



**PADMABHUSHAN VASANTRAODADA PATIL MAHAVIDYALAYA**  
KAVATHE MAHANKAL, Dist. Sangli (Maharashtra) Pin- 416 405  
**Principal Prof. (Dr.) M. K. Patil** M.Sc., M. Phil., Ph.D. Mob.9421185277  
Phone-02341-295220 Email: kmpvp@rediffmail.com Website: www.pvpkm.ac.in  
**Jr. College Index No. J 22.04.002**

## Criterion-VII: Institutional Values & Best Practices


### Indicator 7.2 Best Practices

### Specialized Green Spaces

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-PRINCIPAL-  
Padmabhushan Vasantrodada Patil  
Mahavidyalaya, K. Mahankal, Dist. Sangli

Shikshan Prasarak Sanstha's  
**Padambhushan Vasanttraodada Patil Mahavidyalaya**  
**Kavathe Mahankal, Dist- Sangli**

Department of Botany

REPORT OF  
**OXYGEN PARK**



## **INTRODUCTION**

The concept of oxygen parks is based on the idea of creating dense mini forest areas that meet the oxygen needs of the local people. Oxygen park is land that produces oxygen and sequester carbon in an urban area. Urban areas are one of the largest producers of carbon and have the most urgent need for oxygen parks. The trees are planted based on the region's oxygen emission levels and people's needs. "Oxygen Park" is maintained in the campus where more oxygen release plants are planted and allowed to grow wild in the natural environment. The campus has 45 species of trees. This park 10534 square meter in college campus is the space in the area.

## **OBJECTIVES**

- **Increase green cover through tree plantation.**
- **Improve ecological stability, air quality, and climate change mitigation.**
- **Nature connection: The park helps visitors and students reconnect with nature.**
- **Green lung: The park acts as a "green lung" for the campus and learning quarter.**
- **Landscape: The park creates a verdant landscape for people to walk and rest.**

## LIST OF PLANTS

1	B.N.- <i>Syngonium podophyllum</i> Schott Family- Araceae V.N.- Syngonium
2	B.N.- <i>Ficus benghalensis</i> L. Family- Moraceae V.N.- Vad
3	B.N.- <i>Ficus religiosa</i> L. Family- Moraceae V.N.- Pimpal
4	B.N.- <i>Ficus recemosa</i> L. Family- Moraceae V.N.- Umbar
5	B.N.- <i>Nephrolepis obiterata</i> (R.Br.) J.Sm. Family- Nephrolepidaceae V.N.- Niche
6	B.N.- <i>Santalum album</i> L. Family- Santalaceae V.N.- Chandan
7	B.N.- <i>Chamaedorea elegans</i> Family- Arecaceae V.N.- Palm
8	B.N.- <i>Gerbera jamesonii</i> Bolus ex Hooker f. Family- Asteraceae V.N.- Gerbera
9	B.N.- <i>Adenium obesum</i> Forssk Family- Apocynaceae V.N.- Adenium
10	B.N.- <i>Centella</i> sp. (L)Urban Family- Apiaceae V.N.- Bramhi
11	B.N.- <i>Ficus pumila</i> L. Family- Moraceae V.N.-Wagh nakhi
12	B.N.- <i>Acampe praemorsa</i> L. Family- Orchidaceae V.N.- Orchid
13	B.N.- <i>Salvinia</i> sp. L. Family-Salviniaceae V.N.- Salvinia
14	B.N.- <i>Dracaena</i> sp. hort. Family-Asparagaceae V.N.- Dracaena
15	B.N.- <i>Aglaonema</i> sp. Schoot Family- Araceae

	V.N.- Aglaonema
16	B.N.- <i>Asparagus sprengeri</i> Family- Asparagaceae V.N.- Shatavari
17	B.N.- <i>Piper betle</i> L. Family- Piperaceae V.N.- Maghai Paan
18	B.N.- <i>Nyctanthes arbor-tristis</i> L. Family- Oleaceae V.N.- Prajakta
19	B.N.- <i>Euphorbia milii</i> Des Moul. Family- Euphorbiaceae V.N.- Crown of thorns
20	B.N.- <i>Allamanda blanchetii</i> A.DC. Family- Apocynaceae V.N.- Allamanda
21	B.N.- <i>Polyalthia longifolia</i> Sonn. Family- Annonaceae V.N.- Ulta ashok
22	B.N.- <i>Nymphaea</i> sp. Family- Nymphaeaceae V.N.-Kamal
23	B.N.- <i>Bambusa vulgaris</i> Schrad Family- Poaceae V.N.- Bamboo
24	B.N.- <i>Pedilanthus tithymaloides</i> L. Family- Euphorbiaceae V.N.- Pedilanthus
25	B.N.- <i>Furcraea foetida</i> L. Family-Asparagaceae V.N.- Kekti
26	B.N.- <i>Ocimum sanctum</i> Linn. Family- Lamiaceae V.N.- Tulas
27	B.N.- <i>Mussaenda erythrophylla</i> Thonn. Family- Rubiaceae V.N.- Mussaenda
28	B.N.- <i>Pilea microphylla</i> L. Family- Urticaceae V.N.- Pilea
29	B.N.- <i>Sensevieria</i> sp. Family-Asparagaceae V.N.- Sensevieria
30	B.N.- <i>Sensevieria trifasciata</i> Family- Asparagaceae V.N.- Snake Plant

31	B.N.- <i>Euphorbia pulcherrima</i> Family- Euphorbiaceae V.N.- Raktparni
32	B.N.- <i>Epiphyllum oxypetalum</i> Family- Cactaceae V.N.-Queen of Night
33	B.N.- <i>Dieffenbachia</i> sp. Family- Araceae V.N.- Dieffenbachia
34	B.N.- <i>Piper nigrum</i> L. Family- Piperaceae V.N.- Kali miri
35	B.N.- <i>Opuntia</i> sp. Family- Cactaceae V.N.- Nivdung
36	B.N.- <i>Furcraea foetida</i> L. Family- Asparagaceae V.N.- Keki
37	B.N.- <i>Epipremnum aureum</i> Family- araceae V.N.- Money plant
38	B.N.- <i>Eichhornia crassipes</i> Mart. Family- Pontederiaceae V.N.- Kendal
39	B.N.- <i>Chara</i> sp. L. Family- Characeae V.N.- Chara
40	B.N.- <i>Typha</i> sp. L. Family- Typhaceae V.N.- Pankanis
41	B.N.- <i>Marsilea quadrifolia</i> L. Family- Marsileaceae V.N.- Marsilea
42	B.N.- <i>Ficus elastica</i> Roxb. Family- Moraceae V.N.- Rabar plant
43	B.N.- <i>Dyopsis decaryi</i> (Jum.) Beentje & J.Dransf. Family- Arecaceae V.N.- Trikon Palm
44	B.N.- <i>Cycas revoluta</i> Thunb. Family- Cycadaceae V.N.- Cycas
45	B.N.- <i>Plumeria alba</i> L. Family- Apocynaceae V.N.- Chafa

