally given for treating menstrual cramps and also to improve immunity.



13. Karipatta (*Murraya koenigii* (L.) Spreng.); Family: Rutaceae



Vern. name: English: Curry-Leaf tree; **Ayurvedic name:** Surabhini-nimba;

Hindi: Karipatta; **Siddha:** Karuveppilei

Shrub up to 3.5 m tall; bark light brown to grayish-green. Leaves 17-31 foliolate. Flower whitish, in umbel cyme. Fruit bluish black, ovoid to oblong.

Ayurveda Usages: Leaves powder is used for bleeding piles, diarrhoea, dysentery, burning sensation in stomach, worm infestation, anemia, fever, leucoderma/vitiligo, loss of appetite and as liver tonic.

Siddha Usages: Leaves are used for dyspepsia, fever, dysentery, nausea, vomiting, indigestion and to improve eyesight.

Homeopathy Usages: Leaves are used for diabetes, piles and wounds.

Folklore/Ethno medicinal use: Leaves are commonly used in culinary and cooked with dishes and consumed for stomach problem such as diarrhea, dysentery and indigestion. Leaf paste is externally applied on skin eruption and allergy. The raw leaves are orally given for relieving vomiting and dysentery.

14. Tulasi/Tulsi (*Ocimum tenuiflorum* L. syn. *Ocimum sanctum*); Family: Lamiaceae

Vern. name: English: Holy Basil; **Ayurvedic name:** Tulasi/Surasa; Hindi: Tulsi;

Unani: Rehan; **Siddha:** Tulasi

Erect, 60-90 cm tall, aromatic herb. Leaves 2-3 x 1-2 cm, opposite, ovate-oblong, serrate, petioled. Flowers small, purple in racemes.

Ayurveda Usages: Dried leaves powder is used for fever, wound, cough, skin diseases and pain during & after delivery. Juice of Tulsi leaves with honey is used for conjunctivitis and to kill intestinal worms.

Unani Usages: Leaves are used to cure earache, cough, cardiac disorder and to give strength to stomach. Whole plant is used for arthritis.

Siddha Usages: Leaves are used in bronchitis, ulcers, asthma and chronic cough.

Homeopathy Usages: Leaves are used for cold, asthma, diarrhea, pneumonia, bronchitis gastric, influenza and fever.

Folklore / Ethnomedicinal use: About one teaspoon of Tulsi leaf juice mixed with half teaspoon of ginger juice and honey and orally given for cold and cough. Chewing leaves heals the ulcer and infection of oral cavity. Decoction of whole plant is used for diabetes. Regular consumption of water boiled with Tulsi leaves is useful to relieve stress.



15. Amalaka / Amla (*Phyllanthus emblica* L.); Family: Phyllanthaceae



Vern. name: English: Indian gooseberry; **Ayurvedic :** Amalaka / Dhaatri;

Hindi: Amla,; **Unani:** Amlaj; **Siddha:** Nelli

Tree up to 3-10 m tall; bark brownish. Leaves distichous; stipules triangular-ovate; leaf blade oblong or linear-oblong. Fruit capsule, subglobose.

Ayurveda Usages: Fruit pulp is used for bleeding *disorder*, gastritis or hyperacidity, urinary *disorders*. Juice of fruits with clarified butter (ghee) is beneficial in liver disease and cardiac problems. Juice of Amla and sugarcane is useful for anemia. Juice of Amla with turmeric powder is beneficial for diabetic patient.

Unani Usages: Fruits are used in headache, acidity/heart burn, diarrhoea gastric ulcer and as a brain tonic.

Siddha Usages: Fruits are used in diabetes, sinusitis, hypertension, asthma, kidney stones, vomiting and skin diseases.

Homeopathy Usages: Fruits are used in asthma, constipation, blood purifier and cough

Folklore / Ethnomedicinal use: Fruits decoction is orally given in sore throat and use as tonic.

16. Parna-yavaani/Patta ajwain (*Plectranthus amboinicus* (Lour.) Spreng.); Family: Lamiaceae

Vern. name: English: Indian Borage; **Ayurvedic:** Parna-yavaani; **Hindi name:** Patta ajwain;

Siddha: Karpuravalli

An evergreen, lemon-scented, up to 50-100 cm tall, perennial herb. Stem thick, succulent, sprawling. Leaves fleshy.

Ayurveda Usages: Leaves Juice is useful in acute gastroenteritis. Leaves are used for cold, cough, skin eruption, fever, irritable bowel syndrome, sore throat and to improve digestion.

Siddha Usages: Herb is used for cough and sinusitis.

Homeopathy Usages: Leaves after boiling with coconut oil applied on head to control running nose. Decoction of leaves is used for cold and cough.

Folklore / Ethnomedicinal use: Herb is used for asthma, cough and as appetizer & digestive.



