



*With Love from
The Garden*

How to use this Booklet :

The species are numbered and the serial number is mapped accordingly. Users can use the map and serial number as reference to identify the location of the plant/tree.



The information used are referenced from standard books on medicinal plants and trees available at the SOCHARA's library. The list of references is mentioned at the end of this booklet.



Documenting herbal/medicinal plants and trees in the SOCHARA campus as an idea was born out of interest in the local health traditions. The campus is filled with diverse and rich flora in a small space in a bustling neighbourhood. I could easily identify many species because of their medicinal properties. The idea to document became serious when I was working on an annotated bibliography on local health traditions where I reviewed many books on medicinal plants. With Dr Ravi Narayan's encouragement and help from interns and staff at SOCHARA, this compilation was possible.





1

Betel leaves (Piper betle)

<i>Hindi</i>	Pan;
<i>Kannada</i>	Vilayadele;
<i>Malayalam</i>	Vettilla;
<i>Tamil</i>	Vettilai;
<i>Telugu</i>	Akku.

Medicinal Uses: Stomach ache, cough, bronchitis, breathing difficulty in children, wounds, arthritis, filariasis, boils and burns

Parts Used: Leaves.





2

Sprout Leaf Plant (Bryophyllum Pinnatum)

<i>Hindi</i>	Zakhm Haiyt;
<i>Kannada</i>	Lonnahadakanagida;
<i>Malayalam</i>	Elamarunga;
<i>Tamil</i>	Malaikalli;
<i>Telugu</i>	Sima Jamudu;
<i>Assamese</i>	Pategaza

Medicinal Uses: Bruises and boils, Wounds, sores and insect bites.

Parts Used: Leaves.





3

Periwinkle (*Catharanthus Roseus*)

<i>Hindi</i>	Sada-bahar;
<i>Malayalam</i>	Kasithumpa;
<i>Tamil</i>	Sudukadu Mallikai;
<i>Telugu</i>	Billaganneru;
<i>Assamese</i>	Nayantara

Medicinal Uses: Anticarcinogenic, Diabetes, Diarrhoea, Anti Worm, Toothache and Purgative.

Parts Used: Roots.





4

Lemon (Citrus Lemon)

<i>Hindi</i>	Nimbu;
<i>Malayalam</i>	Nyaarenga;
<i>Tamil</i>	Elamicchapazham;
<i>Telugu</i>	Nimma;
<i>Kannada</i>	Nimbe

Medicinal Uses: To stimulate appetite, Scurvy, bleeding gums, abdominal pains, constipation and fatigue, deworm, and foul breath, nausea and vomiting

Parts Used: Fruits





5

Indian Borage (*Coleus Aromaticus*)

Hindi

Pathorchur;

Tamil

Karpooravalli;

Medicinal Uses: To increase urine output, flatulence, menstrual flow, indigestion, asthma, abdominal pain, bronchitis, Kidney problems, Jaundice, Gout, Rheumatism, Headache, sore throat, Urogenital disorders.

Parts Used: Leaves





6

Lemon Grass (*Cymbopogon Citratus*)

<i>Hindi</i>	Gandhatrina;
<i>Kannada</i>	Majjigehullu;
<i>Malayalam</i>	Vasanapullu;
<i>Tamil</i>	Vasanapillu;
<i>Telugu</i>	Nimmagaddi;

Medicinal Uses: Flatulence, antispasmodic,
antipyretic, Aromatherapy

Parts Used: Leaves





7

Custard Apple (Annona Squamosa Linn)

Hindi	Sitapal;
Kannada	Seetha pala;
Malayalam	Sitapazham;
Tamil	Seetha;
Telugu	Seetha;

Medicinal Uses: Anaemia, vomiting, dandruff, indigestion, relieves fainting spells, vermifugal, insecticidal and a strong laxative.

Parts Used: Roots, leaves, bark, unripe fruit and seeds.





