

MODERN KITCHEN GARDEN

- Dr. Minu Gupta



PLANT CONSERVATION SOCIETY
Botany Department
R.G. P.G. College. Meerut, UP, India

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Dr. Minu Gupta

Head, dept.of Botany,
R.G. P.G. College,
Meerut, UP, India
Email: minuguptarg@gmail.com

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427, Palhar Nagar, RAPTC, VIP-Road, Indore-452005 (MP) INDIA

Phone: +91-731-2616100, Mobile: +91-80570-83382

E-mail: contact@isca.co.in , Website: www.isca.me , www.isca.co.in

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ABOUT THE BOOK

(From the pen of author)

This book encloses a summarized account of the activities of “Plant Conservation Society” (PCS) established in 2012-13 by the author, at Botany Dept. R.G. P.G. College, Meerut. The work was started in 2009-10 as the initiation of “Medicinal Plant gallery” under the Minor Research Project, funded by UGC. In last 4 years it has spread into the addition of “Herbal Nursery”, “Navgriha Vatikia” & “Rashi Plants Gallery”.

Two year certificate course is run by the society for P.G. students of the department as volunteers. Volunteers are trained in various activities viz. identification, cultivation, maintenance, multiplication of selected medicinal plants as well as their distribution among the plant loving intellectuals of the community to develop medicinal

Plant Gallery at their kitchen gardens. PPT lectures are also organized for public, on demand, to spread the knowledge regarding maintenance and utilization methodologies of selected medicinal plants. Membership of Plant Conservation Society (PCS) is open for interested individuals/communal bodies/institutions etc.

At present society includes more than 300 members, more than 70 plant species have been maintained in herbal gallery, more than 25 plant species are multiplied and distributed among the community. Prof. Y. Vimala (Prof. & Head Botany Dept. C.C.S. Univ., Meerut) is the programme adviser & all the faculty members of Botany Dept. R.G. P.G. College, Meerut are the office bearers of PCS. All the activities of PCS have been recognised as local chapter of Meerut by Indian Botanical Society (IBS) on its website.

This book is the result of continuous

demand of plant loving people and members of the society. The purpose is to make the general public aware of direct application of selected medicinal plants in order to cure various routine ailments. Detailed knowledge of maintenance requirements as well as utilization methodology along with the coloured photographs of all plants undertaken, are the special features of this treatise. However, Internet has also been accessed for some plant pictures only, just to help the readers to identify the correct plant required by them to grow.

Another interesting feature of this book is well illustrated, pictorial and authentic description of Navgriha Plants and Rashi Plants, which have been maintained by “Plant Conservation Society” in “Navgriha Vatika” and “Rashi Plant Gallery” in the campus of R.G. P.G. College, Meerut. Criteria behind the description of “Navgirha Vatika” and “Rashi Plant Gallery” is specially to

motivate the intellectuals to grow and protect the plants Keeping in mind that establishment of “Navgriha Vatika” will improve the quality of their “Vastu”, & service of the plant belonging to their own rash (Zodiac sign) will improve their stars resulting into the betterment of health wealth & prosperity.

I hope this book will certainly give the common people a reason, just to grow plants & to protect them against the danger of extinction, resulting into the improvement of environment quality as well as protection of human health.

Available information in the present effort is based on the meetings with village people, herbalists, taxonomists, ayurveda practitioners, nurseries, gardeners, old experienced house wives & field visits for collection and identification of local flora, herbarium maintenance, field-photography.

Idea behind the maintenance of herbal gallery in kitchen garden is based on the concept, that, instead of the purchase of dried plant material from the so called “Attar-Shop”, the fresh plant material, self grown through organic farming in our own kitchen garden, will certainly be more effective to cure diseases and there will be no risk of the presence of any insecticide, pesticide, herbicide or other artificial chemical etc.

This is worth indicating that all the plants described here in the present treatise are being maintained in the medicinal plants gallery of the Dept. of Botany, R.G. P.G. College, Meerut and are open to be exhibited for interested people on working days, keeping in mind that the correct identification only provides the ground to the better utilization of any resource.

From the core of my heart. I feel deeply indebted to my husband Prof. Rakesh Gupta (Prof. & Head, Dept. of Statistics, C.C.S. Univ., Meerut) , Prof. Y. Vimala (Prof. & Head, Dept. of Botany, C.C.S.Univ., Meerut & Programme Adviser of Plant Conservation Society) & Dr. Seema Jain (former Principal, R.G. P.G. College, Meerut) for their unconditional support, guidance and valuable suggestions which made it possible to bind my efforts in the form of present book. Myself highly grateful to Jyotirvid Smt. Archana Sharma for providing valuable suggestions based on her knowledge regarding plants & mythology, as used to promote the stars as well as to cure various physical and mental ailments depending upon the birth time & place of an individual. Her deep concern helped the writer to establish the “Navgriha Vatika” as well as “Rashi Plant gallery” as illustrated in this treatise.

I also acknowledge & appreciate the hard work, punctuality and excellent creative skill of Ms. Ritika Maleywar for computer assistance & designing. I appreciate the sincere efforts of Mr. Ramlot, the gardener. Myself highly thankful to University Grants Commission (UGC) for granting the minor research project in my name, which provided a platform to start this work in the form of initiation of “Medicinal Plant Gallery” in 2010.

Dedicated to

My Better half
&
Source of Inspiration

Prof. Rakesh Gupta

*Head, Dept. of Statistics
Chaudhary Charan Singh University,
Meerut, UP, India*



Prof. Y. Vimala , FBS, FSPRB, FLS (London)
Head, Department of Botany, CCS University,
MEERUT
Dean, Students' Welfare
Chief Editor, The Jour. Indian botanical Society
e mail: yvimala@gmail.com
Phone: +91-9411905180

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Foreword

I feel great pleasure in writing the foreword of a book " Modern Kitchen Garden" written and compiled by Dr. Minu Gupta of Department of Botany, R.G. PG College, Meerut. She has put in her passion towards plants, as soul of this book . The matter has been presented in simple language for the convenience of the readers. Her mission is to enrich every household with plants of medicinal significance. She not only believes in the power of herbs in curing ailments but also in improvement of ambience, generating healthy environment for healthy thoughts. She has followed Indian Vaastu and Jyotish as well, for attracting the attention of the strong believers of occult sciences. She has formed a Plant Conservation Society for protection, multiplication, maintenance and distribution of medicinal plants to every household, with about 300 persons who have already joined her mission.

I wish her book and her mission a great success.

(Y.Vimala)

Programme Advisor,
Plant Conservation Society

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DEPARTMENT OF BOTANY
Chaudhary Charan Singh University,
Meerut-250004



Prof. Y. Vimala
Chief Editor,
The Journal of the Indian Botanical Society
www.indianbotsoc.org

e mail: editorjibs@gmail.com
Phone: +91-9411905180
Date: 28.07.2016

To Whom It May Concern

This is certified that Dr. (Mrs.) Minu Gupta has initiated Meerut Local Chapter of Indian Botanical Society in the Year 2013. She is the Founder, Convenor and organizing Secretary of Plant Conservation Society, Botany Department, R.G. (PG) College, Meerut. She has inspired the PG students to volunteer in plant protection, multiplication, maintenance and distribution of medicinal herbs to the local people of Meerut and Western U.P. under "Let the earth be Green, with Life Evergreen" mission.

(Chief Editor)

JIBS

CHAPTER:1

INTRODUCTION

S.No.	NAME OF THE TOPIC
1.1	VISION
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1.4	MAJOR STEPS
1.5	STEPS OF TRAINING TO VALUNTEERS (M.Sc. STUDENTS)
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Vision

Maintenance of medicinal plant gallery in every institute & kitchen garden of the country be considered as status symbol.

**“LET THE EARTH
BE GREEN
WITH
LIFE
EVERGREEN”**

Mission

- >To enhance public awareness about medicinal plants & herbal medication
- To persuade people to cultivate, maintain, multiply & distribute them
- To save people from the side-effects of synthetic treatments
- To establish their economic value over other expensive treatments
- To make people aware about saving these plants from extinction
- To give to the public a sound reason behind plantation leading to Automatic environment improvement

Public health:

Plant protection :

Environment improvement :

STATUS

At national level the activities of Plant Conservation Society have been included as local chapter by the Indian Botanical Society on its website

At present more than 300 plant loving intellectuals from the society & many institutes/communal bodies are the members of the society & the number is increasing continuously

More than seventy medicinal plants collected from different institutes/ Medicinal Industries are maintained in the herbal gallery of the dept. in the R.G. College premises

25 medicinal herbs have been multiplied in the herbal nursery at R.G. P.G. College Premises and are distributed among the community as well as schools colleges and institutes through the volunteers (M.Sc. Students) in order to develop herbal gallery in earthen pots in the kitchen gardens.

