

**1. Scientific name:** *Calotropis procera*

**Common name:** Ak

**Medicinal uses:** Latex of plants is applied externally on piles wounds for quick relief. Fresh young leaves and flowers are eaten against snake bite



**2. Scientific name:** *Ellateraria cardamomum*

**Common name:** elachi.

**Medicinal uses:**

Cardamom is used for digestion problems including heartburn, intestinal spasms, irritable bowel syndrome (IBS), diarrhea, constipation, liver and gallbladder complaints, and loss of appetite. It is also used for common cold and other infections, cough, bronchitis, sore mouth and throat, urinary problems, epilepsy, headache, and high blood pressure.



**3. Scientific name:** *Catharanthus roseus*

**Local name:** Sadabahar

**Medicinal uses:**

Used for relieving muscle pain, depression of the central nervous system, also used for applying to wasp stings and to heal wounds.



Potent medicinal plant many of the pharmacological actions such as antimicrobial, antioxidant, anthelmintic, antifeedant, anti-sterility, antidiarrheal, anti-diabetic effect etc.

**4. Scientific name:** *Cymbopogon citratus*

**Common name:** Lemongrass

**Medicinal uses:**

Lemongrass is used for treating digestive tract spasms, stomachache, high blood pressure, convulsions, pain, vomiting, cough, achy joints (rheumatism), fever, the common cold, and exhaustion. It is also used to kill germs and as a mild astringent, stimulates body metabolism and prevents accumulation of unwanted fats



**5. Scientific name:** *Bryophyllum pinnatum*

**Local name:** Patharchur, miracle leaf

**Medicinal uses:**

Treatment for kidney and gallbladder stones  
Manage leucorrhoea, Effective cure for piles. It can cure jaundice, Treatment of fever, Helps heart health, Treat ear pain, for common cold and coughs, Relieves stomach ache.



**6. Scientific name:** *Aloe vera*

**Common name:** Korphad , kekuar

**Medicinal uses:**

*Aloe vera* is good for irritated or inflamed skin. It helps repair skin from the most - tender wounds. It helps speed up the process of healing to burns and other wounds. It is hydrating, rejuvenating and toning for skin. It moisturizes and softens skin.



**7. Botanical Name:** *Trachyspermum ammi*

**Common Name :** Ajwain, ajowan,

**Medicinal Uses:**

*Ajwain* leaves can be boiled with water and made into a warm concoction to remedy persistent cold and cough. Active enzymes in ajwain improve the flow of stomach acids, which can help to relieve indigestion, bloating, and gas. The plant can also help to treat peptic ulcers as well as sores in the esophagus, stomach, and intestines.



**8. Botanical Name:** *Withania somnifera*

**Common Name:** Ashwagandha

**Medicinal Uses:**

Roots of Winter cherry are highly acclaimed tonic for brain and nervous system in Ayurveda. Its usage is recommended in preventive health care. It is considered as "Medhya" which implies to its beneficial effects to the brain. Regular use of Ashwagandha improves stress tolerance, thereby enhancing the mental capabilities. It is also known to improve the quality of functions, reducing depression levels, also include increasing sperm count & motility, improving the muscle mass, body composition & overall strength, benefits is to control diabetes. Ashwagandha stimulates the pancreas to secrete insulin which helps lower blood sugar levels and hence control diabetes.



**9. Botanical Name:** *Stevia rebaudiana*

**Common Name:** Cheeni tulsi)

**Medicinal Uses:** *Stevia rebaudiana* is intensely sweetener (the stevioside is 200-300 times sweeter than sucrose). The Stevia is capable of treating renal diseases, liver pathologies, diabetes, hyperglycemia, hypoglycemia, hypertension, tumors, microbial diseases, and obesity



**10.Botanical Name: *Cinnamomum Tamala***

**Common Name:** Tejpata (Indian Bay Leaf)

**Medicinal Uses:**

It is commonly used in Indian Kitchen for enhancing the taste of the different foods. Additionally, it stimulates the digestive enzymes, which helps to improve digestion

of food and increases the bioavailability of the nutrients during the digestion process in the intestine. It reduces gas formation, flatulence, abdominal pain, indigestion, diarrhea, common cold and asthma.



**11.Botanical Name: *Tinospora cordifolia***

**Common Name:** Giloy, *Guduchi*

**Medicinal Uses:** *Tinospora cordifolia* is a climbing shrub, which grows on other trees. Ayurvedic medicine uses its roots, stems, and leaves. The whole plant of giloy is helpful for

the body and offers many solutions in the Ayurveda. It is useful for overall body health. The most beneficial properties of Giloy is its antioxidant and immune-enhancing power. Likewise, it is also used in many problems related to diabetes, cholesterol, arthritis, stomach, gout, immunity, hepatitis, fever and many more.