8

Burmese Fishtail palm (*Caryota mitis* LOUR)

Hindi

Mari;

Tamil

Kontalpanai;

Medicinal Uses: For seminal weakness and urinary disorders, the juice is applied on the forehead for hemicranias. Used to treat gastric ulcer, migraine headaches, snake bite poisoning, as well as rheumatic swellings. The roots of the trees are used as the tooth ailments.

Parts Used: Leaves, roots.





9

Guava (*Psidium Guava*)

Hindi	Amrud;
Kannada	Jamaphala;
Malayalam	Pera;
Tamil	Koyya;
Telugu	Ettajama;

Medicinal Uses: Gastroenteritis, uterine haemorrhage, chronic diarrhoea, dysentery, inflammation of kidney, diarrhoea, ulcers, vaginal and uterine problems, spasms, fever, worms, kidney problems epilepsy, diabetes and cerebral affections.

Parts Used: Leaves.







The interns were taken on a transect walk and asked to identify all the medicinal species they could. It was followed by a discussion and noting down names in their language. Photographs were taken by SOCHARA staff including Mr Joseph, Mr Thulsi Chetri and myself.





10

Fennel (*Foeniculum Vulgare*)

Hindi	Kalihari;
Kannada	Agnisikhe;
Malayalam	Kantal;
Tamil	Akkinichilam;
Telugu	Adavinabhi;

Medicinal Uses: Expulsion of worms, laxative, chronic ulcers, leprosy, inflammation, piles, abdominal pain, itching, removal of secretion from bronchial tubes, neuralgic pains and skin troubles.

Parts Used: Underground tubers.





11

Chinese Hibiscus (*Hibiscus Rosa sinensis*)

<i>Hindi</i>	Jasum;
<i>Malayalam</i>	Chemparuti;
<i>Tamil</i>	Semparuti;

Medicinal Uses: Refrigerant, aphrodisiac, bronchial catarrh, strangury, cystitis and other genitourinary troubles, seminal weakness, gonorrhoea, alopecia and used for cough.

Parts Used: Underground tubers.





12

Star Gooseberry (Phyllanthus Acidus)

Hindi	Chalmeri;
Kannada	Nelli-Kirunelli;
Malayalam	Nellipuli;
Tamil	Arunelli;
Telugu	Ratsavusiriki;

Medicinal Uses: Antiperiodic, aphrodisiac, cures diarrhoea and dysentery.

Parts Used: Roots, leaves and fruits.





13

Drumstick (Moringa Oleifera)

<i>Hindi</i>	Sainjna;
<i>Kannada</i>	Nugge Mara;
<i>Malayalam</i>	Muringa;
<i>Tamil</i>	Murungai;
<i>Telugu</i>	Munaga;

Medicinal Uses: Urinary problems, reduce inflammation, earaches, dental caries, cough, scurvy, paralysis, epilepsy, palsy, gout, dropsy, chronic rheumatism and eye diseases.

Parts Used: The whole plant.





14 Night Flowering Jasmine (*Nyctanthes arbor tristis*)

Hindi	Binari;
Kannada	Parijathaka;
Malayalam	Manapu;
Tamil	Civappuccorikam;
Telugu	Kaaruchiya;

Medicinal Uses: Chronic fever, rheumatism, antidote for venoms, laxative, diaphoretic, cholagogue, intestinal worms, dandruff and scalp conditions, internal injuries, fractured bones, cachexia, cancer sores, ulcers, dysentery and menorrhagia.

Parts Used: leaves, flowers, seeds and bark.





15

Indian Private (*Vitex Negundo*)

Hindi	Nirgunda;
Kannada	Bilenekki;
Malayalam	Indrani;
Tamil	Nirkkundi;
Telugu	Nallavavilli;

Medicinal Uses: As a tonic, vermifuge, relief from headache, checks pain and swelling of joints caused by acute rheumatism, toothache and eye disease.

Parts Used: Roots, bark, leaves and fruit.





16

Indian Milkweed (*Calotropis Gigantea*)

Hindi	Ak;
Kannada	Ekkada Aida;
Malayalam	Erikku;
Tamil	Erikku;
Telugu	Jilledu;

Medicinal Uses: : Relief from abdominal pain, ulcers and earache.