MAJOR STEPS

- 1- COLLECTION OF PLANT MATERIAL (PLANTLETS, SEEDS, ROOT & STEM CUTTINGS, LEAVES, ETC.) FROM VARIOUS BODIES (CIMAP LUCKNOW, IARI DELHI, PATANJALI UNIV. HARIDWAR, SHANTI KUNJ HARIDWAR, INDIAN HERBS SAHARANPUR, BOTANY DEPT. C.C.S.UNIV. MEERUT, SVBPU A & T MODIPURAM, VILLAGES ETC.)
- 2- MAINTENANCE OF HERBARIUM AND MUSEUM SPECIMENS IN THE DEPT.
- 3- IDENTIFICATION (WITH THE HELP OF VARIOUS FLORA)
- 4- MAINTENANCE OF HERBAL GALLERY (SPECIALLY IN POTS IN R.G. P.G. COLLEGE, CAMPUS)
- 5- MULTIPLICATION (THROUGH VARIOUS METHODS INCLUDING SEED GERMINATION STEM & ROOT CUTTING, GRAFTING, LEAVES, ETC. IN HERBAL NURSERY)
- 6- DISTRIBUTION OF PLANTS AMONG THE SOCIETY (THROUGH VOLUNTEERS) TO DEVELOP HERBAL GALLERY IN THE KITCHEN GARDEN AS WELL AS VARIOUS INSTITUTES, COMMUNAL BODIES, ORPHANAGES, HOSPITALS, PETROL PUMPS, SCHOOLS & COLLEGES, ETC.
- 7- DOCUMENTATION OF DAY TO DAY UTILIZATION PRACTICES TO CURE VARIOUS AILMENTS (KNOWLEDGE REGARDING ETHNOMEDICINAL HERBAL USES WAS COLLECTED FROM HERBAL PRACTITIONERS , OLD EXPERIENCED VILLAGERS & AYURVEDIC PRACTITIONERS OF WESTERN U.P.)
- 8- EXTENSION & POPULARIZATION PRACTICES (THROUGH DELIVERING EXTENSION LECTURES & ORGANISING WORKSHOP AS RESOURCE PERSON IN VARIOUS INSTITUTES & COMMUNAL BODIES)



STEPS FOR TRAINING THE VOLUNTEERS (M.Sc. STUDENTS)

LOCAL FIELD VISITS FOR COLLECTION OF PLANT MATERIAL.

ORGANISATION OF EXCURSIONS TO VARIOUS INSTITUTES MAINTAINING & PROVIDING HERBAL MATERIAL.

MAINTENANCE OF MEDICINAL PLANT GALLERY.

E-ASSIGNMENTS BY M.Sc. STUDENTS

HERBARIUM MAINTENANCE

VISITS FOR ETHNOMEDICINAL STUDIES & DATA DOCUMENTATION

EXHIBITIONS , LECTURES & EXCURSIONS

DISTRIBUTION OF MEDICINAL PLANTS THROUGH STUDENTS

REPORTING ABOUT THE GROWTH OF BENEFIT OBTAINED FROM THE DISTRIBUTED PLANTS EVERY YEAR

TWO YEAR -WORK ASSESSMENT & CERTIFICATION

CRITERIA FOR SELECTION OF PLANTS FOR DISTRIBUTION

- * **USUALLY HERBS OR UNDER SHRUBS**
- * **EASY TO BE MAINTAINED IN THE KITCHEN GARDEN IN EARTHEN POTS**
- * **EASY TO BE MULTIPLIED THROUGH SEEDS OR STEM /RHIZOME/ ROOT CUTTINGS**
- * **DIRECT APPLICABILITY OF LEAVES /FLOWERS/FRUITS TO CURE VARIOUS AILMENTS**
- * **UPROOTING OF PLANT IS NOT NECESSARY FOR DAY TO DAY UTILITY ,I.E. ,ROOTS ARE NOT NEEDED FOR ACTIVE PRINCIPLE**

Herbal Gallery & Nursery Medicinal Plants ready to use in earthen pots at your kitchen garden

Herbpathy has been the traditional practice in Indian villages for the treatment of day to day ailments. To some extent it is linked with Ayurveda. Plants are the chemical factories of nature and provide almost every chemical, required for our physical as well as mental health, During last few decades there has been strong pressure on the medicinal plant wealth of India, specially due to-

1. Declining faith on allopathic system of medicine
2. Re-established belief in Ayurveda
3. Increased number of factories, manufacturing ayurvedic medicines
4. Popularity of homoeopathic mother tinctures, which need more amount of raw plant material for manufacture as compared to empowered medicines.

5. Foreign companies of Homoeopathy penetrated their manufacturing units in India, using the naturally growing medicinal plants as raw material.
6. Absence of the strategies for cultivation and harvesting.
7. Over exploitation of wild herbal flora giving no chance for seed setting.
8. Rapid industrialization and urbanization leaving no room for the natural flora to prosper.

All such activities have lead to the extinction of many valuable herbs and many others have been reported to be endangered. In the light of all above facts this is the duty of every Indian citizen to do every effort just to secure and conserve the precious & diversified medicinal plant wealth of India and to achieve this goal we must make the general public aware of herbal medication, persuading them to grow selected herbs in their kitchen garden and to utilize them for the cure of various physical & mental ailments.

In this way we shall give to the public, a reason, just to grow plants & to protect them against the danger of extinction, resulting in to the improvement of environment quality as well as protection of human health.

CHAPTER :2

**MEDICINAL PLANTS DISTRIBUTED
THROUGH NURSERY**

(Also Maintained in Gallery)

S.No.	BOTANICAL NAME	COMMON NAME
2.1.	<i>Acmella oleracea</i>	Akarkara-I
2.2.	<i>Aloe vera</i>	Ghritkumari
2.3.	<i>Andrographis paniculata</i>	Kalmegh
2.4.	<i>Bacopa monnieri</i>	Brahmi
2.5.	<i>Barleria lupulina</i>	Kala bansa
2.6.	<i>Bryophyllum pinnatum</i>	Dardmar
2.7.	<i>Catharanthus roseus</i>	Sadabahar
2.8.	<i>Centella asiatica</i>	Mandook parni
2.9.	<i>Cissus quadrangularis</i>	Had Jod
2.10.	<i>Cymbopogon citratus</i>	Lemon Grass
2.11.	<i>Lavendula multifida</i>	Lavender
2.12.	<i>Mentha piperita</i>	Peppermint
2.13.	<i>Mentha viridis</i>	Pudina
2.14.	<i>Murraya koenigii</i>	Curry Patta

S.No.	BOTANICAL NAME	COMMON NAME
2.15.	<i>Ocimum basilicum</i>	Marwa
2.16.	<i>Ocimum tenuiflorum</i>	Tulsi
2.17.	<i>Origanum majorana</i>	Marjoram
2.18.	<i>Plectranthus amboinicus</i>	Ajwain Patta
2.19.	<i>Rosmarinus officinalis</i>	Rosemary
2.20.	<i>Spilanthes mauritiana</i>	Akarkara-II
2.21.	<i>Stevia rebaudiana</i>	Madhuparni
2.22.	<i>Tinospora cordifolia</i>	Giloe
2.23.	<i>Thymus vulgaris</i>	Thyme
2.24.	<i>Tylophora indica</i>	Asthma bell
2.25.	<i>Withania somnifera</i>	Ashwagandha



BOTANICAL NAME	:	<i>ACMELLA OLERACEA</i>
COMMON NAME	:	Akarkara-I
FAMILY	:	Asteraceae
PROPAGATION METHOD	:	Seed germination
MAINTENANCE REQUIREMENT :		Frost sensitive, grows well In warm climate, moderate water, water logging harmful, open sunlight to partial shade
PLANT PART USED	:	Flower
CHARACTER	:	Cooling, Tingling, Numbing, Saliva producing taste of inflorescence
ACTIVE PRINCIPLE	:	Spilanthol
AILMENTS CURED	:	Toothache, Anti-pyretic, Local anesthesia

Utilization methodology:

- 1 **Toothache/teeth care-** Dried and ground flowers should be mixed in regular tooth powder to be used daily and in acute pain may be kept on gum, mixed with clove oil in a cotton plug overnight.
2. See also preparation of tooth powder in Akarkara II



BOTANICAL NAME	:	<i>ALOE VERA</i>
COMMON NAME	:	Ghritkumari
FAMILY	:	(Acanthaceae)
PROPAGATION METHOD	:	Young plants growing through underground rhizome are planted separately to provide sufficient space to grow.
MAINTENANCE REQUIREMENT :		Well drained loamy to sandy soil, scanty water, bright sun
PLANT PART USED	:	Leaf Pulp
CHARACTER	:	Succulent Leaf pulp is highly viscous
ACTIVE PRINCIPLES	:	75 Potentially active compounds including vitamins (A,C,E & B-12) enzymes, minerals, anthraquinones, antioxidants fatty acids, hormones

AILMENTS CURED : Alopecia, Sun burn, Acne, Indigestion

Utilization methodology:

(A) Sun Burn: Take a 2 inches piece of at least three year old leaf, remove its thorny edges with knife and split it into two horizontal pieces. Rub the internal side with viscous pulp on the affected part (eg-hands, neck, face etc) for five minutes. When the internal side becomes dry, make many cuts on it to get the oozing viscous sap again. Wash after 30 minutes. Use for 15 days to as long as required

(B) Allopacea: As described above, rub the viscous pulp for at least ten minutes on the scalp and leave over night. Use for three months continuously. May be repeated after 15 days.

