CHAPTER: VII

Enumeration
CHAPTER VII

ENUMERATION I

ACANTHACEAE


Slender woody herbs; branches glabrous. Leaves to 9 x 1.5 cm, elliptic, acuminate at apex, base acute, decussate, glabrous. Panicle terminal and upper axillary, glandular-hairy. Flowers many, distant; calyx lobes 3 mm long, linear, hairy, connate at base; corolla 14 mm long, tube ventricose, hairy, upper lip entire, midlobe of lower lip broader than laterals, acute, glandular-hairy; ovary puberulous, style hairy. Capsule 20-30 x 3 mm, oblong, acute, hairy; retinacula spoon shaped; seeds 8, glabrous.

Vernacular name: Nilaveppu (M)
Voucher specimen: RNP 58972 (TBGT)
Distribution: Peninsular India and Sri Lanka, Kerala in all districts
Habitat: Scrub jungles, also in the plains
Ailments: Jaundice (M)
Part used: Whole plant
Method of preparation & dosage: Fresh whole plant is crushed and boiled in water and made to decoction, taken 15 ml thrice daily for 7 days (M).


Procumbent, perennial herbs, 30-80 cm long; stem branched, quadrangular, scandent, densely adpressed puberulent; internode 3.5-10.5 cm long. Leaves opposite decussate, 3.5-5.5 x 2.5-4.5 cm, ovate deltoid, sub-cordate to cordate at base, acute or

44
rarely obtuse at apex, entire, adpressed puberulent above, pale and tomentose beneath; lateral veins 6-8 pairs; petiole 1-2 cm long, densely adpressed puberulent. Inflorescence 7-8 flowered lax spike like raceme; rachis 5-14 cm long; bracts and bracteoles c. 1.5 cm long, green, linear, acute, pubescent, persistent. Calyx divided to the base or nearly so, lobes 5, linear-lanceolate, 6-8 mm long, acute, densely pubescent on both surface. Corolla tube funnel-shaped, 3-3.2 cm long, pubescent, limb 3.5-4 cm across, moderate yellow or white, lobes 5, rounded. Stamens 4, didynamous, included, filaments 6-8 mm long, with few small hairs, connate at the base in pairs; anthers oblong, 2-3 mm long, mucous. Ovary c. 2 cm long, pubescent, 2 celled, ovules 2 in each cell; style linear, 1.5-1.8 cm long, basal portion hairy; stigma 2-fid or subcapitate. Capsule clavate shaped, 2.7-3 x 0.3-0.4 cm, densely pubescent, opening widely in a reflexed curve; seeds 4, 3-4 mm across, compressed angular, orbicular, wrinkled sub-tuberculate, rugose with double dentate margin.

Vernacular name : Maithal (K & M)
Voucher specimen : RNP 75523 (TBGT)
Distribution : Peninsular India, Sri Lanka, Arabia and Africa
Habitat : Degraded forest areas, also in the plains
Usage : Used in Poly herbal formulation (see PHF K 14 & M 10, 32).


Scapigerous herbs; stems very short. Leaves to 7 x 4 cm, ovate, obtuse at apex, obtuse and decurrent at base; nerves 3-4 pairs, hirsute below; petiole 3-9 cm long. Scape to 30 cm long, solitary or few, simple or branched. Flowers solitary or 2-4 together; bracts and bracteoles minute; sepals 3 mm long, glabrous; corolla pink, 2.5 cm long, yellow at mouth; anthers pubescent. Capsule 25 x 2 mm, glabrous; seeds 16-20, orbicular, golden brown.

Vernacular name : Muripacha (M)
Voucher specimen : RNP 58950 (TBGT)
Distribution : Southern Western Ghats
Habitat : Evergreen forests near water sources
DescAilments : Cuts (M)
Part used : Tender leaves
Method of preparation & dosage : Fresh tender leaves are crushed with hands and applied on the affected part (M).


Subshrubs, strigose-hispid, with sharp thorns. Leaves in whorls of 8, unequal, larger pair, sessile, 6-10 x 2-4 cm, linear-lanceolate, apex acute, base cuneate, margins dentate and wavy. Thorns axillary, 2-3 cm long. Flowers in axillary whors; bracts and bracteoles leafy, 1.2 cm long; calyx lobes 4, larger lobe 1 cm long; corolla pink, 1.5 cm long, bilipped, lobes obtuse, ciliate. Capsule 1 cm long; seeds orbicular, 3 mm across.

Vernacular name : Neerumulli (K)
Voucher specimen : RNP 75715 (TBGT)
Distribution : India, Myanmar and Indo-China
Habitat : Paddy fields and other moist localities
Ailments : Sprain (K)
Part used : Whole plant
Method of preparation & dosage : Fresh whole plant is sliced or crushed and boiled in water and prepared to decoction. Taken 10-15 ml, thrice daily for 7 days (K).


A stiff, evergreen, much-branched perennial shrub with a strong, unpleasant odour, 1.2-6 m tall. Leaves 5-30 cm long, opposite, elliptic-lanceolate or ovate-lanceolate, margins entire, apex acute, hairy, light green above, dark beneath, leathery. Flowers large, white with red or yellow-barred throats, borne in compact, axillary, pedunculate spikes; bracts leafy, large. Capsules clavate, longitudinally channelled, 1.9-2.2 cm long and 0.8 cm wide, pubescent. Seeds globular.

Vernacular name : Aadasoga (K)
Voucher specimen : RNP 75574 (TBGT)
Distribution : Indo-Malesia
Habitat : In the plains, often cultivated
Ailments : Cough (K)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are sliced and roasted with pepper and cumin and pounded to fine powder. Taken one tea spoon orally, 2-3 times daily for three days (K).


Shrubs, branches dark-purple, terete, smooth. Leaves 7-10 x 2 cm, linear or oblong- lanceolate, apex acute or obtuse, base acute, chartaceous, glabrous, lateral nerves 5-7 pairs, bluish; petiole 2-3 mm long. Spikes terminal, to 8 cm long, narrow; bracts linear, 4 mm long. Flowers white; calyx lobes linear-lanceolate, 5 mm long; corolla white with purple streaks, 1.5 cm long; ovary and style puberulus. Capsule 12 mm long, glabrous.

Vernacular name : Vathamkolli (M)
Voucher specimen : RNP 75717 (TBGT)
Distribution : Tropical Africa and Asia; Kerala in all districts
Habitat : Moist deciduous forests, also in the plains
Ailments : Body pain (M)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are sliced and boiled in water along with 25g of crushed stem of pepper. Use the hot water for bath (M).


Perennial, prostrate, much branched herbs with woody rootstock, attached to hard lateritic soil; stem of glabrous, quadrangular, more or less winged. Leaves opposite, 10 mm x 3 mm, narrowly oblong-lanceolate, acute or blunt-acuminate at apex, dark green with purple margins, rigid, plicate, glabrous, conspicuously nerv ed. Spikes 1-3,
terminal, procumbent, 2 cm long. Flowers sessile, ca 1 cm long; sterile bracts many (5-8), more or less uniform, up to 10 x 4 mm, oblong-lanceolate, densely pubescent, each with a stiff, sharply pointed mucronate spine, persistent. Calyx villous, deeply 5-lobed, lobes unequal, persistent, similar to bracts. Corolla 10 mm long, densely hairy in bud, tube cylindric below, suddenly expanded, 2- lipped, upper lip 2-lobed, erect or reflexed, pink, lower lip 3-lobed, pink with white to yellow palate. Stamens 4, didynamous, up to 6 mm long, sparsely hairy, 2-celled, purple to deep violet in colour. Disc annular. Ovary compressed ovoid, 2 mm long, 2- celled with one ovule in each; style slender, 7-8 mm long, hairy at lower ventral region with glands; stigma capitate, slightly bifid. Fruit a compressed capsule, 6 mm long, glabrous; seeds 2, flat, softly hairy with white aril.

Vernacular name : Paramullu (K)
Voucher specimen : RNP 58949 (TBGT)
Distribution : South India (Kerala) Kannur and Kasaragod districts
Habitat : Lateritic hills near seacoast
Ailments : Liver diseases and sprue (K)
Part used : Whole plant
Method of preparation & dosage : Fresh whole plant is crushed and expressed juice is mixed with rice juice and taken once daily for 21 days against Sprue (Grehani) in case of children (K).
Fresh whole plant is crushed and expressed juice is taken, 10ml twice daily for 7 days against liver disease (K).

AMARANTHACEAE


Stem tomentose. Leaves 6-10 x 3-6 cm, broadly elliptic to obovate, apex abruptly acuminate, tomentose, nerves 6 pairs; petiole 5 mm long. Spike to 20 cm long, hispid; bracts 6 mm long, lanceolate, aristate; bracteoles entire, aristate. Flowers
deflexed; tepals 7.5 x 2 mm, elliptic, acute, glabrous, equal; ovary truncate at apex.
Achenes 3 mm long, ovoid, brown.

<table>
<thead>
<tr>
<th>Vernacular name</th>
<th>Velutha uttaranee (K)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voucher specimen</td>
<td>RNP 75517 (TBGT)</td>
</tr>
<tr>
<td>Distribution</td>
<td>Pantropical; Kerala in all districts</td>
</tr>
<tr>
<td>Habitat</td>
<td>Dry deciduous forests and forest plantations, also in the plains</td>
</tr>
<tr>
<td>Ailments</td>
<td>Rheumatic pain (K)</td>
</tr>
<tr>
<td>Part used</td>
<td>Stem, leaf</td>
</tr>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>Fresh stem and leaves are ground in coconut water to paste and made in to small balls in the size of a small gooseberry. Taken orally, thrice daily for 10 days against Rheumatic pain (K).</td>
</tr>
</tbody>
</table>


An erect or prostrate, many branched undershrub, 30-60 cm in height, woolly, tomentose throughout; leaves simple, alternate, short-petioled, densely tomentose, usually smaller in the flowering branches; flowers very small, sessile, bisexual, greenish or hoary-white, often clustered in spikes, perianth calycine membranous, five free, filaments of the five stamens connate at the base with alternating linear staminodes; fruits greenish, roundish, compressed utricle; seeds kidney shaped with shining black, coriaceous testa.

<table>
<thead>
<tr>
<th>Vernacular name</th>
<th>Bilihindee soppu, Pashanabhedi (K), Cheroola (M)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voucher specimen</td>
<td>RNP 58969 (TBGT)</td>
</tr>
<tr>
<td>Distribution</td>
<td>Widespread in the tropics and subtropics</td>
</tr>
<tr>
<td>Habitat</td>
<td>Deciduous forests and waste lands in the plains</td>
</tr>
</tbody>
</table>
Ailments : Gastric disorder, easy delivery and urinary calculi (K), easy placental discharge, indigestion (M).

Part used : Whole plant

Method of preparation & dosage : Fresh whole plant is crushed and the expressed juice is mixed with water and taken against gastric disorder (K).

Taken expressed juice 10 ml once daily in the early morning in empty stomach after 3 months of pregnancy, for easy delivery (K & M).

Fresh whole plant is crushed with cumin and boiled in water and prepared to decoction.

Taken 10ml of decoction in the early morning in empty stomach, once daily for 42 days, against urinary calculi (K).

Fresh whole plant is ground with milk and taken against indigestion (M).


Erect glabrous herbs, profusely branched; branches grooved; spines divaricate, sharp, to 1.2 cm long. Leaves 3-8 x 2-4 cm, ovate or elliptic-lanceolate, base attenuate, apex obtuse or subacute; petiole to 4 cm long. Flowers in terminal panicled spikes or in axillary, sessile clusters. Bracts and bracteoles minute, ovate-lanceolate. Male flowers: 1-2 mm across; tepals 5, calycine, unequal, ovate-lanceolate; stamens 5; anthers sagittate. Female flowers: 1-2 mm across; tepals 5, oblong, acute at apex; ovary 1-celled; ovules solitary; stigmas 2-3. Utricle circumcissile. Seeds minute, discoid.

Vernacular name : Mullan cheera (M)

Voucher specimen : RNP 58941 (TBGT)

Distribution : Native to America; now naturalised throughout the warmer regions of the world.

Herbs, stem green or sometimes reddish, glabrous. Leaves alternate, 5-10 x 2-5 cm, ovate, apex acute, base truncate, nerves 3-6 pairs. Spikes terminal and axillary, interrupted. Flowers unisexual, mixed, densely arranged; bracts and bracteoles similar, ovate, acuminate; tepals 3, 1.5 mm long, obovate, obtuse; stamens 3, free; ovary obovoid, styles 2, free. Achenes 2 x 1 mm, ovoid, acute, membranous; seeds biconvex, dark brown, shining with hexagonal epidermal cells.

