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MEDICINAL PLANTS AND ITS USES



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WHAT IS MEDICINAL PLANT

The plant rich in secondary metabolites and are potential sources of drugs are referred to as medicinal plants.

The secondary metabolites include alkaloids ,glycosides ,flavonoids, steroid, coumarins etc.

The history of the herbal medicines is as old as human civilization and revealed that plant were used medicinally in China,India,Egypt and Greece since 5000 B.C. The India Charak made fifty groups of ten herbs, each of which according to him would suffice an ordinary physicians need.Another famous worker of his time, Sushruta arranged 760 herbs in 7 distinct sets based on some of their common properties.

CLASSIFICATION OF DRUGS

Plant drugs can be classified upon the basis of the plant from which they are derived and grouped.

- ◆ Drugs obtained from roots and underground portions.
- ◆ Drugs obtain from roots and aerial branches.
- ◆ Drugs obtain from barks.
- ◆ Drugs obtain from leaves.
- ◆ Drugs obtain from flower.
- ◆ Drugs obtain from fruits and seed.
- ◆ Drugs obtain from whole plat body.

SOME MEDICINAL PLANTS

1. Ginger



CLASSIFICATION

KINGDOM- Plantae

DIVISION- Tracheophyta

FAMILY- Zingiberaceae

GENUS- Zingiber

USES:

- Mainly used as a curry seasoning.
- Ginger oil and oleoresin are used in various industries.
- Used in the manufacture of medicines and perfumes.
- Widely used in local medicine.
- Ginger crop produces products such as raw ginger, dried ginger, and powdered ginger. The compounds in ginger make it easier to absorb nutrients and minerals from foods.
- Ginger is rich in antioxidants. It is also an anti-cancer agent.

2.Turmeric



CLASSIFICATION

KINGDOM- Plantae

ORDER- Zingiberals

FAMILY- Zingerberaceae

GENUS- Curcuma

USES:

- It's an anti-inflammatory. ...
- It aids in digestion. ...
- It has anticancer properties. ...
- It helps control blood sugar levels. ...
- It improves heart health. ...
- It has antioxidant properties. ...
- It aids in virus protection. ...
- It may help prevent Alzheimer's disease.

3.Ashwagandha



CLASSIFICATION

KINGDOM- Plantae

ORDER- Solanales

FAMILY- Solanaceae

GENUS- Withania

SPECIES- somnifera

USES:

- 1.Ashwagandha might prove useful in reducing depression levels.
- 2.Ashwagandha is good for boosting the libido in men and can be used in the formulation of medicine for erectile dysfunction (ED).
- 3.Ashwagandha has been found to be useful in improving the muscle mass, body composition & overall strength.
- 4.Ashwagandha supplements may improve brain function, memory & reaction times.
- 5.Ashwagandha has proven antibacterial properties. Withania Somnifera helps to prevent bacterial infections.
- 6.Ashwagandha health benefits also include improving heart health by lowering cholesterol.

4. AMLA



CLASSIFICATION

KINGDOM- Plantae

ORDER- Malphigiales

FAMILY- Phyllanthaceae

GENUS- Phyllanthus

SPECIES- emblica

USES:

1. Improves Immunity

Amla benefits include antibacterial & astringent properties which help improve the body's immunity system. Indian Gooseberry also increases white blood cells which help flush out the toxins from the body.

2. Hair Care

Amla is used in a lot of shampoos and conditioners owing to its rich antioxidant & iron content. Indian Gooseberry contains high levels of Vitamin C which helps reduce hair fall. It also strengthens the roots & maintains hair color. Antibacterial properties of Amla helps fight dandruff.

3. Reduces StressAmla is a great stress reliever which helps induce sleep and relieve headaches.

4. Eye Care

Amla is rich in carotene content which is well known for its powerful effect on vision-related conditions. Formulation made of Indian Gooseberry and Honey helps to improve eyesight, near-sightedness, and cataracts.

5. Respiratory Health

Amla proves beneficial against respiratory disorders. It helps to reduce cough, tuberculosis, throat infections and flu.

6. Treats Anemia

Amla is a rich source of iron, deficiency of which causes anemia.

7. Blood Purifier

Amla acts as an active blood purifier when consumed with honey.

8. Diuretic

Amla is also diuretic in nature. It means that Indian Gooseberry helps increase the volume and frequency of urination which improves the elimination of toxins from the body.

5.ALOVERA



CLASSIFICATION

KINGDOM- Plantae

ORDER- Asparagales

FAMILY- Asphodelaceae

GENUS- Aleo

USES:

1. **Eases Intestinal Problems**

Aloe vera juice can be very effective for treating most digestive conditions. The juice helps to detoxify the bowel, neutralize stomach acidity and relieve constipation and gastric ulcers.

2. **Reduces Arthritic Swelling**

Applications of aloe can reduce pain and swelling of arthritis, and drinking aloe juice also helps to inhibit the autoimmune reaction associated with certain forms of arthritis, in which the body attacks its own tissues.

3. **Heals Psoriasis Lesions**

Aloe is the best natural treatment for psoriasis and eczema. In most cases, the lesions are even cured using aloe.

4. Gum Infections

Washing one's mouth with aloe juice several times a day can heal stubborn infections. Blend the fresh gel of a leaf without the skin or any water, and gargle.

5. Eye irritations and injuries

Apply a freshly cut slice of aloe over the closed eye, then open the eyelid to coat it with aloe. It's a great treatment when you have a small particle stuck in an eye.

6. Strains and sprains

Aloe is an excellent treatment that can be applied immediately to cool, soothe and reduce the swelling of the joint. Blend the gel of a fresh leaf without water to make a poultice for the injury.

6.TULSI



CLASSIFICATION

KINGDOM- Plantae

CLASS- Magnoliophyte

ORDER- Lamiales

FAMILY- Lamiaceae

GENUS- *Ocimum*

USES:

Tulsi is called the wonder herb or sometimes the holy herb because of its medicinal properties. There are many diseases that can affect people again after it has left the person. But with the consumption of Tulsi, you can be sure that these diseases cannot affect you. Here are some of the ways in which tulsi can sort out various medical problems.