(C) Digestion:

- (1) Peal one inch piece of leaf and swallow the pulp with Luke warm water empty stomach.
- (2) Peal 4 leaves (at least 3 yrs old), cut the pulp into 1 inch pieces, pinch them with carom (Ajwain) seeds, add some rock salt. Place the dish in warm sun light for 4 hrs. It will be liquified and dry. Collect the dried matter, grind it. After heavy food, take one tsp full with Luke warm water enhance digestion ability
- (3) Take 2 peeled leaves, cut into piece and knead with 250 gms of roasted flour and sugar to taste. Make laddoos and eat after meals (specially dinner) for 40 days Regularly



BOTANICAL NAME	:	<i>ANDROGRAPHIS PANICULATA</i>
COMMON NAME	:	Kalmegh, Desi chirayta
FAMILY	:	Acanthaceae
PROPAGATION METHOD	:	Seeds (sown in June)
MAINTENANCE REQUIREMENTS	:	Full sun, moderate water, loamy soil
PLANT PARTS USED	:	Leaves ,stem
CHARACTER	:	Highly bitter to taste
ACTIVE PRINCIPLE	:	Andrographolide
AILMENTS CURED	:	Liver problems

UTILIZATION METHODOLOGY:

- (A) Liver Problems, acne, Blood purification, Skin affections:leaves and stem (around 25 gm) ground with 100ml of water and filtered, taken empty stomach early morning for atleast 20 days are successfully used to cure all such problems.
- (A) **Urinary track infection:** Dried leaves and stem- 5gm of Kalmegh+5gm of Satrah (*Fumaria indica*) are soaked overnight in 250 ml of water, in the morning boiled to around 150 ml and taken empty stomach for atleast 20 days regularly. It surprisingly eliminates pus cells in urine due to UTI as well as checks the re-occurrence of the infection in near future. This course may be repeated, when ever necessary. It gives positive results usually in all cases of UTI.



BOTANICAL NAME	:	<i>BACOPA MONNIERI</i>
COMMON NAME	:	Brahmi
FAMILY	:	Scrophulariaceae
PROPAGATION METHOD	:	Bunch of rootlets separated into small bunches and planted at sufficient distance to grow well.
MAINTENANCE	:	Plenty of water, loamy to sandy soil, full sun
REQUIREMENT	:	
PLANT PARTS USED	:	Leaves, Flower
CHARACTER	:	Succulent leaves, sour to taste
ACTIVE PRINCIPLES	:	Brahmine, Bacosides
AILMENT CURED	:	Memory enhancer

UTILIZATION METHODOLOGY:

(A) Memory enhancement: Fresh leaves+ stem (100gms) ground in sufficient water and filtered, taken empty stomach early morning, gives amazing results regarding the brain vitalization. It should be taken for at least 40 days. Boon for the students & career oriented people.

(B) Anxiety: Above prescription is also applicable in case of stress, anxiety and hypertension

(C) Heart: Ground in water & filtered extract of the plant mixed with 2tbsp of honey should be taken in the morning empty stomach as a safe guard for heart problems specially after surgery.



BOTANICAL NAME	:	<i>BARLERIA LUPULINA</i>
COMMON NAME	:	Kalabansa
FAMILY	:	Acanthaceae
PROPAGATION METHOD	:	Seed germination
MAINTENANCE REQUIREMENT	:	Loamy to sandy soil, moderate water, partial shade.
PLANT PART USED	:	Leaves
CHARACTER	:	Beautiful leaves sour to taste
ACTIVE PRINCIPLES	:	Barlerin, acetyl barlerin
AILMENTS CURED	:	Chronic cough, Bronchitis

Utilization methodology:

A- Chronic cough and bronchitis: Take 20 fully expanded fresh leaves, wash thoroughly and keep aside to get the surface water evaporated, burn in a pan on flame, crush to make a fine black powder, keep in a small air tight container. Take 2 pinches of powder, mix in a tsp full of honey and lick it. Repeat 3 times a day for 3-7 days continuously. It surprisingly cures every type of cough as well as bronchitis. Boon for children and aged people.



BOTANICAL NAME	:	<i>BRYOPHYLLUM PINNATUM</i>
COMMON NAME	:	Dardmar, Patharchat
FAMILY	:	Crassulaceae
PROPAGATION METHOD	:	New plantlets develop on the edges of mature leaves
MAINTENANCE REQUIREMENT	:	Full sun, scanty water, loamy to sandy soil.
PLANT PART USED	:	Leaves
CHARACTER	:	Succulent leaves sour to taste
ACTIVE PRINCIPLE	:	Bryophillin A
AILMENTS CURED	:	Wound healing , Painful inflammation, Abscess

Utilization methodology:

- (A) Abscess/ Painful inflammation: Take a fully expanded mature leaf, spread oil on its upper surface, sprinkle turmeric powder and warm it on a flame . Place on the affected part of body as warm as bearable and hold it with the help of bandage overnight . Repeat for 3 to 4 days. Either abscess will subside or it will burst to speedy recovery.
- (B) Cuts/wounds : pluck a fresh leaf, cut it and drop its latex on the cut/wound, cover with bandage. It provides speedy healing without any infection or pus formation within few days.
- (C) Kidney stone: Crush 2 fully expanded fresh leaves with water, filter the mixture and take the filtrate empty stomach early morning at least 1 hr before the breakfast for 10-15 days or as long as the stone breaks into pieces and thrown out from the body at the time of urination. Not to be taken more than 40 days continuously May be repeated after a gap of 10 days.



BOTANICAL NAME	:	<i>CATHARANTHUS ROSEUS</i>
COMMON NAME	:	Sadabahar
FAMILY	:	Apocynaceae
PROPAGATION METHOD	:	Through seeds usually stem cuttings may also be tried
MAINTENANCE REQUIREMENT	:	Scanty water, loamy to sandy soil, open sun, easy to maintain, flowers almost through out the year
PLANT PARTS USED	:	Leaves, flowers
CHARACTER	:	Leaves are sour to taste
ACTIVE PRINCIPLES	:	Rosinidin, Vincristine and Vinblastine (used for chemotherapy in Cancer treatment)
AILMENT CURED	:	Diabetes

Utilization Methodology:

(A) Diabetes: Chew 5 flowers (Purple or white) empty stomach in the, morning followed by $\frac{1}{4}$ cup of water for 30-40 days regularly with monitoring of sugar level. May be repeated after 10 days gap. If flower are not available, 5 leaves may be taken as above. If flower are difficult to chew dip 5 flowers in one cup of hot water covered with a lid for 5 minutes
Alkaloids from petals ooze into the water. After removing the flowers this water should be taken empty stomach in the morning.

(B) High B.P, Malaria , Memory enhancement & Cancerous tumors: 5 leaves to be chewed empty stomach for 40 days

Warning: During Pregnancy and breast feeding



BOTANICAL NAME	:	<i>CENTELLA ASIATICA</i>
COMMON NAME	:	Mandook parni
FAMILY	:	Apiaceae
PROPAGATION METHOD	:	Rooted plantlets may be separated from underground horizontal stem and planted separately to grow
MAINTENANCE REQUIREMENT	:	Loamy to sandy soil, plenty of water with moderate sun light, frost sensitive, almost disappears during winter and reappears every spring.
PLANT PART USED	:	Leaves
CHARACTER	:	Leaves sour to taste
ACTIVE PRINCIPLES	:	Brahmic acid, Brahminoside, Centelloside
AILMENT CURED	:	Brain-vitalizer

Utilization Methodology

Brain Vitalization & Memory enhancement :

Take one handful of fresh leaves & stem, wash properly, grind with some water, filter it and take the filtrate empty stomach for one month regularly. For better result repeat after 10 days.

In absence of fresh leaves a decoction of dried leaves may also be taken.



BOTANICAL NAME	:	<i>CISSUS QUADRANGULARIS</i>
COMMON NAME	:	Had Jod
FAMILY	:	Vitaceae
PROPAGATION METHOD	:	Stem cuttings
MAINTENANCE REQUIREMENT :		Well drained loamy to sandy soil, water logging harmful, scanty water, direct sunlight
PLANT PARTS USED	:	Leaves, Stem
CHARACTER	:	Succulent , angular stem is sour to taste and nodes & angles if eaten cause itching of throat due to oxalic acid occurrence
ACTIVE PRINCIPLES	:	Quadrangularin A, Ascorbic acid, triterpenoids

AILMENTS CURED : Broken bones, Injured ligaments & Tendons, Analgesic, Osteoporosis, Obesity , Cholesterol,

Utilization methodology:

Joint Pain: Take tender stem, remove nodes and angular edges of stem, cut the pulp into pieces and fry in ghee take 2tbsp stem pieces, add 2 tbsp urad dal and 3 tbsp grated coconut, few black pepper & salt to taste grind all into coarse chatney and eat. Make fresh daily and eat for 10 days regularly for amazing relief in joint pain.

Fractured Bone: Paste of stem & leaves is applied on injured part for speedy recovery of bone fracture

Osteoporosis: Stem & leaves dried and ground into powder are taken 1tsp daily with some water empty stomach regularly for at least 40 days for osteoporosis. Boon for ladies suffer such problem specially after menopause. Repeat after 10 days gap.



BOTANICAL NAME	:	<i>CYMBOPOGON CITRATES</i>
COMMON NAME	:	Lemon-grass
FAMILY	:	Poaceae
PROPAGATION METHOD	:	Bunch of roots is divided into smaller bunches and grown separately
MAINTENANCE	:	Well drained loamy to sandy soil, moderate water & open sun
REQUIREMENT	:	
PLANT PART USED	:	Leaves
CHARACTER	:	leaves have a sweat fragrance
ACTIVE PRINCIPLES	:	Citral, Myrcene, Citronellol
AILMENTS CURED	:	Antioxidant, oral thrush in HIV/Aids

Utilization Methodology

Refreshing Tea, rich in antioxidants: Take a fresh leaf, wash it, cut into $\frac{1}{2}$ inch pieces, boil in $1\frac{1}{2}$ cup of water in a covered pan leaves for two minutes, filter it, add 1 tsp of honey or lemon juice and black salt to taste. Drink it early morning instead of other tea. Will provide high energy level throughout the day and sufficient antioxidants to save from any health hazard. If fresh leaves are not available dried leaves may also be used and diabetic people may use and diabetic people may use two stevia (Madhu parnee) leaves (fresh or dried) instead of honey. Stevia is a zero calorie herbal sweetener.



