



















<p>1. ADUSA (VASAKA)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Adhatoda vasica</p> <p>Leaves, flowers and bark</p> <p>Used for treating bronchitis, asthma and dental ailments. It relieves cough and breathlessness. Its local use gives relief in pyorrhoea and in bleeding gums.</p>
<p>2. AKARKARA</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Anacyclus pyrethrum DC.</p> <p>Roots</p> <p>Relieves toothache, cures chronic catarrh and is used as an aphrodisiac. Generally known to be a tonic to the nervous system and an aid in digestion.</p>
<p>3. APARAJITA (BUTTERFLY PEA)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Clitoria ternatea</p> <p>Roots, leaves</p> <p>Memory enhancer, antidepressant and overall a sedative agent.</p>




<p>4. ARKAPARNI</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Tylophora indica</p> <p>Roots and leaves</p> <p>Used for treating respiratory problems like asthma and in the treatment of certain allergies and rheumatism.</p>
<p>5. ASHWAGANDHA (WINTER CHERRY/ INDIAN GINSENG)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Withania somnifera</p> <p>Roots and Leaves</p> <p>Medicine for treatment of various diseases such as leprosy, nervous disorders and intestinal infections. A tonic for all kinds of weakness. It has been used in diseases such as rheumatism, depression, arthritis, low backache and impotency.</p>
<p>6. AJWAIN</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Carum copticum</p> <p>Leaves , Seeds</p> <p>Used as a culinary herb. It reduces flatulence caused by beans when it is cooked with beans. Seeds may be used as a substitute for cumin as well. It is also traditionally known for supporting the digestion.</p>




<p>7. BHUI AMLA</p> 	<p>Botanical name:</p> <p>Part used:</p> <p>Medicinal Uses:</p>	<p>Phyllanthus amarus/niruri</p> <p>Whole Plant</p> <p>It is a common household remedy for the treatment of all liver problems including Jaundice.</p>
<p>8. BHRINGRAJ (FALSE DAISY)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Eclipta prostrata/alba</p> <p>Whole plant</p> <p>Hair disorders, eye disorders, tuberculosis, mouth infections and chronic cold. Also used in the treatment of scorpion stings, loss of appetite and anaemia.</p>
<p>9. BRAHMI (INDIAN PENNYWORT)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Bacopa monnieri</p> <p>Whole herb</p> <p>Antioxidant properties. It is a brain tonic, memory enhancer and facilitates learning. Also used for curing epilepsy and inflammations.</p>




<p>10. CHITRAK</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Plumbago zeylanica</p> <p>Root, root bark, seeds</p> <p>Useful in inflammation, bronchitis, itching. The leaves are used for treating rheumatism and ringworm. The root helps in improving digestion.</p>
<p>11. CITRONELLA GRASS</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Cymbopogon winterianus</p> <p>Leaves</p> <p>Citronella oil is used in perfumery and as an insect repellent.</p>
<p>12. CORIANDER</p> 	<p>Botanical name:</p> <p>Part used:</p> <p>Medicinal Uses:</p>	<p>Coriandrum sativum</p> <p>Leaves and seeds</p> <p>Against fever, digestive aid, diuretic and killer of intestinal worms.</p>




<p>13. GUGGUL</p> 	<p>Botanical name:</p> <p>Part used:</p> <p>Medicinal Uses:</p>	<p>Commiphora wightii</p> <p>Gum Resin of Guggul is used.</p> <p>Provides relief from skin diseases, ulcers, obesity, epilepsy, and rheumatoid arthritis. It also lowers blood cholesterol.</p>
<p>14. GURMAR</p> 	<p>Botanical name:</p> <p>Part used:</p> <p>Medicinal Uses:</p>	<p>Gymnema sylvestre</p> <p>Roots and Leaves</p> <p>This is one of the main herbs used for healing diabetes mellitus.</p>
<p>15. GILOE</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Tinospora cordifolia</p> <p>Leaves and stem</p> <p>It is useful in rheumatism, gout, dyspepsia, urinary, diseases. It is a liver tonic. Its watery extract is known as Indian quinine.</p>




<p>16. GHRITKUMARI (ALOE VERA)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Aloe vera</p> <p>Leaves (pulp)</p> <p>Possesses purgative action. Aloe gel is used in many cosmetic products. It is used in the cure of skin diseases, wounds, tooth-ache and acidity. It also helps in cough, piles, constipation, jaundice and gout.</p>
<p>17. HALDI (TURMERIC)</p> 	<p>Botanical name:</p> <p>Part used:</p> <p>Medicinal Uses:</p>	<p>Curcuma Longa</p> <p>Rhizomes</p> <p>Blood purifier, antiseptic and anti-aging. It is used for treatment of cold, insect stings, inflammation, liver affections and as a skin tonic.</p>
<p>18. HARSHINGAR (NIGHT-FLOWERING JASMINE)</p> 	<p>Botanical name:</p> <p>Part used:</p> <p>Medicinal Uses:</p>	<p>Nyctanthes arbortristis</p> <p>Flowers and leaves</p> <p>It is antibacterial, anti-inflammatory, anthelmintic, expectorant, bitter, tonic and a mild purgative. Used for treating constipation, arthritis, fever and restlessness.</p>