- Tulsi can help cure fever.
- Tulsi leaves are used to treat skin problems like acne, blackheads and premature ageing.
- Tulsi is used to treat insect bites.
- Tulsi is also used to treat [heart disease](#) and fever.
- Tulsi is also used to treat respiratory problems.
- Tulsi is used to cure fever, common cold and sore throat, headaches and kidney stones.
- Tulsi helps in treating Asthma.

7.CLOVE



CLASSIFICATION

KINGDOM- Plantae

ORDER- Mytrales

FAMILY- Myrtaceae

GENUS- Syzygium

USES:

- **For diabetes:** One of the common clove medicinal uses being that it is good for diabetes. Chewing cloves every day can help people suffering from chronic diabetes.
- **Clove medicinal uses for acidity:** If acidity is a regular part of your life, get rid of it by chewing on [cloves for 10 minutes](#) after every meal. Besides that, you should refrain from having any dessert or water right after the meal.
- **Removing hangover:** Drinking alcohol and hangover go hand in hand. To prevent it, you can have a spoonful of clove flower extract before drinking. This will reduce the hangover to a large extent.
- **For controlling cholesterol:** With age, the level of cholesterol might increase, which is not good for

your heart health. Thus, make cloves an integral part of your diet.

- **Cloves as mosquito repellent:** You can get many mosquito repellents in the market, but most of them are loaded with chemicals. Thus, using clove gel or [clove oil on the skin](#) will keep the mosquitoes from you.
- **Clove medicinal uses for easing toothache:** Tooth pain is a common problem for most of the people, and the situation aggravates with age. Applying clove oil can provide you with immediate relief. Moreover, you can use toothpaste and mouth rinse made with cloves to soothe the toothache. Gargling with clove water is also beneficial. You can easily make it at home by boiling a handful of cloves in some water and then straining it.
- **Prevents acne:** Acne is a problem for most of the youth today, and the horrible thing about them is that they do not leave as fast as they appear. Besides that, they always leave their ugly marks behind. To treat these issues, you can apply clove oil to the skin after mixing it with jojoba oil and coconut oil.
- **Very good for bad breath:** it is better to chew 2-3 cloves when you are going out or after a meal to get rid of bad breath if any.

8.NEEM



CLASSIFICATION

KINGDOM- Plantae

ORDER- Sapindales

FAMILY- Meliaceae

GENUS- *Azadirachta indica*

USES:

1. Treats Acne

Neem has an anti-inflammatory property which helps reduce acne. *Azadirachta Indica* also helps reduce skin blemishes.

2. Nourishes Skin

Neem is a rich source of Vitamin E which helps repair damaged skin cells.

3. Treats Fungal Infections

Neem has scientifically proven antifungal properties which help treat fungal infections.

4. Useful in Detoxification

Neem can prove useful in detoxification both internally and externally.

5. Increases Immunity

Neem is known for its antimicrobial and antibacterial effects. These properties play a huge role in boosting immunity.

6. Insect & Mosquito Repellent

You can burn a few neem leaves to ward off the insects. This is also effective against [different types of mosquitoes](#) . From all the [home remedies for malaria](#) , neem is the best for treating the early symptoms of mala.

7. Treats Wounds

Neem leaves have an antiseptic property which is why it is used to heal wounds.

8. Reduces Dandruff

Azadirachta Indica has antifungal and antibacterial properties which help eliminate dandruff and strengthens your hair.

9. Reduces Joint Pain

Application of neem oil or extract on the affected area can help reduce pain and discomfort..

10. Exfoliates skin

Neem is an excellent exfoliant. It helps remove dead cells from the surface of the skin which will help prevent the growth of blemishes.

9.MINT



CLASSIFICATION

KINGDOM- Plantae

ORDER- Lamiales

FAMILY- Lamiaceace

GENUS- Mentha

USES:

1. **Food:** The peppermints are especially good culinary mints, ideal for chopping into salads, sprinkling over fruits or combining with basil or cilantro to make mint pesto. We like to add a couple tablespoons of fresh chopped mint to peas, green beans, carrots, cauliflower, or zucchini to create a minted vegetables!
2. **Drinks:** Freeze a few trays of strong mint tea, then use the ice cubes for cooling summer drinks! Add mint leaves or cubes to mojitos, iced tea, or fresh lemonade.
3. **Tea:** It's a great digestive aid after dinner.
4. **Hair rinse:** Add one part strong mint (especially rosemary) tea to one part cider vinegar for a conditioning rinse you can either leave in or rinse out. The vinegary smell dissipates after drying.
5. **Facial astringent:** Add a few finely minced leaves of fresh peppermint or other mint to a cup of

witch hazel. Store in a glass jar for a week or more, shaking occasionally. Strain the herbs from the mixture after a week.

6. **Mouthwash:** Chop a quarter cup of fresh mint, bee-balm, lemon balm, basil, thyme, or oregano leaves and infuse in a quart of boiling water.
7. **Mint bath.** Steep a handful of mint leaves in a pint of hot water for about ten minutes, then strain. Add to bath water for an invigorating, stress-free soak.
8. **Ease sunburn pain:** Make a strong peppermint tea and refrigerating the mixture for several hours.
9. **Breath freshener:** Just chew on a few mint leaves! Sage teas and extracts have been used for centuries as a mouthwash for oral infections.
10. **Scent up a space:** Keep your home smelling fresh by adding a few drops of mint essential oil to your favorite unscented cleaner or just take a cotton ball and dap onto a light bulb.

10.GARLIC



CLASSIFICATION

KINGDOM- Plantae

CLASS- Liliopsida

FAMILY- Alliaceae

GENUS- Allium

USES:

1.It is amazingly nutritious which consists of fiber, manganese, selenium, copper, potassium, phosphorus, iron, calcium, vitamin B1, vitamin B6 and vitamin C, has fewer calories and 0.1% of carbohydrates.

2.Garlic fights against viruses, bacteria and increases immunity in human beings. It combats cold and flu, if included in the daily diet.

3.There are two types of cholesterol: one is low-density lipoprotein(bad cholesterol) and the other is high-density lipoprotein(good cholesterol). This LLP accumulates in the blood vessels and stops the blood flow and it leads to heart attack, and HDL soaks up the good cholesterol in the liver and eliminates it from the body and can stop help in controlling heart attacks. This garlic can lower this low-density lipoprotein

4..Garlic will maintain the body's physiological mechanisms and put high blood pressure, heart disease at bay. It cures all age-related ailments and helps in living longer and healthy lives. It fights many life-threatening diseases and helps in providing immunity to old age people to gain resistance.