BOTANICAL NAME	:	<i>LAVENDULA MULTIFIDA</i>
COMMON NAME	:	Fern Leaf Lavender
FAMILY	:	Lamiaceae
PROPAGATION METHOD	:	Through stem cuttings
MAINTENANCE	:	Well drained loamy to sandy soil or gravel, direct sunlight, moderate water, sensitive to frost & water logging
REQUIREMENT	:	
PLANT PARTS USED	:	Leaves, flowers (Herbal Tea)
CHARACTER	:	Leaves are highly fragrant and very light green, showy
ACTIVE PRINCIPLES	:	Linalool, Linalyl acetate

AILMENTS CURED : Anti-septic, Anti-fungal, Moth repellent, Headache, Aromatherapy, Anti-depressant, Anti-inflammatory

Utilization methodology

(A) Aromatherapy & antidepressant, headache: Grind few leaves with water into a thick paste, get it soaked into a cotton plug/hanky and keep aside the pillow. Its smell calms the mind and refreshes the lungs. Improves mental health lowers anxiety level and cures headache.

(B) Beauty care

- Crush few leaves, add in water, used for pedicure manicure. And improve the skin quality
- Add leaf paste in cleansing milk for fresh & Shining skin
- Add leaf paste in face pack



BOTANICAL NAME	:	<i>MENTHA PIPERITA</i>
COMMON NAME	:	Peppermint
FAMILY	:	Lamiaceae
PROPAGATION METHOD	:	Rooted stem is broken into pieces and planted separately to grow & spread.
MAINTENANCE REQUIREMENT	:	Well drained loamy to sandy soil, plenty of water & partial sun
PLANT PART USED	:	Leaves
CHARACTER	:	Leaves and tender stem provide a sweet, appetizing flavour.
ACTIVE PRINCIPLES	:	Menthol, Menthone
AILMENTS CURED	:	Cough, Congestion, indigestion , skin rashes

Utilization methodology:

- (A) Headache : Pluck some leaves, wash thoroughly, grind into paste and spread on the forehead to relieve the headache.
- (B) Congestion: Add some crushed leaves in boiling water, vaporize and inhale for getting relief in the congestion due to common cold attack.
- (C) Nose blockage: Paste of ground leaves soaked in a cotton plug or hankey if smelt for a few minutes, opens the blocked nose causing hinderence in sound sleep at bed time. Boon for children.
- (D) Skin Care
 - (1) Add a few crushed leaves in the water used for pedicure. Besides providing new life to the skin of legs, it also relieves stress and hypertension
 - (2) Rub a few crushed or ground leaves on the skin to relieve the rashes caused due to extreme cold or hot.



BOTANICAL NAME	:	<i>MENTHA VIRIDIS</i>
COMMON NAME	:	Pudina
FAMILY	:	Lamiaceae
PROPAGATION METHOD	:	Rooted stem is broken into pieces and planted separately to grow & spread.
MAINTENANCE REQUIREMENT	:	Well drained loamy to sandy soil, cool, moist partially shaded places, plenty of water
PLANT PART USED	:	Leaves
CHARACTER	:	Leaves and tender stem provide a sweet, appetizing flavour.
ACTIVE PRINCIPLES	:	Menthol, Menthone
AILMENTS CURED	:	Flatulence, Indigestion, Refreshing drink, Culinary herb

Utilization methodology

- (A) Take a handful of fresh leaves, add cumin seeds, asafoetida, green chilli, tamarind paste, sugar and salt to taste, grind into chatney. Take with food. It prevents flatulence and helps in digestion. Increases appetite.
- (B) Take this above made chutney, dilute it with water, add some salt & sugar to taste, filter and thus prepare pudina-tamarind squash. Take this after 1 hr of meal and keep fit your digesting ability as well as appetite.
- (C) Dried and powdered leaves added in butter milk or curd along with roasted cumin seed powder, asafoetida & salt may be taken with meals. Helps to digest food well & recovers flatulence.



BOTANICAL NAME	:	<i>MURRAYA KOENIGII</i>
COMMON NAME	:	Curry patta
FAMILY	:	Rutaceae
PROPAGATION METHOD	:	Through seed germination.
MAINTENANCE REQUIREMENT	:	Loamy soil, direct to moderate sunlight & moderate water.
CHARACTER	:	Sweet fragrance of leaves
ACTIVE PRINCIPLES	:	Alfa Pinene, Beta-Pinene Sabinene
AILMENTS CURED	:	Diabetes, Cancer

Utilization methodology

Cancer & Diabetes

(A) Chew 5 fully expanded leaves empty stomach in The morning followed by $\frac{1}{4}$ th cup of water. It helps to regenerate langerhan's cells in pancreas and a boon for diabetic people. Complete a course of 40 days and repeat after 10 days gap . It also helps to control the growth of cancerous cells.

(B) Leaves may be made into chatney along with coriander and pudina leaves adding cumin seeds, asafoetida, carom seeds, salt to taste. Add some roasted rai seeds also

(C) Fresh leaves along with some rai seeds may be used to temper various curries, as it is a part of regular food preparations in south India



BOTANICAL NAME	:	<i>OCIMUM BASILICUM</i>
COMMON NAME	:	Marwa
FAMILY	:	Lamiaceae
PROPAGATION METHOD	:	Through Seeds
MAINTENANCE	:	Loamy soil, moderate moderate sun& water.
REQUIREMENT	:	Leaves
PLANT PART USED	:	Leaves have pleasant smell . May be grown to keep snakes away eg. In vicinity of Chandan or Raat ki Rani
CHARACTER	:	Eugenol, Citronellol, Ocimene
ACTIVE PRINCIPLES	:	Cholesterol, Cancer
AILMENTS CURED	:	

UTILIZATION METHODOLOGY:

Cholesterol-

- (1) Chew five fresh fully expanded leaves empty stomach in the morning for forty days continuously It helps to maintain blood cholesterol level may be repeated with a gap of fifteen days
- (2) Chatney: thoroughly washed leaves may be ground with leaves of coriander, mint & curry patta to make chatney and may be taken with food.
- (3) Pills: Ground leaves may be bound in pills, dried and stored.Two pills may be swallowed with water empty stomach in the morning for 40 days.Course may be repeated after a gap of fifteen days.

Cancer: Regular use of leaves in any form diminishes the risk of cancer.



BOTANICAL NAME	:	<i>OCIMUM TENUIFLORUM</i> <i>Syn. O. Sanctum</i>
COMMON NAME	:	Tulsi, Holy Basil
FAMILY	:	Lamiaceae
PROPAGATION METHOD	:	Through seed germination.
MAINTENANCE REQUIREMENT	:	Loamy soil, open to partial sun, moderate water, highly frost sensitive.
PLANT PART USED	:	Leaves
CHARACTER	:	Leaves, tender stem and flowers have a specific pleasing smell.
ACTIVE PRINCIPLES	:	Oleanolic acid, Eugenol, Linalool, Ursolic acid, Rosmarinic acid
AILMENTS CURED	:	Fever, cold, cough, Cholesterol, Heart care

Utilization methodology

1. **Common cold, cough & fever:** Take 10 fully expanded crushed leaves, boil in 1 ½ cup of water till it remains only one cup, add 1tsp honey and sip it hot at least 3 times a day. During boiling 2 cloves, some ginger and 4 black pepper may also be added for better results. If honey is not available, a little jaggery or a few batashas or sugar may be added. May be taken upto when required and no harm, if made a part of routine.
2. **Heart & Cholesterol:** Take 20 fresh leaves, wash thoroughly, grind to paste with some water, add 1tsp of honey and lick this chutney empty stomach in the morning continuously atleast for three months. Boon for heart Patients and also very useful after surgery to avoid any further complications. May be continued without gap with no harm.

Diabetes: Grind the following into a fine powder-

Gudmar booti	100	gm (dried)
Tejpatta	100	"
Neem leaves	100	"
Jamun seeds	100	"
Methi seeds	100	"
Karela fruit	100	"
Tulsi leaves	50	"
Black salt	25	"
Black pepper	25	"

Take one tsp powder with a glass of fresh water empty stomach in the morning as well as 1hr before dinner continuously at least for three months. May be used regularly as long as required. Amazing prescription self tested by many people.



BOTANICAL NAME	:	<i>ORIGANUM MAJORANA</i>
COMMON NAME	:	Marjoram
FAMILY	:	Lamiaceae
PROPAGATION METHOD	:	Through stem cutting specially in spring season
MAINTENANCE REQUIREMENT	:	Well drained loamy to sandy soil, open to partial sun, moderate water
PLANT PARTS USED	:	Leaves, Flowers
CHARACTER	:	Leaves have an special sweet fragrance.
ACTIVE PRINCIPLES	:	Borneol, Camphor, Pinene
AILMENTS CURED	:	Gastro-intestinal infections, Tonsils, Aromatherapy, Bruises

Utilization methodology

1. Gastric Problems & aromatherapy, hypertension headache
(A) Herbal Tea: Take a few leaves, wash thoroughly, crush and boil in 1 ¼ cup of water in a covered pan to reduce the volume to ¾ of cup, filter & sip it hot like tea, empty stomach in the morning. It is full of antioxidants. Honey, salt & lemon juice may be add according to taste. As a sweetener 2 stevia leaves may be added to boiling water
(B) Drinking water: A few crushed leaves may be added in water bottle or in pitcher for a few hours to give the water a pleasant flavour as well as to improve its quality
(C) Culinary herb: Along with thyme, leaves are used as culinary herb at international level.



