

LIST OF MEDICINAL PLANTS AVAILABLE IN THE HERBAL GARDEN OF JNV, BAROBISHA, ALIPURDUAR, WEST BENGAL

S.N.	PLANT	COMMON NAME	SCIENTIFIC NAME/ BOTANICAL NAME	PARTS USED	MEDICINAL USES
01		Amla	Emblica officinalis	Fruit	Vitamin - C, Cough , Diabetes, cold, Laxativ, hyper acidity.
02		Ashok	Saraca Asoca	Bark Flower	Menstrual Pain, uterine, disorder, Deiabetes.
03		Aswagandha	Withania Somnifera	Root, Leafs	Restorative Tonic, stress, nerves disorder, aphrodisiac.
04		Bael / Bilva	Aegle marmelous	Fruit, Bark	Diarrrhoea, Dysentry, Constipation.
05		Brahmi	Bacopa, Monnieri	Whole plant	Nervous, Memory enhancer, mental disorder.
06		Guluchi / Giloe	Tinospora Cordifolia	Stem	Gout, Pile, general debility, fever, Jaundice.
07		Calihari / panchangulia Glori Lily	Gloriosa superba	Seed, tuber	Skin Desease, Labour pain, Abortion, General debility.

08		Kalmegh/ Bhui neem	Andrographis Paniculata	Whole Plant	Fever, weekness, release of gas.
09		Sarpa Gandha	Ranwolfia Serpentina	Root	Hyper tension, insomnia.
10		Tulsi	Ocimum sanclum	Leaves/Seed	Cough, Cold, bronchitis,expectorand.
11		Pippermint	Mentha pipertia	Leaves, Flower, Oil	Digestive, Pain killer.
12		Henna/Mehdi	Lawsennia iermis	Leaf,Flower, Seed	Burning, Steam, Anti Imflamatary.
13		Gritkumari	Aloe Verra	Leaves	Laxative, Wound healing, Skin burns & care,Ulcer.
14		Sada Bahar	Vincea rosea/ catharanthusRoseus	Whole Plant	Leaukamia, Hypotensiv, Antispasmodic , Atidot
15		Vringraj	Eclipta alba	Seed/whole	Anti-inflammatory, Digestive, hairtonic.
16		Haritaki	Terminalia Chebula	Seed	Trifala, wound ulcer, leprosy, inflammation, Cough.

17		Bayara	Terminalia Bellerica	Seed, Bark	Cough, Insomnia, Dropsy, Vomiting, Ulcer, Trifala.
18		Neem	Azadirachata - indica	Rhizome	Sedative, analgesic, epilepsy, hypertensive.
19		Kantakari / Akranti Perennial	Solanum Xanthocarpum	Whole Plant, Fruit, Seed	Diuretic, Antiinflammatory, Appetiser, Stomachic.
20		Haldi	Curcuma longa	Root	Anti-inflammatory drugs, Antidepressants (Prozac), Chemotherapy, Anticoagulants (Aspirin), Pain killers, Diabetes drugs (Metformin), Arthritis medications, Inflammatory bowel disease drugs, Cholesterol drugs (Lipitor), Steroids, Skin Care, Obesity
21		Aamada	Zingiber officinale	Root	Ginger contains chromium, magnesium and zinc which can help to improve blood flow, as well as help prevent chills, fever, and excessive sweat.
22		Thankuni	Centella asiatica	WHOLE PLANT	Centella is well known as a tonic in Chinese medicine. It is considered to be bitter, pungent, with cold properties entering the spleen, liver and kidney meridians. It is said to clear heat and promote water metabolism and is a yin tonic.
23		Kulekhara	<u>Hygrophila auriculata</u>	Whole Plant	In Ayurveda, its seeds, roots, and panchang (panch = five ang = parts, i.e. root, flower, stem, fruit, and leaves as ash burnt together) are used as a medication. <u>Kulekhara</u> is a medicine that is used for the treatment of Anemia , Bleeding ulcers and other conditions.