.Garlic even enhances athletic performance in men. Anciently it was given to daily labourers to work for a longer time and also given to Greek Olympic athletes to enhance performance. According to studies it has been given to heart disease patients, where it has shown significant effect in lowering heart disease and also been researched it can decrease the exercise-induced fatigue.

6..Estrogen is the hormone that maintains bone health in women. Menopausal women tend to produce low estrogen, which stimulates on weakening of the bones. Garlic is known to strengthen the bones if consumed on a daily basis.

7.it benefits breastfeeding mothers to produce more milk and gain immunity in cold weather from cold and cough. It provides the entire body with the strength to recover and obtain health.

8.It has anti-cancer properties and shows carcinogenic effects on cancer cells, by ripping off the cancer cells and helps in not producing more cells. It flushes away toxins through the colon and imparts strength to overall health.

MEDICINAL PLANTS AND THEIR VARIOUS USES.



By :- Deepti Chiraman
Class:- BSc III yr

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INTRODUCTION

Medicinal plants have been a vital source of both curative and preventive medicinal therapy for human beings which have been used for extraction of bioactive components. Medicinal plants include types of plants in herbalism . Plants have been used for medicinal purposes long time before.

Unani manuscripts , Egyptians papyrus, and Chinese writing described the uses of herbs . India has been known to be rich repository of a large number of medicinal plants which is largely collected as raw material for the manufacture of drugs.

Ayurveda system of medicine is most widely used in India . Indian Ayurveda of holistic medicine uses mainly plant based drugs or formulations to treat various ailments including cancer. Treatment with the medicinal plant is considered very safe as there are no or minimal side effects . Traditional medicines are usually cheaper than modern medicines .

India is known as the “Emporium of Medicinal plants”.

PHYTOCHEMICALS OF MEDICINAL PLANTS

Phytochemicals are the concoctions secreted by different parts of the plant. Plants are an excellent resource of an extensive range of compounds for example, phenols, terpenoids, nitrogen-containing mixes, vitamins and secondary metabolites. These bioactive constituents of plants have different actions for example anti-bacterial, antifungal, hemolytic, antioxidant, anticarcinogenic, antimicrobial, anti-inflammatory, antitumor.

Plants represent the reservoir of secondary metabolites responsible for their medicinal and aromatic properties. The most recent couple of decades have seen the development of inter-disciplinary fields like ethnobotany, ethnopharmacology, phytochemistry.

GARLIC (*Allium sativum*)

CLASSIFICATION:

Kingdom –Plantae

Division - Magnoliophyte

Class –Lilio psida

Order – Asparagales

Family – Alliaceace

Genus – Allium

Species- sativum

Plant :

Garlic is perennial flowering plants growing from a bulb . It has a tall erect flowering stem that grows upto meter. The plant may produce pink to purple flowers from July to September . The bulb is odoriferous and contain outer layers of the sheathing leaves surrounding an inner sheath that encloses the clove . Often bulb contains 10-20 clove



Allium cepa L. *Allium cepa* L. *Allium cepa* L.

MEDICINAL PROPERTIES

Garlic also stands as the second most utilized supplement. With its sulfur containing compounds high trace mineral contents, and enzymes garlic has shown antiviral, antibacterial, antifungal and antioxidant abilities. some following properties are:

- Skin disorder: garlic has been successfully a variety of skin disorders. Pimple's disappear without a scar when rubbed with raw garlic. Garlic rubbed over ringworm give quick relief.
- Lower cholesterol: Garlic can also reduce cardiovascular disease risk by lowering cholesterol levels.
- Boost immune system : Digested garlic helps. Boost the immune system and reduce the severity and length of cold and flu symptoms.
- Anti tumor anti cancer effect: many in vitro and in vivo. Studies have suggested possible cancer preventive effects of garlic Preparation and their respective constituents. Garlic has been found to contain a large number of potent bio active compounds. With anti cancer properties largely allylsulfide Derivatives.
- antidiabetic properties: reports from some animal studies. Support the effectiveness of garlic and reducing blood glucose in strlotocin induced well. As alloxan induced diabetes mellitus in Muo, Oharri reported that. Garlic can reduce blood glucose level in diabetic mice and rabbits.
- antioxidant properties.: whole garlic and aged garlic extract have been reported to exhibit direct antioxidant effects to enhance serum levels of two antioxidant enzymes catalyze and flu thoin peroxidase.

TURMERIC (*Curcuma longa*)

CLASSIFICATION

Kingdom –Plantae

Order- Zingiberals

Family –Zingerberaceae

Genus- *Curcuma*

Plants :

Turmeric plant is perennial. Rhizomatous herbaceous plant belonging to Zingiberaceae family. It is a native Of Indian Subcontinents and Southeast Asia. That requires temperature between 20 to 30 degrees Celsius and considerable amount of annual rainfall to thrive. Individual plant growth to a height of 1 meter and have long long leaves. Plants are gathered annually for their rhizome and our receipt from some of those rhizomes. The rhizomes are used fresh or boiled in water and dried, after which they are ground into deep orange. Yellow powder commonly used as coloring and flavoring. Agent as a spice and as a dye.



MEDICINAL PROPERTIES

Turmeric and its powerful ingredient, Have a wide range of health benefit. In folk medicine, Turmeric has been used as therapeutic preparation over the centuries in different parts of the world.

- Healing agent: Turmeric is a natural antiseptic and antibacterial agent that can be used as an effective disinfectant with excellent healing properties..
- Boost immunity: lipopolysaccharide a substance found in turmeric, helps to stimulate the human immune system and gives protection against common cough, cold and flu.
- Turmeric for glowing skin: turmeric contains antioxidants and anti-inflammatory components. These characteristics may provide glow and luster to the skin. Turmeric slows the skin aging process and is used to diminish wrinkles, keep skin supple and improve skin elasticity.
- Gastrointestinal disorders: Curcumin's, anti-inflammatory properties and therapeutic benefit have been demonstrated for a variety of gastrointestinal disorders, including dyspepsia, by Lurie infection, peptic ulcer, irritable bowel syndrome. Crohn's disease .
- Cardiovascular diseases.: the antioxidant properties of curcumin found in turmeric, may prevent heart diseases and cardiovascular complications. Curcumin also reduces serum cholesterol levels and protect against the pathological changes occurring with atherosclerosis.
- arthritis.: derma, recan ease. Pain and is used as a pain reliever for arthritis pain.
- Powerful antioxidant.: curcumin is a powerful antioxidant and thus protects our body from free radicals, reducing the risk of a heart disease and cancer.
- Anti-inflammatory properties. Oral administration of Curcuma Longa significantly reduces inflammatory Swelling.