<p>19. HIBISCUS</p> 	<p>Botanical name:</p> <p>Part used:</p> <p>Medicinal Uses:</p>	<p>Hibiscus rosa-sinensis</p> <p>Roots, leaves and flowers</p> <p>Diuretic, laxative, lowering blood pressure and curing cough. Also used for hair care (against loss and greying).</p>
<p>20. INSULIN PLANT</p> 	<p>Botanical name:</p> <p>Part used:</p> <p>Medicinal Uses:</p>	<p>Costus Igneus</p> <p>Leaves</p> <p>Used for treating diabetes. Other uses are in the treatment of rash, fever, bronchitis and intestinal worms.</p>
<p>21. ISABGOL</p> 	<p>Botanical name:</p> <p>Part used:</p> <p>Medicinal Uses:</p>	<p>Plantago Ovata Husk</p> <p>Seeds</p> <p>It is diuretic, antitoxic, emollient and cooling. Used in inflammatory conditions of mucous membrane of gastro-intestinal and genito-urinary tracts. Very well known as a laxative.</p>




<p>22. KALMEGH (KIRAYAT)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Andrographis paniculata</p> <p>Whole Plant</p> <p>Immunosuppressive, blood purifier, anthelmintic, astringent. It is beneficial in treating fever, jaundice, cholera, malaria, anaemia, loss of appetite and dysentery.</p>
<p>23. KADIPATTA (CURRY LEAVES)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Murraya koenigii</p> <p>Leaves</p> <p>Curry leaf promotes appetite and digestion. The decoction of the raw dried leaves is taken orally to cure dysentery.</p>
<p>24. KALABANSA</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Justicia gendarussa</p> <p>Leaves</p> <p>It has beneficial effects on respiratory disorders like cough, cold, bronchitis, throat infections, pulmonary infections and allergic disorders as well as bronchial asthma.</p>




<p>25. LAJWANTI</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Mimosa Pudica</p> <p>Roots, leaves, flower heads</p> <p>Used for treating bleeding diarrhoea, cough, piles, inflammation and jaundice.</p>
<p>26. LAVENDER</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Lavandula officinalis</p> <p>Leaves</p> <p>It is used as essential lavender oil which is anti-inflammatory and anti-septic. In pillows, lavender seeds and flowers aid sleep and relaxation. It is also used in making perfumes.</p>
<p>27. LEMON GRASS</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Cymbopogon citratus</p> <p>Aerial Parts</p> <p>Leaves are used in making Lemon Tea which is beneficial in cough and cold. Lemon oil is used as aromatic oil and as insect repellent.</p>




<p>28. MANDUKAPARNI</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Centella asiatica</p> <p>Whole plant</p> <p>Antibacterial, anti-inflammatory. Used in the treatment of leprosy and epilepsy. Famous for enhancing the receptive capacity of mind in improving the power of speech and poetic imagination.</p>
<p>29. MULETHI (LICORICE)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Glycyrrhiza glabra</p> <p>Roots</p> <p>Expectorant, laxative and diuretic. Improves digestion, reduces pain and strengthens the nervous system.</p>
<p>30. MEHENDI (HENNA)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Lawsonia inermis</p> <p>Leaves, bark and seeds</p> <p>Leaves are effective in headache, itching and burning sensation as well as mental disorder. Used for cosmetic purposes like hair colouring and temporary Henna tattoos.</p>




<p>31. METHI</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Trigonella Foenum</p> <p>Leaves and stem</p> <p>Used to cure digestive disorders. It is anti-flatulent, mildly laxative and anti-inflammatory. It is very effective in post-delivery cases as it promotes lactation and controls body aches.</p>
<p>32. MARJORAM</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Origanum majorana</p> <p>Generally the whole herb, especially the leaves.</p> <p>Expectorant, sedative. Useful for respiratory and digestive disorders. Mostly used for flavouring food.</p>
<p>33. NIRGUNDI</p> 	<p>Botanical Name</p> <p>Part Used</p> <p>Medicinal Uses</p>	<p>Vitex Negundo</p> <p>Roots, flowers, leaves, seeds</p> <p>Astringent and anthelmintic. Useful in treatment of inflammation, asthma and teething of children. Also used to relieve menopausal symptoms.</p>