24		Pipal	<u>Ficus religiosa</u>	Leaf	Helpful in fever, cold and asthma.
25		patharchatta	<u>Bryophyllum</u>	Leaf	They have diuretic, wound healing, hepatoprotective, antimicrobial, antihypertensive and anti-inflammatory activities and are beneficial in urinary bladder and kidney stones, intestinal problem, ulcers, arthritis, inflammation, conjunctivitis, menstrual disorders, migraine, urethritis, wound, dysentery, ulcers, indigestion etc.
26		Gulantha	<u>Tinospora cordifolia</u>	Leaf	T. cordifolia is used in the Indian Ayurvedic system of medicine for the treatment of jaundice, diabetes, and rheumatoid arthritis, and is also used as an immunostimulant. Experiments have examined its antineoplastic, antioxidant, hepatoprotective, hypolipidemic, and immunologic properties; however, few clinical trials exist.
27		Lajjawati	<u>Mimosa pudica</u> Linn	Leaf	According to Ayurveda, root is bitter, acrid, cooling, vulnerary, alexipharmic and used in treatment of biliousness, leprosy, dysentery, vaginal and uterine complaints, inflammations, burning sensation, fatigue, asthma, leucoderma, blood diseases etc. According to the Unani system of medicine, root is resolvent, alternative, useful in diseases arising from blood impurities and bile, bilious fevers, piles, jaundice, leprosy etc.
28		Yshthimadhu	<u>Glycyrrhiza glabra</u>	Root	Mulethi Licorice Powder & Honey For Dry Cough: Licorice Root For Good Voice: Licorice Tea For Pcos, Weight loss, Arthritic Pain & Cough : Licorice Brushes For Dental Problems: Fairness Cream Using Mulethi.
29		Bashok	<u>Adhatoda Vasika</u>	Leaf, Root, Flower, Whole plant	useful in bleeding disorders, detoxifies blood ,chronic respiratory tract infections, ,coldandcough.,vomiting,skin,disorders,feverTrut, <u>excessive thirst</u> ,acts as cardiac tonic, good for throat ,useful in asthma, chronic bronchitis

					,urinary tract disorders, diabetes ,anorexia,bleeding disorders jaundice and liver disorders. Of all the herbs useful in bleeding disorders, Vasa is thebest.Its leaves are made into paste and applied to relieve inflammation, pain, rheumatoid arthritis, worm infested wounds and skin disorders. It acts as diuretic.
30		Chalta	Dillenia indica	Fruit,leaf	It possesses various activities like Antimicrobial , Antioxidant , Analgesic, Anti-inflammatory, Dysentery , Antidiabetic etc. Thus the <i>D. Indica</i> has a wide range of activity which makes the fruit or the whole plant a gift for human being.
31		Sajana	Moringa oleifera	Leaf,Flowers,Fruits	flowers are useful in intestinal worms. It balances Pitta and kapha. anti diabetic and anti oxidant effect Oil prepared with Moringa is useful to relieve headache, pungent, useful in skin diseases and diabetes. leaves for balanitis,used in Ayurvedic medicines
32		Arjun	Terminalia arjuna	Bark,Fruits	The bark of Arjuna tree is a well-known heart tonic and is useful in treatment of all forms of heart disease. It is one of the best herb for heart diseases. The bark is cardioprotective, cardio tonic, removes obstruction from fluid channels, astringent and capable of reducing fever. It is effective in treatment of elevated blood pressure, palpitation of heart and angina. Arjuna bark tones the heart, stimulates blood circulation, stops bleeding and strengthens the heart muscle. The bark has anti-dysenteric, astringent, anti-asthmatic, fever reducing, expectorant, cardio tonic aphrodisiac and diuretic properties. Bark works on central nervous system, circulatory system and reproductive system (aphrodisiac, abortifacient or induces abortion). The various aerial parts of tree exhibits semen coagulant activity. The fruits are deobstruent (possess power to open the natural ducts of the fluids and secretions of the body).

33	 <p>Tejpata Tree</p>	Tejpata	Cinnamomum tamala	Leaf	Diabetes, Digestion, Cardiovascular Benefits, Treatment of Cold and Infection, Relieves Pain, Anti-cancer Properties, Beneficial during Periconception Period, Treatment of Menstrual Problems.
34		Ulatkambal	Abroma Augusta	Root and Root bark	The roots are used in ayurvedic medicines and Indian traditional remedies due to uterine tonic, uterine stimulant, anodyne, and emmenagogue actions. Abroma Augusta has following healing properties- Emmenagogue, Uterine Tonic, Antispasmodic, Regulates menstrual flow, Stimulates ovulation, Anti-inflammatory, Anti-arthritis, Anti-rheumatic, Demulcent, Abortifacient (rare effects and it may occur in excess dosage)
35		Amrul	Oxalis corniculata	Leaf	This herb is very acidic in nature and needs to be combined with milder herbs or components for usage. It works as a cooling agent. Oxalis corniculata is used to bring down fever. Being very high in Vitamin C and potassium, it helps relieve scurvy and skin disorders.
36		Hatishura	Heliotropium indicum	Whole plant	Used widely for centuries on warts and to treat inflammations and tumours. Throughout tropical Africa it is used as analgesic, diuretic and for numerous skin problems (e.g., yaws, urticaria, scabies, ulcers, eczema, impetigo)