BOTANICAL NAME	:	<i>PLECTRANTHUS AMBOINICUS</i>
COMMON NAME	:	Ajwain Patta
FAMILY	:	Lamiaceae
PROPAGATION METHOD	:	Through stem cutting.
MAINTENANCE	:	Well drained Loamy to sandy soil, direct sunlight & scanty water.
REQUIREMENT	:	Leaves
PLANT PART USED	:	Succulent leaves have strong flavour just like ajwain (carom seeds)
CHARACTER	:	Rosmarinic acid, Caffeic acid, Linalool
ACTIVE PRINCIPLES	:	Chronic Asthma, Rheumatoid Arthritis, Flatulence, Colic, Nasal Congestion , Sore throat
AILMENTS CURED	:	

Utilization methodology

- (A) Herbal Tea: Use crushed fresh leaves as an ingredient of herbal tea.
- (B) Chapatis/Pakoras: Cut leaves into fine pieces & add in flour or besan along with some salt to make chapatis or pakoras. Instead of cutting leaves may be ground and filtered to get sap. This sap may be added in flour for chapatis or in basen for pakoras.
- (B) Soft drink: Sap may be diluted with water to make soft drink, adding salt, sugar, lemon to taste.



BOTANICAL NAME	:	<i>ROSMARINUS OFFICINALIS</i>
COMMON NAME	:	Rosemary
FAMILY	:	Lamiaceae
PROPAGATION METHOD	:	Through stem cutting.
MAINTENANCE REQUIREMENT	:	Well drained, slightly sandy soil, diffused to direct Sunlight, moderate water, Frost sensitive
PLANT PART USED	:	Leaves
CHARACTER	:	Leaves emit a sweet fragrance
ACTIVE PRINCIPLES	:	Alfa & Beta pinene Rosemarinic acid, Camphor, linalool
AILMENTS CURED	:	Improves memory,

Utilization methodology

- (A) **herbal tea:** Fresh or dried leaves may be used as an ingredient of herbal tea along with some leaves of mint/lemon grass/marjoram and stevia. Taken early morning refreshes for whole day, rich in anti-oxidants and thus full of energy
- (B) **Drinking water:** Like marjoram, the leaves of rosemary may also be added in stored drinking water just to enrich it with characteristic sweet fragrance besides improving the water quality.



BOTANICAL NAME	:	<i>SPILANTHES MAURITIANA</i>
COMMON NAME	:	Akarkara II
FAMILY	:	Asteraceae
PROPAGATION METHOD	:	Horizontal part of stem produces roots at node. Rooted stem is cut into pieces and grown separately to spread.
MAINTENANCE REQUIREMENT	:	Loamy soil, open to diffused sunlight and moderate water
PLANT PART USED	:	Flower
CHARACTER	:	Flower is pungent to taste and causes numbness to tongue.
ACTIVE PRINCIPLE	:	Spilanthol
AILMENT CURED	:	Toothache

Utilization methodology:

1. Boon for all teeth complaints
(A) Tooth Powder: Pluck a handful flowers, let them dry in shade and grind into fine powder.
Burn almond covers and grind the ashes into fine powder.
Collect lemon peels after using the juice, dry them and grind into fine powder.
Add equal amounts of above three powders.
Add some salt and store it. When to use as tooth powder, take a pinch of mixture and add two drops of mustard oil or clove oil to it.

This application provides shiny healthy teeth with healthy gums & cures all types of teeth problems including pyorrhoea.

See also the utilization methods of Akarkara I



BOTANICAL NAME	:	<i>STEVIA REBAUDINA</i>
COMMON NAME	:	Madhu-parni
FAMILY	:	Asteraceae
PROPAGATION METHOD	:	Through stem cutting during spring season.
MAINTENANCE REQUIREMENT	:	Loamy to sandy soil, direct to diffused sunlight, moderate water.
PLANT PART USED	:	Leaves
CHARACTER	:	Leaves are highly sweet to taste, many times as compared to sugar.
ACTIVE PRINCIPLES	:	Stevioside, reboudioside
AILMENTS CURED	:	Zero calorie herbal sweetener, indirectly for obesity diabetes and High B.P.

Utilization methodology

1. **Herbal Tea:** Take two fresh leaves, wash thoroughly, crush well and boil in water with other ingredients of herbal tea (eg- Lemon grass, Marjoram, Thyme leaves etc.) It provides sweet taste to tea without adding sugar i.e. no calories. Thus indirectly helps to cope up with diabetes, high B.P., hypertension, obesity etc. i.e. problems due to over-weight. Dried leaf powder may also be utilized.



BOTANICAL NAME	:	<i>TINOSPORA CORDIFOLIA</i>
COMMON NAME	:	Giloe
FAMILY	:	Menispermaceae
PROPAGATION METHOD	:	Through stem cutting.
MAINTENANCE REQUIREMENT	:	Easy to maintain, well drained loamy soil, direct sunlight and moderate water, frost sensitive, usually leaves are shed during winters and appear again in spring season.
PLANT PART USED	:	Stem
CHARACTER	:	Heart shaped leaves sour to taste.
ACTIVE PRINCIPLES	:	Columbin, Tinosporaside, Jatrorhinzine
AILMENTS CURED	:	White blood platelets, Dengue, Immunity, digestion

Utilization methodology :

1. Dengue: Take a semi-green piece of stem (at least a finger width and 8-10 inch length), wash it thoroughly, crush it well and boil in a glass of water in a covered pan until the volume is half. Filter the mixture. Take $\frac{1}{2}$ of the filterate empty stomach in the morning and remaining half in the evening before dinner. In dengue fever it improves the blood platelet count surprisingly within 24 hours. Continue for a week.
2. Immunity: Above procedure may be repeated once a month to keep the body healthy and fit against various infectious diseases.

Dried and powdered form is also equally effective. May be administered directly or to be made in decoction.



BOTANICAL NAME	:	<i>THYMUS VULGARIS</i>
COMMON NAME	:	Thyme
FAMILY	:	Lamiaceae
PROPAGATION METHOD	:	Bunches of roots are splitted and planted separately to grow and spread
MAINTENANCE REQUIREMENT	:	Well drained slightly sandy soil, open sun to partial shade and moderate water, sensitive to water logging.
PLANT PART USED	:	Leaves, flowers
CHARACTER	:	Leaves have a characteristic flavour of carom seeds
ACTIVE PRINCIPLES	:	Thymol, Carvacrol

AILMENTS CURED : Brain Ageing, Liver protection, Bronchitis, Acne, Immunity, Aromatherapy

Utilization methodology :

1. Aromatherapy, liver protection, Brain ageing, Bronchial problems, acne, immunity etc.
- (A) Herbal Tea: Leaves are full of anti-oxidants and may be made into herbal tea along with other ingredients like lemon grass, marjoram, stevia leaves etc. Honey, salt & lemon juice drops may be added according to taste.
- (B) Culinary Herbs: It is an internationally popular culinary herb and is usually applied for various veg & non-veg baking recipes specially along with Marjoram
- (C) Raw: Thoroughly washed and finely chopped raw fresh leaves may be added to various dishes for garnishing as well as to provide the aroma.



BOTANICAL NAME	:	<i>TYLOPHORA INDICA</i>
COMMON NAME	:	Antamul/Asthama Bel
FAMILY	:	Asclepiadaceae
PROPAGATION METHOD	:	Through stem cutting.
MAINTENANCE REQUIREMENT	:	Loamy soil, direct to diffused sunlight, moderate water, sensitive to water logging.
PLANT PART USED	:	Leaves
CHARACTER	:	Leaves are sour to taste
ACTIVE PRINCIPLES	:	Tylophorine Tylophorinine
AILMENTS CURED	:	Bronchial Asthma, Rheumatism

Utilization methodology :

1. Bronchial Asthma:

(A) Take one fully expanded leaf. Wash it thoroughly and chew it well empty stomach in the morning.

(B) Take breakfast or any eatables only after one hour. Some people may feel nausea on first day, but it will cause no harm. Process may be continued for 5/7/9/11 days according to severity of the problem and may be repeated after a gap of 5days or when ever required

In initial cases usually the problem subsides permanently and in chronic cases it provides amazing relief



BOTANICAL NAME	:	<i>WITHANIA SOMNIFERA</i>
COMMON NAME	:	Ashwagandha
FAMILY	:	Solanaceae
PROPAGATION METHOD	:	Through seed Germination
MAINTENANCE REQUIREMENT	:	Loamy soil, direct sun light and moderate Water
PLANT PART USED	:	Leaves
CHARACTER	:	Leaves are sour to taste
ACTIVE PRINCIPLES	:	Tropine, Withanolides
AILMENTS CURED	:	Fat loss, balance ladies hormones

Utilization methodology:

(A) Take three fully expanded fresh leaves three times a day and chew well. Continue for three days. Repeat the process after a gap of five days. This helps to reduce extra fat from the body. Boon for ladies. The plant has earned good fame to work on hormonal imbalance complaints in women.