Parts Used: Roots, leaves and floral buds.





17

Mint (*Mentha Spicata*)

Hindi	Bakain;
Kannada	Arebevu;
Malayalam	Krin Vembu;
Tamil	Malai Vembu;
Telugu	Turak Vepa;

Medicinal Uses: Tumours, as a tonic, intestinal worms, enlarged lymph nodes and glands, leprosy and tuberculosis.

Parts Used: Bark, leaves, fruit and roots.





18

Tree Cotton (*Gossypium arboreum* L)

Hindi	Deokapas;
Kannada	Anji;
Malayalam	Cemparutti;
Tamil	Alattakam;
Telugu	Doodhi;

Medicinal Uses: : Emmenagogue and uterine contraction, abortifacient, treat lymphatic swellings, haemorrhage, constipation, dysentery, antiemetic, ulcers, sores, bruises, swellings.

Parts Used: Leaves, flower, seeds, roots.





19

Tinospora (Tinospora Cordifolia)

Hindi	Gilo;
Kannada	Amritaballi;
Malayalam	Amrytu;
Tamil	Amritavalli;
Telugu	Guduchi;

Medicinal Uses: Antiperiodic, aphrodisiac, cures diarrhoea and dysentery.

Parts Used: Stems and roots.







Local health traditions as a practice within living spaces or living tradition is contributed by kitchen gardens. People who continually use them for cooking, medicinal purposes and religious purposes are the harbingers of this tradition. Our staff, Kamalamma uses Malabar Spinach for cooking and Beetel leaves for prayers, while Vijayamma uses lemons and mint leaves for lemonade, Tulsi bhaiya's family uses Holy Basil and Tree Cotton for prayers. Jackfruit, Banana, Guava, Jamoon trees offer fruits seasonally. The garden at the SOCHARA's campus is therefore functional. It also gives a sense of community involvement by all the people who live, work and visit the campus.





20

Banana (*Busa Paradisiaca*)

Hindi	Kela;
Kannada	Bale-Hannu;
Malayalam	Vazha;
Tamil	Vazhai;
Telugu	Adavinabhi;

Medicinal Uses:

Root- Tonic for congestion of liver, prevent/cure scurvy, glandular disease, venereal disease, anaemia.

Stem- Ulcer, quenches thirst in cholera, in nervous disorder, hysteria, diarrhoea, dysentery, jaundice, antidote to opium poisoning, stops bleeding of wounds, asthma, inflamed kidneys, treatment of piles.

Leaves- Inflammation of eyes and heals wounds.

Flowers- Checks excessive bleeding in menstruation, diabetes, earaches.

Fruit- Flatulence and accumulation of acid in body, soothes and protects the alimentary tract, promotes flow of urine, acts as a laxative, relieves sore throat and congestion of chest, indigestion, anaemia and cures inflamed colon and diseases of the rectum.

Parts Used: The whole plant.





21

Henna (*Lawsonia Inermis*)

Hindi	Mehndi;
Kannada	Goravanti;
Malayalam	Mailanchi;
Tamil	Marudhani;
Telugu	Goranti

Medicinal Uses: Used for sore throats, boils, burns, skin diseases and burning sensation of the feet.

Parts Used: Leaves, bark and seeds.





22 Pomegranate (Punica Granatum)

Hindi	Anar;
Kannada	Dalimba;
Malayalam	Rakta Bijam;
Tamil	Madulam;
Telugu	Dadimba;

Medicinal Uses: Expelling tape worms and other worms, strengthens the stomach, dysentery, chronic diarrhoea, conjunctivitis, fevers, leucorrhoea, enlarged spleen, malaria, sore throat, to lower body heat, gastric, asthmatic fever, inflammation of urinary tract, kidney stones, congestion of the liver, indigestion, inflammation of colon and problems with digestive tract.

Parts Used: The whole plant.