GINGER(Zingiber officinate)

CLASSIFICATION

Kingdom – Plantae

Division-Tracheophyta

Class- Mangnoliopsida

Order- Zingiberales

Family-Zingiberaceae

Genus-Zingiber

Species- Officinate

Plants :

Ginger is a flowering plant whose rhizome. Roots is widely used as a spice and folk medicine. Thomas H It is a herbaceous perennial which grows annual pseudo stems. About 1 metre tall bearing narrow leaf blades. That in fluorescence beer, flowers having pay the yellow petals with purple edge, and arises directly from the rhizome on separate shoot. Ginger is widely cultivated all over many countries, such as Nigeria, Taiwan, India, Jamaica and Bangladesh.



MEDICINAL PROPERTIES

The Chinese plants Have used ginger for many years as a digestive aid and remedy for nausea and two three disorders such as. Rheumatism and bleeding, it was reported that Ginger has been used to treat pile , baldness Snakebite toothache and the Respiratory conditions.

- **Anti-inflammatory effect.:** one of the many health claims attributed to Ginger, is its perforated ability to decrease inflammation, swelling and pain. A dried ginger extract and a dried ginger oil enriched extract where each reported to exhibit and analgesic And potent and inflammatory effect.
- **Analgesic effect.:** Ginger oil, which are the key ingredient responsible for the activity of ginger, has shown an important pharmacological. Effect it is used to treat nausea after surgery and the same has been proved in several randomized clinical trials. This effect is reported. To be seen due to its action on the 5HT₃ Receptors. Ginger is also used in the treatment of headache. And also have a good effect On reducing symptoms of pain.
- **Blood circulation:** ginger has discovered to enhance blood circulation throughout the body by stimulating the heart muscles and by diluting circulating. Blood.
- **Antimicrobial effect:** due to the presence of some phenolic compound in it, ginger has shown great antimicrobial activities. And effectiveness in controlling various viral, bacterial, and fungal disease. Ginger is used in many countries for the preservation of food.
- **Cholesterol regulation** ginger extracts interfere with the biosynthesis of cholesterol, thereby leading to decreasing cholesterol levels in animals. they also help in serum HDL cholesterol.
- **Anti cancer Effect.:** It exhibits inflammatory and anti tumor genic effects due to its bio active molecules such as six gingerol, 6 paradol. End xerium born as a result of prevention or control from the colorectal. Gastric ovarian liver, breast, and prostate cancers are possible.

TULSI (Ocimum sanctum L.)

CLASSIFICATION:

Kingdom- Plantae

Division –Magnoliophyte

Class- Magnoliopsida

Order- lamiales

Family- Lamiaceae

Genus- Ocimum

Species- sanctum

Plant : Tulsi is a Sanskrit word stag means matchless one.

Tulsi or Holy basil is an aromatic plant of the family which is native to the Indian subcontinent and a widespread as a cultivated plant throughout the Southeast Asian Tropic. It is an erect many branched. Subshrub 30 to 60cm tall with hairy stem and simple phyllotoxic. Green or purplish leaves that are strongly scented Flowers. Are purplish in elongated racemose in close whorls.



MEDICINAL PROPERTIES

- Anti arthritis.: Lucy Oil is effective against foreign induced arthritis and turpentine oil induced joint edema in animals. It is also used for the treatment of skin diseases and arthritis. And arthritis.
- Radioprotective effect Oil and. Tulsi contains water soluble organic compounds, flavonoids, orientin vicenin in with which protect the experimental animal against radiation induced sickness. And mortality at a non toxic concentration.
- eye disease: the leaf juice of tulsi along with Triphala Is used in ayurvedic eye drop preparation recommended for glaucoma, chronic conjunctivitis and other painful eye disease. In daily routine one may use about three drops of Tulsi Oil along with honey and it is supposed to improve. Good eyesight.
- Anticancer activity. : then I arvida various plants are used as a potential source of anti cancer and the anti tumor properties. It has been found that ethanolic. Extract of awesome sanctum medicated. A significant reduction in tumor cell size and an increase in lifespan of mice having sarcoma 180 solid tumors. Tulsi protect the DNA of the body.
- Anti-Aging. : vitamin C and A. Fire to nutrients in holy basil are great antioxidants and protect the skin from almost all the damages caused by free radicals.
- Cardiovascular disorders: it has a beneficial effect on Diseases and the weakness resulting from the various cardiac disorders. It even reduces the level of blood cholesterol. Yoga near Eugenol extracted from the Tulsa has been well shown to possess the vaso relaxing action on rabbit tissue indicating it's a therapeutic importance as a Vaso dilator.
- Cough cold and common flu.: Tulsi is very effective in treating cold cough and common flu. Tulsi is an important constituent of many Ayurvedic cough syrups and expectorants. Chewing tulsi leaves cold and flu. Water boiled with tulsi leaves is taken to drink in case of sore throat. This water can also be used for gargles.
- Renal disorders.: leaves and seeds of Tulsi plant have been reported to reduce blood and urinary uric acid level in albino rabbits, and possesses diuretic properties. The leaves. And flowers of tulsi have been used as antispasmodic agents. Regular consumption of tulsi may affect the proper functioning of the kidney.

AMLA(Phyllanthus emblica)

CLASSIFICATION:

Kingdom- Plantae

Class-Mangnoliopsida

Order- Malphigiales

Family-Phyllanthaceae

Genus-Phyllanthus

Species- emblica

Plant:

Amla tree is small to medium in size, reaching 1 to 8 meter in height. The branches rates are not glamorous or finally poop. Sent 10 to 20 centimeter long. Usually deciduous disease are simple, subside and closely set along branchlets resembling pinnate leaves. The flowers are greenish yellow. The fruit is nearly Spherical light, greenish yellow, quite smooth and hard on appearance. With six vertical stripes or furrows.