**12.Botanical Name:** *Ocimum sanctum* Linn.

**Common Name:** Tulsi

**Medicinal Uses:**

Natural Immunity Booster, Reduces Fever (antipyretic) & Pain (analgesic), Reduces Cold, Cough & Other Respiratory Disorders, Reduces Stress & Blood Pressure, Anti-cancer properties, Good for Heart Health, Good for



Diabetes Patients, Useful in Kidney stones & Gouty Arthritis. Tulsi leaves help to cure indigestion and loss of appetite. Tulsi helps clear out the skin of blemishes and acne. The extracts of Tulsi leaves can also be applied to insect bites and stings to ease the pain. Consuming a tulsi drink after a tiring day at work can be revitalizing and help to relieve stress and fatigue. Similarly, a tulsi drink during prolonged hours of study can also help to enhance concentration for students.

**13.Botanical Name:** *Curcuma longa*

**Common Name:** Haldi

**Medicinal Uses:** It is taken as the blood purifier and is very useful in the common cold, leprosy, intermittent, affections of the liver, dropsy, inflammation and wound healing. The rhizome of the turmeric plant is highly aromatic and antiseptic. It is even used for contraception, swelling, insect stings, wounds, whooping cough, inflammation,



internal injuries, pimples, injuries, as a skin tonic. Sweetened milk boiled with the turmeric is the popular remedy for cold and cough. It is given in liver ailments and jaundice.

**14. Scientific name:** *Mimosa pudica*

**Common name:** sensitive plant, touch-me-not plant.

**Medicinal use:** Its root bitter, acrid, cooling, heals wounds, anti-venom and used in the treatment of excessive bile secretion, leprosy, dysentery, inflammations, burning sensations, fatigue, asthma, leucoderma, skin diseases etc.

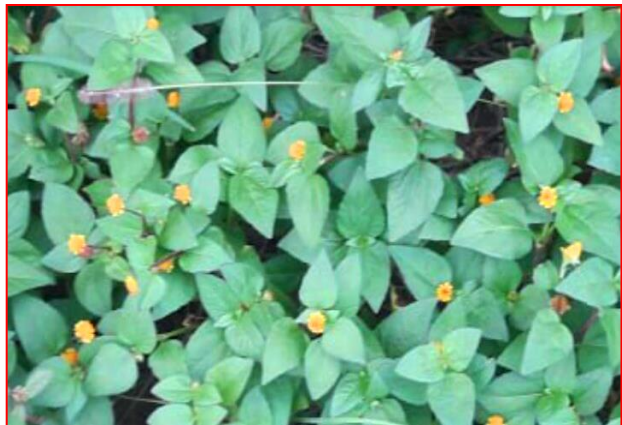


**15. Scientific name:** *Anacyclus pyrethrum*

**Common name:** Toothache plant, Akarkara

**Medicinal uses:**

To treat toothache, throat and gum infections, cure for dysentery and rheumatism, and enhance the immune system, used against blood parasites, especially against malaria.



**16. Scientific name:** *Andrographis Paniculata*

**Common name:** kalmegh

**Medicinal uses:**

The leaves and roots also find use as an antispasmodic, febrifuge, stomachic, alterative, anthelmintic anodyne, antiseptic, laxative, astringent, and antipyretic and have been used as an adjunct in the treatment of diabetes, malaria, cholera, dysentery, enteritis, gastritis, pneumonia, pyelonephritis and even rabies



**Scientific name:** *Chlorophytum comosum*

**Common name:** spider plant, ribbon plant

**Medicinal uses:**

In Chinese traditional medicine, used for treating bronchitis, fractures and burns.

It is known to have high levels of beta-carotene and vitamin C, calcium, protein, magnesium and powerful anti-oxidants. Its ability to absorb carbon monoxide. Carbon monoxide is a colorless, odorless, and tasteless toxic gas.





***List of medicinal plants.....***

***Mimosa pudica*** (Touch-me-not plant)

***Calotropis procera*** (AK)

***Andrographis Paniculata*** (Kalmegh)

***Clitoria ternatea*** (Aprajita)

***Euphorbia cotinifolia*** (Mexican shrubby spurge)

***Euphorbia pulcherima*** (*Punsupia*)

***Anacyclus pyrethrum*** (Akarkara)

***Artemisia vulgaris*** (Kunnaj)

***Chlorophytum comosum*** (Spider plant)

***Ellateria cardamomum*** (Elachi)

***Vitex negundo*** (Nirgundi, sambalu)

***Carica papaya*** (Papaya)

***Catharanthus roseus*** (Sadabahar )

***Bryophyllum pinnatum*** (Patharchur)

***Cymbopogon citratus*** (Lemongrass)

***Acorus calamus*** (Buch)

***Aloe vera*** (Kekuar)

***Stevia rebaudiana*** (Cheeni tulsi)

***Withania somnifera*** (Ashwagandha)

***Barleria cristata*** (Kalabansa)

***Vernonia arborea*** (Sugarmaarguti)

***Ocimum sanctum*** (Tulsi)

***Trachyspermum ammi*** (Ajwain)

***Lawsonia inermis*** (Henna)

***Tabernaemontana divaricate*** (Chandani)

***And many more will be added.....***

KCW Herbal plants