## PHOTOGRAPHS



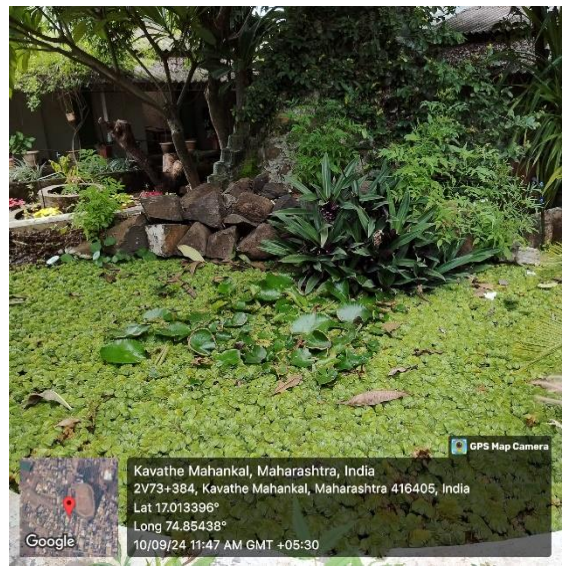
**Bonsai Trees**



**Bonsai Trees**



**Creare landscape attractive elements**



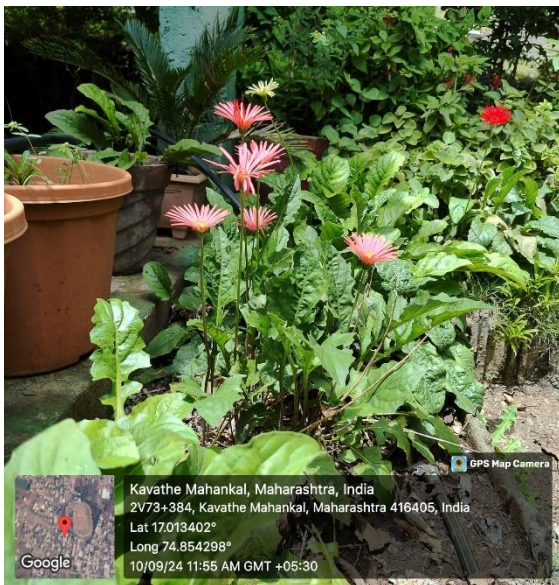
**Aquatic plant**



**Water loving plants  
around small pond**



**To create a micro climate**



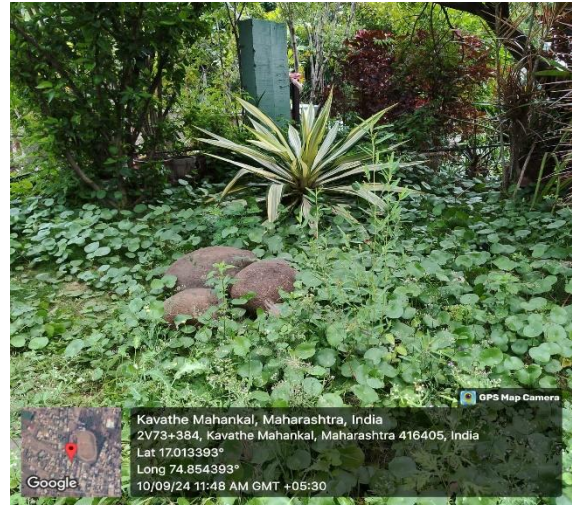
**Flower beds**



**Maintain Orchid plants**



**To create a landscaped pathway**

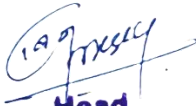


**To enchase the sense of beauty**

## CONCLUSION

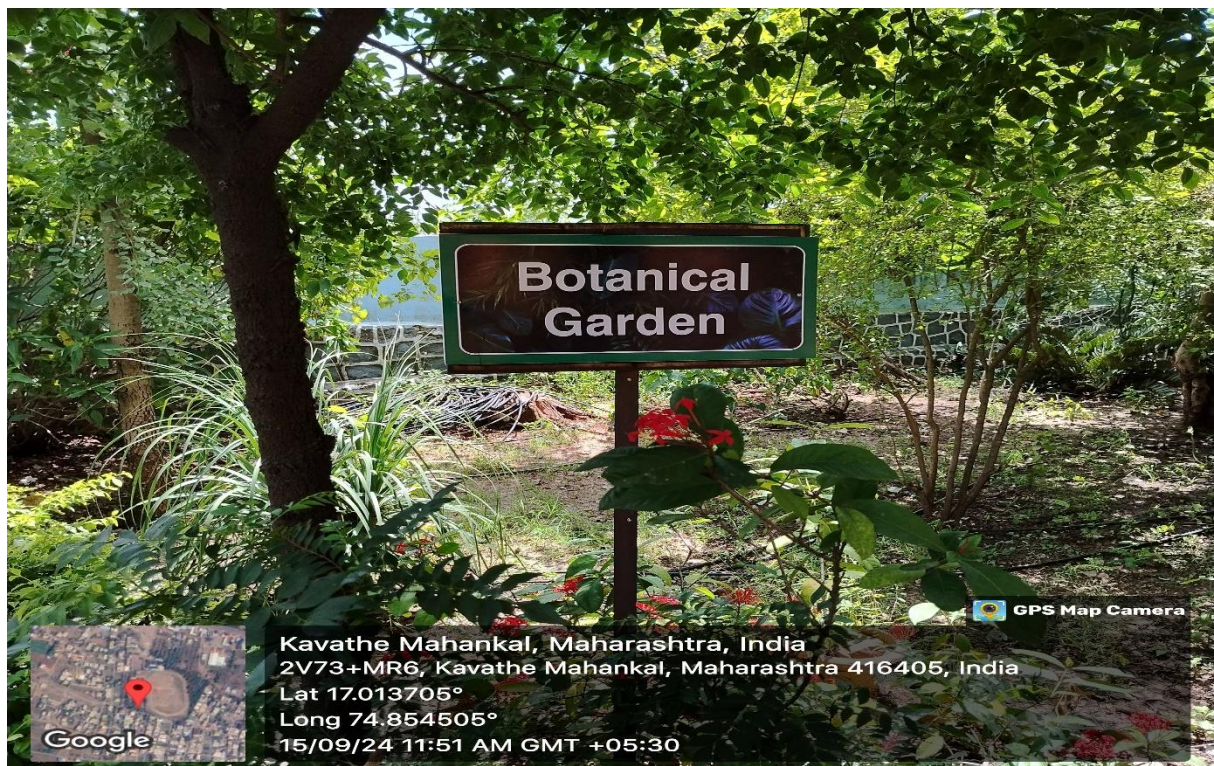
The idea of the Oxygen park is to introduce a green ling in education campus, inviting students and visitors alike to refresh their mind, body and explore the symbiotic relationships between oxygen, plant, and healthy purified living. Oxygen park environmental conditions to deepen existing knowledge about sustainable specification. The findings affirmed that oxygen park relies on the promoting of the health and well being through sustainable urban design qualities.



  
Head  
Department of Botany  
P.V.P. Mahavidyalaya  
Kavathe Mahankal Dist-Sangli

Shikshan Prasarak Sanstha's  
**Padambhushan Vasanttraodada Patil Mahavidyalaya**  
**Kavathe Mahankal, Dist- Sangli**  
Department of Botany

REPORT OF  
**BOTANICAL GARDEN**



## **INTRODUCTION**

Department of botany established in the year of 1989. Department targets at providing an environment that encourages, promotes and stimulates the intellectual, professional and personal development of the student. The curriculum caters to the all round development of the student preparing globally ready individuals into the fast pacing world. A three year bachelor's degree program in botany provides the foundation for prospective botanist to pursue a graduate level education or find an entry level career. Department has created botanical garden., the purpose of botanical garden is to interpret and scientific significance for their study.

## **OBJECTIVES**

The main objectives of botanical garden is

- Educating the student: Botanical garden offer educational experiences for the students through interpretation.
- Conservation, documentation and maintenance of indigenous and exotic plant species.
- Serve as a conservation and education centre.
- Acclimatization and field evaluation of indigenous and exotic plants from various agroclimatic regions.
- Establishing herbarium of authentic specimens for identification of plants.
- Provide recreation facilities to the public in general and exposing them to different hands on learning.

## LIST OF PLANTS

Sr. No.	Botanical name	Family	Vernacular name
1	<i>Azadirachta indica</i> A.juss	Meliaceae	Limb
2	<i>Leucarna leucocephala</i> (Lam) de. Wit	Fabaceae	subabhul
3	<i>Mimusops elengi</i> L.	Sapotaceae	bakul
4	<i>Solanum lycopersicum</i> L.	solanaceae	Tomato
5	<i>Ficus carica</i> L.	Moraceae	Anjir
6	<i>Caesalpinia pulcherrima</i> (L) SW.	Caesalpinaceae	Sankasur
7	<i>Casuarina equisetifolia</i> L.	Casurinaceae	sura
8	<i>Vitex nigundo</i> L.	Verbenaceae	Nirgudi
9	<i>Bougainvillea spectabilis</i> willd.	Nuctaginaceae	Kagadiful
10	<i>Aloe barbadensis</i> miller.	Liliaceae	Korfad
11	<i>Magnolia champaca</i> (L) Baill.	Magnolia	Sonchafa
12	<i>Ficus religiosa</i> L.	Moraceae	Pimpal
13	<i>Tamarindus indica</i> L.	Fabaceae	chinch
14	<i>Hamelia patens</i> jacq.	Rubiaceae	firebush
15	<i>Caesalpinia bonduc</i> L.	Fabaceae	Gajaga
16	<i>Citrus indica</i> yu. Tanaka	Rutaceae	Limbu
17	<i>Asparagus racemosus</i> willd.	Aspargaceae	Shatavari
18	<i>Murraya koenigii</i> L.	Rutaceae	kadipatta
19	<i>Marselia quadrifolia</i> L.	Marseliaceae	
20	<i>Diospyros melanoxylon</i>	Ebenaceae	Tenbhurni

21	<i>Kigelia africana</i> (Lam)	Bignaniaceae	
22	<i>Ptophorum pterocarpum</i> (D.C.) k.heyne	Fabceae	Tambrashengi
23	<i>Butea monosperma</i> (Lam) k.taub	Fabceae	Palas
24	<i>Prunus avium</i> L.	Rosaceae	Cherry
25	<i>Solanum album</i> L.	Santalaceae	Chandan
26	<i>Tinospora Cordifolia</i> (Thunb) Miers.	Menispermaceae	Gulvel
27	<i>Duranta erecta</i> L.	verbenaceae	Golden duranta
28	<i>Aegle marmelos</i> L.	Rutaceae	bel.
29	<i>Lowsonia inermis</i> L.	Lythraceae	Mehandi
30	<i>Punica granatum</i> L.	Lythraceae	Dalimb
31	<i>Ipomoea mauritiana</i> jacq.	Convolvuaceae	Besharam
32	<i>Kalanchoe pinnata</i> (Lam) pers.	Crassulaceae	Panfuti
33	<i>Zamia pumila</i> L.	Zamiaceae	
34	<i>Manilkara zapota</i> L.	Soptacear	Chiku
35	<i>Justicia adathoda</i> L.	Acanthaceae	Adulsa
36	<i>Ficus elastica</i> Roxb.	Moraceae	Rubber
37	<i>Eichhornia crassipes</i> mart.	Pontederiaceae	
38	<i>Hiniscus rosa-sinesis</i> L.	Malvaceae	Jasusand
39	<i>Tecoma stans</i> (L) Juss.	Bignoniaceae	pivali futani
40	<i>Melaleuca citrinu</i> (curtis).	Myrtaceae	bottlebrueh
41	<i>Russelia equisetiformis</i> schlecht.cham	plantaginaceae	Fountain bush
42	<i>Thuja occidentalis</i> L.	Cupressaceae	Morpankhi