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MEDICINAL PROPERTIES

All parts of the plants are used in various Ayurvedic medicine herbal preparations including the fruit seed, leaves, root bark and flowers. According to Ayurveda, Amla fruit is sour and estrogen in taste with sweet. Bitter and pungent secondary tastes.

- **It gives a boost to your immunity:** Vitamin C rich amla can give a boost to your immunity. Vitamin C is important for children, adults, and the elderly.
- **It is good for your heart health:** Content of Vitamin C in amla is great for your heart health. It strengthens and thickens arteries in your heart. This is especially important for people who have high levels of bad cholesterol.
- **Amla is good for skin and hair:** Health skin and hair is vastly dependent on your intake of Vitamin C. Vitamin C helps collagen perform in the right way, thus improving your skin quality and making it tighter. Amla gives you the glowing skin you have always aspired for. You can mix amla powder with yoghurt and apply it as a face mask. For hair, you can mix amla powder with water or coconut oil or sesame oil and massage it deep into your scalp. It can help in getting rid of dandruff, dry skin on your scalp, and improve your hair quality.
- **It reduces inflammation:** Free radicals in the body can damage heart, skin and even hampers our immunity. This is because free radicals cause inflammation, which is basically the root causes of a majority of diseases. Antioxidants in amla help in neutralising free radicals and reduce inflammation in the body.
- **Amla is a rich source of fibre:** You must include fibre in your diet for a healthy digestive system. However, make sure that you don't go overboard with consuming fibre as it can irritate your bowel and increase risks of irritable bowel syndrome. Include just the right

amount of fibre in your diet to stay away from constipation, acidity and stomach ulcers. Amla stimulates the production of acid in the stomach, thereby reducing hyperacidity and ulcers.

- **It is great for diabetes:** Amla contains chromium which is great for stabilising your blood sugar levels. It improves the insulin sensitivity of your cells, which can be beneficial for people with type 2 diabetes.

ALEO VERA

CLASSIFICATION:

Kingdom- Plantae

Order –Asparagales

Family- Asphodelaceae

Genus- Aleo

Species-A.vera

Plant:

Aleo vera is the second plant species of the genus yellow. Having some 500 species. It is widely distributed. And is considered an invasive species in many world regions and Evergreen perennial. It originates from the Arabian Peninsula, but grows wild in tropical, semitropical and arid climates found around the world regions. Hello, Vera is a stemless or very short stemmed plant growing to 60-100cm tall. Spreading by offsets, the sleeves are thick and fleshy green to grey green with some varieties showing white flecks on their upper and lower stems surface. The margin of the leaf is serrated and has small white teeth.



MEDICINAL PROPERTIES

- **It has antioxidant and antibacterial properties:**Antioxidants are important for health. Aloe vera gel contains powerful antioxidants belonging to a large family of substances known as polyphenols.These polyphenols, along with several other compounds in aloe vera, help inhibit the growth of certain bacteria that can cause infections in humans.
- **It accelerates wound healing:**People most often use aloe vera as a topical medication, rubbing it onto the skin rather than consuming it. In fact, it has a long history of use in treating sores, and particularly burns, including sunburn.
- **It reduces dental plaque:** Tooth decay and diseases of the gum are very common health problems. One of the best ways to prevent these conditions is to reduce the buildup of plaque, or bacterial biofilms, on the teeth. Aloe vera is effective in killing the plaque-producing bacterium *Streptococcus mutans* in the mouth, as well as the yeast *Candida albicans*.
- **It helps treat canker sores:** Many people experience mouth ulcers, or [canker sores](#), at some point in their lives. These usually form underneath the lip, inside the mouth.Aloe vera treatment can accelerate the healing of mouth ulcer with recurrent mouth ulcers, applying an aloe vera patch to the area was effective in reducing the size of the ulcers.
- **It reduces constipation:** Aloe vera may also help treat [constipation](#).This time it is the latex, not the gel, that provides the benefits. The latex is a sticky yellow residue present just under the skin of the leaf.The key compound responsible for this effect is called aloin, or barbaloin, which has laxative effects.
- **It lowers blood sugar levels**People sometimes use aloe vera as a remedy for [diabetes](#). This is because it may enhance [insulin](#) sensitivity and help improve blood sugar management.have benefits for people with prediabetes or type 2 diabetes due to its effects on glycemic control.

MINT(Mentha)

CLASSIFICATION:

Kingdom-Plantae

Clade-Tracheophytes

Order-Lamiales

Family-Lamiaceae

Genus-Mentha

Plants:

Mints are aromatic ,almost exclusively perennial herbs. They have wide spreading underground and overground stolons and erect , square, branched stem . The leaves are arranged in opposite pairs ,from oblong to lanceolate, often downy ,and with a serrated margin . Leaf colors range from dark green and gray green to purple. The corolla is two –lipped with four subequal lobes. The upper lobe usually the largest.



MEDICINAL PROPERTIES



- **Treats all your stomach woes:**
Do you remember being offered pudin hara when you complained about a stomach ache in school? Mint leaves are anti-inflammatory in nature which helps in reducing any inflammation in your stomach. **Mint leaves also [helps relieve indigestion](#).**
- **Boosts your immune system:**
Mint leaves are rich in phosphorus, calcium and vitamins like C, D, E and A which [improve the body's immune system](#). It also protects your cells from any damage, thereby reducing the risk of any chronic illness.
- **Gives you acne-free skin**
Due to its anti-inflammatory and anti-bacterial properties, it soothes and calms your skin which can prove to be [beneficial for treating acne](#). Mint leaves contain high levels of salicylic acid which is known for combating acne and blemishes.
- **Helps you with allergies and asthma:**
Mint leaves contain a powerful antioxidant and anti-inflammatory agent called rosmarinic acid. This agent blocks allergy-producing compounds, helping people suffering from allergies and [asthma](#).
- **A great remedy for the common cold:**
The changing of seasons makes everyone sick. If you're someone who always struggles with a nasty cold, try mint. Mint helps clear the congestion from your nose, throat and lungs. Thus, it helps you with treating cold and breathing. Moreover, the antibacterial property of mint helps in relieving irritation caused by coughing.