23 Garden Rauvolfia (*Rauvolfia tetraphylla* L)

Hindi	Barachandrika;
Kannada	Dodda Chandrike;
Malayalam	Pambumkolli;
Tamil	Pampukalaa chedi;
Telugu	Papataku;

Medicinal Uses: The roots yield the drug deserpidine, which is an antihypertensive and tranquilizer. helps destroy parasites.

Parts Used: Roots.





24 Tulsi (Holy Basil)

Hindi	Tulsi;
Kannada	Vishnu Tulsi;
Malayalam	Trittavu;
Tamil	Thulasi;
Telugu	Thulasi;

Medicinal Uses: Used for bronchitis, catarrh; it is applied on ringworm and other skin diseases and to cure malarial fever.

Parts Used: Leaves, seeds and roots.





25

Indian Gooseberry (Phyllanthus emblica)

Hindi	Amla;
Kannada	Nellikai;
Malayalam	Nellikka;
Tamil	Nellikai;
Telugu	Usiri;

Medicinal Uses: Prevents cancer, stomach problems, digestive problems, eye problems, diabetes.

Parts Used: Fruit.





26

Gale of the wind (Phyllanthus Niruri)

Hindi	Bhonyaabali;
Kannada	Kiranelligida;
Malayalam	Kilanelli;
Tamil	Civappunelli;
Telugu	Nela usirika;

Medicinal Uses: : To treat dysentery, influenza, vaginitis, tumors, diabetes, diuretics, jaundice, kidney stone, dyspepsia, antihepatotoxic, anti-hepatitis-B, antihyperglycemic and also as antiviral and antibacterial.

Parts Used: The whole plant.





27

Bone Setter (*Cissus Quadrangularis*)

Hindi	Hadjod;
Kannada	Mangaroli;
Malayalam	Channamparanta;
Tamil	Pirandi;
Telugu	Nalleru;

Medicinal Uses: Amenorrhoea, diarrhoea, injuries, obesity, piles, ulcer, stomach ache, asthma.

Parts Used: The whole plant.





28

Neem (Azadirachta Indica)

Hindi	Nim;
Kannada	Bevu;
Malayalam	Vepa;
Tamil	Vembu;
Telugu	Vepa;

Medicinal Uses: Fevers and skin diseases.

Parts Used: Leaves.





29

Indian Aloe (Aloe vera)

Hindi	Ghikavar;
Kannada	Ghikavar;
Malayalam	Kattarvazha;
Tamil	Kuttilai;

Medicinal Uses: : Promotes mensural flow, softens swollen parts, good laxative, kills worms, heals wounds and fresh cuts, cures eczema and eye diseases, checks growth of tumours, enlargement of spleen, liver complaints, asthma, leprosy and jaundice.

Parts Used: Leaves and leaf pulp.





30 Barbados almond (Indian almond)

<i>Hindi</i>	Deshi-badam;
<i>Kannada</i>	Baadaami;
<i>Malayalam</i>	Adamaram;
<i>Tamil</i>	Amandi-maram;

Medicinal Uses: Soothes and protects the alimentary tract and relieves inflammation. Recommended for dysentery, diarrhoea, fevers, worms, and inflamed mucous membranes of the urethra and vagina. Itching rashes and other diseases. Relieves headaches, Leprosy.

Parts Used: The leaves and the Kernels.





31

Crepe Ginger (*Costus Speciosus*)

Hindi	Keu;
Kannada	Chengalvakoshtu;
Malayalam	Koettam;
Tamil	Kottam;
Telugu	Kimuka;

Medicinal Uses: Cough, asthma, indigestion, anorexia, pain associated during labour, skin affected with discoloration, black spots and itching due to ring worm infection, elephantiasis, fever and intestinal worms.

Parts Used: Rhizome.





32 American tropical milkweed (Acelpias Curassavica)

Hindi	Kakatundi;
Kannada	Chikka kaage thonde;
Tamil	Ariyaman;
Telugu	Jilledu mandaara;

Medicinal Uses: Used as an emetic purgative and in the treatment of the piles, gonorrhoea and anthelmintic sudorific.

Parts Used: Leaves and roots.