43	<i>cycas circinalis</i> L.	Cycadaceae	
44	<i>Ixora coccinea</i> L.	Rubiaceae	
45	<i>Jasminum sambac</i> (L) Aiton.	Oleaceae	Mogra
46	<i>Phyllanthus emblica</i> L.	Phyllanthaceae	MorAwala
47	<i>Carissa corandas</i> L.	Apocynaceae	Karvand
48	<i>Lagerstroemia speciosa</i> (L) Pels.	Lythraceae	taman
49	<i>Acacia penninervis</i> DC.	Fabaceae	Babhal
50	<i>Lantana camara</i> Linn.	Verbeaceae	Ghaneri
51	<i>Moringa oleifera</i> Lam.	Moringaceae	Shevaga
52	<i>Annona reticulata</i> L.	Annoaceae	Sitafal
53	<i>Crossandra infundibuliformis</i> L.	Acanthaceae	Aboli
54	<i>Allamanda</i> L.	Apocynaceae	
55	<i>Dyopsis decaryi</i> Jum.	Arecaceae	
56	<i>Amorphophallus paeoniifolius</i> L.	Araceaceae	
57	<i>Ficus racemosa</i> L.	Moraceae	Umbar
58	<i>Carica papaya</i> L.	Cariaceae	Papai
59	<i>Datura stramonium</i> L.	Solanaceae	Dhotra
60	<i>Pithecellobium dulce</i> Roxb.	Fabaceae	Vilayati chinch
61	<i>Mangifera indica</i> L.	Anacardicaeae	Amba
62	<i>Psidium guajava</i> L.	Myrtaceae	Peru
63	<i>Alstonia scholaris</i> L.	Apocynaceae	Saptaparni
64	<i>Millettia pinnata</i> L.	Fabaceae	Karanji
65	<i>Syzigium cumini</i> L.	Myrtaceae	Jambhul

66	<i>Bixa orellena</i> L.	Bixaceae	Shendri
67	<i>Cereus hexagonus</i>	Cactaceae	
68	<i>Flaxinus lanuginosa</i> koidz.	Oleaceae	
69	<i>Caryota mitis</i> Lour.	Arecaceae	Fishtail palm
70	<i>Wisteria bifurcata</i> A.K. Irvine.	Arecaceae	Foxtail palm
71	<i>Dypsis lutescens</i> (H.wendl)	Arecaceae	Areca plam
72	<i>Tabernaemontana divaricata</i>	Apocynaceae	Pinwheel flower
73	<i>Dracaena trifasciata</i> (Prain) mobb.	Aspragaceae	Snake plant
74	<i>Antigonon leptopus</i> (Hook&Arn.)	Polygonaceae	Lcexeram Crecper
75	<i>Passiflora rocemosa</i> Brot.	Possifloraceae	Brahmakamal
76	<i>Pandanus odorifer</i> ( forssk.)	Pandanaceae	Kevda
77	<i>Monoon longifolium</i>	Fabaceae	False Ashoka
78	<i>Aristolochia ringens</i>	Aristolochiaceae	Badakvel
79	<i>Codiaeam vaxegatum</i> L. A. juss	Euphorbiceae	Croton plant
80	<i>Antigonon leptopus</i> (Hook&Arn)	Polygonaceae	Ice cream creeper
81	<i>Epipremnum aureum</i> (Linden&Andre)	Araceae	Money plant
81	<i>Codiaeum variegatum</i> L.	Euphorbiaceae	Croton plant
82	<i>Pandanus odorifer</i> (Forssk)	Pandanaceae	Kevda
83	<i>Monoon longifolium</i>	Fabaceae	False Ashoka
84	<i>Aristolochia ringes</i>	Aristolochiaceae	Badakvel

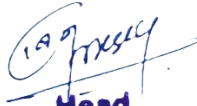
# PHOTOGRAPHS



## CONCLUSION

Botanical gardens are used to study and conserve plant species. Along with local plant species, it also features plants species around the world. These gardens play an important role in meeting human needs and providing well-being. Botanical gardens are frequently run by universities or other scientific research organisations, and many have associated herbaria and botanical science research programmes.



  
Head  
Department of Botany  
P.V.P. Mahavidyalaya  
Kavathe Mahankal Dist-Sangli



# Report of Medicinal Garden

Department of Botany

P. V. P. Mahavidyalaya, Kavathe Mahankal



*P. V. P. Mahavidyalaya, Kavathe Mahankal*

Shikshan Prasarak Sanstha's  
**Padmabhushan Vasantodada Patil Mahavidyalaya**



Kavathe Mahankal, Sangli  
Affiliated to Shivaji University, Kolhapur



*Medicinal Garden*

*Department of Botany*

## **Introduction**

A medicinal garden is a specialized type of garden dedicated to growing plants that have therapeutic properties. These gardens serve both practical and educational purposes, offering a range of benefits from health and wellness to scientific study and personal enrichment. Medicinal gardens provide access to plants that can be used for making herbal remedies, tinctures, and more. Many students use these gardens to cultivate plants known for their healing properties, like rose for relaxation for immune support. These gardens can serve as outdoor classrooms, allowing students and enthusiasts to learn about plant biology, botany and traditional medicine. They also offer a space for researching the efficacy of various plants and their applications. Growing medicinal plants at college can reduce dependence on commercial pharmaceuticals and promote a more sustainable lifestyle. It encourages the use of natural remedies and the cultivation of plants in an environmentally friendly way.

The medicinal garden was established in last five years. For preparation of medicinal garden choose a sunny spot with well-draining soil. Most medicinal plants thrive in full sun, although some, like mint, can tolerate partial shade. Prepare the soil by adding organic matter such as compost to improve fertility and drainage. Most medicinal plants prefer well-drained, nutrient-rich soil. In this medicinal garden we planted approximately 40 plant species and the plantation is going on.

Plants of the medicinal garden can be used to make teas, tinctures, salves, and poultices. Each plant has specific uses. Some plants are used for their essential oils, which can promote relaxation, mental clarity, and other benefits. Many medicinal plants have culinary uses and can be incorporated into everyday cooking for their flavor and health benefits. Before using medicinal plants, especially for health purposes, it's important to consult with a healthcare provider to avoid potential interactions with medications or health conditions. Properly identify plants to ensure they are safe and appropriate for their intended use. Some plants can be toxic or cause allergic reactions. Practice sustainable gardening by using organic methods, avoiding invasive species, and promoting biodiversity. By creating and tending a medicinal garden, we explore the intersection of nature and health, cultivate a diverse array of useful plants, and enjoy the process of growing our own remedies and enhancing our well-being.

## **Aims and Objectives**

A medicinal garden project in a college setting can offer a range of benefits and learning opportunities for students, faculty, and the broader community. Here are some key aims and objectives for such a project.

### **Aims**

- ❖ Provide hands-on experience in identifying, growing, and using medicinal plants, fostering a deeper understanding of their properties and applications.
- ❖ Encourage interdisciplinary learning by integrating botany, herbal medicine, chemistry, and health sciences.
- ❖ Equip students with practical skills in gardening, plant care, and herbal preparation, which can be applied in various fields, including health and wellness, agriculture, and environmental science.
- ❖ Facilitate research projects on the efficacy of medicinal plants, contributing to scientific knowledge and potential therapeutic applications.
- ❖ Promote the benefits of herbal remedies and natural health practices among students and community members.
- ❖ Promote sustainable gardening practices and environmental stewardship through organic gardening and conservation techniques.
- ❖ Create a space for relaxation and mental well-being, allowing students and staff to connect with nature and engage in stress-reducing activities.

### **Objectives**

- ❖ Design a functional and aesthetically pleasing garden layout that accommodates various types of medicinal plants and includes educational signage.
- ❖ Choose a diverse range of medicinal plants suited to the local climate and soil conditions, considering both common and less familiar species.
- ❖ Create educational materials and programs for students, including workshops, lectures, and hands-on activities related to medicinal plants and their uses.
- ❖ Encourage student research projects and internships related to medicinal plants, providing guidance and support for their studies.
- ❖ Partner with local health organizations, schools, and community groups to expand the reach of the project and share resources.

## Bael



**Botanical Name:** *Aegle marmelos*

**Family:** Rutaceae

**Common Name:** Bael

**Medicinal Uses:**

- ❖ The unripe fruit of *Aegle marmelos* is used to treat chronic diarrhoea and dysentery.
- ❖ It is believed to have astringent properties that help to bind the stool.
- ❖ Bael fruit is also used to alleviate gastrointestinal issues such as constipation and indigestion.
- ❖ The ripened fruit acts as a mild laxative, while the unripe fruit is used for its constipating effect.
- ❖ Extracts from the leaves and roots of *Aegle marmelos* are used to reduce inflammation in conditions like arthritis and other inflammatory disorders.
- ❖ The tree's components have analgesic properties, making it useful for pain management.
- ❖ *Aegle marmelos* has been shown to possess antimicrobial properties, making it effective against a range of bacterial and fungal infections.
- ❖ Some studies suggest that it may have antiviral effects, particularly against certain strains of viruses.

## Neem



**Botanical Name:** *Azadirachta indica* L.

**Family:** Meliaceae

**Common Name:** Limb, Kadulimb, Neem

### Medicinal Uses:

- ❖ Neem has strong antibacterial properties, making it effective against various bacterial infections.
- ❖ Neem extracts are often used to treat skin infections, wounds, and acne.
- ❖ Neem is effective against fungal infections like athlete's foot, ringworm, and dandruff.
- ❖ Neem oil or leaf extracts are commonly applied to the affected areas.
- ❖ Neem has been studied for its potential antiviral properties, and it has shown activity against viruses like herpes and chickenpox.
- ❖ Neem is widely used in treating acne due to its antibacterial and anti-inflammatory properties.
- ❖ Neem paste or oil is applied to the skin to reduce breakouts and soothe irritation.
- ❖ Neem helps in managing skin conditions like eczema and psoriasis by reducing inflammation and itching.