CLOVE(Syzygium aromaticum)

CLASSIFICATION:

Kingdom-Plantae

Clade –Tracheophytes

Order-Mytrales

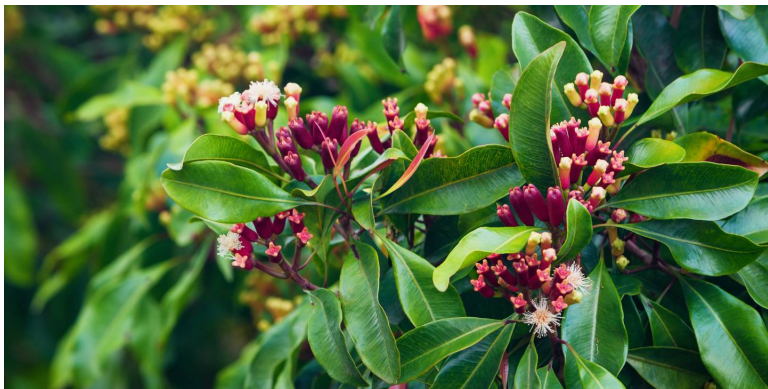
Family-Myrtaceae

Genus-Syzygium

Species-S. Aromaticum

Plant:

The clove tree is an evergreen. It grows up to 8, two and four meters high. The flowers are grouped in terminal clusters. The flower buds initially have a pale hue, gradually turn green, then transition to a bright red. When ready for harvest, cloves are harvested at 1.5-2 centimeters long and consist of a four-spreading sample and four unopened petals that form a small central ball.



MEDICINAL PLANTS

-
- Cloves also have many antiseptic, anti-inflammatory, antioxidant, carminative, anesthetic, Rubefacient properties.
- The potassium in the cloves helps to control blood pressure and heart rate.
- In Unani and Ayurvedic medicine. Cloves are used to warm the digestive tract, relieve toothaches, and as a painkiller for dental emergencies.
- There are many dental benefits to use cloves as well. They contain many flavonoids such as Rhamnetin, kaempferol, eugenin, and eugenitin That can help to protect the mouth from oral cancers. They also protect from lung cancer. Cloves also help to cure bad breath and relieve toothaches.
- In traditional Chinese medicine, cloves are considered aromatic warm and acrid, and are used to fortify the kidneys and as a warmer for the stomach.
- Vomiting and nausea can also be relieved with clove as well as morning sickness for pregnant women.
- Cloves even work as an effective stress, exhaustion and fatigue reliever and can also be used as an aphrodisiac.
- In traditional medicine they are in oils and teas as treatment for hypertonic muscles and multiple Sclerosis.

BRAHMINI(*Centella asiatica*)

CLASSIFICATION:

Kingdom- Plantae

Division-Mangnoliophyta

Class-Mangnoliopsida

Order-Apiales

Family-Apiaceace

Genus- *Centella*

Species-*C.asiatica*

Plant:

It is a herbaceous perennial plant in the flowering plant family up Apiaceace. It is native to wetlands in the caulkers tropical and subtropical old world to New Zealand and West Pacific. It is used as a culinary vegetable and as a medicinal herb. The stems are cylinder creeping stolons, green to reddish green, in color, connecting plants to each other. It has long stalked green. Rounded up apices, which have smooth texture with native veins.



MEDICINAL PROPERTIES

- **Brahmi** is used for the enhancement of recall levels, learning and treatment of dementia.
- Brahminy is used as a nervine tonic in the treatment of asthma, epilepsy and insanity.
- The alcoholic extract of the entire plant is found to have anti cancer activity.
- Brahmi is used for Alzheimer's disease, improving memory, anxiety, attention deficit hyperactivity disorder, allergic conditions, irritable bowel syndrome, and has a general tonic to fight stress.
- Brahmi regulates the blood sugar levels in patients with diabetes.
- Regular consumption brahmi helps in his strengthening your immune system alot nutrients along with antioxidant compounds help increase the response time of our immune system against various diseases and alignments.
- Brahmi can be a great remedy that provides relief from arthritis, gout and other inflammatory conditions. It also helps in soothing gastric ulcers.
- Beauty benefits of Brahmi.: Brahmi oil is great for treating a dry scalp and preventing hair fall the antioxidant components not only help enrich overnighting your scalp, but also promote regeneration of healthy hair.
- This antioxidant also helps in removing all the toxins from the body and enhance your skin complexion. By stimulating cell generation. Brahmi is good for treating hair problems like dandruff, itchiness formation of Split ends.

ASHWAGANDHA(Withania somnifera)

CLASSIFICATION:

Kingdom –Plantae

Clade-Tracheophytes

Order- Solanales

Family- Solanaceae

Genus-Withania

Species-W.somnifera

Plant:

It is an annual Evergreen shrub in the Solanaceae or Nightshade family that grows in India, the Middle East and parts of Africa. Several. Are those species in the genus within ya are morphologically similar. This species is a shorter, tender perennial shrub, growing 35 to 75 centimeter tall tomentose branches. Extend radially from a central stem leaves a dull green elliptic. Usually up to 10 to 12 centimeters long. The flowers are small, green and bell shaped. The ripe fruit is orange red.



MEDICINAL PROPERTIES

- **Traditionally, Ashwagandha is used in treatment of rheumatism, got hypertension, nervine and skin diseases.**
- **The drug prevents Bony, degenerative changes in arthritic conditions. It has been widely used as a sex stimulant and rejuvenator and are considered as a strength and vigor promoting drug.**
- It has sedative it if and hypotonic. Effects it has hypertensive and respiratory stimulant actions.
- **Relieve stress: Extract. Is believed to scale back the hydro croton levels within the body and thereby possesses anti stress properties.**
- **Reduces anxiety. Ashwaganda supplements facilitate in reducing anxiety.**
- **Boost immunity: research studies have shown that the consumption of ashwagandha light emitting diode 2 important moderation of system reactivity and prevented Milo suppression in mice. Ashwagandha. Capsules will facilitate an increase in the red Corpuscles, white corpuses, and platelets count that successively help boost immunity.**
- **Antibacterial properties.: Ashwaganda is effective in dominant microorganism infections in humans. It is additionally ended that it was effective in the urogenital canal and tract infections once consumed orally.**
- **Anti Inflammatory properties.: Ashwaganda has been found to be effective in handling the spread of rheumatological issues. The herb is understood to act as an enzyme matter that decreases inflammation and pain. The herb has medicinal properties that come back from the alkaloids. Saponins and endocrine lactones found among it.**

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MEDICINAL PLANTS



Name - Jiya khasdev

**Subject - Certificate course on
medical plant 🍀 🍀**



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NEEM

Scientific Name - *Azadirachta indica*

Family - Mahogany

Hindi Name - Neem

Description -

Neem, [*Azadirachta indica*], also called nim or margosa, fast growing tree of the mahogany family, valued as a medicinal plant, as a source of organic pesticides, and for its timber.