33

Jackfruit

(*Artocarpus heterophyllus* LAM)

Hindi	Cakki;
Kannada	Alasa;
Malayalam	Pilavu;
Tamil	Aiyinipila;
Telugu	Panasa;

Medicinal Uses: To treat granthishotha, wound, diarrhoea, raktapitta, sukradowrbalya, emaciation and skin-disease.

Parts Used: Flowers, leaves and bark.





34

Paddy (*Oryza sativa* L)

Hindi	Caval;
Kannada	Akki;
Malayalam	Ari;
Tamil	Arici;
Telugu	Biyam;

Medicinal Uses: Internal inflammation, sedative, bowel problems. skin infection, scalds, burns and dysentery.

Parts Used: The rice grain.





35

Jamun (*Syzygium cuminii* Linn.)

Hindi	Jaman;
Kannada	Nerale;
Malayalam	Naval;
Tamil	Neredam;
Telugu	Neereedu;

Medicinal Uses: Diabetes, dysentery, hemorrhages and leucorrhoea.

Parts Used: The bark and seeds.





36

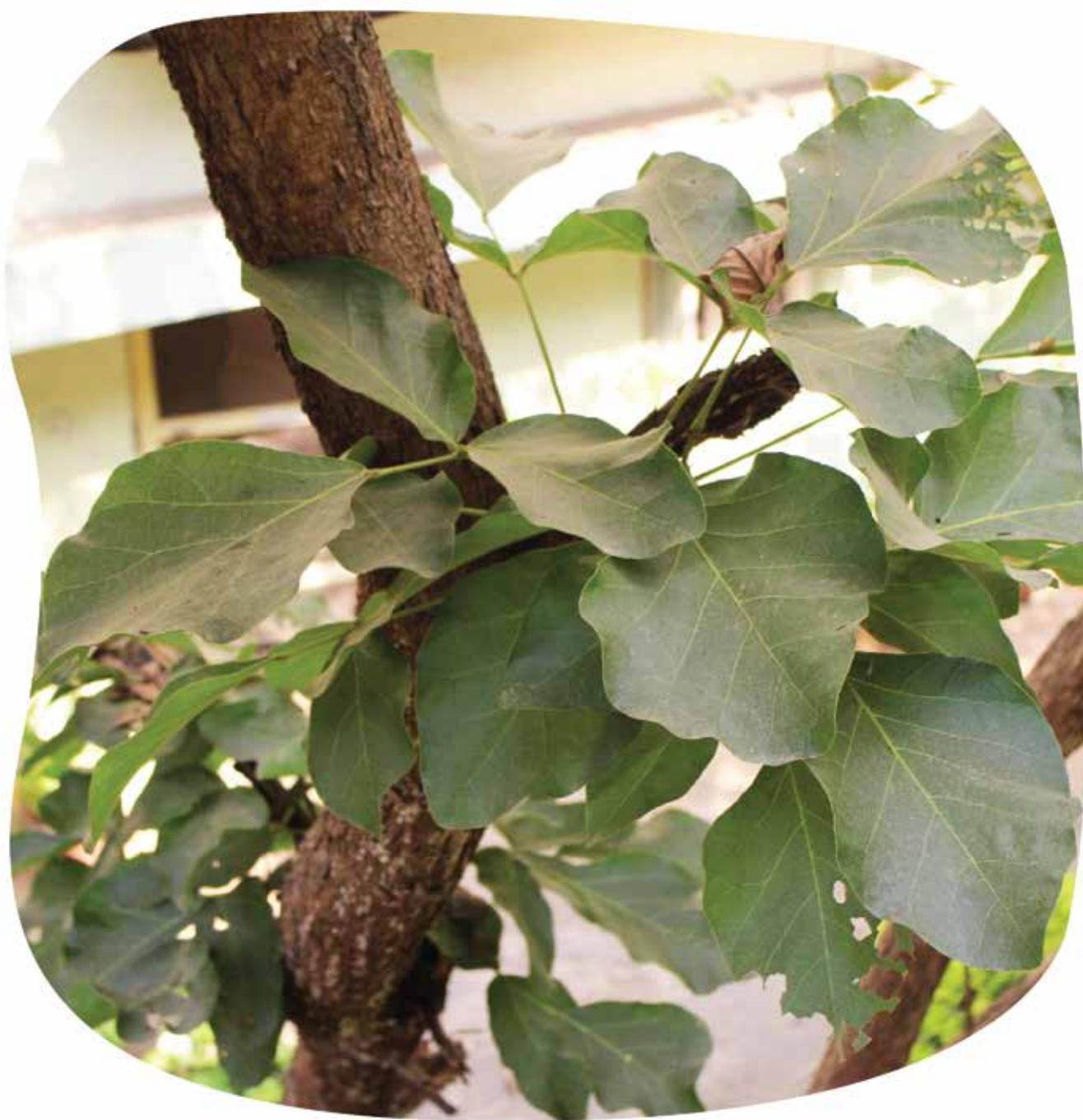
Balsam (*Impatiens balsamia* Linn.)