## Rose



**Botanical Name:** *Rosa damascene* Mill.

**Family:** Rosaceae

**Common Name:** Rose, Gulab

### Medicinal Uses:

- ❖ Rose petals and rose water are known for their soothing and anti-inflammatory properties, making them effective for treating skin irritations, redness, and inflammation.
- ❖ Rose water is commonly used as a natural moisturizer, helping to hydrate and soften the skin.
- ❖ Due to its antimicrobial properties, rose water can help reduce acne and prevent future breakouts.
- ❖ The scent of rose essential oil is often used in aromatherapy to reduce stress, anxiety, and promote relaxation. It is believed to have calming effects on the mind and body.
- ❖ Inhaling of rose essential oil or using it in massages may help alleviate symptoms of depression by uplifting mood and promoting emotional balance.
- ❖ Rose petals have been used as a mild laxative to treat constipation.
- ❖ They help in stimulating the digestive system and improving bowel movements.
- ❖ Rose tea, made from dried petals, is believed to aid digestion, reduce bloating, and alleviate stomach cramps.
- ❖ Roses are rich in antioxidants, which help protect the body's cells from oxidative stress and free radical damage, potentially reducing the risk of chronic diseases.

## Bottle Brush



**Botanical Name:** *Callistemon citrinus* Skeels.

**Family:** Myrtaceae

**Common Name:** Bottle Brush, Cheel

### Medicinal Uses:

- ❖ The leaves of *Callistemon citrinus* have been traditionally used to treat respiratory issues such as coughs, colds, and bronchitis. The leaves can be boiled to make a tea that helps soothe the throat and reduce symptoms of respiratory infections.
- ❖ The plant has expectorant properties, which help in clearing mucus from the respiratory tract, making it easier to breathe and reducing congestion.
- ❖ *Callistemon citrinus* extracts have shown antibacterial properties, making them useful in treating bacterial infections. The leaves and essential oil have been used to clean wounds and prevent infections.
- ❖ The plant also exhibits antifungal properties, which can help in treating fungal infections on the skin and other areas.
- ❖ The essential oil from *Callistemon citrinus* has anti-inflammatory effects, which can help reduce inflammation in conditions like arthritis and other inflammatory disorders.
- ❖ The leaves of the plant have been used to treat digestive problems such as indigestion, bloating, and stomach cramps. A tea made from the leaves can help soothe the digestive tract and improve digestion.
- ❖ In traditional medicine, the plant is sometimes used to treat diarrhoea due to its potential to reduce gastrointestinal discomfort.

## Ice-cream Creeper



**Botanical Name:** *Antigonon leptopus* Hook.

**Family:** Polygonaceae

**Common Name:** Ice-cream Creeper

### Medicinal Uses:

- ❖ *Antigonon leptopus* has been used in traditional medicine to reduce inflammation.
- ❖ It is believed to help alleviate symptoms of inflammatory conditions such as arthritis, gout, and other joint-related issues.
- ❖ The plant contains compounds with antioxidant properties, which help protect cells from oxidative stress and free radical damage.
- ❖ This may reduce the risk of chronic diseases such as heart disease and cancer.
- ❖ Extracts from *Antigonon leptopus* have demonstrated antimicrobial activity, particularly against certain strains of bacteria and fungi.
- ❖ This makes it potentially useful in treating infections and preventing the growth of harmful microorganisms.
- ❖ In some traditional practices, the leaves or flowers of *Antigonon leptopus* are applied topically to wounds, cuts, and sores to promote healing and prevent infections due to its antimicrobial properties.
- ❖ The plant has been used in traditional medicine to treat various digestive issues, including indigestion, diarrhoea, and stomach cramps.
- ❖ It is believed to have soothing effects on the gastrointestinal tract.

## Avala



**Botanical Name:** *Phyllanthus emblica* L.

**Family:** Phyllanthaceae

**Common Name:** Amla, Avala, Moravala

### Medicinal Uses:

- ❖ The high vitamin C content also makes Amla a powerful antioxidant, protecting cells from oxidative stress and reducing the risk of chronic diseases like heart disease and cancer.
- ❖ Amla has been used traditionally to improve digestion and alleviate gastrointestinal issues like indigestion, acidity, and constipation.
- ❖ It stimulates the secretion of digestive juices, enhancing digestion and absorption.
- ❖ Amla's astringent properties help in treating diarrhoea and dysentery by reducing the frequency of bowel movements and soothing the digestive tract.
- ❖ Amla has been shown to help regulate blood sugar levels by improving insulin sensitivity and reducing blood glucose levels. It is often used as a natural remedy for managing diabetes.
- ❖ Amla also helps in managing cholesterol levels by reducing bad cholesterol and increasing good cholesterol, thereby supporting heart health.
- ❖ Amla is used in skincare for its anti-aging properties. It helps reduce wrinkles, fine lines, and other signs of aging due to its antioxidant effects. Amla can also help with acne and pigmentation.
- ❖ Amla is widely used in hair care products for promoting hair growth, preventing hair loss, and treating dandruff.
- ❖ It strengthens hair roots, prevents premature graying, and improves hair texture.

## Ravi Avala



**Botanical Name:** *Phyllanthus acidus* L.

**Family:** Phyllanthaceae

**Common Name:** Ravi Avala, Harpharori

### Medicinal Uses:

- ❖ The fruits and leaves of *Phyllanthus acidus* contain antioxidants, which help protect the body's cells from oxidative stress and free radical damage.
- ❖ This may help reduce the risk of chronic diseases such as heart disease and cancer.
- ❖ The fruits of *Phyllanthus acidus* are known for their mild laxative properties.
- ❖ They are used to help alleviate constipation and promote regular bowel movements.
- ❖ The fruit is also consumed to improve digestion and relieve symptoms such as indigestion and bloating.
- ❖ Extracts from the leaves and fruits of *Phyllanthus acidus* have anti-inflammatory properties, which can help in managing conditions such as arthritis, gout, and other inflammatory disorders.
- ❖ The plant exhibits antibacterial properties and has been traditionally used to treat bacterial infections.
- ❖ It can be applied topically to wounds to prevent infections.
- ❖ *Phyllanthus acidus* has been used to treat respiratory conditions such as coughs, colds, and bronchitis. The plant's anti-inflammatory and antimicrobial properties help soothe the respiratory tract and reduce symptoms.
- ❖ The plant has been traditionally used in some cultures to help manage asthma symptoms.

## Bahava



**Botanical Name:** *Cassia fistula* L.

**Family:** Fabaceae

**Common Name:** Bahava, Amaltas

### Medicinal Uses:

- ❖ The pulp of the *Cassia fistula* fruit is a well-known natural laxative.
- ❖ It is commonly used to relieve constipation due to its ability to promote bowel movements. The fruit pulp can be consumed directly or prepared as a decoction.
- ❖ Unlike some harsher laxatives, *Cassia fistula* is often considered mild and is used in traditional medicine to treat constipation in both adults and children.
- ❖ *Cassia fistula* is used to enhance digestive health. It helps alleviate indigestion, flatulence, and bloating by promoting the smooth functioning of the digestive system.
- ❖ The plant is also used in treating dysentery and other gastrointestinal disorders due to its ability to clear the intestines.
- ❖ Extracts from *Cassia fistula* have been found to possess antibacterial properties, making them useful in treating infections caused by bacteria.
- ❖ This includes both topical applications for wounds and internal use for systemic infections.
- ❖ The plant also exhibits antifungal properties, which are beneficial in treating fungal infections, particularly of the skin.
- ❖ *Cassia fistula* is used to reduce inflammation in various conditions, such as arthritis and other inflammatory disorders.
- ❖ The anti-inflammatory properties help in reducing pain and swelling.

## *Thuja*



**Botanical Name:** *Thuja orientalis* L.

**Family:** Cupressaceae

**Common Name:** *Thuja*, Morpankh

### **Medicinal Uses:**

- ❖ *Thuja orientalis* has demonstrated antibacterial activity, making it useful in treating infections caused by bacteria.
- ❖ Extracts from the plant can be used to treat wounds and prevent infections.
- ❖ The plant also exhibits antifungal properties, which can be beneficial in treating fungal infections such as athlete's foot and ringworm.
- ❖ *Thuja orientalis* has anti-inflammatory properties that can help reduce inflammation and associated symptoms in conditions like arthritis and other inflammatory disorders.
- ❖ In traditional medicine, *Thuja orientalis* is used to treat respiratory issues such as coughs and colds.
- ❖ Its expectorant properties help in relieving symptoms and clearing mucus from the respiratory tract.
- ❖ Preliminary research suggests that *Thuja orientalis* may have anticancer properties. Compounds isolated from the plant have shown potential in inhibiting the growth of cancer cells, although more research is needed to confirm its efficacy.
- ❖ *Thuja orientalis* has been traditionally used to treat skin wounds and abrasions.
- ❖ Its antimicrobial and anti-inflammatory properties help in promoting healing and preventing infection.
- ❖ The plant is used in traditional medicine to manage skin conditions such as eczema and psoriasis due to its soothing and healing effects.