**Vernacular name** : Kuppacheera (M)

**Voucher specimen** : RNP 58957 (TBGT)

**Distribution** : Pantropical

**Habitat** : Wastelands and degraded forests

**Ailments** : Anemia (M)

**Part used** : Tender stem

**Method of preparation & dosage** : Fresh tender stem and leaves are sliced and cooked with rice and made to porridge and add salt and taken (M).

**Non ethnomedicinal use** : Fresh tender leaves are sliced and cooked in water and add salt and fried in coconut and taken along with cooked rice, used as fodder (M).

Decumbent herbs. Leaves opposite, 5-7 x 2-3.5 cm, rhomboid, acute at both ends, thinly pubescent; petiole 5-15 mm long. Spike terminal, to 18 cm long, slender, solitary. Flowers in groups of 3-5 of which one perfect and others neutor; bracts and bracteoles similar, 1.5 mm long, lanceolate, acuminate, pubescent; tepals 5, free, 3 x 1 mm, elliptic, acute, hooked awn like in neutor flowers; stamens 5, filaments united into a membranous truncate cup; staminodes membranous, alternate with stamens, fimbriate; ovary ovoid, style simple, stigma capitellate. Achenes 2 x 1 mm, obovoid, compressed, golden brown.

Vernacular name : Nela uttharaani (K), Cherukadaladi (M)
Voucher specimen : RNP 75511 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : Moist deciduous and semi-evergreen forests, also in the plains
Ailments : Spider poison (K), wounds (M)
Part used : Whole plant (K, M)
Method of preparation & dosage : One fresh plant is wet ground to paste. Applied externally on the affected part against spider poison (K). Fresh whole plant is crushed and boiled in coconut oil as medicated oil, applied on wounds for 3-4 days (M).

**ANACARDIACEAE**


Gregarious evergreen trees, to 15 m high, bark pale grey to brown, smooth with vertical striations; blaze dull pink; exudation sticky, red; branchlets glabrous. Leaves
simple, alternate, somewhat crowded on twig apices, estipulate; petiole 7-15 mm, stout, swollen at base, glabrous; lamina 6-15.5 x 3-8 cm, obovate; base acute or cuneate, round, apex obtuse, round or retuse, margin entire, glabrous, shiny above, coriaceous; lateral nerves 10-15 pairs, parallel, prominent; intercostae reticulate, prominent; glands axillary on main nerves and its branches. Flowers polygamous, yellow, streaked with pink, in terminal prominently bracteate panicles; calyx 5-partite, lanceolate, imbricate, deciduous, with some pubescence on outside; petals 5, linear-lanceolate, ligulate, recurved, imbricate; disc filling the base of the calyx, erect; stamens 8-10, one usually longer than others; filaments connate at the base and adnate to the disc, glandular puberulus; ovary superior, obovoid or obcordate, 1-celled, ovule 1, ascending from a lateral funicle; style filiform, excentric; stigma minute. Fruit a reniform nut, 2-3 cm, grey, seated on a large pyriform fleshy body formed of enlarged disc and top of the pedicel; pericarp gives acrid caustic oil; Seed reniform, ascending.

Vernacular name : Kottabeeja, Gerubija (K)
Voucher specimen : RNP 75566 (TBGT)
Distribution : Native of South America; now widely cultivated in Asia and Africa, in Kerala all districts.
Habitat : Cultivated
Ailments : Mouth ulcer, foot cracks, headache etc. (K).
Part used : Stem bark, seed, fruit, tender leaves
Method of preparation & dosage : Fresh tender leaves are crushed and expressed juice is spread on tongue and affected parts in mouth for curing mouth ulcer (K). Fresh stem bark is crushed and boiled in water and made to decoction. Taken 10 ml once daily for 4 days to get relief from bleeding through pus (K). Fruits are burned in fire and the oil oozes out is applied externally on the affected part to get relief from cracks on foots (K). Fresh tender leaves are ground to paste and applied externally over the forehead to get relief from headache (K).
Non ethnomedicinal use: Ripened fruits are edible, endosperm of the seeds are fried and taken after removing outer husk (K & M).


Evergreen trees, to 30 m high, bark 2-2.5 cm, dark grey, rough with vertical fissures; blaze yellow; exudation yellowish, gummy. Leaves simple, alternate, clustered at the tips of branchlets, estipulate; petiole 10-75 mm long, stout, glabrous, pulvinate; lamina 9.2-40 x 2.5-8 cm, elliptic, elliptic-lanceolate, linear-oblong, base attenuate or acute, apex acuminate, acute or obtusely acute, margin entire, glabrous, shiny, coriaceous; lateral nerves 14-28 pairs, pinnate, prominent; intercostae reticulate, prominent. Flowers polygamous, yellowish-green, in terminal panicles; pedicels jointed; bract deciduous; calyx 4-5 partite, ovate, imbricate, hairy without, caudaceous; petals 4-5, oblong-obovate, subequal, nerves at base gland crested, free or adnate to the disc; disc fleshy, cupular, 4-5 lobed; stamens 4-5, inserted inside or on the disc, fertile stamens 1 or 2; filaments free, glabrous; staminodes gland-tipped; ovary sessile, superior, oblique, 1-celled, ovule pendulous; style lateral; stigma simple. Fruit a drupe, 5-15 cm long, oblong-reniform, compressed, yellowish-red, mesocarp fleshy, endocarp fibrous; seed subreniform.

Vernacular name: Manga (K)

Voucher specimen: RNP 75577 (TBGT)

Distribution: Indo-Malesia

Habitat: Evergreen and semi-evergreen forests and also widely cultivated

Part used: Fruits, Leaves

Usage: Used in poly herbal formulation (see PHF K 40, 99)

Non ethnomedicinal use: Ripened fruits are edible, as a condiment, pickling and leaves are used as fodder (K & M).
ANNONACEAE


Small tree upto 8 m tall. Stem ± glabrous, young branches pubescent. Leaves lanceolate to oblanceolate, 13.5-17 x 2.5-4.5 cm, acute to acuminate with subrounded to cuneate base, glabrous above, sparsely hairy on underside, young leaves densely hairy on both sides. Petiole 12-15 mm, sparsely hairy. Peduncle woody and stout, leaf opposed or extra-axillary, usually 2-3-flowered, occasionally branched and bearing more flowers. Bract caducous, bracteole deltoid, densely hairy, almost in the middle of pedicel. Pedicel 2.5-3 cm, stout, minutely hairy to glabrous, usually pendant. Sepals broadly deltoid, pilose, basally connate. Outer petals ovate, 17-19 x 6-7 mm, thick, triquetrous, obtuse, basally concave within, pilose externally, puberulent within; inner petals minute, frequently absent. Receptacle convex, glabrous. Stamens linear, 1.5 mm long, filament less than half the length of anther, connective-tip rounded. Carpels basally connate, ovary pilose dorsally, 1-ovuled, stigma elongated. Fruit 10-15 x 7.5-12.5 cm, subglobose to roughly heart shaped, ± smooth, areoles separated by a marked reticulation but not tuberculate, reddish brown when ripe, pulp white or cream, aromatic, granular, adhering closely to the seeds. Seeds smooth, black.

Vernacular name : Ambayanga (M)
Voucher specimen : RNP 58951 (TBGT)
Distribution : Native of Central America and West Indies, in Kerala all districts
Habitat : Cultivated and often naturalised
Ailments : Diarrhea (M)
Part used : Bark
Method of preparation & dosage : Fresh bark is crushed and boiled in water and made to decoction. Taken 20 ml thrice daily for 3 days (M).
Non ethnomedicinal use : Ripened fruits are edible (K).

Trees, to 6 m high, brownish or brownish-black; branchlets sericeous, glabrous when mature. Leaves simple, alternate, distichous, estipulate; petiole 6-20 mm long, stout, glabrous, grooved above; lamina 5-17 × 2-7 cm, ovate, ovate-lanceolate or elliptic-oblong, base acute, obtuse, cuneate, or round, apex acute or obtuse, margin entire, glabrous, glaucous beneath, coriaceous; lateral nerves 8-12 pairs, pinnate, prominent, intercostae reticulate. Flowers bisexual, axillary, solitary or a few together, leaf-opposed; pedicels 1-3 cm long, glabrous; sepals 3, 2-3 × 3-4 mm, broadly ovate, shortly acuminate, pubescent outside; petals 6 [3+3], outer 3 petals, 1.5-3 × 3-0.5 cm, linear-oblong, keeled inside, thick, greenish-white or yellow, reddish at base inside, pubescent outside, inner three petals usually missing or rudimentary, ovate, ca. 1 mm long; stamens many, ca. 1 mm long, anther thecae narrow, with ovoid top of connectives; carpels many, superior, ca. 1 mm long, subconnate, ovoid, pubescent, 1-ovuled, style oblong, stigma entire. Fruit an aggregate of berry, 8-10 cm across, ovoid, greenish, glabrous, tuberculate with rounded tips, glaucous, pulp white; seeds many, black, shiny.

**Vernacular name**: Aathachakka (M)

**Voucher specimen**: RNP 58974 (TBGT)

**Distribution**: Native of Central America and West Indies

**Habitat**: Cultivated and almost naturalized

**Part used**: Fruits

**Non ethnomedicinal use**: Ripened fruits are edible (M).


Large shrubs to small trees, 3-5 m high; branchlets glabrous. Leaves alternate, ovate, lanceolate or elliptic-lanceolate, acute at base, acuminate at apex, 5-14 × 2-5 cm, coriaceous, glabrous; petioles ca 1 cm long. Flowers solitary, axillary, rarely 1-3 together from tubercles on old wood; pedicels 2.5-2.8 cm long, pubescent; bracts in
middle of pedicel, ovate, ca 2 x 1 mm, glabrous inside, pubescent outside. Sepals ovate, ca 4 x 2 mm, pubescent. Outer petals ovate, acute or subobtuse, 5-7 x 2-3 mm, pubescent on both sides less so on inside; the inner longer and broader. Stamens ca 1 mm long. Carpels 7-14, oblong, ca 1.5 mm long, pubescent; ovule 1; stigmas capitate, sessile. Fruitlets ellipsoid or globose, ca 6 x 5 mm, succulent, yellowish orange; stalks ca 7 mm long.

Vernacular name : Karuvalli (M)
Voucher specimen : RNP 75729 (TBGT)
Distribution : South India and Sri Lanka
Habitat : Evergreen forests
Ailments : Snake bite (M)
Part used : Root
Method of preparation & dosage : Fresh roots are sliced and dried in sun light and pounded to fine powder. Boiled in water and made to decoction. Taken 20 ml, thrice daily for 7 days (M).

APIACEAE


A slender herbaceous creeping perennial with rooted nodes and long internodes; leaves simple with elongated petioles and sheathing leaf bases, broadly cordate, reniform, crenate or sinuate, toothed; flowers pink, almost sessile, 304 in fascicled umbels; fruits laterally compressed with two mericarps having 7-9 subsimilar ridges.

Vernacular name : Thimira, Ondelaga (K), Muthil (M)
Voucher specimen : RNP 58960 (TBGT)
Distribution : Tropical Asia and Africa, in Kerala all districts
Habitat : Deciduous forests, also in wet places in the plains
Ailments : Brain enhancive, diarrhea (K), ulcer, osteoporosis (M)
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. Gymnostachyum febrifugum Benth.; B. Hygrophila schulli (Buch.-Ham.) M. R. Almeida & S. M. Almeida; C. Justicia gendarussa Burm. f.; D. Lepidagathis keralensis Madhu. & Singh; E. Aerva lanata (L.) Juss. ex Schult.; F. Centella asiatica (L.) Urban
Part used : Leaves, whole plants
Method of preparation & dosage : Fresh leaves (5 nos.) are crushed and dipped in honey and taken orally, once daily in the morning in empty stomach for enhancing intelligence (K).
Expressed juice of fresh leaves is mixed with one glass of cow’s milk. Taken twice daily for 3 days to cure Diarrhea (K).
Fresh whole plant is ground to paste with 15 ml of ghee. Taken orally, once daily for 7 days against Ulcer (M).
2 fresh whole plants are ground to paste with 25ml of curd. Taken thrice daily against Osteoporosis (M).
Non ethnomedicinal use : The fresh tender leaves are washed and sliced and fried in coconut oil and add salt and taken along with cooked rice (K).

