



# PLANT CONSERVATION SOCIETY

## Raghunath Girls' Post Graduate College

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*Year of Establishment: 2012*

*Patron: Prof. Nivedita Malik*

*Founder: Dr. Minu Gupta*

*Convener: Dr. Garima Malik*





# Medicinal Plant Gallery



## List of Medicinal Plants available in Plant Conservation Society

S.No.	BOTANICAL NAME	COMMON NAME	PLANT PART USED	ALINMENTS CURED
1.	<i>Acmella oleracea</i> (Asteraceae)	Gorakmundi	Flower (Tooth Powder)	Toothache, Anti-Pyretic, Local Anesthesia (Pungent, Cooling, Tingling, Numbing, Saliva Producing Taste)
2.	<i>Acorus calamus</i> (Acoraceae)	Vacha/Calamus	Rhizomes	Appetite Stimulant, Stroke, Stimulate Brain Power, Fever, Body Pain
3.	<i>Adhatoda vasica</i> (Acanthaceae)	Vasika/ Vasaka	Leaves, Flowers, Roots	Respiratory Ailments, Cough, Asthma
4.	<i>Aloe barbadensis</i> (Liliaceae)	Ghritkumari	Leaf Pulp	Alopecia, Sun Burn, Acne, Indigestion
5.	<i>Andrographis paniculata</i> (Acanthaceae)	Kalmegh	Leaves, Stem	Liver Problems
6.	<i>Asclepias curassavica</i> (Asclepiadaceae)	Kakatundi	Leaves, Root Bark, Latex	Fever, Cough, Heart Conditions
7.	<i>Asparagus racemosus</i> (Liliaceae)	Satavar	Root	Good For Women Hormones, Boosting Immunity, Promoting Lactation
8.	<i>Bacopa monnieri</i> (Scrophulariaceae)	Brahmi	Leaves, Flowers	Memory Enhancer
9.	<i>Barleria lupulina</i> (Acanthaceae)	Kala-bansa	Leaves	Chronic Cough, Bronchitis
10.	<i>Bryophyllum pinnatum</i> (Crassulaceae)	Dardmar/ Patharchur	Leaves	Wound Healing, Painful Inflammation, Abscess



S.No.	BOTANICAL NAME	COMMON NAME	PLANT PART USED	ALINMENTS CURED
11.	<i>Catharanthus roseus</i> (Apocyanaceae)	Sadabahar	Leaves, Flowers	Diabetes, Anti-Cancerous
12.	<i>Centella asiatica</i> (Apiaceae)	Mandook parni	Leaves	Brain-Vitalizer
13.	<i>Cissus quadrangularis</i> (Vitaceae)	Hadjod	Leaves, Stem	Broken Bones, Injured Ligaments & Tendons, Analgesic, Osteoporosis, Obesity, Cholesterol
14.	<i>Clitoria trenatae</i> (Fabaceae)	Aprajita	Roots, Leaves, Flowers	Improving Brain Health, Aiding Digestion, Blue Tea
15.	<i>Coleus sp.</i> (Lamiaceae)	Flame Nettle/Coleus	Garden, Indoor plant	Ornamentation, Insomnia, Epilepsy, Asthma
16.	<i>Costus igneus</i> (Costaceae)	Insulin plant	Leaves	Anti-Diabetic, Expectorant, Aphrodisiac, Carminative
17.	<i>Crassula ovate</i> (Crassulaceae)	Jade Plant	Indoor Plant	Air Purifying Plant
18.	<i>Cymbopogon citrates</i> (Poaceae)	Lemon-grass	Leaves (Herbal tea)	Antioxidant, Oral Thrush In HIV/AIDS
19.	<i>Dracena sp.</i> (Asparagaceae)	Dracena	Indoor Plant	Air Purifying Plant
20.	<i>Euphorbia tithymaloides</i> (Euphorbiaceae)	Devil's Backbone	Garden & Indoor Plant	Air Purifying Plant
21.	<i>Ficus benjamine</i> (Moraceae)	Weeping fig.	Garden, Indoor Plant	Air Purifying Plant
22.	<i>Gymnema sylvestre</i> (Apocyanaceae)	Gudmar/Madhunashini	Leaves	Diabetes
23.	<i>Lavendula multifida</i> (Lamiaceae)	Lavender	Leaves, flowers (Herbal tea)	Anti-Septic, Anti-Fungal, Moth Repellent, Headache, Aroma Therapy, Anti-Depressant, Anti-Inflammatory

