

Cardamom Planters' Association College

(Re-accredited with 'B' Grade by NAAC)

Pankajam Nagar, Bodinayakanur - 625 582.



DEPARTMENT OF BOTANY

ETHNOMEDICINAL GARDEN

Plant Name and Uses

S.No	Scientific Name	Famliy	Common Name	Uses
1	<i>Chamaecostus cuspidatus</i> (Nees& Mart.)	Costaceae	இன் சு லின்	Insulin plant leaves contain corosolic acid, which may help generate insulin and lower blood glucose levels. Some people with diabetes chew the leaves to help control their blood sugar
2	<i>Ocimum × citriodorum</i> vis.	Lamiaceae	எலு மிச் னு எசி	Lemon tulsi can help with digestion by stimulating digestive enzymes and supporting gut function. The natural acidity of lemon and the anti-inflammatory properties of tulsi can help soothe the digestive tract
3	<i>Artemisia annua</i> L.	Asteraceae	மாசிபச் சை	In Mauritius use this leaves for covid treatment, Fever, Anti viral, Anti Tumour, Anti Cancer
4	<i>Gymnemasylvestre</i> R. Br.	Asclepiadaceae	சிறு கு றிஞ் சான்	Leaf powder is mixed with cow's milk and taken orally to treat diabetes. The root powder is taken

				orally and also applied on the bitten spot to treat snake bite.
5	<i>Chrysopogon zizanioides</i> (L.) Roberty	Poaceae	வெட் டி வேர்	Vetiver is used for a variety of ailments, including boils, burns, epilepsy, fever, scorpion stings, snakebites, and mouth sores. It can also be used to treat nervous and circulatory problems, and as a bath tonic to repel lice
6	<i>Vitex negundo</i> L	Lamiaceae	நீ லநொச் சி	Vitexnegundo seeds are used to treat pain disorders such as stomachache, hernia pain, dysmenorrhea, arthralgia, and piles.
7	<i>Andrographi spaniculata</i> (Burm. f.) Wall. ex Nees	<i>Acanthaceae</i>	சிறியாநங் கை	Treating fevers: Siriyanangai can help treat fevers caused by colds and flu, as well as malaria fever
8	<i>Ocimum sanctum</i> L.	Lamiaceae	து ளசி	Leaves are crushed with onion bulbs and the juice is taken orally to treat cough, cold and headache.
9	<i>Phyllanthus niruri</i> L.	<i>Euphorbiaceae</i>	கீழாநெல் லி	In Ayurvedic, Unani, and Malay traditional medicine, Phyllanthusniruri is used to treat a variety of conditions, including jaundice,

				dyspepsia, diarrhea, gallstones, kidney disorders, and cough
10	<i>Centella asiatica</i> L	<i>Apiaceae</i>	வல் லாரை	It can help treat skin conditions like psoriasis, eczema, and acne. It may help treat neurological disorders and improve memory.
11	<i>Abrus precatorius</i> L.	Fabaceae	கு ண்டு மணி	It has been used in folk medicine for centuries to treat a variety of ailments, including bronchitis, jaundice, hepatitis, malaria, and sore throat. It is also believed to have antibacterial, antihelmintic, antidiabetic, and antitumor properties.
12	<i>Asystasia gangetica</i> (L.) T.Anderson	Acanthaceae	வழு க் கைகீரை	Leaf powder is mixed with coconut oil and applied topically to heal wounds (burns).
13	<i>Adhatoda vasica</i> Nees	Acanthaceae	ஆடாதோடை	Leaves are ground with the flowers of <i>Hibiscus rosa-sinensis</i> and taken orally to treat asthma.
14	<i>Kleinia grandiflora</i> (DC.) N.Rani	Asteraceae	மு யல் காது இலைச் செடி	The leaves of <i>Kleiniagrandiflora</i> are used as an anti-inflammatory agent in Ayurvedic medicine.
15	<i>Centratherum punctatum</i> Cass.	Asteraceae	கேசவர் த் தினி	It has anti-inflammatory, anti-cancerous, anti-hypersensitive, anti-bacterial and anti-fungal