CHAPTER :3
MEDICINAL PLANTS
MAINTAINED IN GALLERY
(In addition to the plants distributed through nursery)

S.No.	BOTANICAL NAME	COMMON NAME
3.1	<i>Achyranthes aspera</i>	Lat-jeera
3.2	<i>Adenanthera pavonia</i>	Red Chandan
3.3.	<i>Annona squamosa</i>	Sharifa
3.4.	<i>Argyreia nervosa</i>	Vidhara
3.5.	<i>Barleria prionitis</i>	Vajradanti
3.6.	<i>Boerhavia diffusa</i>	Punarnava
3.7.	<i>Chrysopogon zizanioides</i>	Khas-Khas
3.8.	<i>Cinnamomum tamala</i>	Tej Patta
3.9.	<i>Cinnamomum verum</i>	Dal Cheeni
3.10.	<i>Coix lacryma jobi</i>	Vaijayanti
3.11.	<i>Convolvulus pluricaulis</i>	Shankhpushpi
3.12.	<i>Cynodon dactylon</i>	Doob Grass
3.13.	<i>Eclipta prostrata</i>	Bhringraj
3.14.	<i>Elaeocarpus ganitrus</i>	Rudraksha
3.15.	<i>Euphorbia hirta</i>	Badi Dudhi

S.No.	BOTANICAL NAME	COMMON NAME
3.16.	<i>Evolvulus nummularius</i>	Musakarni
3.17.	<i>Ficus carica</i>	Anjeer
3.18.	<i>Ginkgo biloba</i>	Ginkgo
3.19.	<i>Gymnema sylvestre</i>	Gudmar booti
3.20.	<i>Justicia adhatoda</i>	Bansa
3.21.	<i>Nyctanthes arbortristis</i>	Harsingar
3.22.	<i>Phyllanthus fraternus</i>	Bhui-anwala
3.23.	<i>Pimenta dioica</i>	All Spice
3.24.	<i>Plumbago zeylanica</i>	Chitrak
3.25	<i>Rauwolfia serpentine</i>	Sarpagandha
3.26.	<i>Santalum album</i>	Shwet chandan
3.27.	<i>Solanum nigrum</i>	Makoy
3.28.	<i>Solanum xanthocarpum</i>	Kantakari
3.29.	<i>Spondias mombin</i>	Amra
3.30.	<i>Terminalia arjuna</i>	Arjun
3.31.	<i>Trianthema portulacestrum</i>	Biskhopra
3.32.	<i>Tribulus terrestris</i>	Chhota gokharu



BOTANICAL NAME : *ACHYRANTHES ASPERA*
COMMON NAME : Lat Jeera, Chirchita, Apamarg
FAMILY : Ameranthaceae
PLANT PART USED : Leaves
ACTIVE PRINCIPLES : Oleanolic Acid, Achyranthine, Betaine
AILMENTS CURED : Diabetes, abortion, induction of labor mood-elevator, depression, anxiety

3.1



BOTANICAL NAME : *ADENANTHERA PAVONIA*
COMMON NAME : Red Chandan/Red Bead Tree
FAMILY : Fabaceae
PLANT PART USED : Young leaves
ACTIVE PRINCIPLES : ampelopsim, imidazole, Oleanolic acid
AILMENT CURED : Diarrhoea

3.2



BOTANICAL NAME : *ANNONA SQUAMOSA*
COMMON NAME : Sharifa
FAMILY : Annonaceae
PLANT PARTS USED : Leaves-decoction, Roots-Powder
ACTIVE PRINCIPALS : annonaretin A, atisine
AILMENT CURED : Diabetes



BOTANICAL NAME : *ARGYREIA NERVOSA*
COMMON NAME : Elephant creeper, Vidhara
FAMILY : Convolvulaceae
PLANT PART USED : Leaves
ACTIVE PRINCIPLE : Argyroside
AILMENT CURED : gangrene



BOTANICAL NAME	:	<i>BARLERIA PRIONITIS</i>
COMMON NAME	:	Vajradanti, Peela bansa
FAMILY	:	Acanthaceae
PLANT PART USED	:	Leaves
ACTIVE PRINCIPLES	:	Hydroxyflavone
AILMENTS CURED	:	Toothache, joint pain, dental caries, oedema, cracking heel, Bleeding gums

3.5



BOTANICAL NAME	:	<i>BOERHAVIA DIFFUSA</i>
COMMON NAME	:	Punarnava
FAMILY	:	Nyctaginaceae
PLANT PART USED	:	Leaves, stem
ACTIVE PRINCIPLES	:	Boeravinon G, Boeravinon H
AILMENTS CURED	:	Jaundice, oedema, Diabetes, epilepsy

3.6



BOTANICAL NAME	:	<i>CHRYSOPOGON ZIZANOIDES</i>
COMMON NAME	:	Khas-khas
FAMILY	:	Elaeocarpaceae
PLANT PART USED	:	Roots
ACTIVE PRINCIPLES	:	Vetivene, Khusimol, -vetivon
AILMENTS CURED	:	Aromatherapy, Skin care (Soap, cosmetics), acne, sores, soil and water erosion, pest repellent
NOTES	:	fragrant roots used in evaporative coolers

3.7



BOTANICAL NAME	:	<i>CINNAMOMUM TAMALA</i>
COMMON NAME	:	Tej-patta
FAMILY	:	Lauraceae
PLANT PART USED	:	Leaves
ACTIVE PRINCIPLES	:	Beta-caryophyllene, Linalool, eugenol
AILMENT CURED	:	Diabetes

3.8



BOTANICAL NAME	:	<i>CINNAMOMUM VERUM</i>
COMMON NAME	:	Dalcheeni
FAMILY	:	Lauraceae
PLANT PART USED	:	Internal bark
ACTIVE PRINCIPLES	:	Cinnamaldehyde, Cinnamic acid, Cinnamate
AILMENTS CURED	:	Collestrol, Diabetes, Cancer, Alzheimer's, Parkinson's
NOTE	:	Ingredient of "kahava" & "Garam masala"

3.9



BOTANICAL NAME	:	<i>COIX LACRYMA-JOBI</i>
COMMON NAME	:	Vaijayanti
FAMILY	:	Poaceae
PLANT PART USED	:	Seeds (use as beads to make garlands etc.)
ACTIVE PRINCIPALS	:	Beta-sistosteral, Trigly crides
AILMENT CURED	:	Improves self confidence

3.10



BOTANICAL NAME	:	<i>CONVOLVULUS PLURICAULIS</i> SYN. <i>C. MICROPHYLLOUS</i>
COMMON NAME	:	Shankhpushpi, Morning glory
FAMILY	:	Convolvulaceae
PLANT PARTS USED	:	Above ground parts
ACTIVE PRINCIPLES	:	Shankhpushpine, Scopoletin
AILMENTS CURED	:	Brain vitalizer, Memory enhancer, Insomnia, Stress, Depression, Epilepsy, Obsessive compulsive disorder

3.11



BOTANICAL NAME	:	<i>CYNODON DACTYLON</i>
COMMON NAME	:	Doob Grass
FAMILY	:	Poaceae
PLANT PARTS USED	:	Leaves, Stem
ACTIVE PRINCIPLES	:	Beta-sitosterol, Beta-carotene, Selenium, triglochinin, Cyanogenic hyperoside
AILMENTS CURED	:	Bleeding piles, Vision improvement, Nose bleed, Skin problems, Liver protection, Heavy menstrual bleeding

3.12



BOTANICAL NAME : *ECLIPTA PROSTRATA*
COMMON NAME : Bhrangraaj, King of hair
FAMILY : Asteraceae
PLANT PARTS USED : Leaves, stem
ACTIVE PRINCIPLES : Wedelolactone, Stigmasterol
AILMENTS CURED : Hair loss, baldness, ageing

3.13



BOTANICAL NAME : *ELAEOCARPUS GANITRUS*
COMMON NAME : Rudraksha
FAMILY : Elaeocarpaceae
PLANT PART USED : Seeds
ACTIVE PRINCIPLES : Elaeocarpidine , rudrakine
AILMENTS CURED : Seed works against negative energy, protects the 'energy aura' of the wearer
NOTE : Seeds are made into mala

3.14



BOTANICAL NAME : *EUPHORBIA HIRTA*
COMMON NAME : Asthma Weed ,
Badi Dudhi
FAMILY : Euphorbiaceae
PLANT PART USED : Whole plant
ACTIVE PRINCIPLES : Euphorbin-A,B,C & D
AILMENTS CURED : jaundice, Female disorders,
Bronchitis and Asthma



BOTANICAL NAME : *EVOLVULUS NUMMULARIUS*
SYN. *CONVOLVULUS NUMMULARIUS*
VOLLULOPSIS NUMMULARIUS
COMMON NAME : Round leaf bind weed,Musakarni
FAMILY : Convolvulaceae
PLANT PART USED : Whole plant
ACTIVE PRINCIPALS : Beta-sitosterol, Stigmasterol,
Oleanolic acid, Ursolic acid
AILMENTS CURED : Blood purification, Epilepsi,
Paralysis, Leprosy, Rheumatism,
Memory enhancer, Brain tonic,
Chronic bronchial asthma, Amoebic
dysentery