Neem is likely native to the Indian subcontinent and to dry areas throughout South Asia. It has been introduced to parts of Africa, the Caribbean, and numerous countries in South and Central America.

The plant has long been used in Ayurvedic and folk medicine and is used in cosmetics and in organic farming applications.

Neem is usually grown from seed but can be propagated from cuttings or root suckers. The plant is hardy and resilient and grows well in poor, rocky soils.



Neem tolerates a wide variety of environmental conditions but cannot survive freezing temperatures or being waterlogged.

⇒ Health Benefits -

* Helps destroy cancerous cells -

Neem has many incredible medicinal benefits, but one of the most important things is that it kills cancerous cells.

* Helps Destroy Harmful Bacteria - By using neem

internally & externally, you can manage these bacteria in such a way that they will not overgrow.

* Benefits of Neem Leaves for skin -

If you rub your body with neem paste before having a bath, let it dry for some time, and then wash it off with water, it will act as a good antibacterial cleanser.

* Neem Juice Benefits -

Drinking neem juice can help reorganize & reboot one's digestive process. It also significantly enhances one's metabolism.

* Neem Powder Benefits -

Neem leaf powder can be used both internally as well as applied externally to the skin.

ALOE VERA

Scientific Name - *Aloe barbadensis miller*

Family - *Asphodelaceae*

Description -

The Aloe vera plant has been known as used for centuries for its health, beauty, medicinal & skin care properties.

The name Aloe vera derives from the Arabic word "Alloeh" meaning "shining bitter substance", while "vera" in Latin means "true".

2000 years ago, the Greek scientists regarded Aloe vera as the ~~tree~~ universal panacea. The Egyptians called Aloe "the plant of immortality". Today, the Aloe vera plant has been used for various purposes in dermatology.

Aloe vera is a natural product that is now a day frequently used in the field of cosmetology. Though there are various indications for its use, controlled trials are needed to determine its real efficacy.

Aloe vera is a stemless or very short-stemmed plant growing to 60-100 centimetres tall, spreading by offsets.



Health Benefits -

* Aloe Vera May Stimulate Collagen Production & Fight Skin Aging -

Aloe vera has been used as an ingredient in skin care products from moisturizers to face masks and for good reason. This can be credited to the gel's moisturizing, anti-aging properties.

* Surgical wound healing -

Aloe vera's surgical wound healing properties, especially in surgeries such as periodontal flap surgery & gynecological surgeries.

* Diabetes control -

Aloe vera gel intake seems to be helpful to lower blood sugar levels in those with diabetes.

* Treat peptic ulcers -

Aloe vera in many preparations is widely promoted for the treatment of ulcers & inflammation in the digestive system.

* Laxative - Aloe vera is commonly used to treat constipation. It has a laxative effect due to anthraquinone glycosides.

TURMERIC

Scientific Name - *Curcuma longa*

Family - ginger family

Hindi Name - Haldi

Description -

Turmeric, [*Curcuma longa*], perennial herbaceous plant of the ginger family, the tuberous rhizomes, or underground stems, of which have been used from antiquity as a condiment, a textile dye, and medically an aromatic stimulant.

Native to southern India & Indonesia, turmeric is widely cultivated on the mainland and in the islands of the Indian Ocean.

In ancient times it was used as a perfume as well as a spice. The rhizome has a pepper-like aroma and a somewhat bitter warm taste and has a strong staining orange - yellow colour.

It is the ingredient the colours and flavours prepared mustard and is used in curry powder, relishes, pickles.



Health Benefits —

* Improve Brain Function —

Curcumin can improve and boost levels of the brain hormone brain-derived neurotrophic factor (BDNF), which promotes the growth of new neurons and wards off many degenerative processes in the brain. Hence, turmeric has been used to attempt to prevent diseases such as Alzheimer's disease.

* Lower Heart Disease Risk —

Curcumin plays a major role in the prevention of heart disease. Its antioxidant and anti-inflammatory properties can improve the function of the endothelium.

* Aids in Digestion —

Turmeric also supports enzymatic reactions, muscle movement, acid production, and optimal absorption of nutrients in the gut.

* Boosts Immunity —

Turmeric has been shown to be one of the best foods to maintain, protect, and boost immunity. Turmeric has antiviral, antibacterial & antimicrobial properties.



GARLIC

Scientific Name - *Allium sativum*

Family - Amaryllidaceae

Hindi Name - लहसुन

Description -

Garlic helps keep away vampires and unwanted diseases! This super plant is great for fighting infections, aiding with cholesterol management and much more.

Eating garlic on a regular basis is good for your overall health and easy to incorporate into a wide array of dishes. Raw garlic is the most potent, so

Garlic is reported to be a wonderful medicinal plant owing to its preventive characteristics in cardiovascular diseases, regulating blood pressure, lowering blood sugar.

Garlic Health Benefits -

- * Helps prevent heart disease.
- * Lowers cholesterol & blood pressure.
- * Improves digestive health.
- * Prevents dementia, Alzheimer's & similar degenerative diseases.



PEPPERMINT

Scientific Name - *Mentha piperita*

Family - Lamiaceae

Hindi Name - Pudina

* Peppermint is an aromatic plant, created from the blending of watermint and spearmint.

* May ease digestive upsets

* Peppermint is originally from Europe, but now people cultivate it over the world.

* Peppermint also known as *Mentha balsamea* Wild. is a hybrid mint, a cross between watermint & spearmint.

* Peppermint is used to add flavor or fragrance to foods, cosmetics, soaps, toothpaste, mouthwashes, and other products and it may have some medicinal uses.

* Peppermint oil is widely used for calming skin irritation and itchiness, as well as reducing redness.