Erect herbs to 23 cm tall. Basal leaves trifoliolate; leaflets 1-2.5 x 1-2 cm, broadly ovate, base cuneate, margins variously incised, apex obtuse; cauline leaves ternately decompound, segments linear-filiform; petiole to 1.5 cm long. Umbels terminal, compound; rays 3-5, 1-2.5 cm long. Flowers to 5 mm across; pedicels 2-4 mm long. Sepals 5, c. 1 mm long, ovate - lanceolate. Petals 5, white, radiant and unequal in the outer flowers, equal in inner flowers. Stylopodium conical. Stamens 5. Ovary ovoid. Fruit 2-5 mm long, orbicular, terete.
Vernacular name : Kothamalli (M), Kothambari beeja (K)
Distribution : Native of Mediterranean region to Central Asia, cultivated in nearly all parts of the world
Habitat : Cultivated
Ailments : Fever (M), conjunctivitis (K)
Part used : Seed
Method of preparation & dosage: Dried seeds are boiled in water and concentrated. Taken as a drink (M). Dried seeds are folded with a clean cotton cloth tied it well and soaked in water for a few hours. The water is applied 2-3 drops in each eye, 2 times for 3 days against Conjunctivitis (K).


Plants slender, 15-30 cm tall, branched. Leaves much divided into filiform segments. Involucre of 5-6 linear, entire or ternate bracts with linear segments. Rays 3-6, 5 mm to 1 cm long. Involucel of long linear, white margined bractlets, 5-10 mm long. Calyx teeth prominent, acute, persistent. Petals rose coloured, unequal. Fruit oblong, 5-6 mm long, setulose; stylopodium conical; styles short, erect; vittae solitary under the secondary ridges; commissure 2-vittate

Distribution: North Africa, Mediterranean Region
Habitat: Cultivated
Vernacular name: Jeerike (K), Nallajeergam (M)
Distribution: Widely cultivated
Habitat: Asia or Egypt
Usage: Used in poly herbal formulation (see PHF K 1, 4, 5, 13, 15, 16 22, 3, 33, 38, 53, 54, 66, 67, 73, 79, 99, 100, 104, 107 & M 20, 36, 39, 43, 68, 70, 78)

APOCYNACEAE


Small deciduous trees; to 8 m high; bark rough, pale brown, to 8 mm, exfoliates in small flakes; blaze creamy yellow; latex milky white. Leaves simple, opposite, estipulate; petiole 4-6 mm, pubescent, stout; lamina 7-18 x 3-12 cm, broadly ovate, ovate-oblong or ovate-lanceolate; base obtuse, apex acute or acuminate, margin entire, glabrous or puberulent beneath, membranous; lateral nerves 10-14 pairs,
prominent, arched, puberulous; intercostae reticulate. Flowers bisexual, creamy-white, slightly fragrant, in terminal and axillary corymbose cymes, appear along with new leaves; calyx lobes 5, 2.5 mm long, oblong-lanceolate, ciliate, glandular within at base; corolla salver shaped, lobes 5, oblong, obtuse, as long as the tube, tube 1.3 cm long, puberulous, mouth with a ring of hairs; stamens 5, included, attached towards the base of the corolla tube, anthers sagitate; disc absent; ovaries 2, apocarpous; ovules many in each carpel, style 2 mm long; stigma fusiform, bifid. Fruit of 2 terete elongated follicular mericarps connected at the tip and then free, 25 x 1 cm; seeds 8 mm, oblong, with tuft of silky brown hairs at the apex.

Vernacular name: Kodakapala (K)
Voucher specimen: RNP 75585 (TBGT)
Distribution: Indo-Malesia
Habitat: Moist deciduous and dry deciduous forests, also in the plains
Usage: Used in Poly herbal formulation (see PHF K 62, 110)


Climbers, branchlets brown-tomentose. Leaves 4-6 x 3 cm, ovate, apex obtusely acute, base rounded, nerves 5 pairs, brown-pubescent below; petiole to 5 mm long. Flowers 3.5 mm long, in terminal or axillary panicled cymes; pedicels 3 mm long; calyx 1 mm long, lobes ovate, acute, pubescent; corolla white, salver shaped, contracted at mouth, tube 2 mm long, hairy inside, throat densely white-villous, lobes twisted, oblong, acuminate; stamens included, anthers deeply sagitate at base, apiculate at apex; carpels free, stigma columnar. Mericarps follicular, to 15 cm long, slender, rusty puberulous; seeds many, compressed, crowned with long silky coma.

Vernacular name: Palvalli (M)
Voucher specimen: RNP 75532 (TBGT)
Distribution: Indo-Malesia and Australia, in Kerala all districts
Habitat: Moist and dry deciduous forests, also in the plains

Ailments: Stomachache, dysentery (M)

Part used: Root, stem, whole lant

Method of preparation & dosage: Fresh whole plant is crushed and expressed juice is taken one ounce, twice daily for 3 days (M).

Non ethnomedicinal use: Used as twine, fodder (M).


A small erect shrub or undershrub with red pedicels and calyx; leaves three in a whorl, thin, glabrous, bright green above; flowers white often tinged with violet in irregular corymbose cymes; fruits drupes, purplish black when ripe. The roots when dry are very hard, less flexible tortuous with a yellowish brown surface provided with vertical and irregular cracks or wrinkles, when rubbed with water yields a light yellowish tinged paste. The bark does not separate easily from the woody portion when dry but separates easily in fresh conditions.

Vernacular name: Pathalagaruda (K), Amalpori (M)

Voucher specimen: RNP 75507 (TBGT)

Distribution: South and south East Asia in Kerala all districts

Habitat: Moist deciduous forests, also in the plains

Ailments: Snake poison (K), stomach ache (M)

Part used: Root

Method of preparation & dosage: Fresh roots are ground in water to of paste, applied externally on the affected part against snake bite (K).

Fresh tuberous root is crushed and expressed juice is taken one tea spoon, twice daily for 2 days against stomach ache (M).

Shrubs or small trees, bark pale grey-brown, rather deeply longitudinally fissured, lenticellate. Leaves opposite, pairs equal or unequal, elliptic or narrowly elliptic, 3-18 x 1-6 cm, acuminate at the apex, cuneate at the base or decurrent into the petiole; lateral nerves 5-17 pairs, tertiary venation inconspicuous, more or less reticulate; petiole glabrous, 3-10 mm long. Inflorescence 1-30 flowered, rather lax; peduncle glabrous, 0.5-8 cm long; pedicels glabrous, 3-20 mm long; bracts scale-like, about 1 mm long, more or less persistent. Flowers fragrant. Sepals pale green, 2-3.5 x 1-2 mm, connate at the base, ovate, or sometimes narrowly ovate, rounded, obtuse or sometimes acute, often ciliate, glabrous outside, glabrous inside and with 1-4 colleters in 1 row. Corolla white, often with a yellow throat, lobes obliquely elliptic or obovate, more or less falcate, 15-27 x 8-20 mm, rounded, spreading. Stamens from below mouth of corolla tube, inserted 0.25-0.33 of the length of the corolla tube; filaments short, 0.5-1 mm long, filiform, glabrous; anthers narrowly oblong, apex obtuse or acute. Ovary ovoid, gradually narrowed into 4.5-8 mm long filiform style; ovules approximately 20 in each carpel. Fruit of 2 separate mericarps, orange, red or less often green, obliquely and narrowly ellipsoid, 20-70 x 6-15 x 6-15 mm, acuminate or apiculate at the apex, with 2 clear or faint lateral, slightly torulose when dried; seeds 2-10, aril deep orange or red.

**Vernacular name**: Nandyarvattom (M)

**Voucher specimen**: RNP 75591 (TBGT)

**Distribution**: Native of Southern Himalayas, in Kerala all districts

**Habitat**: Mostly cultivated as garden plant

**Ailments**: Sore eyes (M)

**Part used**: Flower

**Method of preparation & dosage**: Fresh flowers are crushed and expressed juice is applied in eyes externally to get relief from sore eyes (M).
ARACEAE


A strongly aromatic semi-aquatic perennial herb; rhizomes creeping, jointed, somewhat vertically compressed, 1.3-2.5 cm thick, pale to dark brown and spongy inside. Leaves narrow, up to 80 cm long, linear to narrowly ensiform, glossy bright green, apex acute, base amplexicaul; petioles sheathing for 20-50 cm. Flowers pale green, fragrant, arranged compactly on a sessile, cylindrical, stumpy spadix 5-7 cm long. Fruits (berries) green, angular, 3-celled, fleshy, containing 1-3 oblong seeds.

Vernacular name : Baje (K)
Voucher specimen : RNP 58967 (TBGT)
Distribution : North temperate hemisphere and Tropical Asia
Habitat : Semi-aquatic and marshy localities also cultivated.
Ailments : Diarrhea for children (K)
Part used : Rhizome, stem
Method of preparation & dosage : Fresh rhizome is crushed and expressed juice, 5 ml is given thrice daily for three days (K).


Corm to 20 cm across, depressed globose, tubercled, pale pink inside. Petiole to 50 cm long, 3-4 cm thick, green with brown patches; lamina 70-120 cm across; lobes to 14 x 5.5 mm, ovate, acuminate, decurrent at base into a wing to the petiole; nerves impressed above. Spathe 38 cm across, campanulate, undulate, dull greenish brown; spadix as long as spathe; appendage obovoid, 20-25 cm across, uneven, rugose, deep pink. Flowers on the lower half of the spadix. Berry 15 x 10 mm, oblong, obovoid, orange-red, glabrous.

Vernacular name : Kattuchena (K & M)
Voucher specimen : RNP 75579 (TBGT)
Distribution: India, Sri Lanka and Pacific Islands
Habitat: Moist deciduous, also in the plains
Ailments: Piles (K & M)
Part used: Rhizome, leaves
Method of preparation & dosage: Fresh rhizome is sliced after removing the outer peel, are boiled in butter milk and then dried in sun light. Pounded and made to fine powder. Taken one tea spoon of powder in one glass of cow’s milk, once daily in the night at bed time for 18 days. (K & M).
Non ethnomedicinal use: Fresh rhizome after purification, cooked and taken, Fresh tender stem and leaves are sliced, cooked and taken (K & M).


Clustering canes, stem to 10 m long, with sheaths to 1.3 cm in diameter, without sheaths to 1 cm, internodes to 45 cm long. Leaf to 80 cm, ecirrate; sheath green, spiny, spines to 1 cm long, needle-like, yellow; knee prominent; flagellum to 2.5 m long; petiole absent; rachis spiny; spines to 1 cm long, yellow with black tip; leaflets 35 x 2 cm, regular, long acuminate, tip armed with bristles, margins spinulose, median vein ciliate beneath from centre upwards. Inflorescence to 3 cm long; primary sheath closely sheathing, armed with minute spines; partial inflorescences 4-5, to 70 cm long; secondary sheaths 2.5 cm long, tapering at the base and expanding into a cup at the upper region; male rachillae to 3 cm long, recurved, female rachillae to 8 cm long. Involucrophorum not stalked; involucre cup shaped. Fruit ovoid, scales in 21 rows, straw yellow; faintly channeled along the middle, endosperm not smooth.

Vernacular name: Chooral (M)
Voucher specimen: RNP 58936 TBRI
Distribution: Western Ghats in Kerala all districts
Habitat: Evergreen and semi-evergreen forests
Ailments: Stomachache (M)
Part used: Tender stem, stem
Method of preparation & dosage: Fresh tender stems are raw eaten (M).

Non ethnomedicinal use: Fresh tender parts are sliced and cooked along with capsicum, onion, coconut and salt and taken as food (M).

Mature stem is used for making baskets (K & M).


Herbs, rhizome stoloniferous. Leaves few to many, peltate, 20-28 x 10-18 cm, ovate, cordate to sagittate at base, glabrous; nerves 6 pairs, united to form an intramarginal vein; lowest pair with lateral nerves of the basal lobes, intercostae curved; petiole 30-45 cm long, cylindrical, smooth. Peduncle solitary or few together, 10-20 cm long, stout; spathe to 20 cm long, yellow, lanceolate, constricted above the base; limb acuminate. Spadix 10 cm long, cylindrical, appendages terete, obtuse. Male flowers above, to 5-6 cm of the spadix, stamens 6; female flowers on lower, 2 cm of the spadix; ovary 1-celled, ovules many on 2-4 parietal placentas. Neutral flowers many, peltate, between the female and male flowers. Fruit an aggregate of berries, globose.

Vernacular name: Velichembu (M)

Voucher specimen: RNP 58992 (TBGT)

Distribution: Pantropical

Habitat: Waterlogged ditches and streamside

Ailments: Cracks on foot (M)

Part used: Leaf petiole, rhizome, tender parts

Method of preparation & dosage: Fresh outer peeling of the leaf petiole is tied on the crack foot at night daily.

Non ethnomedicinal use: Fresh tuber is cooked and taken as food.

Fresh tender parts are sliced and fried in coconut oil add chilli and grated coconut and taken along with cooked rice (M).