BOTANICAL NAME : *FICUS CARICA*

COMMON NAME : Fig

FAMILY : Moraceae

PLANT PART USED : Fruit

ACTIVE PRINCIPLES : Gallic acid, Catechin, good source of magnesium, Calcium

AILMENTS CURED : Asthma, Inflammation, Cancer, Liver protection



BOTANICAL NAME : *GINKGO BILOBA*

COMMON NAME : Ginkgo

FAMILY : Ginkgoaceae

PLANT PART USED : Leaves

ACTIVE PRINCIPLES : Ginkgolide, Bilobalide, Ascorbic acid

AILMENTS CURED : Alzheimer's, Memory enhancer, post stroke recovery



BOTANICAL NAME	:	<i>GYMNEMA SYLVESTRE</i>
COMMON NAME	:	Gudmar booti
FAMILY	:	Asclepiadaceae
PLANT PART USED	:	Leaves
ACTIVE PRINCIPLES	:	Gymnemic acid (Suppresses the taste of sweetness)
AILMENTS CURED	:	Diabetes, Obesity

3.19



BOTANICAL NAME	:	<i>JUSTICIA ADHATODA</i> <i>SYN. ADHATODA VASICA</i>
COMMON NAME	:	Adusa/ Vasaka/Bansa
FAMILY	:	Acanthaceae
PLANT PART USED	:	Leaves
ACTIVE PRINCIPLES	:	Vasicine
AILMENTS CURED	:	Severe cough, bronchitis, asthma

3.20



BOTANICAL NAME	:	<i>NYCTANTHES ARBORTRISTIS</i>
COMMON NAME	:	Harsingar
FAMILY	:	Oleaceae
PLANT PART USED	:	Leaves
ACTIVE PRINCIPLES	:	D-mannitol, oleanolic acid, ascorbic acid.
AILMENTS CURED	:	Joint pain, Sciatica, arthritis, Rheumatism

3.21



BOTANICAL NAME	:	<i>PHYLLANTHUS FRATERNUS</i>
COMMON NAME	:	Bhui-anwala
FAMILY	:	Euphorbiaceae
PLANT PARTS USED	:	Leaves, stem
ACTIVE PRINCIPLES	:	Phyllanthin, Hypophyllanthin
AILMENTS CURED	:	Hepatitis-B, HIV/ AIDS, Liver, spleen, Kidney Problems

3.22



BOTANICAL NAME : *PIMENTA DIOICA*
COMMON NAME : All Spice
FAMILY : Myrtaceae
PLANT PARTS USED : Leaves, fruits (berries)
ACTIVE PRINCIPLES : Eugenol, gallic acid, ericifolin
AILMENTS CURED : Prostate & breast cancer, Indigestion, Flatulence

3.23



BOTANICAL NAME : *PLUMBAGO ZEYLANICA*
COMMON NAME : Chitrak
FAMILY : Plumbaginaceae
PLANT PARTS USED : Root, bark
ACTIVE PRINCIPLES : Chitranone, Plumbagin, Plumbagin acid, Zelaynone
AILMENTS CURED : Improves digestion and appetite, Liver protective

3.24





BOTANICAL NAME : *RAUWOLFIA SERPENTINEA*
COMMON NAME : Sarpagandha, Pagal ki dawa
FAMILY : Apocynaceae
PLANT PART USED : Root
ACTIVE PRINCIPLES : Ajmaline, Reserpine, Serpentine
AILMENTS CURED : High B.P. , Collestrol, Schizofrания, Snake Bite, Insomnia

3.25



BOTANICAL NAME : *SANTALUM ALBUM*
COMMON NAME : Shwet chandan
FAMILY : Sentalaceae
PLANT PART USED : Wood
ACTIVE PRINCIPLES : Santalol, Santalene, Santyle acetate.
AILMENT CURED : Skin care

3.26



BOTANICAL NAME : *SOLANUM NIGRUM*
COMMON NAME : Makoy
FAMILY : Solanaceae
PLANT PARTS USED : Leaves, stem
ACTIVE PRINCIPLE : Solasodine
AILMENTS CURED : Jaundice, Asthma, Tuberculosis, Mouth ulcers

3.27



BOTANICAL NAME : *SOLANUM VIRGINIANUM*
SYN. S. XANTHOCARPUM
COMMON NAME : Bhatkatayya, Kantakari, Neeli Katili
FAMILY : Solanaceae
PLANT PARTS USED : Flower (anther), Fruit (Berries)
ACTIVE PRINCIPLES : Solasodine, Solasonine
AILMENTS CURED : Cough, Asthma, Bronchitis

3.28



BOTANICAL NAME : *SPONDIAS MOMBIN*
COMMON NAME : Amra
FAMILY : Anacardiaceae
PLANT PARTS USED : Leaves, bark
ACTIVE PRINCIPLES : Quercetin, Ellagic acid
AILMENTS CURED : Wounds, Inflammation, severe cough, leprosy

3.29



BOTANICAL NAME : *TERMINALIA ARJUNA*
COMMON NAME : Arjun
FAMILY : Combretaceae
PLANT PART USED : Stem- bark
ACTIVE PRINCIPLES : Arjunic acid, Arjunolic acid
AILMENTS CURED : Collesterol, Heart care, arteriosclerosis

3.30



BOTANICAL NAME : *TRIANTHEMA PORTULACASTRUM*
COMMON NAME : Biskhopra, Giant weed
FAMILY : Aizoaceae
PLANT PART USED : Leaves
ACTIVE PRINCIPLES : Ecdysterone, Oxalic Acid
AILMENTS CURED : Anemia, Oedema, Jaundice, Painful urination, Night blindness

3.31



BOTANICAL NAME : *TRIBULUS TERRESTRIS*
COMMON NAME : Chhota gokharu
FAMILY : Zygophyllaceae
PLANT PARTS USED : Aerial parts, specially fruits
ACTIVE PRINCIPLES : Steroidal saponins
AILMENTS CURED : Body Building, Liver, Kidney & Uro-genital problems, Diabetes, Cancer

3.32



Navgriha Vatika

We are always eager to know about our future and are ready always to do every effort to improve our stars to protect us from any difficult phase in coming days. Navgriha Vatika provides a way to strengthen our stars. Concept of Navgriha Vatika is based on the knowledge of four fields-Astrology, Astronomy, Hindu Mythology and Taxonomy.

What is Navgriha Vatika-“Nine species of plants, each representing one of the nine planets are grown in a rectangle land in particular direction. This is called Navgriha vatika”

Significance-It is believed that the establishment of Navgriha Vatika in a place improves the quality of its vastu and the people, who belong to or utilize this place are blessed with health, wealth and protection from every negativity, hidden in the womb of future, eg. Anxiety,

physical or mental ailments, sudden financial losses, misunderstandings in various relationships, court cases, results of exams or any other effort in any field and many more.

Navgriha Vatika may be established in bungalows, schools, colleges, Institutions, hospitals, restaurants, hotels, petrol pumps, shopping malls, parks of colonies, terraces of multistoried buildings, industrial premises, etc. to remove the ill effects of any vastu-dosha as well as to link with divine power.

Identification and availability of correct plant is necessary and, therefore, clear photographs of each plant, dealt here, have been given in this book for the help of readers.

Position of every plant must be correct according to the direction prescribed. For this purpose chart-representation has been provided.

Plants may be grown in pots instead of land and the pots should be placed in required position/direction.

NAV-GRIHA PLANTS VATIKA

(Contents)

S.NO.	NAME OF GRIHA	NAME OF PLANT
4.1.	Sun/ Surya	<i>Calotropis gigantia</i>
4. 2.	Moon/Chandra	<i>Butea monosperma</i>
4. 3.	Jupiter/Guru	<i>Ficus religiosa</i>
4.4.	Venus/Shukra	<i>Ficus racemosa</i>
4. 5.	Mercury/Budh	<i>Achyranthes aspera</i>
4.6.	Mars/Mangal	<i>Acacia catechu</i>
4.7.	Saturn/Shani	<i>Prosopis spicigera</i>
4.8.	Rahu	<i>Cynodon dactylon</i>
4.9.	Ketu	<i>Imperata cylindrica</i>

MODERN KITCHEN GARDEN

NAVGRISHA PLANTS



NE:JUPITER, NORTH:MERCURY, NW:KETU,
EAST:VENUS,CENTER: SUN, WEST:SATURN,
SE:MOON, SOUTH:MARS,SW:RAHU



GRIHA : **SUN/ SURYA**
POSITION : **CENTER**
BOTANICAL NAME : ***CALOTROPIS GIGANTIA***
COMMON NAME : **SAFED AKHA**
FAMILY : **APOCYNACEAE**

4.1



GRIHA : **MOON/ CHANDRA**
POSITION : **SOUTH EAST**
BOTANICAL NAME : ***BUTEA MONOSPERMA***
COMMON NAME : **PALASH**

4.2



GRIHA : **JUPITER/GURU**

POSITION : **NORTH EAST**

BOTANICAL NAME : ***FICUS RELIGIOSA***

COMMON NAME : **PEEPAL**

FAMILY : **MORACEAE**

4.3



GRIHA : **VENUS/
SHUKRA**

POSITION : **EAST**

BOTANICAL NAME : ***FICUS RACEMOSA***

COMMON NAME : **GOOLAR**

FAMILY : **MORACEAE**

4.4



GRIHA : **MERCURY/BUDH**
POSITION : **NORTH**
BOTANICAL NAME : ***ACHYRANTHES ASPERA***
COMMON NAME : **LATJEERA,
CHIRCHITA**
FAMILY : **AMARANTHACEAE**