* Tension headache Applying peppermint oil to the skin seems to help relieve tension headaches.



INDIAN BAY LEAF

Scientific Name - *Cinnamomum tamala*

Family - Lauraceae

Hindi Name - Tejpatra

- ★ It is a medium sized evergreen tree 2-10 m tall, found wild in the tropical and subtropical Himalayas.
- ★ It is basically a tree veined leaf which is elliptical, pointed, smooth.
- ★ In food, *Cinnamomum tamala* is used as a spice or flavoring agent.
- ★ Bay leaves are good for promoting digestion and can treat digestive disorders such as heartburn and flatulence. Drinking a concoction of bay leaf tea with hot water can alleviate common digestive disorders like constipation, acid reflux and irregular bowel movements.
- ★ It is used for many conditions such as -
 - diabetes,
 - Arthritis
 - Liver health
 - Kidney Problems



MUSTARD

Scientific Name - *Brassica Campestris*

Family - Cabbages

Hindi Name - Saraso

- ★ The seed and oil from the seed are used to make medicine.
- ★ Black mustard oil is used for the common cold, painful joints muscles and arthritis.
- ★ Black mustard seed is used for causing vomiting, relieving water retention (edema) by increasing urine production and increasing appetite.
- ★ Also in foods, black mustard seed is used as a spice and to flavor mustard condiment.
- ★ Mustard seeds are also effective when you are suffering from headaches and migraines. The seeds are packed with magnesium that soothes our nerve system and relieves the pain.
- ★ Mustard seeds are also excellent for your digestive system. If you are suffering from the problem of indigestion then mustard seeds can help to get rid of it.

AMLA

Scientific Name - *Phyllanthus emblica*

Family - Euphorbiaceae

Hindi Name - AMLA

Description -

Phyllanthus emblica Linn. (Syn. *Emblica officinalis*), commonly known as Indian gooseberry or amla, Family Euphorbiaceae, is an important herbal drug used in unani (traceo arab) and Ayurvedic systems of medicine.

The plant is used both as a medicine and as a tonic to build up lost vitality and vigor.

Phyllanthus emblica is highly nutritious and could be an important dietary source of vitamin C, amino acids, and minerals.

The plant also contains phenolic compounds, tannins, phyllembelic acid, phyllembelin, rutin, curcum-inoids & emblicol.

All parts of the plant are used for medicinal purposes, especially the fruit which has been used in Ayurveda as a potent rasayana and in traditional medicine for the treatment of diarrhea, Jaundice.



Health Benefits of Amla -

* It gives a boost to your immunity -

Vitamin C rich amla can give a boost to your immunity. Vitamin C is important for children, adults, and the elderly.

* It is good for your heart health -

Content of Vitamin C in amla is great for your heart health. It strengthens and thickens arteries in your heart. This is especially important for people who have high levels of bad cholesterol.

* Amla is good for skin & hair -

Health skin & hair is vastly dependent on your intake of Vitamin C. Amla gives the glowing skin.

* It is great for diabetes -

Amla contains chromium which is great for stabilising blood sugar levels. It improves the insulin sensitivity of your cells.

* Amla commonly used in inks, shampoos, and hair oils, the high tannin content of Indian gooseberry fruit serves as a mordant for fixing dyes in fabrics.



TULSI

Scientific Name - Holy Basil ^{"Ocimum Sanctum"}

Family - Lamiaceae

Hindi Name - Tulsi

Description -

Holy basil, also called tulsi or tulasi, flowering plant of the mint family grown for its aromatic leaves.

Holy basil is native to the Indian subcontinent and grows throughout Southeast Asia.

The plant is widely used in Ayurvedic and folk medicine, often as an herbal tea for a variety of ailments, and is considered sacred in Hinduism.

It is also used as a culinary herb with a pungent flavour that intensifies with cooking. It is reminiscent of clove, Italian basil, and mint and has a peppery spiciness.

It is considered an agricultural weed and an invasive species in some areas outside its native range.

Health Benefits -

* Promotes Healthy Heart -

Holy basil contains vitamin C and antioxidants such as eugenol, which protects the heart from the harmful effects of free radicals.

* Anti aging -

Vitamin C & A phytonutrients, in Holy Basil are great antioxidants & protect the skin from almost all the damages caused by free radicals.

* Treats kidney stones -

Tulsi acts a mild diuretic & detoxifying agent which helps in lowering the uric acid levels in the body. Acetic acid present in holy basil helps in the breakdown of the stones.

* Eye Health -

Tulsi's anti-inflammatory properties help promote eye health by preventing viral, bacterial and fungal infections. It also soothes eye inflammation & reduces.

* Rich Source of Vitamin K -

Vitamin K is an essential fat-soluble vitamin that plays an important role in bone health & heart health.

GINGER

Scientific Name - *Zingiber officinale*

Family - Zingiberaceae

Hindi Name - Adarak

Description -

Ginger, (*Zingiber officinale*), herbaceous perennial plant of the family Zingiberaceae, probably native to southeastern Asia, or its aromatic, pungent rhizome (underground stem) used as a spice, flavouring, food, and medicine.

Ginger is a perennial plant, It has grass-like leaves. The spice ginger is made from the root of ginger plant. It's been used for more than 2,500 years. The root contains essential oils & resins. These give ginger its odor and spicy flavor. They're also responsible for its medicinal uses.

Ginger has active ingredients called gingerols. This is the medicinal part of the plant. Gingerols are cardiostonic in animals. In humans, ginger helps treat nausea during pregnancy.



Health Benefits -

★ Nausea & vomiting caused by HIV/AIDS treatment -

Taking ginger daily, 30 minutes before each dose of antiretroviral treatment for 14 days, reduces the risk of nausea and vomiting in patients receiving HIV treatment.

★ Morning sickness -

Taking ginger by mouth seems to reduce nausea and vomiting in some pregnant women.

★ Dizziness -

Taking ginger seems to reduce the symptoms of dizziness, including nausea.

★ Nausea and vomiting following surgery -

Taking 1 to 1.5 gram of ginger one hour before surgery seems to reduce nausea and vomiting during the first 24 hours after surgery.

One study found ginger reduced nausea and vomiting by 38%.

★ May help with weight loss.

★ Can help with osteoarthritis.

THANK YOU