Stem angled. Leaf 5-9 x 3 cm, lanceolate, apex acuminate, nerves many, united to form 2-3 narrow ribs, glabrous; petiole 3-6 cm long, broadly winged, wing broaden above. Inflorescence axillary; peduncle to 0.5 cm long; spathe 5 mm across, orbicular, obtuse, concave, brown; spadix 3-5 mm across, globose. Flowers densely packed; bracts 3-5, orbicular; stamens 6, free; ovary obovoid, stigma 3-toothed.

**Vernacular name**
Aithavalli (K & M)

**Voucher specimen**
RNP 75541 (TBGT)

**Distribution**
India to Malesia and Madagascar, in Kerala all districts

**Habitat**
Evergreen forests, waste places and sacred groves

**Ailments**
Scabies, swellings, red spots on skin (K), dysentery. (M)

**Parts used**
Stem, leaves, root

**Method of preparation & dosage**
Fresh stem is ground or crushed along with turmeric and boiled in water to a decoction and taken 10ml thrice daily for 7 days for skin diseases (scabies) (K).

Fresh leaves are crushed and soaked in water for one hour and ground to paste and applied externally against abscess (K).

Fresh roots are sliced and boiled in water till it reaches the half of the volume. Taken 10 ml thrice daily for 7 days for swellings (K).

Fresh tender leaves are ground to paste and made as small ball in the size of a gooseberry. Taken twice daily for three days for curing dysentery (M).

**Non ethnomedicinal use**
Used as rope, fodder (K).

Epiphytic or lithophytic herbs with erect bulbiferous slender shoots. Leaves 20-30 cm across, ovate, apex acute, base cordate, glossy above; nerves prominent; petiole to 40 cm long. Inflorescence solitary, on erect, terminal peduncle, covered with large cataphylls; spathe obovate to rhomboid, spreading, yellowish white; tube short, 5 cm long, ellipsoid, limb to 10 x 7 cm, acute; spadix 5 cm long. Female flowers many, ovary globose, 1-celled; ovules many, parietal, stigma 3-lobed, globose. Male flowers many, on clavate above part of the spadix; stamens 6, united.

Vernacular name : Marachembu (M)

Voucher specimen : RNP 75732 (TBGT)

Distribution : Paleotropics, in Kerala all districts

Habitat : Moist deciduous and semi-evergreen forests

Ailments : Health promotive (M)

Part used : Tender leaves

Method of preparation & dosage : Fresh tender leaves are ground to paste is mixed with rice flour, cooked in water and concentrated. Taken, during monsoon season (M).

**ARECACEAE**


Monoecious palms; trunk to 6 m tall, covered with persistent leafsheaths, caudex 10-15 m across. Leaves pinnatisect, to 8 m long; leaflets to 100 x 5 cm, linear, base auricled, glaucous below; petiole to 3 m long. Spadices to 1 m long, basipetal; male flowers orbicular; stamens many, free. Female flowers: tepals 6, biseriate, similar, accrescent; ovary 3-celled. Fruit globose.

Vernacular name : Njettipana (M)

Voucher specimen : RNP 58975 (TBGT)
**Distribution**: Western Ghats  
**Habitat**: Evergreen forests  
**Part used**: Sap from inflorescence  
**Non ethnomedicinal use**: Collect the toddy through fresh cuts in the inflorescence (M).

Monoecious stout tall palms, 16-20 m tall, 30-50 cm diam., trunk smooth with prominent annular leaf-scars. Leaves bipinnate, 4-6 m long; pinnae 5-7 pairs, to 1.5 m long; leaflets broadly cuneate, fan-shaped, 12-20 cm long, 7-10 cm wide at wider portion, rapemorse at apex, many ribbed. Spadix interfoliar, shortly peduncled, much branched, pendulous, to 4 m long; spathe 40-50 cm long. Flowers many, in triads with female flower in the middle. Sepals 3, rounded, imbricate. Petals linear-oblong, valvate. Stamens many. Ovary 3-celled, 3-gonous; ovule 1-per locule. Fruit c. 2 cm across, globose, reddish purple. Seeds plano-convex, subreniform.  
**Vernacular name**: Baini mara, Eendu, pana (K)  
**Voucher specimen**: RNP 75534 (TBGT)  
**Distribution**: Indo-Malesia  
**Habitat**: Evergreen forests, also in the plains  
**Part used**: Stem starch  
**Non ethnomedicinal use**: Starch from the fresh stem boiled in water and concentrated and taken as food (K).

Erect trees with annular petiolar scars. Leaves pinnatisect, 4-6 m long; leaflets reduplicate, 60-100 x 2.5-5 cm, base narrow, apex tapering, acute. Spadices interfoliar, 50-100 cm long, panicked; branches to 60 cm long. Spathe 60-130 cm long, oblong, woody. Flowers monoecious, subsessile. Male flowers: often paired, to 8 mm long. Sepals c. 3 mm long, ovate. Petals 6-8 mm long, ovate, woody, yellowish-brown. Stamens 6; pistillode short, 3-fid. Female flowers 1-3 per branch,
basal, globose. Perianth-lobes 6; woody; outer lobes broadly obovate, c. 2 cm across; inner lobes reniform, to 2 cm across. Ovary 3-celled; ovule 1 per cell; style short. Drupe to 30 cm long, ovoid or globose, trigonous; pericarp fibrous; endocarp stony. Seed coherent with the endocarp.

**Vernacular name** : Thengu (M)

**Voucher specimen** : RNP 58990 (TBGT)

**Distribution** : Cultivated throughout the tropics

**Habitat** : Cultivated

**Ailments** : Diabetes, peptic ulcer (M)

**Part used** : Flower

**Method of preparation & dosage** : 20 ml of expressed juice of the fresh inflorescence is mixed in one glass cow’s milk. Taken early in the morning in empty stomach for 7 days (M).

**ARISTOLOCHIACEAE**


Twining perennial herbs; branchlets slender. Leaves 3.5-8 x 2-3.5 cm, ovate-lanceolate or ovate-oblong, base truncate, apex acute to acuminate, glabrous; 3-5-nerved at base; petiole to 2.5 cm long. Flowers in few-flowered axillary racemes; pedicels c. 7 mm long, elongate in fruits. Bracts c. 1.5 mm long, lanceolate. Perianth tube dull brown, 1-1.5 cm long, bulbous base 3-5 mm across, green; limb 2-2.5 cm long, linear-oblong, rounded at apex, greyish-green. Stamens 6. Ovary c. 2 mm long; stigmas 6, fleshy. Capsule 1.5-3 x 1.5-2 cm, globose-pyiform, 6-ridged, dehiscing from the base, after dehiscence parachute-like. Seeds 4-6 mm across, broadly deltoid, flat, winged.

**Vernacular name** : Eeswarberu (K), Urithookki (M)

**Voucher specimen** : RNP 75516 (TBGT)

**Distribution** : Indo-Malesia, in Kerala all districts

**Habitat** : Degraded moist deciduous forests, also in the plains growing along fences.

69
Ailments : Fever, (K), wounds, stomachache (M) snake bite (K & M).

Part used : Root, Tender leaves

Method of preparation & dosage : Fresh roots are sliced or crushed and boiled in water to a decoction. Taken 10 ml once daily for 3 days against fever (K).

Fresh roots are ground to paste and applied externally against snake poison (K).

Fresh tender leaves are crushed and expressed juice is applied externally on the affected parts against wounds and snake poison (M).

Fresh root is ground to paste and mixed in 20 ml of tender coconut water and taken orally against stomachache (M).


Twiners, stem glabrous. Leaves 13-18 x 8-10 cm, ovate, apex acuminate, deeply cordate, base 5-7 ribbed, glabrous; petiole 4-5 cm long. Flowers 6.5 cm long, in axillary raceme; bracts 5 mm long, ovate; perianth tube 1 cm long, hairy inside, glabrous outside; limb 4.5 cm long, 1 cm broad, brown, tomentose; stamens 12, biseriate; connective broad, anthers oblong; style 6-7-fid, short. Capsule obovoid, stalked, 6-celled.

Vernacular name : Valiya eswaramulla (M)

Voucher specimen : RNP 755015 (TBGT)

Distribution : Indo-Malesia and China, in Kerala all districts

Habitat : Moist deciduous and semi-evergreen forests

Ailments : Stomachache, poisonous bite (M)

Part used : Leaves, root

Method of preparation & dosage : Fresh leaves are ground to paste and taken against stomach ache (M).
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. *Rauvolfia serpentina* (L.) Benth. ex Kurz.; B. *Ichnocarpus frutescens* (L.) R. Br.;
C. *Pothos scandens* L.; D. *Arenga wightii* Griff.;
E. *Aristolochia indica* L.; F. *Aristolochia acuminata* Lam.
Fresh root is ground to paste and applied externally against poisonous bite (M).


Shrubs, branchlets angled. Leaves 19-25 x 5-8 cm, elliptic-oblong, inequilateral, apex acuminate, tomentose below, nerves 5-8 pairs, basal pair rib-like, extending above the middle, nervules parallel; petiole 5 mm long. Flowers in axillary fascicles, 1-5 together, 1.5 cm across; perianth lobed, united into a cup, acute, yellow or brown, lined inside; stamens 12, united in 3 groups; stigma peltate, many-lobed. Capsule to 12 cm long, 5 mm broad, cylindrical; seeds 2 mm long, trigonous, rugose.

Vernacular name : Kathirkodali (M)

Voucher specimen : RNP RNP (TBGT)

Distribution : Peninsular India and Sri Lanka, in Kerala all districts

Habitat : Evergreen and semi-evergreen forests

Ailments : Stomachache, peptic ulcer (M)

Part used : Root, fruit

Method of preparation & dosage : Fresh roots are ground to paste and mixed in hot water. Taken 15 ml thrice daily for three days against Stomachache (M).

Fresh fruit is raw eaten against peptic ulcer (M).

**ASCLEPIADACEAE**


Shrubs, stem rounded. Leaves 10-16 x 8-10 cm, smaller in branchlets; elliptic-ovate to obovate, apex acute or obtuse, base cordate; lateral nerves 5-7 pairs, adpressed pubescent when young, becoming glabrous on maturity. Flowers pale purple or greenish-white, 3 cm across; pedicels to 3 cm long, stout; calyx lobes to 3
mm long; corolla campanulate, tube short, lobes ovate to oblong, recurved; staminal corona of 5 vertical lobes, 1 cm long. Fruit saccate, to 6 x 3 cm, ovoid; seeds many.

Vernacular name : Ekkumbale (K), Erikku (M)
Voucher specimen : RNP 75545 (TBGT)
Distribution : Tropical Asia, in Kerala all districts
Habitat : Wastelands
Ailments : Spider poison, bruising (K), rheumatism (M)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are crushed and expressed juice is taken 5-10 ml orally, thrice daily for 3 days against spider poison (K).
Spread some coconut oil in the leaf and slightly heated in flame. Applied externally over the affected part, twice daily against bruising (K).


Twining subshrubs, branchlets fulvous-tomentose. Leaves 4-7 x 3-5 cm, elliptic to ovate or obovate, apex obtusely acute, base truncate or obtuse, subcoriaceous, densely tomentose below, nerves 3 pairs; petiole 1-3 cm long. Flowers 4 mm across in umbellate cymes, many together; peduncle to 1 cm long, hispid; pedicels 6 mm long, slender; sepals 2 mm long, ovate; corolla campanulate, yellow, 2.5 mm long, tube globose, lobes triangular; corolline corona 5 vertical pairs of pubescent ridges; gynostegium 1.5 x 1 mm, cylindrical. Follicle 7.5 x 0.8 cm, lanceolate, seeds 10 x 5 mm, much compressed.

Vernacular name : Madhunaasha (K)
Voucher specimen : RNP 75710 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Moist and dry deciduous forests, also in the plains
Ailments : Diabetes (K)

72
Part used : Leaves
Method of preparation & dosage : 3 fresh leaves chewed and taken, once daily for 21 days (K).


A perennial, slender, laticiferous, twining or prostrate, wiry shrub with woody root-stock and numerous slender, terete stems having thickened nodes; leaves simple, opposite, very variable from elliptic-oblong to linear-lanceolate, variegated with white above, silvery white and pubescent beneath; flowers greenish purple crowded in subsessile cymes in the opposite leaf axils; fruits slender follicles, cylindrical, 10 cm long, tapering to a point at the apex, seeds flattened, black, ovate-oblong, coma silvery white. The tuberous root is dark-brown, coma silvery white, tortuous with transversely cracked and longitudinally fissured bark. It has a strong central vasculature and a pleasant smell and taste.