## Christmas Tree



**Botanical Name:** *Araucaria columnaris* L.

**Family:** Araucariaceae

**Common Name:** Christmas Tree

### Medicinal Uses:

- ❖ *Araucaria* have shown antibacterial properties in traditional medicine.
- ❖ Extracts from the tree can help in treating bacterial infections.
- ❖ *Araucaria* have been used in traditional medicine to alleviate inflammation and related symptoms. This can be beneficial for conditions such as arthritis and other inflammatory disorders.
- ❖ The bark and resin of *Araucaria* trees have been traditionally used for their wound-healing properties. They help in treating minor wounds, cuts, and abrasions by promoting healing and reducing the risk of infection.
- ❖ In some cultures, parts of *Araucaria* tree have been used to aid digestion and alleviate gastrointestinal discomfort. This usage is more anecdotal and less well-documented in modern scientific literature.
- ❖ Some traditional uses suggest that *Araucaria* might have mild diuretic effects, helping to promote urine production and reduce fluid retention.
- ❖ Preliminary research on some *Araucaria* species has explored their potential anticancer properties. However, more extensive research is needed to confirm these effects and understand the underlying mechanisms.
- ❖ The seeds of *Araucaria* species are edible and are traditionally consumed in some cultures. They are rich in nutrients and can provide nutritional benefits.
- ❖ In some traditional practices, various parts of the *Araucaria* tree are used as general health tonics to improve overall well-being and vitality.

## *Cycas*



**Botanical Name:** *Cycas circinalis* L.

**Family:** Cycadaceae

**Common Name:** Cycas

### **Medicinal Uses:**

- ❖ Traditional medicine uses parts of *Cycas circinalis* to help reduce inflammation. This can be beneficial for conditions such as arthritis and other inflammatory disorders.
- ❖ In some traditional practices, *Cycas circinalis* has been used to treat digestive problems, including indigestion and constipation. The plant's parts are sometimes used to improve overall digestive health.
- ❖ The plant has shown some antimicrobial properties in traditional uses, including antibacterial and antifungal effects. It is used to treat infections and prevent microbial growth.
- ❖ Parts of *Cycas circinalis*, particularly the leaves, have been traditionally used in poultices and topical applications to help with wound healing and to treat cuts and abrasions.
- ❖ In certain traditional medicine systems, *Cycas circinalis* is used in various formulations and remedies to address a range of health issues. These uses are often specific to local or cultural practices.
- ❖ In some cultures, parts of the *Cycas circinalis*, such as the seeds, are used in food preparation. However, it is important to note that parts of cycads can be toxic if not properly prepared.
- ❖ While *Cycas circinalis* has traditional uses, it is important to approach its medicinal use with caution.
- ❖ Some parts of the plant, particularly the seeds, contain toxins like cycasin, which can be harmful or even fatal if consumed inappropriately.

## Kanher



**Botanical Name:** *Nerium oleander* L.

**Family:** Apocynaceae

**Common Name:** Kanher

### Medicinal Uses:

- ❖ Some studies have explored the potential of *Nerium oleander* extracts in cancer treatment due to their cytotoxic properties against cancer cells.
- ❖ The compounds in oleander are being investigated for their ability to inhibit tumor growth and induce apoptosis (cell death) in cancer cells. However, these uses are experimental and require further research.
- ❖ *Nerium* has been used in traditional medicine for its anti-inflammatory effects, which may help in reducing symptoms associated with inflammatory conditions like arthritis.
- ❖ Traditional practices have used *Nerium* for its antimicrobial properties, which can help in treating bacterial and fungal infections. This is due to its ability to inhibit the growth of certain pathogens.
- ❖ In some cultures, parts of the *Nerium oleander* plant have been used in traditional remedies to treat various ailments, including skin conditions and digestive issues.
- ❖ These uses are based on traditional knowledge and should be approached with caution.

## Marigold



**Botanical Name:** *Tagetes erecta* L.

**Family:** Asteraceae

**Common Name:** Marigold, Zendu

### Medicinal Uses:

- ❖ *Tagetes erecta* has anti-inflammatory properties, which can help reduce inflammation and associated symptoms in conditions such as arthritis, muscle pain, and other inflammatory disorders.
- ❖ The plant has demonstrated antibacterial properties in traditional medicine, which can help treat infections and prevent bacterial growth.
- ❖ *Tagetes erecta* also has antifungal properties, making it useful for managing fungal infections such as athlete's foot and ringworm.
- ❖ The flowers of *Tagetes erecta* are used in poultices and ointments for their wound-healing properties.
- ❖ They can help promote healing of minor cuts, bruises, and abrasions and prevent infection.
- ❖ *Tagetes erecta* is used traditionally to aid digestion and treat gastrointestinal issues such as indigestion and constipation. It helps in improving digestive function and relieving symptoms.
- ❖ The plant is used to manage various skin conditions due to its anti-inflammatory and antimicrobial properties.
- ❖ It can be used in topical applications to treat conditions such as eczema and psoriasis.
- ❖ Some studies suggest that *Tagetes erecta* may have anticancer properties.

## Tamhan



**Botanical Name:** *Lagerstroemia speciosa* (L.) Pers.

**Family:** Lythraceae

**Common Name:** Tamhan

### Medicinal Uses:

- ❖ The plant has been traditionally used to manage diabetes.
- ❖ Extracts from *Lagerstroemia speciosa*, particularly its leaves, have been shown to help lower blood glucose levels and improve insulin sensitivity.
- ❖ The plant contains antioxidant compounds that help neutralize free radicals and protect cells from oxidative damage, which can reduce the risk of chronic diseases and support overall health.
- ❖ *Lagerstroemia speciosa* has anti-inflammatory properties, which can help in reducing inflammation and alleviating symptoms related to inflammatory conditions such as arthritis.
- ❖ The plant exhibits antibacterial properties and has been used traditionally to treat infections caused by bacteria.
- ❖ *Lagerstroemia speciosa* also has antifungal properties that help in managing fungal infections.
- ❖ The plant has been used to support liver health and protect against liver damage. It is used in traditional medicine to treat liver disorders and support detoxification.
- ❖ Some studies suggest that *Lagerstroemia speciosa* may have anticancer properties. Compounds in the plant have shown potential in inhibiting the growth of cancer cells, although further research is needed to confirm these effects.

## Hirava Chafa



**Botanical Name:** *Artabotrys hexapetalus* (L. f.) Bhandari

**Family:** Annonaceae

**Common Name:** Hirava Chafa, Madanmast

### Medicinal Uses:

- ❖ *Artabotrys hexapetalus* has been used traditionally for its anti-inflammatory effects. It can help reduce inflammation and alleviate symptoms associated with inflammatory conditions such as arthritis.
- ❖ The plant has demonstrated antibacterial properties, making it useful for treating bacterial infections. Extracts from *Artabotrys hexapetalus* are used in traditional medicine to manage infections and prevent bacterial growth.
- ❖ It also exhibits antifungal activity, which helps in treating fungal infections like athlete's foot and ringworm.
- ❖ The plant contains compounds with antioxidant properties, which help protect cells from oxidative damage caused by free radicals. This can reduce the risk of chronic diseases and support overall health.
- ❖ *Artymobtyrs hexapetalous* is used in traditional medicine to aid digestion and treat gastrointestinal issues such as indigestion and dysentery. It helps improve digestive function and alleviate symptoms.
- ❖ The plant has been used traditionally to relieve pain, including headaches, muscle pain, and joint pain. Its analgesic properties help in reducing pain and discomfort.
- ❖ Some preliminary studies suggest that *Artymobtyrs hexapetalous* may have anticancer properties. Compounds in the plant have shown potential in inhibiting the growth of cancer cells, though further research is needed to confirm these effects.

## Guava



**Botanical Name:** *Psidium guajava* L.

**Family:** Myrtaceae

**Common Name:** Guava, Peru

### Medicinal Uses:

- ❖ Guava leaves are known for their anti-diarrheal properties.
- ❖ They are used in traditional medicine to treat diarrhoea and dysentery.
- ❖ The leaves contain compounds that help reduce intestinal inflammation and inhibit the growth of pathogens.
- ❖ The fruit itself aids digestion and helps in managing digestive issues such as indigestion and constipation.
- ❖ Guava leaves and extracts have demonstrated antibacterial properties, which help in treating infections caused by bacteria. They are used to manage conditions such as sore throats and wound infections.
- ❖ The plant also has antifungal properties, useful for treating fungal infections like athlete's foot and ringworm.
- ❖ Guava leaves and fruit have anti-inflammatory effects, making them beneficial for reducing inflammation and alleviating symptoms related to conditions like arthritis and other inflammatory disorders.
- ❖ Guava is rich in antioxidants, such as vitamin C and flavonoids, which help protect cells from oxidative damage caused by free radicals. This can contribute to reducing the risk of chronic diseases and supporting overall health.

## Karvand



**Botanical Name:** *Carissa carandus* L.

**Family:** Apocynaceae

**Common Name:** Karvand

### Medicinal Uses:

- ❖ The fruit and leaves of *Carissa carandus* are used traditionally to treat diarrhoea and dysentery.
- ❖ They help in reducing intestinal inflammation and controlling gastrointestinal disturbances.
- ❖ The fruit is also used to improve digestion and relieve symptoms of indigestion.
- ❖ *Carissa carandus* exhibits antibacterial properties. Extracts from the plant are used in traditional medicine to manage bacterial infections and promote wound healing.
- ❖ The plant has antifungal properties, which help in treating fungal infections such as athlete's foot and ringworm.
- ❖ *Carissa carandus* is used to reduce inflammation and relieve symptoms associated with inflammatory conditions such as arthritis.
- ❖ The plant contains antioxidants like vitamin C, which help neutralize free radicals and protect cells from oxidative damage, potentially reducing the risk of chronic diseases.
- ❖ The fruit is rich in vitamin C, which supports immune function and helps the body fight off infections and illnesses.
- ❖ *Carissa carandus* is used traditionally to manage blood sugar levels.