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24.	<i>Lawsonia inermis</i> (Lythraceae)	Henna	Leaves	Reduce Inflammation, Wound Healing, Detoxification
25.	<i>Mentha piperita</i> (Lamiaceae)	Peppermint	Leaves (Herbal tea)	Cough, Congestion, Indigestion, Skin Rashes
26.	<i>Mentha viridis</i> (Lamiaceae)	Pudina	Leaves	Flatulence, Indigestion, Refreshing Drink, Culinary Herb
27.	<i>Moringa oleifera</i> (Fabaceae)	Sahjan	Leaves, Flowers, Fruit	Good Source Of Vit. A, C & E And Minerals Like Ca, Fe & Mg
28.	<i>Murraya koengii</i> (Rutaceae)	Curry-patta	Leaves	Cancer, Diabetes
29.	<i>Nardostachys jatamansi</i> (Caprifoliaceae)	Jatamansi	Rhizomes & Roots	Alopecia & Insomnia
30.	<i>Ocimum basilicum</i> (Lamiaceae)	Marwa	Leaves	Cancer, Cholesterol
31.	<i>Ocimum sanctum</i> (Lamiaceae)	Tulsi	Leaves (Herbal tea)	Fever, Cold, Cough, Cholesterol, Heart Care
32.	<i>Origanum majorana</i> (Lamiaceae)	Marjorum	Leaves, Flowers (Herbal tea)	Gastro-Int., Tonsil, Aromatherapy, Bruises
33.	<i>Piper betle</i> (Piperaceae)	Pan	Leaves	Toothache, Mouth Freshener, Digestive Aid
34.	<i>Plectranthus amboinicus</i> (Lamiaceae)	Ajwain patta	Leaves	Chronic Asthma, Rheumatoid Arthritis, Flatulence, Colic, Nasal Congestion, Sore Throat

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35.	<i>Plumbago zeylanica</i> (Plumbaginaceae)	Chitrak	Leaves	Laryngitis, Liver, Spleen
36.	<i>Rauvolfia serpentina</i> (Apocyanaceae)	Sarpagandha	Roots	Hypertension, Anti-Inflammatory, Anti-Venomous, Anti-Diabetic, Sadative
37.	<i>Rosmarinus officinalis</i> (Lamiaceae)	Rosemary	Leaves (Herbal Tea)	Improve Memory, Flavoring Foods, Aromatherapy
38.	<i>Sansevieria sp.</i> (Asparagaceae)		Indoor plant	Air Purifying Plant
39.	<i>Spathiphyllum sp.</i> (Araceae)	Peace Lily	Indoor plant	Air Purifying Plant
40.	<i>Spilanthes mauritiana</i> (Asteraceae)	Akarkara	Flowers (Tooth power)	Toothache
40.	<i>Stevia rebaudina</i> (Asteraceae)	Madhu-parni	Leaves	Zero Calorie Herbal Sweetener, High B.P., Obesity
41.	<i>Tinospora cordifolia</i> (Menispermaceae)	Giloe	Stem	White Blood Platelets, Dengue, Immunity, Digestion
42.	<i>Thymus vulgaris</i> (Lamiaceae)	Thyme	Leaves, Flowers (Herbal tea)	Brain Ageing, Liver Protection, Bronchitis, Acne, Immunity, Aromatherapy
43.	<i>Tylophora indica</i> (Asclepiadaceae)	Antamul/Asthama Bel	Leaves	Bronchial Asthma, Rheumatism
44.	<i>Withania somnifera</i> (Solanaceae)	Ashwagandha	Leaves	Fat Loss, Balance Ladies Hormones

# **Details of some Medicinal Plants available in Plant Conservation Society**

# ***Bacopa monnieri***



COMMON NAME : **Brahmi**

FAMILY : Scrophulariaceae

PROPAGATION METHOD : Bunch of rootlets separated into small bunches and planted at sufficient distance to grow well.