Vernacular name : Nannari beru (K), Nannari (M)
Voucher specimen : RNP 75711 (TBGT)
Distribution : Peninsular India, in Kerala all districts
Habitat : Dry deciduous forests and scrub jungles
Ailments : Leucorrhea (K), diarrhea (M)
Part used : Tuberous root, stem
Method of preparation & dosage : Fresh tuber is wet ground to paste and mixed in one glass of cow’s milk. Taken orally, once daily for 5 – 6 days against Leucorrhea (K).

Non ethnomedicinal use : Used as rope (fibre) and fodder (K)
Tuberous root is boiled in water and taken as a drink (M).


Twining shrubs. Leaves opposite, 2.5-4.5 x 1.5-2 cm, ovate, apiculate at apex, cordate at base, glabrous; petiole 6-12 mm long. Flowers pale yellow in umbellate
cymes; peduncles less than 0.5 cm long, pedicels filiform. Calyx deeply lobed, lobes 2 mm long, lanceolate. Corolla greenish-purple, 5-7 mm across.

Vernacular name : Anthamool (K), Vallipala (M).
Voucher specimen : RNP 75746 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Among bushes near sea coasts
Ailments : Breathing difficulty (K), Asthma (M)
Part used : Leaves
Method of preparation & dosage : 5-7 fresh leaves are chewed with cumin. Taken once daily in the morning for 21 days against breathing difficulty (K).

Two fresh leaves are chewed and taken before food daily (M).


Leaves to 10 x 7 cm, ovate, base cordate, apex acuminate, glabrous. Umbels 5-6 cm long, axillary; calyx lobes unequal, 2 mm, lanceolate; corolla rotate, tube 3 mm, lobes 4 x 4 mm, orbicular; corona single, staminal with 2 globular masses above anthers; pollinia erect. Follicles 10 x 3 cm, ribbed, blunt at apex.

Vernacular name : Pethachanku (K)
Voucher specimen : RNP 75748 (TBGT)
Distribution : Indo-Malesia and China, in Kerala all districts
Habitat : Moist deciduous forests and scrub jungles
Ailments : Mumps (K)
Part used : Tender leaves
Method of preparation & dosage : Fresh tender leaves are ground to a paste and mixed with calcium hydroxide, applied externally twice daily for 4 days (K).

ASTERACEAE

Herbs, viscid hairy. Leaves 5-7 x 3-5 cm, ovate, apex acute, crenate, base rounded; petiole 1-3 cm long. Heads white, to 7 mm across, in terminal corymbose panicle; bracts 1-3-seriate, 3-4 mm long, elliptic, toothed at apex, 3-ribbed. Flowers all similar, bisexual; corolla 2.5 mm long, tubular, white, glabrous, 5-lobed at apex; stamens 5, anthers linear. Achenes 2 mm long, linear, 5-angled, hirsute along the angles; pappus 3-4 mm long, many, setaceous.

Vernacular name: Kattappa (M)

Voucher specimen: RNP 58952 (TBGT)

Distribution: Pantropical

Habitat: Weed in fallow fields and wastelands in the high ranges

Ailments: Fresh cuts (M)

Part used: Tender leaves

Method of preparation & dosage: Fresh leaves are rubbed and applied on the affected part (M).


Herbs, caespitose, up to 25 cm high; stems terete, appressed strigose. Leaves simple, opposite, 1-3 x 0.2-0.5 cm, oblong, oblong-lanceolate or oblong-elliptic, acute or sub acuminate at apex, cuneate at base, entire, densely strigose, sessile or subsessile. Heads 4-5 mm across; peduncles appressed strigose, 2-4 mm long. Involucral bracts in 2 rows; outer bracts 5, ovate-elliptic, ca 3.5 x 2.5 mm, sub acuminate at apex, cuneate at base, strigose outside, glabrous inside, with 9 veins; inner bracts 5, elliptic-ovoblate, ca 3 x 1.5 mm, sub acuminate at apex, cuneate at base, sparsely strigose outside, glabrous inside, with 4 veins. Ray florets 2-3- seriate, female, ca 4 mm long. Sepals minute, ovate, acute, membranous. Corolla ca 2.5 mm long; tube ca 0.8 mm long; limb ca 1.6 mm long, with 2 unequal, obtuse-tipped lobes at apex. Disk florets numerous, ca 3 mm long. Corolla campanulate, ca 1.6 mm long;
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. Thottea siliquosa (Lam.) Ding Hou.; B. Calotropis gigantea (L.) R. Br.; C. Hemidesmus indicus (L.) R. Br.; D. Wattakaka volubilis (L. f.) Stapf.; E. Eclipta prostrata (L.) L.; F. Elephantopus scaber L.
lobes 4, ovate, ciliate on margin. Stamens 4 or 5, sagittate. Style branches 2, pubescent. Ovary 1.1-1.2 mm long, hairy at apex. Palea ca 2.2 mm long, hairy in the upper two-third portion. Achenes yellowish brown to brown, oblong-turbinate, dorsiventrally compressed and sharply angled, hairy at apex; pappus of partially or completely united scales forming a cone at the apex.

Vernacular name : Kayyuni (M)
Voucher specimen : RNP 75506 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : Paddy fields and moist localities
Ailments : Diabetes (M)
Part used : Whole plant
Method of preparation & dosage : 10 fresh whole plants is ground to a paste is mixed in toddy. Taken 20 ml once daily in the morning in empty stomach for 21 days (M).


Scapigerous herbs; whole plant scabrous. Leaves radical, rossetted at base, 6-18 x 2-5 cm, obovate to oblong or oblanceolate, base attenuate, margin crenate, apex obtuse or broadly acute, strigose above; cauline leaves small, narrow, sessile, base amplexicaule. Heads, homogamous, non-rayed, sessile, aggregated in dense, stalked glomerules, substened by 3 ovate, reduced leaves. Involucral bracts 2-seriate, scarious. Flowers 2-5, bisexual. Corolla purple; tube 5-6 mm long, lobes 5. Stamens 5, auricled at base. Ovary 3-4 mm, oblong; style arms subulate. Achenes 4-5 mm long, 10-ribbed. Pappus of 4-6 spiny bristles, c. 5 mm long.

Vernacular name : Nelamucchilu, Aanekaalu gida (K), Anayadiyan (M)
Voucher specimen : RNP 75530 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : Moist deciduous forests, also in the plains
Ailments : Urinary problem (K), back pain, sprains (M)
Part used : Whole plant, root
Method of preparation & dosage: One fresh plant is ground to paste and mixed with 50 ml of tender coconut water. Taken orally twice daily for one week against urinary calculi (K).

Fresh root is ground in sesamum oil and taken orally and applied on body also against back pain (M).

Fresh roots are steamed in fire and ground to paste. Applied on the affected portion against sprain (M).


A soft very variable annual herb, 30-40 cm in height, variously branched, sometimes procumbent and rooting near the nodes; leaves simple, both radical and cauline, lyrate-pinnatifid with large terminal lobe, the basal leaf petioled, cauline acutely auricled; flowers purplish in lax corymbose heads, bracts almost equalling the corollas with scarious margins, pappus hairs white, soft, nearly equalling the involucral bracts; fruits narrowly oblong, 5-ribbed brown achenes, scabrid on the ribs.

Vernacular name: Elikivisoppu (K), Muyalchevi (M)

Voucher specimen: RNP 75705 (TBGT)

Distribution: Tropical and Subtropical Africa and Asia, in Kerala all districts

Habitat: Dry and moist deciduous forests, also in the plains

Ailments: Tonsillitis (K), sprain (M)

Part used: Whole plant

Method of preparation & dosage: Fresh whole plant is ground to paste with a pinch of salt. Applied externally over the neck (K).
Ground paste applied externally on the affected part (M).


Stout herbs, to 1.5 m high; stems scabrid. Leaves to 13 x 5 cm, elliptic, acute at apex and base, scabrous; sharply serrate; nerves 10-11 pairs; petiole 1-2 cm long. Heads 15 x 12 mm, in lax corymbose panicles; bracts 10 mm long, leafy, oblong, obtuse; inner bracts smaller, 8 x 2 mm. Flowers 30-40; corolla 10 mm long, with a narrow basal part, widen above, lobes acute, glabrous; anthers 2 mm long. Achenes 4 x 1 mm, glandular between ribs, pubescent; outer pappus paleaceous, fimbriate, inner pappus 6 mm long, reddish.

Vernacular name: Kattujeerakam (M)

Voucher specimen: RNP 75539 (TBGT)

Distribution: Indo-Malesia, in Kerala all districts

Habitat: Deciduous forests, also grown as medicinal plants

Ailments: Stomachache and vomiting (M)

Part used: Dried seed

Method of preparation & dosage: 10 gm of dried seed are roasted and add a pinch of salt boiled in water and concentrated. Taken 10ml twice daily for 3 days (M).


An erect or somewhat decumbent annual herb, 12-75 cm in height with cylindric, striate, more or less pubescent branched stem; leaves simple, alternate, variable in shape, ovate or lanceolate, shortly mucronate, irregularly toothed or shallowly crenate-serrate; flowers many, pinkish-violet, in small heads, involucral bracts oblong, lanceolate, acuminate, awned silky on the back; fruits oblong achenes, slightly narrowed at the base, clothed with appressed white hairs.
Vernacular name: Sahadevi (K), Poovamkurathal (M)
Voucher specimen: RNP 75520 (TBGT)
Distribution: Pantropical, in Kerala all districts
Habitat: Deciduous forests, also in the plains
Ailments: Cataract (K), Conjunctivitis (M)
Part used: Leaves
Method of preparation & dosage: Fresh leaves are crushed and expressed juice is mixed with one teaspoon full of goat milk. Applied two drops in each eye for 7 days against cataract (K).

BASELLACEAE

Twining fleshy herbs; stems terete, glabrous. Leaves to 5 x 4 cm, ovate, acute or obtuse, rounded at base, thick, fleshy, glabrous; petiole 1 cm long. Flowers in axillary, stout, erect, 3-10 cm long spikes; bracts ovate, bracteoles orbicular; perianth calycine, lobes 5, 4 mm long, united at base; stamens 5, antitepalous, free; ovary glabrous, 1-celled; ovule 1, styles 3, stigma linear. Utricle globose, 5 mm across, fleshy, white, glabrous.

Vernacular name: Basalacheera (M)
Voucher specimen: RNP 58982 (TBGT)
Distribution: Native of Tropical Asia and Africa, often cultivated, in Kerala all districts
Habitat: Moist and dry deciduous forests, also in the plains
Ailments: Burns, lactation (M)
Part used: Leaves
Method of preparation & dosage: Fresh leaves are ground along with wet soil and honey and applied on the affected part against burns (M).
Non ethnomedicinal use: Fresh leaves are sliced and cooked along with partially ground coconut kernel, green chili, onion and sufficient quantity of salt. Seasoning with mustard in coconut oil and made in the form of dry vegetable preparation (Thoran). Taken along with cooked rice for increase lactation (M).

**BIGNONIACEAE**


Medium sized trees; to 12 m high; bark 5-6 mm thick, surface brownish-grey; blaze yellowish-green; bole smooth. Leaves compound, 2-3 pinnate, pinnae 5-9; imparipinnate, opposite; rachis 60-100 cm, stout, glabrous; leaflets 3-5 in each pinnae, opposite; petiolule 3-20 mm, glabrous, slender; lamina 7.5-15 x 4-9 cm, ovate; base cordate, oblique or truncate; apex acuminate, margin entire, glabrous, chartaceous; lateral nerves, 4-6 pairs, pinnate, prominent, puberulent beneath; intercostae reticulate. Flowers bisexual, in lax terminal racemes, reddish-purple outside, pinkish-yellow within, racemes to 30-50 cm long; pedicels 1-2 cm long; calyx 2.5 cm long, campanulate, coriaceous, glabrous, limb truncate or obscurely toothed; corolla 10 cm long, large, fleshy, campanulate, lobes 3 cm long, 5; stamens 5, perfect, the posterior one shortest, filaments inserted below the base of the tube, filaments hairy at base; connective with a short mucrone; ovary subsessile, contracted at the base; ovule many; style slender; stigma 2-lobed. Fruit a capsule 40-75 x 5-8 cm, 2 valved, compressed, tapering at both end; seeds 5-6 cm long, winged all around except at base.