Hindi	Gulmendhi;
Kannada	Basavana paadadagida;
Malayalam	Mecchingom;
Tamil	Kasittumbai;
Telugu	Chilaka mukka puvvu;

Medicinal Uses: : General tonic, burns and scalds, joint pain, emetic, laxative, promotes urine flow.

Parts Used: The flowers.





37

Mutthaga (Butea monosperma)

Hindi	Palash;
Kannada	Muthuga;
Malayalam	Palasinsamatha;
Assamese	Polash

Medicinal Uses: Diabetes, eye related diseases like cataract, Anaemia in kids, kidney stones, urinary blockages and pain in bladder.

Parts Used: Leaf, Seed, Root, Flower



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HERBAL MEDICINE AND HOME REMEDIES (Dr. Shirdi Prasad Tekur, SOCHARA)

"The history of medicine is as old as the history of man. Attempts at tackling illness and maintaining health have originated at each hearth and home, becoming an inextricable part of local culture and way of life.

The earliest trials have been instinctive and revolved around easily available HOME and HERBAL REMEDIES.

The essential differences in practices between people to people depends on their tradition and culture. What is remarkable in these traditions is that certain practices are common to most people, using the same or similar herbs for specific illnesses.

"For far too long, traditional systems of medicine and 'modern' medicine have gone their separate ways in mutual antipathy. Yet are not their goals identical To improve the health of mankind and thereby the quality of life? Only the blinkered mind would assume that each has nothing to learn from the other". (H. MAHLER, formerly Director General W.H.O.)

The World Health Organisation defines Traditional Medicine as "the sum total of all the knowledge and practices, whether explicable or not, used in diagnosis, prevention and elimination of physical, mental or social imbalance and relying exclusively on practical experience and observation, handed down from generation to generation, whether verbally or in writing".





HERBAL MEDICINE AND HOME REMEDIES is one such tradition in India.

The Government of India officially recognises formalised systems of medicine like Ayurveda, Unani, Siddha, Yoga, Naturopathy and Homoeopathy. The non-formalized systems like tribal medicine, herbal and home remedies which have provided the basis, sustenance and rejuvenation avenues to these systems remain unrecognised because of their inherent amorphous nature.



Several of the important and useful medicines we use today come from plants. Many of these have now been synthesized, yet it is in many instances easier, cheaper and with less side-effects to obtain medicines directly from plants.

THE NEED FOR HERBAL / HOME REMEDIES:

The W.H.O. has resolved to provide health for All by 2000 A.D., and India as a member is committed to this objective. The need to use all resources to achieve this is well appreciated.....

.....Herbal remedies will be with us for a long time. It is therefore important to bring the use of these remedies into an existing framework of rational, scientific use of medicines....

.....Phytotherapy or Herbal Medicine exemplifies its harmonious view that "the whole plant is greater than the sum of its parts". We have yet to explore this vast store house of traditional medicine. We have to recognise that wisdom has its value. Luckily, there is a realization today that there is a need to preserve the enormous trove of wisdom and traditional knowledge as also the cultures associated with them. Not only must flora and fauna be protected, but also the knowledge data base often stored in the memories of elders and traditional healers....."