MAINTENANCE REQUIREMENT: Plenty of water, loamy to sandy soil, full sun

PLANT PARTS USED : Leaves, Flower

CHARACTER : Succulent leaves, sour to taste

ACTIVE PRINCIPLES : Brahmine, Bacosides

AILMENT CURED : Memory enhancer

## ***Bacopa monnieri***

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.

Anxiety: Above prescription is also applicable in case of stress, anxiety and hypertension.

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.



# *Spilanthes mauritiana*



COMMON NAME : **Akarkara**

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, pyorrhoea

## *Spilanthes mauritiana*

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.

# ***Bryophyllum Pinnatum***



***Bryophyllum Pinnatum***

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 : Bryophyllin A

AILMENTS CURED: Wound healing, Painful inflammation, Abscess.

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.

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.

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.

# *Cissus quadrangularis*



*Cissus quadrangularis*

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.

Joint Pain: Take tender stem, cut into pieces and fry the pulp in ghee. Take 2tbsp fried pulp, add 2 tbsp urad dal and 3 tbsp grated coconut, few black pepper & salt to taste; grind all into coarse chatney and eat. Eat for 10 days regularly for amazing relief in joint pain.

Fractured Bone & Osteoporosis: Paste of stem & leaves is applied on injured part for speedy recovery of bone fracture. Stem & leaves dried and ground into powder are taken 1tsp daily empty stomach with some water regularly for at least 40 days for osteoporosis. Repeat after 10 days gap.



# ***Cymbopogon citrates***



***Cymbopogon citrates***

**COMMON NAME : Lemon-grass**

**FAMILY : Poaceae**

**PROPAGATION METHOD : Bunch of roots is divided into smaller bunches and grown separately**

**MAINTENANCE REQUIREMENT : Well drained loamy to sandy soil, moderate water & open sun**

**PLANT PART USED : Leaves**

**CHARACTER : leaves have a sweat fragrance**

**ACTIVE PRINCIPLES : Citral, Myrcene, Citronellol**

**AILMENTS CURED : Antioxidant**

Refreshing Tea (rich in antioxidants): Take a clean fresh leaf, cut into pieces , boil it in water in a covered pan for two minutes, filter it, add 1 tsp of honey, lemon juice and black salt to taste. Drink it early morning instead of any other tea. It 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 stevia (Madhu parni) leaves (fresh or dried) instead of honey. Stevia is a zero calory herbal sweetener.



## ***Stevia rebaudina***



***Stevia rebaudina***

**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, used for obesity, diabetes and high B.P.**

Herbal tea: Take 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.

## ***Withania somnifera***



***Withania somnifera***

**COMMON NAME : Ashwagandha**

**FAMILY : Solanaceae**

**PROPAGATION METHOD : Through seed Germination**

**MAINTENANCE REQUIREMENT : Loamy soil, direct sun light and moderate Water**

**PLANT PART USED : Leaves, roots**

**CHARACTER : Leaves are sour to taste**

**ACTIVE PRINCIPLES : Tropine, Withanolides**

**AILMENTS CURED : Fat loss, balance ladies hormones**

Use: 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.

## *Tylophora indica*



*Tylophora indica*

**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 Asthama, Rheumatism

Bronchial Asthma: Take one fully expanded leaf. Wash it thoroughly and chew it well empty stomach in the morning. 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

## *Rosmarinus officinalis*



*Rosmarinus officinalis*

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, hair growth

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



## *Barleria lupulina*



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

### *Barleria lupulina*

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.

## *Andrographis paniculata*



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

### *Andrographis paniculata*

Liver Problems, acne, Blood purification, Skin infections: leaves and stem (around 25 gm) ground with 100ml of water and filtered, taken empty stomach early morning for at least 20 days are successfully used to cure all such problems.

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 at least 20 days regularly. It surprisingly eliminates pus cells in urine due to UTI as well as checks the reoccurrence of the infection in near future.

# Thank You