Vernacular name: Payyani (M)

Voucher specimen: RNP 75557 (TBGT)

Distribution: South India and Sri Lanka

Habitat: Moist deciduous forests, also in the plains

Large trees, to 30 m high; bole rough; bark 1.2 cm thick, pale greyish-brown, transversely rugose, exfoliations irregular; blaze creamy yellow. Leaves compound, imparipinnate, opposite, estipulate; rachis 10-21 cm long, slender, puberulent, swollen at base; leaflets 7-13, opposite; petiolule 7-12 mm, slender, puberulent, grooved above; lamina 4.5-13 x 2-4.5 cm, elliptic-lanceolate, elliptic-oblong, ovate or obovate; base oblique, acute or obtuse; apex acuminate or caudate acuminate; margin entire or serrate, glabrous above and puberulent beneath, chartaceous; lateral nerves 6-10 pairs, pinnate, puberulent beneath, prominent; intercostae reticulate. Flowers bisexual, yellow veined with red, 2 cm long, in terminal drooping panicles; calyx 6 mm long, campanulate, shallowly lobed, lobes 3-5, dorsal lobe much larger than the others, puberulent, tube 1.2-1.5 cm, obtuse; corolla 2 x 1.5 cm across, infundibuliform, pubescent inside, base glandular hairy, lobes 5, subequal, crisped; stamens 4, didymous, divaricate; filaments unequal, smaller ones 1-1.2 cm, larger to 2.2-2.5 cm, simple and hairy below; anthers divergent, ca. 5 mm, oblong, included, staminodes present; ovary sessile, oblong, superior, 2-celled, syncarpous; many ovuled, 1 seriate; style slender; stigma 2, spoon shaped. Fruit a capsule, to 35 x 0.7 cm, subtetragonus, tapering at apex and base, epicarp thin, spirally splitting; seeds 8 mm long, wings obtuse at both ends.

**Vernacular name**

Pathiri (M)

**Voucher specimen**

RNP 58959 (TBGT)

**Distribution**

Indo-China and Malesia

**Habitat**

Moist deciduous and semi-evergreen forests

**Usage**

Used in poly herbal formulation (see PHF K 81 & M 73)

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Shrubs or small evergreen trees, 2-9 m high; young branches densely dark scaly; wood pale yellow, soft. Leaves alternate, ovate, subcordate or truncate at base, long-acuminate at apex, 7-24 x 4-16 cm, shining above, densely red-dotted, initially scaly beneath, glabrous later; lateral nerves 4 or 5 pairs; petioles slender, 4-10 cm long, stipules 5-6 mm long. Inflorescence a terminal corymb or panicle, 8-50 flowered, scaly; pedicels 7-10 mm long. Flowers 3-5 cm across. Sepals broadly ovate to suborbicular, concave, scaly, purple. Petals 5-7, unequal, obovate, rounded at apex, 2-3 x 1-2 cm, pink. Stamens many; filaments slender, yellow at base, red at apex; anthers purple. Ovary densely covered with thick red bristles; style 12-15 mm long, swollen above, red. Capsules globose or broadly ovoid, nearly truncate at base, abruptly short-acuminate at apex or elongate-ovate with narrowly long-acuminate apex, 2-4 x 1.5-3.5 cm, with dense long stiff but soft and flexible bristles, green when young, brownish red with age; seeds obpyramidal, ca 5 x 4-5 mm, orange-red.

Vernacular name : Kumkumam (M)
Voucher specimen : RNP 75561 (TBGT)
Distribution : Originally from Tropical America; now widespread in the tropics, in Kerala all districts
Habitat : Grown as ornamental plant
Ailments : Fresh cuts (M)
Part used : Flower, seed
Method of preparation & dosage : Fresh flowers are wet ground to paste. Applied externally on the affected part twice daily for three days (M).
Non ethnomedicinal use : As dye (M)

BORAGINACEAE


Erect, branched, pubescent herbs. Leaves to 11 x 6 cm, sub-deltoid or broadly ovate, base truncate, margin undulate, apex acute, chartaceous; petiole 3-6 cm long. Spikes terminal or leaf-opposed, curved, to 20 cm long. Flowers sessile. Calyx-
lobes 5, 1.5-2 mm long, linear, acute. Corolla pale violet or pink, salver-form; tube 3-4 mm long, slightly constricted distally, 5 -lobed; lobes c. 1 mm long, ovate. Stamens 5, subsessile, free. Ovary weakly 4 -lobed; stigma conical. Nutlets connate in pairs, separating later, ribbed, each nutlet 2-3 mm long.

Vernacular name : Thekkada (M)
Voucher specimen : RNP 58944 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : Along lakeshores and paddy fields during summer
Ailments : Sprain (M)
Part used : Leaves
Method of preparation & dosage : Fresh leaves and palm jaggery is ground to paste and mixed in toddy. Taken 15 ml in the early morning at 4 am for 7 days (M).


Stout branching shrubs; branched virgate, usually pinkish, glabrous. Leaves alternate or fascicled, 1-2 x 0.5 cm, oblong-oblanceolate, obtuse, sessile. Flowers solitary or in few flowered cymes axillary; calyx 3.5 mm long 5-partite, lobes lanceolate; corolla pink, 5 mm long, 7 mm across, campanulate, 5-lobed; stamens 5, anthers sagitate at base; ovary 4-celled, style filiform, stigma capitate. Drupe with 4, 1-seeded pyrenes, free, yellowish, smooth.

Vernacular name : Pasanabheda (K)
Voucher specimen : RNP 75734 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : Rocky riverbeds
Ailments : Urinary calculi (K)
Part used : Root
Method of preparation & dosage : Fresh roots are sliced and boiled in water and made to decoction. Taken 15 ml, twice daily for 7 days (K).
BRASSICACEAE


Erect profusely branched woody annual herbs. The whole plant viscous with stalked glandular hairs. Leaves 3-5(-7)-foliolate; leaflets subsessile, 0.6-3.5 x 0.3-2 cm, elliptic-oblong or obovate to spatulate, base cuneate, margins ciliate, apex obtuse, membranous, glandular pubescent; petiole up to 5 cm long. Racemes terminal, lax, few-flowered, corymbiform. Flowers 1-1.5 cm across; pedicels to 1 cm long, elongate during fruiting. Sepals 4, 4-8 x 2-3 mm, lanceolate, apex acute, glandular hairy without. Petals 4, yellow, 6-12 x 3-5 mm, obovate to oblong-spathulate, apex rounded. Stamens 12-18; filaments 6-8 mm long, broadened at tip; anthers linear. Ovary sessile, 5-7 mm long, oblong-cylindric, glandular-hairy; stigma cpitate. Capsules 5-6.5 x 0.3-0.5 cm, linear-oblong, terete, striate, densely glandular hairy. Seeds many, 1-1.5 mm across, reniform, transversely ridged, reddish-brown.

Vernacular name : Kaadusaasive (K)
Voucher specimen : RNP 75551 (TBGT)
Distribution : Pantropical
Habitat : Weed among cultivated plants, wastelands, roadsides, etc.
Ailments : Body pain (K)
Part used : Seeds
Method of preparation & dosage : Seeds are boiled and concentrated in coconut oil and made to medicated oil. Applied externally over the body to get relief from muscular and chest pain (K).

CAESALPINACEAE

Erect shrubs to 4 m tall. Leaves 28-60 cm long; leaflets 6-12 pairs, 4-13 x 2-6 cm, oblong to obovate-oblong, base rounded to subcordate, apex rounded; stipules 1-2 cm long, deltoid, base auriculate, apex acute to acuminate. Inflorescence terminal or axillary, many-flowered spicate raceme, 40-60 cm long. Flowers yellow; pedicels 4-8 mm long; bracts petaloid, yellow, 1-2 cm long, ovate-elliptic, subacute. Sepals 1-1.5 cm long, yellow. Petals yellow, 1.5-2 cm long, obovate. Stamens 10, anthers 2 large, 5 medium-sized, and 3 small. Pods 9-14 x 1.5-2 cm, linear, 4-winged, septe, dehiscent. Seeds many, 5-7 x 4-5 mm, rhomboid, compressed, dark brown.

Vernacular name : Shime-agase (K)
Voucher specimen : RNP 58984 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : Along riversides and margins of ponds
Ailments : Scurf and other skin diseases (K)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are ground to paste. Applied externally on the affected part (K).


Deciduous trees, to18 m high, bark 8-10 mm, thick, surface pale when young, dark grey when old, smooth, exfoliating in hard scales. Leaves paripinnate, alternate; stipules small, free, lateral, caudicous; rachis 14.5-36 cm, slender, pulvinate, glabrous; leaflets 6-16, opposite, estipellate; petiolule 4-7 mm long, slender, grooved above; lamina 5-18.5 x 3-6.5 cm, ovate, ovate-lanceolate or oblong-ovate, base obtuse, round or acute, apex acuminate, margin entire, glabrous above, glaucous and puberulent beneath, coriaceous; lateral nerves 9-25, pinnate, slender, prominent, secondary laterals prominent; intercostae reticulate, prominent. Flowers bisexual, 3.7-5 cm across, yellow, in axillary drooping racemes; pedicels 3-7 cm; calyx tube short, lobes 5, 1 x 0.6 cm, ovate, apex obtuse, reflexed; petals 5, 2.5 x 1.5 cm, obovate, subequal, clawed; stamens 10, all fertile; upper 3 short with erect filaments to 7.5 mm; anthers 3 mm, basifixed; lower 3 large with curved filaments, to 3 cm; anthers 5 mm, dorsifixed; medium 4 with erect filaments to 1 cm; anthers versatile with curved
beak to 6.5 mm; anthers dehiscing by apical pores; ovary half inferior, appressed-pubescent; ovules many; style to 5 mm; stigma punctiform. Fruit a pod 30-60 x 1.2-1.6 cm, cylindrical, black, shortly stipitate, indehiscent, woody, transversely septate; seeds 25-100, 6-8 mm broad, ovoid, pale brown, immersed in pulp.

Vernacular name : Kanikonna (M)
Voucher specimen : RNP 75578 (TBGT)
Distribution : Indo-Malesia
Habitat : Moist deciduous forests, widely planted as ornamental plant
Usage : Used in Poly herbal formulations (see PHF M 25, 43, 52, 75)


Shrubs; branchlets ribbed, thinly pubescent. Leaves alternate rachis(including petiole) 8-20 cm long, ribbed; leaflets 6-10 pairs, 2-5 x 0.8-2 cm, strongly accrescent, elliptic or oblong to obovate-oblong, obtuse at apex, oblique at base, discolourous, glabrous or pubescent beneath, 2-3 times as long as broad, secondary veins 6-9 pairs; petioles 2-4 cm long; stipules upto 1.5 cm long, linear-ensiform, inflxed, pubescent, subpersistent. Glands 1-2.4 x 0.3-0.7 mm, cylindric-subclavate, stipitate, between lower 1 to 3 pairs of leaflets. Racemes 5 to 20-flowered, in the axils of upper leaves, corymbose; peduncles 2.5-8 cm long; pedicels 1.5-2.5 cm long, thinly pubescent; bracts ovate-lanceolate, 2-7 x 1-2.7 mm, acute-acuminate, reflexed, persistent upto anthesis, with 2 subclavate glands. Sepals obtuse, pubescent outside in bud, outer 2 half the length of inner ones, inner ones 5-8 mm long. Petals 0.8-2.5 cm long and about as wide, yellow. Stamens 10, subequal, all fertile; anthers with narrow and deflexed top, dehiscing by apical pores and lateral rims. Ovary stipitate, silky hairy; style 1.5-3 mm long, pubescent; stigma punctiform. Pods 4-10 x 0.8-1.8 cm, strap-shaped, flat, thin-valved, sepatate, dark brown; seeds 10-13, brown, 5-7 x 2.5-4 mm, oblong, narrowed at hilum end, blackish, shiny; areole 2.5-4 x 1.2-1.8 mm, oblong, on both flat faces.

Vernacular name : Thavara (M)
Voucher specimen : RNP 58985 (TBGT)
Distribution : Native of South East Asia
Habitat : Occasionally cultivated
Ailments : Urinary calculi (M)
Part used : Seed
Method of preparation & dosage : Dried seeds are pounded to fine powder and mixed in one glass of cow’s milk and taken in the night for 7 days against urinary calculi (M).


Annual, glabrous subshrubs up to 1 m tall. Leaves to 15 cm long, bearing a slender cylindric gland on the rachis between the leaflets of the lower 2 pairs; leaflets 2-4 pairs, 1.5-4.5 x 1.5-2.5 cm, obovate-oblong, base somewhat oblique, apex obtuse, pubescent below; stipules 1-1.5 x 0.1- 0.2 cm, linear. Flowers c. 1.5 cm across, in few-flowered axillary racemes; pedicels 4-6 mm long; bracteoles 2, 2-3 mm long. Sepals 5, 5-6 mm long, obovate-obtuse. Petals 5, yellow, 8-12 mm long, obovate-obtuse. Stamens 10, unequal, only 7 fertile, 3 large, 4 medium, 3 staminodal. Ovary subsessile, pubescent; ovules numerous. Pods 8-14 x 0.3-0.6 cm, linear, subtetragonal, septate between seeds, indehiscent. Seeds 20-30, 4-5 mm long, oblong, compressed, chestnut-brown.