<p>34. OREGANO</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Origanum vulgare</p> <p>Seeds</p> <p>Anti-oxidant and antibiotic. Treats indigestion, bloating, flatulence, coughs, fever and urinary problems. Especially used in flavouring food.</p>
<p>35. PARSLEY</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Petroselinum crispum</p> <p>Leaves</p> <p>Diuretic, antitoxic, antiseptic, stimulating digestion. Used to treat bladder, kidney and prostrate problems. When crushed and rubbed on the skin, parsley can reduce itching of mosquito bites.</p>
<p>36. PATCHOULI</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Pogostemon cablin</p> <p>Leaves</p> <p>Oil extracted from leaves is antidepressant, antiseptic, astringent, diuretic and fungicide. Also used in perfumes and insect repellents.</p>

<p>37. PATHER CHUTT</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Bryophyllum calycinum</p> <p>Leaf</p> <p>It is rich in alkaloids, triterpenes, glycosides, flavonoids, steroids and lipids. Leaves prevent ulcer and treat acute inflammation.</p>
<p>38. PEPPERMINT</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Mentha piperita</p> <p>Leaves</p> <p>Fights against toxins in body and boosts mental powers. Peppermint tea is effective against irritable bowel syndrome. Leaves when rubbed on forehead, give relief from headache.</p>
<p>39. PUDINA</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Mentha arvensis</p> <p>Whole Plant</p> <p>Antibacterial, antifebrile, expectorant. Mint essential oil and menthol are extensively used as flavourings in breath fresheners, drinks, antiseptic mouth rinses, toothpaste, chewing gum, desserts and candies.</p>

<p>40. PUNARNAVA</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Boerhavia diffusa</p> <p>Whole herb, root</p> <p>Diuretic, antibacterial, anti-oxidant. Used for menstrual and kidney disorders, abdominal tumours and dyspepsia. It also vitalises the heart.</p>
<p>41. ROSEMARY</p> 	<p>Botanical name</p> <p>Part used</p> <p>Medicinal uses</p>	<p>Rosmarinus officinalis</p> <p>Leaves</p> <p>Used in cosmetic products and to flavour food. It is antiseptic, improves blood flow and has calming effects by working against fatigue, sadness and anxiety. It is also popular for improving memory.</p>
<p>42. RATI</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal uses</p>	<p>Abrus precatorius</p> <p>Seeds, roots</p> <p>Purgative, tonic and aphrodisiac. The leaf juice can be used to reduce painful swellings.</p>

<p>43. SATAVAR</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Asparagus racemosus</p> <p>Roots</p> <p>Improves physical stamina and increases body immunity.</p>
<p>44. STEVIA (SUGARLEAF)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Stevia rebaudiana</p> <p>Leaves</p> <p>The processed leaves yield a natural sweetener which is a substitute for table sugar, safe for diabetics as it does not affect blood sugar levels.</p>
<p>45. SADABAHAR (PERIWINKLE)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Catharanthus roseus</p> <p>Leaves and flowers</p> <p>Hypotensive, anti-spasmodic. Leaves are the source of valuable alkaloids which are used in the treatment of leukaemia, diabetes, malaria and Hodgkin's disease.</p>

<p>46. SARPAGANDHA (SNAKEROOT)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Rauvolfia Serpentina</p> <p>Leaves, Fruits</p> <p>Used for treatment of high blood pressure, mental disorders, insomnia, snake bites and hypertension.</p>
<p>47. SHANKHPUSHPI</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Evolvulus alsinoides</p> <p>Whole plant</p> <p>Tonic and febrifuge as well as Vermifuge. Also used to promote hair growth.</p>
<p>48. THYME</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Thymus vulgaris</p> <p>Leaves and flowering tops</p> <p>Thyme is used for cough and bronchitis as it produces expectoration and reduces bronchial Spasm. It also makes a good use in indigestion, gastritis, and diarrhoea. The essential oil is used in mouth washes and hand sanitizers.</p>

<p>49. TULSI (HOLY BASIL)</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Ocimum sanctum</p> <p>Leaves</p> <p>Treat cold, cough & dysentery. Tulsi is likely to prove prophylactic against the negative effects of environmental toxins, including cancer. The essential oil is used in cosmetics due to its antibacterial activity.</p>
<p>50. VACHA</p> 	<p>Botanical Name</p> <p>Part used</p> <p>Medicinal Uses</p>	<p>Acorus calamus</p> <p>Rhizome or the root</p> <p>Sedative, laxative, diuretic. Vacha is used as a nervine tonic and an anti-stammering drug & potent psychopharmacological agent having a positive effect on the memory and the learning process.</p>