17. Guduchi / Giloe (*Tinospora cordifolia* (Willd.) Miers); Family: Menispermaceae



Vern. name: English: Heart-leaved moonseed; **Ayurvedic name:** Guduchi; **Hindi name:** Giloe; **Unani:** Gilo, Sat-e-Gilo; **Siddha:** Seenthil

Large, spreading, glabrous, perennial shrub with succulent twinner stem and papery bark. Leaves simple, alternate, broadly ovate, cordate or suborbicular. Flowers greenish yellow in axillary cymes.

Ayurveda Usages: Leaves paste with buttermilk is useful in jaundice and piles. Juice of Guduchi mixed with honey is useful in diabetes. Stem used for fever, cough, gout, worm infestation, anemia and skin disease.

Unani Usages: Stem is used for fever, diarrhea, dysentery, worm infestation, blood purifier and anti-inflammatory.

Siddha Usages: Stem is use for diabetes, fever, tuberculosis, leprosy, jaundice, cough, bleeding disorders, diarrhea, skin disease and rheumatoid arthritis.

Homeopathy Usages: Stem is used for fever, jaundice, leprosy, rheumatism and leucorrhoea.

Folklore / Ethnomedicinal use: Juice of whole plant of Guduchi and juice of rhizome of haldi (*Curcuma longa* L.) mixed in equal quantity and added half teaspoon mishri (rock candy). The remedy is orally given to children for stomach worm, indigestion and stomachache. Whole plant boil in water and with one tablespoon honey given orally for fever, cough and headache.

18. Nirgundi (*Vitex negundo* L.); Family: Lamiaceae

Vern. name: English: Five-leaved Chaste tree; **Ayurvedic:** Nirgundi; **Unani:** Sambhalu; **Siddha:** Nochi

Shrub with angular stems. Leaves opposite, 3-5 foliolate, petioled; leaflets narrow-lanceolate. Flowers lilac in racemes. Fruit a globose drupe.

Ayurveda Usages: Dried root powder is used for cough, bronchitis, worms, arthritis, abdominal pain and skin diseases.

Unani Usages: Dried leaves are used for throat pain, antiseptic, eye tonic and intestinal worm. Seeds are used in flatulence.

Siddha Usages: The root is given for burning sensation of urethra, cough, abdominal pain, intestinal worms, coryza and ear disease.

Homeopathy Usages: Plant is used for rheumatism, diuretic and expectorant.

Folklore / Ethnomedicinal use: Fresh leaves are boiled in water till vaporization and the vapors are inhaled to get relief from cold and cough. Leaf paste is used for headache and rheumatic pain. Fresh leaf extraction is externally applied on cuts & wounds. Stem used as toothbrush to clean the teeth.



19. Ashwagandha (*Withania somnifera* (L.) Dunal); Family: Solanaceae



Vern. name: English: Winter Cherry; **Ayurvedic:** Ashwagandha; **Hindi:** Ashwagandha; **Unani:** Asgand; **Siddha:** Amakkura kizhangu

A perennial herb. Leaves dull green, 10-12 cm long. Flower small green and bell shaped. Fruit orange, covered by the brownish, papery, inflated calyx.

Ayurveda Usages: Dried mature roots are useful as rejuvenator and promote intellect, stability & strength. Root is also used for swelling, reproductive disorders, insomnia, ulcer, anxiety and leucoderma. Milk cooked with *Ashwagandha* provides nourishment to body.

Unani Usages: Root is used for leucorrhoea, nervine weakness, arthritis, fever, rheumatism, as rejuvenator and to improve male fertility.

Siddha Usages: Root is used for treatment of ulcer, fever, eczema, tuberculosis, anemia and to improve male fertility.

Homeopathy Usages: Plant is used for arthritis, weak memory, asthma, menstrual disorder and to improve male fertility.

Folklore / Ethnomedicinal use: The dried leaves are ground to a powder from which a paste is made and paste is applied for burns, wounds, joint pain and to reduce swelling.

20. Ardraka / Adrak (*Zingiber officinale* Roscoe); Family: Zingiberaceae

Vern. name: English: Ginger; **Ayurvedic:** Ardraka / Sunthi; **Hindi:** Adrak ; **Unani:** Zanjabeele-Ratab; **Siddha:** Inji / Chukku (dried rhizome)

Erect, slender, a creeping perennial herb. Inflorescence grows on a separate stem from the leaf stem, and forms a dense spike up to 3 m tall.

Ayurveda Usages: Adrak juice mixed with honey is useful in cough, bronchial asthma, conyza and fever. Dried rhizome powder is used for digestive disorders, rheumatism and anemia.

Unani Usages: Dried rhizome is used for cough, leucorrhoea, backache, asthma, bronchitis and flatulence in the stomach.

Siddha Usages: Dried rhizome is used in indigestion, cough and headache.

Homeopathy Usages: Rhizome is used in states of debility in the digestive tract, reproductive and respiratory troubles.

Folklore / Ethnomedicinal use: Decoction of Ginger is used for stomach problem, nausea, vomiting and common cold.