Vernacular name : Tagache (K), Thakara (M)
Voucher specimen : RNP 58986 (TBGT)
Distribution : Native of South America, in Kerala all districts
Habitat : Moist deciduous forests, also in the plains
Ailments : Scabies (K), skin disease (M)
Part used : Tender leaves
Method of preparation & dosage : Fresh leaves are ground to paste. Applied externally on the affected part twice daily for 7 days against scabies (K).
Non ethnomedicinal use : Fresh tender leaves are sliced and cooked along with grated coconut, onion, chilly and salt as dry
vegetable preparation, taken along with cooked rice (K & M).

Fresh whole plants used fodder (K & M).


Straggling shrubs with tuberous root stock, prickly all over; twigs glandular hairy. Leaves to 40 cm long; pinnae 12-18 pairs; leaflets 10-15 pairs, c. 6 x 3 mm, oblong or elliptic, base unequal, apex obtuse; rachis prickly and glandular hairy. Flowers upto 2.5 cm across, bright yellow, in terminal and leaf-opposed racemes up to 40 cm long. Calyx-tube c. 2 mm long; lobes 5, 0.9-1.2 cm long, oblong or obovate, glandular. Petals 5, yellow, c. 1.2 x 1 cm, orbicular; upper petal c. 1.2 x 0.5 cm, obovate, spathulate, clawed. Stamens 10; filaments subequal, hairy at base. Ovary stipitate, oblong, 2-4-ovuled; stigma entire. Pods c. 4.5 x 2.5 cm, oblong-obvoid, turgid. Seeds 2.

- **Vernacular name**: Koormullu, cheemullu (M)
- **Voucher specimen**: RNP 75556 (TBGT)
- **Distribution**: Indo-Malesia, in Kerala all districts
- **Habitat**: Moist deciduous and degraded forests, also in the plains
- **Ailments**: Tonsillitis (M)
- **Non medicinal use**: Tender seeds are edible (M)
- **Part used**: Tender stem, immature seed
- **Method of preperation & dosage**: Fresh stems are ground along with onion and jaggery to paste. Taken orally thrice daily continuously in empty stomach (M).
- **Non ethnomedicinal use**: Immature seeds are edible (K).


Trees, to 10 m high, bark 2-3 mm thick, surface brown or brownish-black, lenticellate; blaze pink. Leaves paripinnate, alternate; stipules 7-20 mm long, intra
petiolar, scarious, ovate, connate; rachis 4-25 cm long, slender, pulvinate, glabrous; leaflets 6-12, opposite, estpellate; petiolule 2-10 mm long, stout, glabrous; lamina 7-28.5 x 2-8.5 cm, narrowly oblong, oblong-ovate or ovate-lanceolate, base obtuse, round, cuneate or acute, apex acute or acuminate, margin entire, glabrous, coriaceous; lateral nerves 10-15 pairs, pinnate, arched towards the margin, slender, faint, intercostae reticulate, faint. Flowers bisexual, yellow-orange or red, in dense sessile paniculate corymbs, axillary to leaves or leaf scars; bracts ovate, small deciduous; bracteoles 4 mm long oblong-spathulate, ciliolate, coloured, subpersistent; calyx 4 cm long, petaloid, cylindric, enclosing a lobed disc; lobes 4, ovate-oblong, unequal, spreading, imbricate; petals 0; stamens 7 or 8, much exserted, free; filaments long, filiform, coloured, glabrous; anthers versatile; ovary half inferior, stipitate, the stipe adnate below to one side of the disc, pubescent; style incurved, glabrous, filiform; stigma small, capitate; ovules many. Fruit a pod 10-5 x 2-5 cm, flat, oblong, coriaceous or almost woody, tapering at both ends; continuous within; seeds 2-8, 3.8 cm long, ovoid, slightly compressed.

Vernacular name : Asoka (K)
Voucher specimen : RNP 75571 (TBGT)
Distribution : India and Myanmar
Habitat : Evergreen forests, also grown as ornamental tree in the plains
Usage : Used in Poly herbal formulation (see PHF K 103)


Trees, to 20 m high, bark brown to brownish-black, rough with vertical fissures; branchlets warty, tomentose. Leaves paripinnate, alternate; stipules lateral, minute, cauducous; rachis 8-13 cm long, slender, glabrous, pulvinate; leaflets 20-34, opposite, sessile, estipellate; lamina 1.5-4 x 0.4-1.3 cm, oblong, base unequal, apex obtuse, margin entire, glabrous, chartaceous; lateral nerves 10-15 pairs, pinnate, slender, obscure, looped at the margin forming intramarginal nerve; intercostae reticulate, obscure. Flowers bisexual, 1 cm across, yellow with reddish-pink dots, in lax terminal
racemes; bracts and bracteoles ovate-oblong, coloured, caudicous; pedicels upto 5 mm; calyx tube narrowly turbinate, lined by disc; lobes 4, subequal, oblong, imbricate; petals 3, outer one, 1 x 0.3 cm, rolled up, pink dotted, lateral 2, 1-1.5 x 0.7-1 cm, clawed, subequal, oblong-lanceolate, lower pair scaly; stamens 9 monadelphous, only 3 fertile, others reduced to bristle, base pubescent; anthers versatile; ovary half inferior, stipitate, adnate to the disc, ovules many; style attenuate, tomentose; stigma globose. Fruit a pod 10-15 x 1-2 cm, oblong, fruit wall crustaceous, mesocarp pulpy, endocarp septate, leathery, indehiscent; seeds 3-8 or more, obovoid-orbicular, compressed, brown

Vernacular name : Huli (K)
Voucher specimen : RNP 75739 (TBGT)
Distribution : Native of Tropical Africa; introduced and widely grown in India and other parts of tropics
Habitat : Cultivated
Ailments : Urinary calculi (K)
Part used : Seeds, fruits
Method of preparation & dosage : Seeds are soaked in water for few hours and taken as such after removing the outer skin once daily for one month (K).
Non ethnomedicinal use : Fruits are used as flavoring agent (K & M).

CLUSIACEAE


Tree, to 20 m tall; bark smooth or with boat-shaped fissures, brown to pale grey; exudate milky or yellow; branchlets compressed, slightly flat or 4-angled, glabrous. Leaves broadly elliptic-oblong or obovate, cuneate to rounded at base, slightly recurved and margined, rounded, acute, slightly emarginate, retuse or sub-acute at apex, 6-15 x 3-10.5 cm, coriaceous, glabrous; midnerve channelled above; raised beneath; lateral nerves 4-20 pairs; petioles flat, 1-1.7 cm long, glabrous. Racemes axillary, 5-12 cm long, (5-)7-12 flowered. Flowers polygamous, 2-2.5 cm across, white, fragrant; bracts ovate, 3-4 mm long, caducous; pedicels 1-3 cm long, glabrous.
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. Heliotropium indicum L.; B. Rotula aquatica Lour.;
C. Cassia alata L.; D. Caesalpinia mimosoides Lam.; E. Saraca asoca
(Roxb.) de Wilde.; F. Garcinia indica (Thouars) Choisy
Sepals 4, reflexed; outer pair ovate to suborbicular, concave, 5.5-6.5 x 4.5-6.5 mm, nerved; the inner subelliptic, 9-15 x 7.5-9.5 mm, petaloid, nerved. Petals usually 4, rarely 3 or 5, obovate to elliptic or oblong, reflexed, 9-12 x 5-9 mm, rarely glabrous, nerved. Stamens (175-) 210-360(-440); filaments 3.5-5.5 mm long, connate for 1.5 mm into 4-6 bundles, cream coloured; anthers rounded or retuse at apex, 0.7-2 mm long. Ovary globose-depressed, 2.5-3 x 2.8-3 mm, stipitate; style 4.5-6.5 mm long; stigmas peltate, 3-5 radiate, 0.7-2 mm across. Drupes globose to obovoid, short apiculate, 2.5-5 x 2.5-4 cm, smooth; stone subglobose, ca 2 cm across.

Vernacular name : Ponne, Honne (K)
Voucher specimen : RNP 58983 (TBGT)
Distribution : Paleotropics, in Kerala all districts
Habitat : Plains along the banks of rivers and mangrove forests, also planted in the parks and roadsides
Ailments : Mumps (K)
Part used : Fruit wall
Method of preparation & dosage : Fresh fruit wall is ground well to paste. Applied externally over the cheek (K).


Trees, to 15 m high, bole buttressed, bark pale brown, very thin, smooth, rather shiny; branchlets drooping. young branches subterete, irregularly striate. Leaves simple, opposite, decussate, estipulate; petiole 5-11 mm long, slender, glabrous; lamina 6.5-11 x 1.5-4 cm, lanceolate or obovate-oblong, base attenuate, apex acute or acuminate, margin entire, glabrous, shining, membranous; lateral nerves 7-17 pairs, parallel, slender, prominent, intercostae reticulate. Flowers polygamodioecious; male flowers: 4-8 in axillary and terminal fascicles; pedicels 6 mm long; sepals 4, yellowish-orange to pinkish-orange, coriaceous, ovate-rotundate, outer ones 3-4.5 mm long, inner ones 4.8-5 mm long; petals 4, 5-6 mm long, thick; stamens many, inserted on a hemispheric subquadrate torus; filaments short; anthers oblong, truncate, loculi laterally introrse; rudimentary pistil absent or a few equalling the stamens; female flowers: solitary, terminal; pedicels 3 mm long; sepals and petals as in male
flowers; staminodes 10-, 18, in 4 unequal, 2 to 3 seriate phalanges alternating with petals, 1-3 mm long; ovary superior, 4-8 locular, subglobose; stigma 4-8 rayed, convex, coronate, rays tuberculate, often 2-seriate. Fruit a berry, 2.5-4 cm across, 4-8 loculed, purple or wine brown, surrounded by persistent calyx; pulp red; seeds 5-8, compressed in acidic pulp.

Vernacular name : Punarpuli (K)
Voucher specimen : RNP 58923 (TBGT)
Distribution : Western Ghats, Kasaragod
Habitat : Cultivated
Ailments : Stomach ache (K)
Part used : Fruit
Method of preparation & dosage : Fresh and ripened fruits are sliced and dried in sunlight and boiled in water. Taken as a drink daily continuously (K).
Non ethnomedicinal use : Fruits are used as flavoring agent, pickling (K&M).


Evergreen trees, to 20 m high, bark 4 mm thick, black, rough, thinly scaly; blaze creamy yellow; exudation pale yellow, sticky; branchlets terete, glabrous, drooping. Leaves simple, opposite, decussate, estipulate; petiole 5-20 mm long, stout, channelled above, ligulate process at the base small, glabrous; lamina 7-15 x 2-8 cm, elliptic or elliptic-oblancoolate or lanceolate, base cuneate, or attenuate, apex acute or shortly obtusely acuminate, margin entire, glabrous, coriaceous, shining; lateral 10-16 pairs, pinnate, slender, ascending, prominent, arched towards the margin forming intramarginal nerve, intercostae reticulate, faint. Flowers polygamodioecious, yellowish-white; male flowers: 3-5 in short axillary fascicles; pedicels 7-15 mm long, thickened towards tip, often reflexed; sepals 4, fleshy with membranous margin, coriaceous, ovate or obovate, outer 2 smaller than inner; petals 4, twice as long as the petals, concave with narrow membranous margin; stamens 10-20 or more, inserted on a short convex receptacle, monadelphous, forming a globular head; anthers ca. 0.5
mm long, basifixed; rudimentary pistil absent or minute; female flowers: 1-3 in terminal and axillary fascicles, larger than male flowers; pedicels 4-6 mm long; sepals and petals as in male; staminodes 10-20, filaments unequal, connate at base in a ring around the ovary or grouped in unequal bundles; anthers bilocular; ovary superior, globular, 8-10 locular, ovule one in each locule; stigmatic rays 8-10, spreading, free nearly to the base, margin tuberculate. Fruit a berry, ovoid to subglobose, 4-5 cm diameter, yellow or red, 8-10 grooved, grooves ending about the middle, pericarp very thick, fleshy; seeds 6-8, ovoid, compressed, pale brown, veined; aril succulent, white or red.

**Vernacular name**: Kodampuli (M)  
**Voucher specimen**: RNP 75594 (TBGT)  
**Distribution**: South India and Sri Lanka, in Kerala all districts.  
**Habitat**: Evergreen forests, along stream banks, also cultivated.  
**Ailments**: Ulcer, throatache (M)  
**Part used**: Fruit  
**Method of preparation & dosage**: Fresh fruits are crushed and expressed juice is boiled and concentrated. Taken 5-10 ml thrice daily (M).  
3-5 drops taken against throat ache (M).  
**Non ethnomedicinal use**: As flavoring agent in curries and pickling (K & M).