## Mogra



**Botanical Name:** *Jasminum sambac* (L.) Aiton

**Family:** Oleaceae

**Common Name:** Mogra

### Medicinal Uses:

- ❖ *Jasminum sambac* has anti-inflammatory properties that can help alleviate inflammation and related symptoms in conditions like arthritis and muscle pain.
- ❖ The plant contains antioxidants that help neutralize free radicals, protecting cells from oxidative damage and reducing the risk of chronic diseases.
- ❖ The aromatic properties of *Jasminum sambac* make it useful in traditional medicine for treating respiratory issues. It is used to alleviate symptoms of coughs, colds, and bronchitis.
- ❖ *Jasminum sambac* is traditionally used to aid digestion and relieve gastrointestinal discomfort, such as indigestion and bloating.
- ❖ Extracts from *Jasminum sambac* are used topically to promote wound healing and treat minor skin injuries. The plant's antimicrobial and anti-inflammatory properties contribute to faster recovery.
- ❖ The plant is used in traditional remedies to manage skin conditions like acne and eczema due to its soothing and anti-inflammatory effects.
- ❖ The fragrant flowers of *Jasminum sambac* are used in aromatherapy to promote relaxation and reduce stress and anxiety. The scent is believed to have a calming effect on the nervous system.
- ❖ The plant has antimicrobial properties, which help in treating bacterial and fungal infections. It is used in traditional medicine to manage infections and promote overall health.

## Karanj



**Botanical Name:** *Pongamia pinnata* L.

**Family:** Fabaceae

**Common Name:** Karanj

### Medicinal Uses:

- ❖ *Pongamia pinnata* has anti-inflammatory properties that help reduce inflammation and alleviate symptoms of inflammatory conditions like arthritis and joint pain.
- ❖ The plant exhibits antibacterial properties, which are used traditionally to manage infections and promote wound healing.
- ❖ *Pongamia pinnata* also has antifungal properties, helping to treat fungal infections such as athlete's foot and ringworm.
- ❖ The oil extracted from *Pongamia pinnata* seeds is used topically to promote wound healing and treat minor cuts and abrasions. It helps in reducing inflammation and preventing infection.
- ❖ The oil is also used to manage skin conditions such as eczema, psoriasis, and acne due to its anti-inflammatory and antimicrobial effects.
- ❖ *Pongamia pinnata* is traditionally used to manage diabetes. Extracts from the plant may help lower blood glucose levels and improve insulin sensitivity.
- ❖ The plant is used to support liver health and protect against liver damage. It is traditionally used to treat liver disorders and support detoxification.
- ❖ *Pongamia pinnata* is used traditionally to aid digestion and treat gastrointestinal issues such as dysentery and diarrhoea. The plant helps improve digestive function and relieve symptoms.

## Bakuli



**Botanical Name:** *Mimusops elengi* L.

**Family:** Sapotaceae

**Common Name:** Bakuli

### Medicinal Uses:

- ❖ The bark and leaves of *Mimusops elengi* are used in traditional medicine for dental care. They are used to treat toothaches, gum infections, and as a mouthwash to improve oral hygiene.
- ❖ *Mimusops elengi* has anti-inflammatory properties that help in reducing inflammation and alleviating symptoms related to inflammatory conditions such as arthritis and joint pain.
- ❖ The plant has antibacterial properties, making it useful in treating bacterial infections. It is traditionally used to manage infections and promote wound healing.
- ❖ *Mimusops elengi* also exhibits antifungal properties, which help in managing fungal infections like athlete's foot and ringworm.
- ❖ The plant is used traditionally to aid digestion and treat gastrointestinal issues such as diarrhoea and dysentery. It helps in improving digestive function and alleviating symptoms.
- ❖ The bark and leaves of *Mimusops elengi* are used topically to promote wound healing and treat minor skin injuries. Their antimicrobial and anti-inflammatory effects contribute to faster recovery.
- ❖ The plant is used to manage various skin conditions, including acne and eczema, due to its soothing and antimicrobial effects.

## Touch-me-not



**Botanical Name:** *Mimosa pudica* L.

**Family:** Mimosaceae

**Common Name:** Touch-me-not, Lajalu

### Medicinal Uses:

- ❖ *Mimosa pudica* has anti-inflammatory effects that help reduce inflammation and alleviate symptoms associated with conditions like arthritis and joint pain.
- ❖ The plant exhibits antibacterial properties, which are useful in managing bacterial infections and promoting wound healing.
- ❖ *Mimosa pudica* also has antifungal properties, making it effective in treating fungal infections such as athlete's foot and ringworm.
- ❖ The plant is used traditionally to aid digestion and treat gastrointestinal issues such as diarrhoea and dysentery. It helps improve digestive function and relieve symptoms.
- ❖ *Mimosa pudica* is used in traditional medicine to promote wound healing and treat minor skin injuries. Its antimicrobial and anti-inflammatory properties contribute to faster recovery.
- ❖ The plant has been used to manage anxiety and stress. It is believed to have mild sedative effects that help in calming the nervous system and improving sleep.
- ❖ *Mimosa pudica* contains antioxidants that help neutralize free radicals and protect cells from oxidative damage, which can reduce the risk of chronic diseases.
- ❖ In traditional medicine, *Mimosa pudica* is used to relieve menstrual cramps and regulate menstrual flow.

## Adulasa



**Botanical Name:** *Justicia adhatoda* L.

**Family:** Acanthaceae

**Common Name:** Adulsa

### Medicinal Uses:

- ❖ *Justicia adhatoda* is well-known for its use in treating respiratory conditions. It is effective in managing coughs, colds, and bronchitis due to its expectorant properties, which help in expelling mucus from the respiratory tract.
- ❖ The plant has been traditionally used to manage asthma and other chronic respiratory disorders. It helps in relieving symptoms and improving breathing.
- ❖ *Justicia adhatoda* has anti-inflammatory effects that help reduce inflammation and alleviate symptoms related to conditions like arthritis and joint pain.
- ❖ The plant exhibits antibacterial properties, which are useful in treating bacterial infections and promoting overall health.
- ❖ *Justicia adhatoda* also has antifungal properties, making it effective in managing fungal infections.
- ❖ It is used traditionally to aid digestion and treat gastrointestinal issues such as dyspepsia and dysentery. It helps in improving digestive function and relieving symptoms.
- ❖ *Justicia adhatoda* is used to support liver health and protect against liver damage. It is traditionally used to treat liver disorders and support detoxification.

## Shatavari



**Botanical Name:** *Asparagus racemosus* Willd.

**Family:** Asparagaceae

**Common Name:** Mogra

### Medicinal Uses:

- ❖ Shatavari is traditionally used to support female reproductive health. It is believed to balance hormones, regulate menstrual cycles, and alleviate symptoms of premenstrual syndrome (PMS) and menopause.
- ❖ It is used to enhance fertility and improve reproductive health in women.
- ❖ Shatavari is used to improve digestion and treat gastrointestinal issues such as indigestion, constipation, and dyspepsia. It helps soothe the digestive tract and support overall digestive function.
- ❖ Shatavari has anti-inflammatory effects that help reduce inflammation and relieve symptoms related to conditions like arthritis and joint pain.
- ❖ The herb is known for its immune-boosting properties. It helps strengthen the immune system and improve the body's ability to fight infections and diseases.
- ❖ Shatavari contains antioxidants that help neutralize free radicals and protect cells from oxidative damage, potentially reducing the risk of chronic diseases.
- ❖ Shatavari is used as an adaptogen, helping the body cope with stress and reduce anxiety. It promotes overall mental well-being and helps in maintaining emotional balance.
- ❖ Shatavari supports liver health and helps protect the liver from damage. It is traditionally used to treat liver disorders and aid in detoxification.
- ❖ The herb is used to improve skin health by nourishing and rejuvenating the skin. It can help manage skin conditions such as dryness and inflammation.

## Allspice



**Botanical Name:** *Pimenta dioica* (L.) Merr.

**Family:** Myrtaceae

**Common Name:** Allspice

### Medicinal Uses:

- ❖ Allspice is traditionally used to relieve digestive issues such as indigestion, bloating, and gas. It helps stimulate the digestive system and enhance overall digestive function.
- ❖ Allspice contains compounds with anti-inflammatory effects, which can help reduce inflammation and alleviate symptoms associated with inflammatory conditions like arthritis.
- ❖ The spice has analgesic properties that can help in relieving pain, including headaches, muscle pain, and joint pain. It is used topically or ingested to manage pain.
- ❖ Allspice has antibacterial properties that help in fighting bacterial infections and promoting overall health.
- ❖ It also exhibits antifungal activity, which can aid in treating fungal infections like athlete's foot and ringworm.
- ❖ Allspice is used in traditional medicine to alleviate symptoms of coughs, colds, and respiratory congestion. It helps in relieving respiratory discomfort and promoting respiratory health.
- ❖ Allspice contains antioxidants that help protect cells from oxidative damage caused by free radicals, potentially reducing the risk of chronic diseases.

## Cardamom



**Botanical Name:** *Elettaria cardamomum* (L.) Aiton

**Family:** Zingiberaceae

**Common Name:** Cardamom, Elaichi, Veldode

**Medicinal Uses:**

- ❖ Cardamom can aid digestion by stimulating the production of digestive enzymes and reducing bloating and gas.
- ❖ It has anti-inflammatory properties, which can help in managing conditions like arthritis.
- ❖ Cardamom contains antioxidants that help protect cells from damage and support overall health.
- ❖ It has antimicrobial properties that may help in reducing bad breath and improving oral hygiene.
- ❖ Cardamom can help with respiratory issues, such as asthma and bronchitis, by acting as an expectorant.