				properties and is commonly used in hair care preparations
16	<i>Solanum trilobatum</i> L.	Solanaceae	தூது வளை	Respiratory diseases: Used to treat bronchial asthma and other respiratory problems Anti-inflammatory: Used to treat conditions like arthritis Antimicrobial: Used to treat bacterial infections
17	<i>Coleus aromaticus</i> Benth	Lamiaceae	கற் பூ ரவள் ளி	Leaf juice is taken orally by children to treat Indigestion and cough.
18	<i>Cissus quadrangularis</i> L.	Vitaceae	பி ரண்டை	Paste of stem is taken orally for easy digestion.
19	<i>Sansevieria roxburghiana</i> Schult. & Schult.f.	Liliaceae	மரு ள்	Juice of warmed leaf is poured into ear to treat ear pain.
20	<i>Lippia nodiflora</i> (L.) Michx.	Verbenaceae	பொடு தலை	Paste of leaves is applied topically to treat swellings and wounds.
21	<i>Withania somnifera</i> (L.) Dunal	Solanaceae	அஸ்வகந் தா	its used in treating a wide variety of illnesses including asthma, diabetes, hypertension, stress, arthritic diseases, and cancer.

22	<i>Curculigo orchioides</i> Gaertn.	Hypoxidaceae	கு றத் தி நிலப் பனை	<p>Its Used as an aphrodisiac in Ayurvedic medicine</p> <p>Tonic: Used as a rejuvenating tonic to improve strength, vigor, and vitality</p> <p>Demulcent: Used as a demulcent to treat skin conditions</p>
23	<i>Rauwolfia tetraphylla</i> Linn	Apocynaceae	நாகமணி	Paste of the whole plant is mixed with castor oil and applied topically to treat skin diseases.
24	<i>Morinda citrifolia</i> L	Rubiaceae	நு ணா	Noni juice is a popular functional food supplement. Some say it can help with headaches, muscle aches, arthritis, poor digestion, gastric ulcers, diabetes, heart disease, high blood pressure, atherosclerosis, AIDS, cancers, sprains, mental depression, and menstrual problems.
25	<i>Sauropus androgynus</i> (L.) Merr.	Phyllanthaceae	தவசிகீரை	The leaves are used as a medicine for coughs and to soothe the lungs, as a tonic, and as a febrifugal to relieve internal fever; they are also used as a vegetable.

26	<i>Solulus cochinchinensis</i> (Lour.) Kuntze	Leguminosae	எலும் ப ஓட் டி	Leaf juice is used for good health. Leaves are ground with egg and onion and applied for bone fractures. Leaf paste is applied on wounds. It is an efficient bone fracture healer popular only to a few villagers in Tamil Nadu and hence it got its name as “Elumbotti”.
27	<i>Kalanchoe pinnata</i> (Lam.) Pers.	Crassulaceae	ரணகள் ளி	Leaf paste can be applied topically to stop bleeding. Leaf paste can be applied to the aching part. Juice from the leaves and black pepper powder can be taken orally.
28	<i>Vitex trifolia</i> L.	Lamiaceae	நீ ர் நொச் சி	The leaves can be used topically or as a decoction to treat pain from rheumatism, sprains, and joint inflammation. The leaves are also used to treat headaches in Papua New Guinea, Vietnam, and the Bismarck Archipelago. The flowers can be used as an infusion to treat fevers with vomiting and thirst.
29	<i>Piper retrofractum</i> Vahl	Piperaceae	திப் பி லி	Thippili is used to treat coughs, colds, asthma,