4.5



GRIHA : **MARS/MANGAL**
POSITION : **SOUTH**
BOTANICAL NAME : ***ACACIA CATECHU***
COMMON NAME : **KHAIR**
FAMILY : **MIMOSACEAE**

4.6



GRIHA : **SATURN/SHANI**
POSITION : **WEST**
BOTANICAL NAME : ***PROSOPIS SPICIGERA***
COMMON NAME : **SHAMI**
FAMILY : **MIMOSACEAE**

4.7



GRIHA : **RAHU**
POSITION : **SOUTH WEST**
BOTANICAL NAME : ***CYNODON DACTYLON***
COMMON NAME : **DOOB GRASS**
FAMILY : **POACEAE**

4.8



GRIHA : KETU
POSITION : NORTH WEST
BOTANICAL NAME : *IMPERATA CYLINDRICA*
COMMON NAME : THATCH GRASS
FAMILY : POACEAE

4.9

NAVGRISHA VATIKA

NORTH

WEST	THATCH GRASS KETU	LATJEERA BUDH	PEEPAL GURU
	SHAMI SHANI	SAFED AKHA SURYA	GOOLAR SHUKRA
	DOOB GRASS RAHU	KHAIR MANGAL	PALASH CHANDRA

SOUTH

4.10

Rashi Plants gallery

According to astrology, there are twelve Rashies (Zodiac Signs) and according to Hindu Mythology every rashi belongs to a particular plant. Every individual, on the basis of its birth time, belongs to one particular rashi out of twelve. It is believed that if an individual, grows & maintains the plant, belonging to his own 'Rashi', he is blessed with divine power, health, wealth and prosperity and the negative effects of stars as depicted by his "Janam-Patrika" get abolished. He overcomes every difficulty on the way to success, in every field of life.

Rashi Plants Gallery

(Contents)

S.No.	Name of Rashi	Name of Plant
5.1	Mesh/ Aries	<i>Pterocarpus santalinus</i>
5. 2	Vrishabh/Taurus	<i>Alstonia scholaris</i>
5. 3	Mithun/Jamini	<i>Wrightia tinctoria</i>
5. 4.	Kark/Cancer	<i>Butea monosperma</i>
5.5.	Simha/Leo	<i>Zizyphus mauritiana</i>
5.6.	Kanya/Virgo	<i>Mangifera indica</i>
5.7.	Tula/Lbra	<i>Mimusops elengi</i>
5.8.	Vrashchik/Scorpio	<i>Acacia catechu</i>
5.9.	Dhanu/Sagittarius	<i>Ficus religiosa</i>
5.10.	Makar/Capricorn	<i>Dalbergia sissoo</i>
5.11.	Kumbh/Aquarius	<i>Prosopis spicigera</i>
5.12.	Meen/Pisces	<i>Ficus benghalensis</i>



RASHI : MESH/ARIES
BOTANICAL NAME : *PTEROCARPUS SANTALINUS*
COMMON NAME : RED CHANDAN
FAMILY : FABACEAE

5.1



RASHI : VRISHABH/TAURUS
BOTANICAL NAME : *ALSTONIA SCHOLARIS*
COMMON NAME : SATPATIA
FAMILY : APOCYNACEAE

5.2



RASHI : MITHUN/
JAMINI

BOTANICAL NAME : *WRIGHTIA
TINCTORIA*

COMMON NAME : INDRAJAO

FAMILY : APOCYNACEAE



RASHI : KARK/CANCER

BOTANICAL NAME : *BUTEA
MONOSPERMA*

COMMON NAME : PALASH

FAMILY : FABACEAE



RASHI : **SIMHA/LEO**

BOTANICAL NAME : ***ZIZYPHUS MAURITIANA***

COMMON NAME: **BER**

FAMILY : **RHAMNACEAE**

5.5



RASHI : **KANYA/VIRGO**

BOTANICAL NAME : ***MANGIFERA INDICA***

COMMON NAME : **MANGO**

FAMILY : **ANACARDIACEAE**

5.6



RASHI : TULA/LIBRA
BOTANICAL NAME : *MIMUSOPS ELENGI*
COMMON NAME : *MOLSHREE*
FAMILY : SAPOTACEAE

5.7



RASHI : VRASHCHIK/SCORPIO
BOTANICAL NAME : *ACACIA CATECHU*
COMMON NAME: *KHAIR*
FAMILY : MIMOSACEAE

5.8



RASHI : **DHANU/
SAGITTARIUS**

BOTANICAL NAME : ***FICUS RELIGIOSA***

COMMON NAME : **PEEPAL**

FAMILY : **MORACEAE**

5.9



RASHI : **MAKAR/
CAPRICORN**

BOTANICAL NAME : ***DALBERGIA
SISSOO***

COMMON NAME : **SHEESHAM**

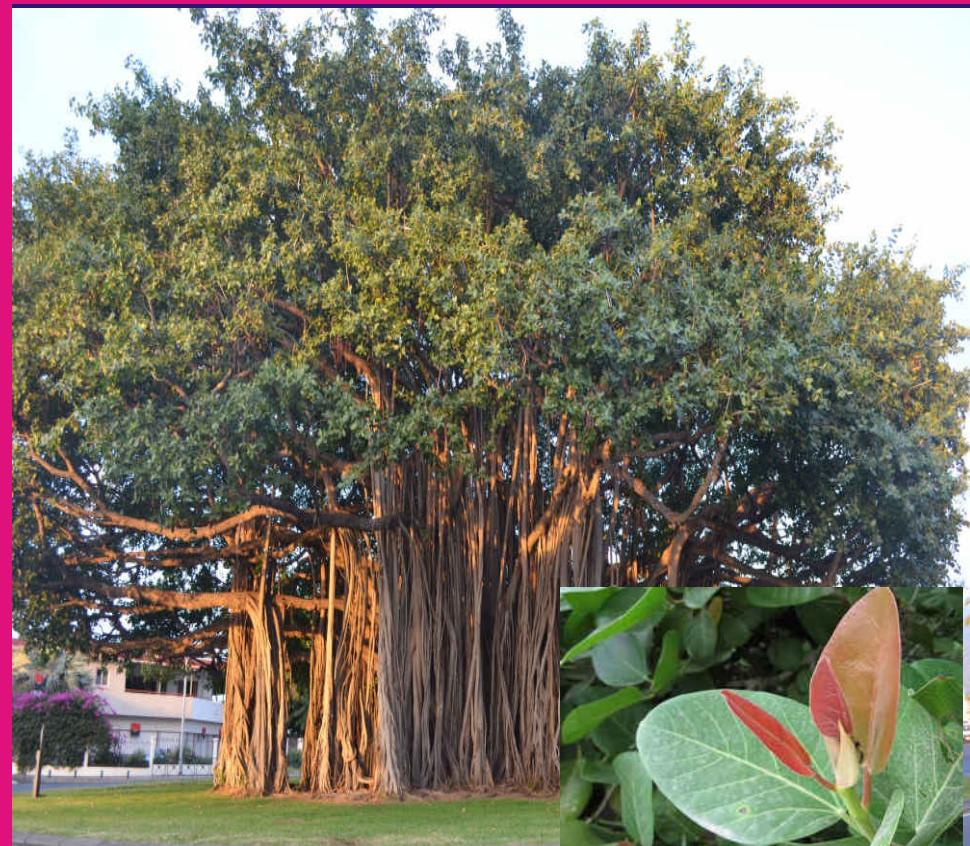
FAMILY : **FABACEAE**

5.10



RASHI : **KUMBH/AQUARIUS**
BOTANICAL NAME : ***PROSOPIS SPICIGERA***
COMMON NAME : **SHAMI**
FAMILY : **MIMOSACEAE**

5.11



RASHI : **MEEN/PISCES**
BOTANICAL NAME : ***FICUS BENGHALENSIS***
COMMON NAME : **BARGAD**
FAMILY : **MORACEAE**

5.12

MODERN KITCHEN GARDEN
RASHI PLANTS GALLERY



Author



Dr. Minu Gupta

*Founder, Convener & Organising Secretary,
Plant Conservation Society
Head, dept.of Botany
R.G.P.G. College, Meerut, UP, India
Email : minuguptarg@gmail.com*

INTRODUCTION OF THE AUTHOR

Born on 21st Nov, 1959 at Varanasi, nature loving individual from childhood, Dr. Minu Gupta is a well known devoted personality in the world of plants and environment. She is the founder, convener and organizing secretary of “Plant Conservation Society” (PCS) and is engaged in environment friendly as well as human health improvement activities since last many years.

She has developed herbal gallery, herbal nursery, rashī plant gallery, Navgriha Vatika etc. and maintained, multiplied & distributed many rare and valuable plant species to help the people to develop medicinal plant gallery at their own kitchen garden through organic farming and has persuaded them to utilize fresh plants for the treatment of various diseases.

She is an established Taxonomist, Registered Homoeopathic Practitioner & Environmentalist . She is national Scholarship holder and gold medalist, has done M.Sc., M. Phil, Ph.D., NET, JRF, SRF (CSIR) & F.B.S. (Elected fellow of Indian Botanical Society), has published her research work in many national and international Journals, awarded with best research paper award twice (1985, 2013), completed research project of UGC, resource person in many workshops, life member of Indian Botanical Society and Indian Sc. Congress, also honored by many societies & communal bodies, actively participated in more than seventy conferences/ seminars/ workshops with more than 30 research paper presentations, has organized more than 20 seminars/workshops, is the member of editorial board of national & international journals and magazines, published articles and poetry.