## Clove



**Botanical Name:** *Syzygium aromaticum* (L.) Merr.

**Family:** Myrtaceae

**Common Name:** Clove, Lavang

### Medicinal Uses:

- ❖ Cloves have antibacterial and analgesic properties, making them useful for relieving toothache and improving oral health.
- ❖ They can help with indigestion, bloating, and nausea due to their digestive stimulant properties.
- ❖ Cloves contain compounds that reduce inflammation and can help manage conditions like arthritis.
- ❖ They are rich in antioxidants, which protect cells from oxidative stress and support overall health.
- ❖ Cloves have antimicrobial properties that can help fight infections and boost the immune system.

## Curry Leaves



**Botanical Name:** *Murraya koenigii* (L.)

**Family:** Rutaceae

**Common Name:** Curry Leaves, Kadipatta

**Medicinal Uses:**

- ❖ Curry leaves can aid digestion and help manage issues like diarrhoea and constipation due to their digestive stimulant properties.
- ❖ They are rich in antioxidants, which help protect cells from damage and support overall health.
- ❖ Some studies suggest that curry leaves may help lower blood sugar levels and manage diabetes.
- ❖ The leaves have anti-inflammatory properties that can help reduce inflammation and pain.
- ❖ Curry leaves are traditionally used to promote hair growth and prevent premature graying.

## Cluster Fig



**Botanical Name:** *Ficus racemosa* L.

**Family:** Moraceae

**Common Name:** Cluster Fig, Umber

### **Medicinal Uses:**

- ❖ It is used in traditional medicine to help manage diabetes by lowering blood sugar levels.
- ❖ The plant has anti-inflammatory properties, which can help reduce inflammation and pain.
- ❖ It may aid in digestion and help with gastrointestinal issues.
- ❖ *Ficus racemosa* contains antioxidants that help protect cells from oxidative stress.
- ❖ The plant is sometimes used in treatments for skin conditions like acne and eczema due to its astringent properties.

## *Moringa*



**Botanical Name:** *Moringa oleifera* Lam.

**Family:** Moringaceae

**Common Name:** *Moringa*, Shevaga

### **Medicinal Uses:**

- ❖ *Moringa* leaves are rich in antioxidants like quercetin, chlorogenic acid, and beta-carotene, which help reduce inflammation and oxidative stress in the body.
- ❖ Some studies suggest that *Moringa* may help lower blood sugar levels, which can be beneficial for managing diabetes. The leaf extract has been shown to have hypoglycemic effects.
- ❖ *Moringa* has been found to lower cholesterol levels, which may contribute to improved cardiovascular health and reduced risk of heart disease.
- ❖ *Moringa* has antibacterial and antifungal properties. Its leaves and seeds have been used traditionally to treat infections and to purify water.
- ❖ The high fiber content in *Moringa* can aid in digestion and help alleviate constipation. The leaves are also known to have properties that support gastrointestinal health.
- ❖ *Moringa* leaves are packed with vitamins and minerals, including vitamins A, C, and E, calcium, potassium, and protein. This makes them beneficial for overall nutritional support and combating malnutrition.
- ❖ The antioxidant and anti-inflammatory properties of *Moringa* may support skin health by protecting against oxidative damage and promoting wound healing.
- ❖ *Moringa* may help in regulating hormones and has been traditionally used to support menstrual health and alleviate symptoms of premenstrual syndrome (PMS).
- ❖ *Moringa*'s rich nutrient profile, including vitamin C and beta-carotene, supports the immune system and helps the body fight off infections.
- ❖ Some research indicates that *Moringa* can help protect the liver from damage and may aid in its detoxification processes.

## Rugmini



**Botanical Name:** *Ixora coccinea* L.

**Family:** Rubiaceae

**Common Name:** Rugmini

### Medicinal Uses:

- ❖ *Ixora coccinea* has been traditionally used to help reduce inflammation. The plant contains compounds that may have anti-inflammatory effects, potentially aiding in the management of conditions characterized by inflammation.
- ❖ The plant is known to possess antioxidant properties, which can help combat oxidative stress and protect cells from damage caused by free radicals.
- ❖ *Ixora coccinea* has been used in traditional medicine for its antimicrobial properties. It may help in combating bacterial and fungal infections, though more research is needed to fully understand its effectiveness.
- ❖ In some traditional practices, parts of the *Ixora coccinea* plant are used to treat digestive issues. This includes its potential use as a remedy for stomach ailments and promoting overall digestive health.
- ❖ Some traditional uses include applying the plant to wounds or sores, leveraging its potential antimicrobial and anti-inflammatory properties to support healing.
- ❖ The plant is used in some cultures for skin conditions, including topical applications to address issues like rashes or minor irritations.
- ❖ In traditional medicine, *Ixora coccinea* is sometimes used to help reduce fever. This use is based on its general medicinal properties, though specific evidence for this use is limited.
- ❖ The plant may be used to promote urine production, which can help in conditions related to fluid retention or urinary issues.

## Sweet Tamarind



**Botanical Name:** *Pithecellobium dulce* (Roxb.) Benth.

**Family:** Fabacea

**Common Name:** Sweet Tamarind, Vilayati Chinch

### Medicinal Uses:

- ❖ *Pithecellobium dulce* has been traditionally used to help reduce inflammation. Extracts from the plant may have compounds that can mitigate inflammatory responses.
- ❖ The plant is known to possess antioxidant properties, which can help neutralize free radicals and protect cells from oxidative stress.
- ❖ Traditionally, parts of the *Pithecellobium dulce* plant, such as its pods, are used to support digestive health. It is believed to help alleviate symptoms like indigestion or constipation.
- ❖ Some traditional uses involve using the plant to treat infections. Its extracts may have antimicrobial properties that help combat bacterial and fungal infections.
- ❖ In traditional medicine, the plant is sometimes used to manage fever, leveraging its general medicinal properties to help lower body temperature.
- ❖ *Pithecellobium dulce* may be used to promote urination, which can be beneficial in conditions related to fluid retention or urinary health.
- ❖ Preliminary studies suggest that *Pithecellobium dulce* may have potential antidiabetic effects, which could help in managing blood sugar levels, though more research is needed to confirm this benefit.
- ❖ Some traditional uses involve promoting cardiovascular health, though specific evidence on this use is limited.

## Cinnamon



**Botanical Name:** *Cinnamomum verum* J. Presl

**Family:** Lauraceae

**Common Name:** Cinnamon, Dalchini

### Medicinal Uses:

- ❖ True cinnamon contains compounds like cinnamaldehyde that have anti-inflammatory properties. This can help reduce inflammation in the body, potentially benefiting conditions such as arthritis.
- ❖ The plant has strong antioxidant activity, which helps neutralize free radicals and protect cells from oxidative stress and damage.
- ❖ Ceylon cinnamon may help improve insulin sensitivity and lower blood sugar levels. It has been studied for its potential to assist in managing type 2 diabetes by enhancing glucose metabolism.
- ❖ Cinnamon has natural antimicrobial properties that can help combat bacterial and fungal infections. It's sometimes used in traditional medicine to treat respiratory infections and digestive issues.
- ❖ Cinnamon can aid digestion by helping to alleviate bloating, gas, and indigestion. It also has carminative properties that support overall digestive function.
- ❖ Some studies suggest that cinnamon can help lower cholesterol levels and reduce blood pressure, contributing to better cardiovascular health.
- ❖ Preliminary research indicates that cinnamon may have potential neuroprotective effects, which could support cognitive function and potentially offer protective benefits against neurodegenerative diseases.

## Korphad



**Botanical Name:** *Aloe vera* (L.) Berm f.

**Family:** Asphodelaceae

**Common Name:** Korphad

### Medicinal Uses:

- ❖ *Aloe vera* gel is widely used for its skin-soothing and healing properties. It can help in the treatment of minor burns, cuts, and abrasions.
- ❖ Its anti-inflammatory and antimicrobial properties promote faster healing and reduce pain and swelling.
- ❖ *Aloe vera* is an excellent natural moisturizer. Its gel can hydrate the skin and help treat dry skin conditions. It's often used in lotions, creams, and gels for its moisturizing effects.
- ❖ *Aloe vera* contains compounds like acemannan that have anti-inflammatory properties, which can be beneficial for conditions like psoriasis and eczema, reducing redness and inflammation.
- ❖ *Aloe vera* juice is sometimes used to support digestive health. It may help soothe the digestive tract and alleviate symptoms of heartburn and irritable bowel syndrome (IBS). However, excessive consumption should be avoided due to potential laxative effects.
- ❖ The plant's polysaccharides, particularly acemannan, are believed to support immune function by enhancing the body's defense mechanisms and promoting overall health.
- ❖ *Aloe vera* has natural antimicrobial properties that can help fight bacterial, fungal, and viral infections. It is sometimes used in topical treatments to manage infections.