				<p>bronchitis, and other respiratory issues. It's believed to have anti-inflammatory, anti-bacterial, and anti-allergic properties</p> <p>Thippili is used to treat indigestion, bloating, and stomach ulcers. It can also be used as a laxative and expectorant</p>
30	<i>Alpinia officinarum</i> Hance	Zingiberaceae	சித் தரத் தை	<p>It has anti-inflammatory properties and can be used to treat skin inflammation. it can help with digestion and alleviate nausea.</p>
31	<i>Plumbago zeylanica</i> L.	Plumbaginaceae	கொடி வேலி	<p>The aerial parts of the plant are used to treat rheumatic pain, inflammations, and skin diseases. The root of the plant is used to treat cancer. The active compound plumbagin, found in the roots, has anti-cancer properties. The plant has anti-diabetic properties.</p>
32	<i>Rhinacanthus nasutus</i> (L.) <i>Kurz</i>	Acanthaceae	நாகமல் லீ	<p>Medically it is used in the treatments of herpes, hepatitis, eczema, diabetes, hypertension, pulmonary tuberculosis, Ringworm, Snakebite, Alzheimer's disease, etc. and also to reduce</p>

				itching due to allergy.
33	<i>Andrographis lineata</i> Nees	Acanthaceae	பெரி யாநங் கை	<p>Anti-inflammatory: It can reduce inflammation and relieve fever and sore throat.</p> <p>Immune-enhancing: It can stimulate the immune system and reduce the incidence of colds and upper respiratory infections.</p> <p>Antiviral: It can help with recurrent herpes outbreaks.</p> <p>Hepatoprotective: it can protect the liver</p>
34	<i>Sphagneticola calendulacea</i> (L.) Pruski	Asteraceae	மஞ் சள் கரி சலாங் கணி	<p>Cough, cold, and bronchitis: The leaves can help manage respiratory symptoms like cough, cold, and bronchitis.</p> <p>Digestive issues: The leaves can help with indigestion, diarrhea, and dysentery.</p> <p>Urinary disorders: The leaves can help with urinary disorders and reduce water retention.</p>
35	<i>Senna alata</i> (L.) Roxb.	Fabaceae	சீமைஅகத் தி	The leaves and sap of Sennaalata contain chrysophanic acid, which gives the plant its anti-fungal properties. In the Philippines, the leaves are ground into a paste and mixed with vegetable oil to treat ringworm and other skin infections. Sennaalata contains saponin, which acts as a laxative and can help remove intestinal parasites

36	<i>Lawsonia inermis</i> L.	Lythraceae	மரு தாணி	<p>Wound healing: Leaf decoctions and ointments can help heal wounds, burns, and ulcers. Topical application of an ethanolic extract of henna leaves can also improve wound healing.</p> <p>Hair coloring: Leaves contain natural dyes, such as lawsone and naphthaquinone, that are used to color hair and palms</p>
37	<i>Tinospora cordifolia</i> (Willd.) Hook.f. & Thomson	Menispermaceae	சீந் தில் கொடி	<p>Digestive health: its powder can help with digestive issues like hyper acidity, colitis, stomach ache, and loss of appetite.</p> <p>Stress management: The plant powder may help with stress management and promote relaxation.</p> <p>Immune system: The plant powder can support the immune system and help the body resist infections</p>
38	<i>Aloe barbadensis</i> Mill.	Aloaceae	கற் றாழை	<p>Skin conditions: it can help heal minor burns, sunburns, wounds, insect bites, and stings. It can also help with skin irritations, acne, herpes simplex, lichen planus, and psoriasis. Aloe vera has astringent, emollient, anti-fungal, antibacterial, and antiviral effects.</p>

				Digestive health: it can help with constipation, irritable bowel syndrome, and gastro-oesophageal reflux disease (GERD). However, oral use of aloe for constipation is no longer recommended because it can have severe side effects.
39	<i>Clitoria ternatea</i> L.	Fabaceae	சங்குப்பூ	<p>Liver damage: A study found that feeding rats plant extract significantly decreased levels of aminotransferases (AST and ALT), ALP, and TB, which could prevent cell damage</p> <p>Ulceration: A study found that high doses of alcoholic extract of plant showed significant antiulcer activity</p> <p>Bronchospasm and protected rats from histamine-induced bronchospasm</p>