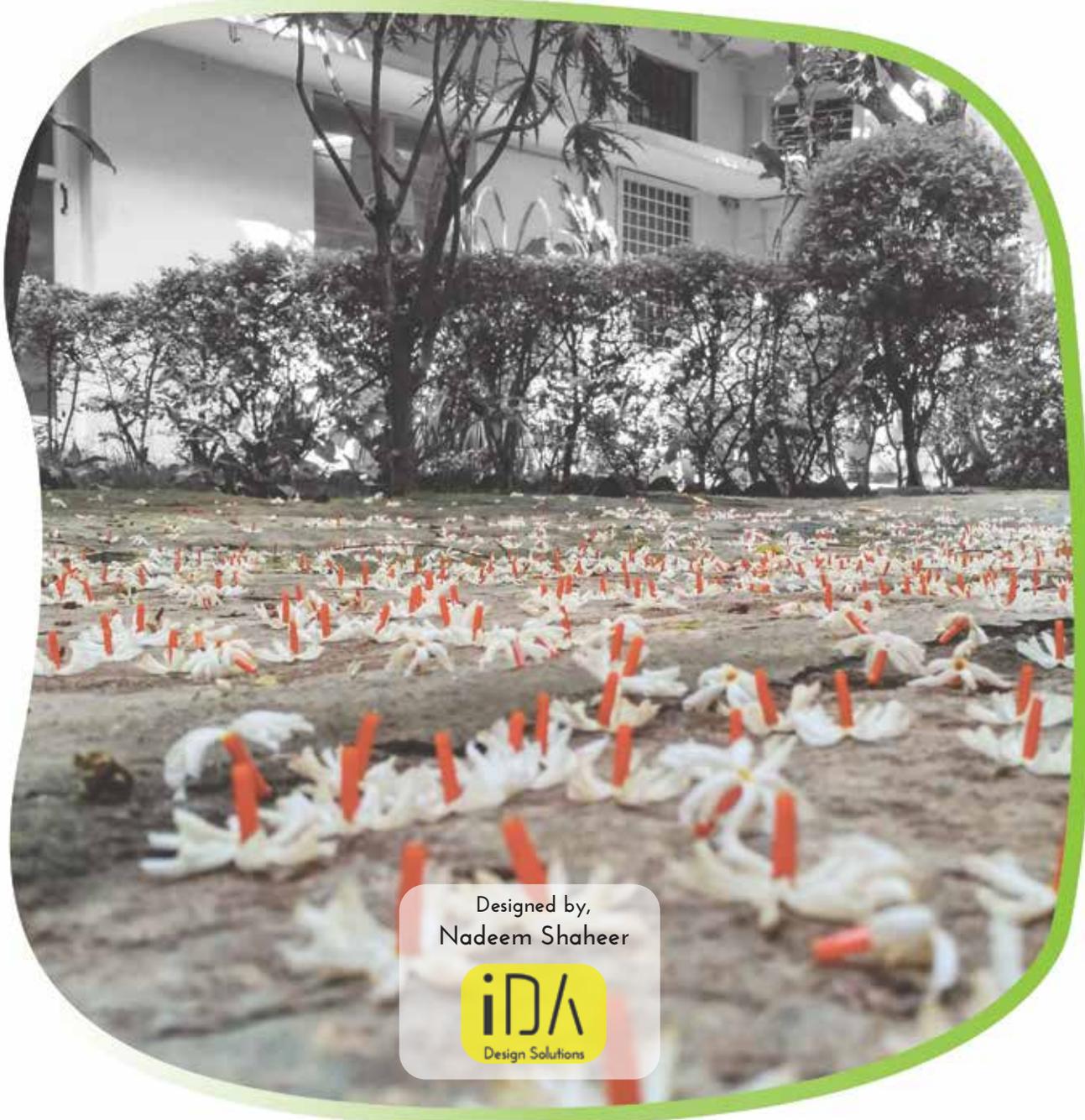




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Rajeev B.R.





Designed by,
Nadeem Shaheer