## Insulin



**Botanical Name:** *Costus igneus* N.E.Br.

**Family:** Costaceae

**Common Name:** Insulin

### Medicinal Uses:

- ❖ The most well-known medicinal use of *Costus igneus* is its potential to help manage blood sugar levels. The plant is reputed to have properties that can mimic insulin, making it beneficial for people with diabetes. Some studies suggest that it can help lower blood sugar levels and improve glucose metabolism.
- ❖ *Costus igneus* is often used in traditional medicine to support the management of diabetes. Its leaves are believed to have compounds that can enhance insulin sensitivity and aid in glucose control.
- ❖ The plant is also known to have antioxidant properties, which help combat oxidative stress and protect cells from damage caused by free radicals. This can be beneficial in reducing the risk of complications associated with diabetes.
- ❖ *Costus igneus* contains compounds that may help reduce inflammation. This can be useful in managing inflammatory conditions and supporting overall health.
- ❖ In traditional medicine, *Costus igneus* is sometimes used to support digestive health. It is believed to help alleviate symptoms of indigestion and promote overall gastrointestinal function.
- ❖ The plant's antioxidant and anti-inflammatory properties contribute to immune support, helping the body defend against infections and other health issues.
- ❖ By helping to manage blood sugar levels and reduce oxidative stress, *Costus igneus* may contribute to cardiovascular health and reduce the risk of diabetes-related heart issues.

## Air Plant



**Botanical Name:** *Kalanchoe pinnata* (Lam.) Pers.

**Family:** Crassulaceae

**Common Name:** Air Plant, Panphuti

### Medicinal Uses:

- ❖ *Kalanchoe pinnata* is traditionally used to promote wound healing. The plant's leaves are often applied topically to cuts, burns, and sores to speed up healing and reduce inflammation.
- ❖ The plant has been shown to have anti-inflammatory effects, which can help reduce swelling and pain in conditions such as arthritis and other inflammatory disorders.
- ❖ *Kalanchoe pinnata* has demonstrated antimicrobial properties, making it useful in treating infections. It has been traditionally used to manage bacterial and fungal infections, though more research is needed to confirm its efficacy.
- ❖ The plant has been used traditionally to alleviate digestive issues such as stomach aches and indigestion. Its leaves are sometimes used in herbal remedies to support gastrointestinal health.
- ❖ *Kalanchoe pinnata* is known for its diuretic properties, which can help promote urine production and manage fluid retention. This may be beneficial for conditions related to excess fluid in the body.
- ❖ The plant contains compounds with antioxidant properties that can help combat oxidative stress and protect cells from damage caused by free radicals.
- ❖ Traditional uses include employing *Kalanchoe pinnata* to support respiratory health. It is sometimes used in remedies to help manage coughs and colds.

The plant's topical application is believed to help with various skin conditions, including minor irritations and eczema. Its soothing and anti-inflammatory properties can benefit skin health.

## Gokarn



**Botanical Name:** *Clitoria ternatea* L.

**Family:** Fabaceae

**Common Name:** Gokarn

### Medicinal Uses:

- ❖ *Clitoria ternatea* is often associated with cognitive enhancement. It's believed to have nootropic properties that may improve memory, learning, and mental clarity. Some studies suggest that it can help reduce symptoms of cognitive decline and promote overall brain health.
- ❖ The plant is thought to have anxiolytic properties. It may help reduce anxiety and stress, possibly through its effects on neurotransmitters in the brain.
- ❖ *Clitoria ternatea* contains various antioxidants, which can help neutralize free radicals in the body. This can reduce oxidative stress and may contribute to overall health and longevity.
- ❖ The plant has been shown to have anti-inflammatory properties, which may help in reducing inflammation-related conditions.
- ❖ Some research suggests that *Clitoria ternatea* might help manage blood sugar levels and improve insulin sensitivity, which could be beneficial for individuals with diabetes.
- ❖ Due to its antioxidant and anti-inflammatory properties, the plant is used in skincare. It can help soothe the skin, reduce signs of aging, and promote overall skin health.
- ❖ The plant has been traditionally used to support digestive health, including alleviating gastrointestinal discomfort and promoting healthy digestion.
- ❖ There is evidence suggesting that *Clitoria ternatea* has antibacterial and antiviral activities, which may help in fighting infections.
- ❖ It's sometimes used in hair care products due to its potential to strengthen hair and reduce hair loss.

## Kanchan



**Botanical Name:** *Bauhinia purpurea* L.

**Family:** Caesalpiniaceae

**Common Name:** Kanchan

### Medicinal Uses:

- ❖ *Bauhinia purpurea* has been traditionally used in the management of diabetes. Some studies suggest that extracts of the plant can help lower blood glucose levels and improve insulin sensitivity, making it a potential aid for managing diabetes.
- ❖ The plant contains compounds that have anti-inflammatory effects, which can help in reducing inflammation and alleviating conditions related to inflammation.
- ❖ *Bauhinia purpurea* exhibits antioxidant properties, which help in neutralizing free radicals in the body. This can contribute to overall health and may protect against oxidative stress-related diseases.
- ❖ The plant has been shown to possess antimicrobial properties. It may help in combating various microbial infections due to its antibacterial and antifungal activities.
- ❖ Traditional medicine often uses *Bauhinia purpurea* for its wound-healing properties. Extracts from the plant are applied to wounds and ulcers to promote healing.
- ❖ Some traditional practices use *Bauhinia purpurea* to support liver function and treat liver disorders. Its hepatoprotective properties help in protecting the liver from damage.
- ❖ The plant is sometimes used to aid in digestive issues. It may help with symptoms like diarrhea and dysentery.
- ❖ Preliminary studies suggest that *Bauhinia purpurea* might have potential anti-cancer properties. However, more research is needed to confirm its effectiveness and safety in cancer treatment.

## Peregrina



**Botanical Name:** *Jatropha integerrima* Jacq.

**Family:** Euphorbiaceae

**Common Name:** Peregrina

### Medicinal Uses:

- ❖ *Jatropha integerrima* has been traditionally used for its anti-inflammatory effects. It may help in reducing inflammation and managing conditions associated with inflammation.
- ❖ The plant is known to exhibit antimicrobial properties, which can be effective against certain bacterial and fungal infections. Extracts from the plant may be used topically to treat wounds or infections.
- ❖ *Jatropha integerrima* contains compounds that have antioxidant properties. These can help in neutralizing free radicals and reducing oxidative stress, potentially protecting cells from damage.
- ❖ Traditionally, the plant has been used in wound healing. Its extracts may be applied to the skin to promote the healing of cuts, wounds, and ulcers.
- ❖ In traditional medicine, the plant is sometimes used to treat gastrointestinal issues. It may help alleviate symptoms such as diarrhea and dysentery.
- ❖ The plant has been used in some cultures to manage fever. It is thought to have febrifuge properties that help in lowering elevated body temperatures.
- ❖ *Jatropha integerrima* may have analgesic properties, which could provide relief from pain. This includes its traditional use in managing conditions like arthritis or muscle pain.
- ❖ Due to its antimicrobial and anti-inflammatory properties, the plant may be used in skincare. It can help in treating skin conditions like acne or eczema.

## Kardal



**Botanical Name:** *Canna indica* L.

**Family:** Cannaceae

**Common Name:** Kardal

### Medicinal Uses:


- ❖ The rhizomes of *Canna indica* are traditionally used to address digestive issues. They are believed to have properties that help with digestion, alleviate symptoms of diarrhea, and treat gastrointestinal disorders.
- ❖ *Canna indica* is used for its anti-inflammatory properties. It may help reduce inflammation and manage conditions associated with inflammation, such as arthritis.
- ❖ Traditional medicine often uses the plant's rhizomes to promote wound healing. They are applied topically to help speed up the healing process of cuts, wounds, and ulcers.
- ❖ The plant is sometimes used as a diuretic to help increase urine output, which can be beneficial in managing fluid retention and supporting kidney function.
- ❖ *Canna indica* has been reported to have antimicrobial properties. Extracts from the plant may help in fighting bacterial and fungal infections.
- ❖ Some traditional uses suggest that *Canna indica* might help in managing blood sugar levels, although scientific evidence supporting this use is limited.
- ❖ Preliminary studies have explored the anti-cancer potential of *Canna indica*. It may contain compounds that could have protective effects against certain types of cancer, but more research is needed to confirm these findings.
- ❖ The plant is sometimes used in skincare for its potential benefits in treating various skin conditions. Its anti-inflammatory and antimicrobial properties can be helpful in managing acne, eczema, and other skin issues.

## Conclusion

An implemented medicinal garden in a college should reflect on the achievements, challenges, and overall impact of the initiative. The implementation of the medicinal garden at P. V. P. Mahavidyalaya, Kavathe Mahankal has been a significant success, achieving its primary aims and objectives while contributing to the educational, practical and community-focused goals set out at the project's inception.

- ❖ The garden has provided students with hands-on learning experiences in botany, herbal medicine, and sustainable gardening practices. Workshops and classes have successfully integrated the use of medicinal plants into the curriculum, enriching students' academic and practical knowledge.
- ❖ The garden has served as a living laboratory for student research projects, allowing for the exploration of plant properties and their potential therapeutic uses. Several research projects have been conducted, contributing valuable insights to the field of medicinal botany.
- ❖ The medicinal garden has promoted sustainable gardening practices, including organic methods and biodiversity conservation, reflecting the college's commitment to environmental responsibility.
- ❖ The garden has provided a serene space for relaxation and mental well-being, benefiting students and staff through its therapeutic environment.
- ❖ Some initial gaps in knowledge about specific plant care and medicinal uses were addressed through ongoing training and collaboration with experts, enhancing the overall effectiveness of the garden.
- ❖ The medicinal garden develops new educational modules and research opportunities to further integrate the garden into the college's curriculum.
- ❖ With using this garden we increased community engagement through additional workshops, events, and collaborations with local organizations.
- ❖ The garden has focused on sustainable practices and seeks additional resources to support the garden's long-term growth and success.



  
Head  
Department of Botany  
P.V.P. Mahavidyalaya  
Kavathe Mahankal Dist-Sangli