**COMBRETACEAE**


Scandent shrubs; young stem densely brown pubescent. Leaves 4-9 x 2-3 cm, ovate to elliptic, base rounded, apex acute or acuminate-caudate, densely pubescent on both sides, more below, puncatate; petiole to 1 cm long. Flowers in dense axillary racemes, crowded in dense panicles at top of branches. Bracts leafy, 0.6-1.2 x 0.3-0.4
cm. Calyx tube 4-5 mm long; lobes 5, to 5 mm long elliptic cream coloured, velvety, accrescent. Petals absent. Stamens 10, 5+5 in two rows. Ovary inferior, 3-4 mm long, 1-celled; ovules 3, pendulous; stigma simple. Drupe 6-8 mm long, with 5 spreading accrescent calyx lobes. Seed single

Vernacular name : Marsadaballi, Enjeer (K), Chempullanji (M)
Voucher specimen : RNP 75543 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Moist deciduous forests and scrub jungles, also in the plains
Ailments : For proper sleep (K), against worm (M)
Part used : Leaves, stem
Method of preparation & dosage : Fresh leaves are crushed and expressed juice is boiled in coconut oil and made to medicated oil. Applied externally over the scalp for proper sleep (K). Fresh tender leaves are crushed and cooked with rice and made in to porridge. Taken daily in the morning in empty stomach against worm (M).

Non ethnomedicinal use : For making baskets (K).


Deciduous trees, to 35 m high, bole often buttressed; bark 10-20 mm thick, surface blackish-grey, smooth, vertically shallowly fissured, exfoliations small, semi-fibrous; blaze yellow; branches sympodial; branchlets terete, thinly fulvous-hairy, leaf scars prominent. Leaves simple, opposite or alternate, clustered at the tip of branchlets, estipulate; petiole 15-80 mm, stout, slightly grooved above, glabrous; lamina 9-35 x 5-16 cm, obovate, elliptic or obovate-elliptic; base obliquely cuneate, attenuate or acute; apex obtusely acuminate, margin entire, both surface pubescent when young, glabrous at maturity, coriaceous, eglandular; lateral nerves 7-10 pairs,
pinnate, prominent; intercostae reticulate. Flowers bisexual, greenish-yellow, 5-6 mm across, in axillary spikes; peduncle puberulous; bracteoles 0.5-2 mm long, linear-lanceolate, caducous; calyx tube 2.2-2.5 × 1.3-2 mm, rusty pubescent, constricted above the ovary; lobes 5, cream, triangular, tomentose; disc 5-lobed, villous; petals absent; ovary 1.5 mm, inferior, tomentose, 1-celled; ovules 2 or 3, pendulous; style 4 mm, subulate; stigma small. Fruit a drupe 2.2-2.5 × 1.8 cm, obovoid, obscurely 5-ridged, yellowish-brown, honed, not winged, softly tomentose; seed one, ellipsoid.

Vernacular name : Thannikka (M)
Distribution : India and Sri Lanka
Habitat : Dry Deciduous forests
Non ethnomedicinal use : Seeds are edible (M)
Part used : Seed

Deciduous trees, to 25 m high, bark 5-6 mm thick, surface dark brown to black, fissures shallow, vertical, exfoliating in thick scales; blaze yellowish-brown; young shoots densely pubescent; branchlets brownish or greyish, glabrous. Leaves simple, opposite to alternate, exstipulate; petiole 12-25 mm long, stout, grooved above, pubescent, 2 sessile glands at the top; lamina 9.5-28 x 4-13 cm, ovate, elliptic, obovate or elliptic-ovate, base round, obtuse, oblique or subtruncate, apex acute, acuminate, obtuse or apiculate, margin entire, glabrous above tawny villous beneath, coriaceous; lateral nerves 6-12 pairs, pinnate, ascending, prominent, arched towards the margin, intercostae reticulate, prominent. Flowers bisexual, greenish-white, 5-6 mm across, in terminal and axillary spikes with offensive smell; bracts 2-3 mm long; calyx tube 1.5-2.5 × 0.8-1 mm, villous, constricted above the ovary, lobes 5, creamy, triangular, 1.5 mm; petals 0; stamens 10 in 2 rows; filaments 4-6 mm; disc 5-lobed, villous; ovary 2 mm long, inferior, densely villous, 1-celled; style 5 mm, subulate; stigma terminal. Fruit a drupe 3-4 x 2-2.5 cm, obovoid, woody, obscurely 5 angled, glabrous, greenish-yellow; seed one.

Vernacular name : Harde Kayi (K), Kadukka (M)
Distribution : South Asia
Habitat : Dry and moist deciduous forests
Usage : Used in Poly herbal formulation (see PHF K 25 & M 33, 56)


Deciduous trees, to 30 m high, bole often fluted; bark 15-20 mm thick, surface brown, rough, vertical fissures shallow, fibrous, blaze reddish-pink, mottled; young parts silky pubescent; branchlets reddish. Leaves simple, lower leaves subopposite, upper alternate, exstipulate; petiole 12-15 mm long, stout, slightly grooved above, glabrous; lamina 10-24 x 5-10 cm, elliptic, oblong, ovate, elliptic-oblong or ovate-oblong, base round, obtuse, cordate or oblique; apex acute or acuminate, margin entire; rusty pubescent when young and glabrescent when mature, coriaceous, 2 sessile glands beneath the base of the lamina or at the junction of petiole and lamina; lateral nerve 5-15 pairs, pinnate, prominent, arched towards the margin, prominent, intercostae reticulate, obscure. Flowers bisexual, white, sessile, 6-12 mm across, in axillary and terminal panicles, tomentose; bracteoles 2-5 mm, linear-lanceolate, recurved; calyx tube 1-1.2 x 0.8-1 mm, constricted above the ovary, pubescent, lobes 5, cream, triangular, villous within; petals 0; stamens 10 in 2 rows; filaments 3-4 mm; disc 5-lobed, villous; ovary 1 mm, inferior, 1-celled; ovules 2 or 3, pendulous; style to 4 mm, subulate, stigma terminal. Fruit a drupe 13 x 12 mm, reddish-brown, rusty tomentose, with one large and 2 small wings; seed one.

Vernacular name : Maruthu (M)
Voucher specimen : RNP 75593 (TBGT)
Distribution : Peninsular India, in Kerala all districts
Habitat : Moist and dry deciduous forests, also in the plains
Ailments : Wounds (M)
Part used : Stem bark
Method of preparation & dosage : Fresh stem bark is crushed and expressed juice is collected. 10 ml of expressed juice is mixed
with 5 ml of ghee; applied externally on the affected part (M).

**CONVOLVULACEAE**


Vines; the stems usually somewhat succulent but sometimes slender and herbaceous; perennial, glabrous or pubescent. Leaves variable, from cordate to ovate, entire, dentate or often deeply lobed, 5-10 cm long, glabrous or sometimes pubescent. Inflorescences of solitary or few-flowered cymes. Flowers absent in some varieties, if present on pedicels 3-12 mm long; sepals oblong, the outer sepals acuminate and cuspidate, (8-) 10-15 mm long, mostly pubescent or only ciliate; corolla with a lavender to purple-lavender limb and darker throat, white in some varieties, 4-7 cm long. Fruits rarely formed, ovoid, glabrous; seeds rotund, glabrous.

Vernacular name : Kappakelangu (K)
Voucher specimen : RNP 75598 (TBGT)
Distribution : Probably native of Tropical South America; now widely cultivated throughout the tropics
Habitat : Cultivated
Usage : Used in poly herbal formulations (see PHF K 94)


Slender yellow twiners. Flowers sessile, 5-7, in lateral fascicles. Calyx-lobes 5, c. 2 x 1.5 mm, broadly ovate, scarious. Corolla pale yellow, c. 5 mm across, 3-3.5 mm long, widely funnel-form; lobes triangular-ovate, acute or obtuse, spreading. Stamens 5; filaments longer than the ovoid anthers; corolla scales oblong, fimbriate above. Ovary c. 1.5 mm long, globose; styles 2, filiform; stigma rounded. Capsule c. 3 mm across, depressed-globose, irregularly dehiscent. Seeds c. 1 mm long.

Vernacular name : Moodillathali (M)
Voucher specimen : RNP 75540 (TBGT)
Distribution : Indo-Malesia and China, in Kerala all districts
Habitat : Moist and dry deciduous forests, also in the plains
Ailments : Constipation (M)
Part used : Stem
Method of preparation & dosage: Fresh stem is ground to paste and made in the form of a small ball in the size of a gooseberry. Taken twice daily for 3 days (M).


Extensive twiners. Leaves alternate, triangular-cordiform, 5-8 by 3-5 cm, base cordate, apex acute-apiculate, thinly pubescent, petiole 1-2 cm long. Cymes sub-umbellate. Calyx-lobes sub-equal, obovate, glabrous. Corolla pinkish-white, c. 3 cm across, salver-form. Stamens included. Capsule globose; seeds pubescent.

Vernacular name : Chuttithiruthali (M)
Voucher specimen : RNP 75584 (TBGT)
Distribution : Paleotropics
Habitat : Wasteland, scrub jungles and roadsides
Ailments : Used in Poly herbal formulations (see PHF M 32)


Stout creepers. Leaves shallowly 2-lobed, 2-5 x 3-6 cm, broadly orbicular, base truncate, lateral nerves c. 6 pairs, coriaceous; petiole 2-4 cm long. Flowers solitary or few in axillary cymes. Calyx lobes 5, unequl, ovate, acuminate, outer surface wrinkled. Corolla pink, c. 5 cm across, funnel-shaped. Stamens 5. Style long, pilose. Capsule subglobose, glabrous. Seeds brownish-tomentose.

Vernacular name : Adambuvalli (M)
Voucher specimen : RNP 58922 (TBGT)
Distribution : Circumtropical
Habitat : Sandy sea coasts and mangrove forests, also in the plains

Ailments : Spider poison (M)

Part used : Whole plant

Method of preparation & dosage : Fresh whole plant is ground to paste. Applied externally on the affected part for 2-3 times (M).


Trailing herbs with long slender branches and thick root-stock. Leaves 2-4 x 0.5-1.2 cm, linear-lanceolate, base auricled and toothed, apex acute, mucronate, sessile to subsessile. Flowers axillary few-flowered cymes, sometimes solitary; peduncle 1-2 cm long. Sepals 5-6 x 2-3 mm, lanceolate, acuminate. Corolla campanulate, cream coloured or yellow with a purplish eye at centre; tube 1-1.5 cm long; limb spreading 1-1.5 cm across, subentire. Stamens 5. Ovary 2-celled; stigma 2-lobed. Capsules 5-8 mm across, subglobose. Seeds 4, glabrous, brown.

Vernacular name : Prasarani (M)

Voucher specimen : RNP 58931 (TBGT)

Distribution : Paleotropics

Habitat : Deciduous forests, also in the plains

Ailments : Urinary calculi (M)

Part used : Whole plant

Method of preparation & dosage : Fresh whole plants are crushed and expressed juice is mixed in tender coconut water and taken in the morning in empty stomach for 7 days (M),

Non ethnomedicinal use : Used as twine and fodder (M)

Twiners; young shoots puberulous. Leaves 4-7 x 1.5-3.5 cm, ovate-lanceolate, base cordate or rounded, apex acuminate, pubescent below; petiole 1.5-2.5 cm long. Inflorescence axillary umbelliform cymes; peduncle 1-3 cm long; pedicels 7-10 mm long. Sepals 6-8 mm long, ovate-lanceolate, apiculate, scarious on margins. Corolla white, campanulate; tube 2-3 cm long, pubescent without; limb 2.5-3 cm across. Stamens 5, unequal; anthers twisted. Ovary 2-celled, ovules 2 in each cell; stigma capitate. Capsule 8-10 x 5-6 mm, ovoid. Seeds long hairy, black.

**Vernacular name**
Vayaravalli (M)

**Voucher specimen**
RNP 75518 (TBGT)

**Distribution**
Pantropical, in Kerala all districts

**Habitat**
All type of forests, also in the plains

**Ailments**
Headache (M)

**Part used**
Tender leaves, tuber

**Method of preparation & dosage**
Fresh tender leaves are ground in water and applied on fore head against headache (M)

Fresh tuber is raw eaten against stomach ache (M)

**Non ethnomedicinal use**
Tuber is raw eaten, fodder, stem is used as twine (M)

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**CRASSULACEAE**


Subsucculent tall herbs. Leaves decussate, simple, elliptic-ovate, 5-10 by 3-6 cm, base cuneate, margin deeply crenate, apex obtuse to rounded, herbaceous. Inflorescence a cymose panicle. Flowers pendulous; calyx tube lobed above the middle, lobes 4, triangular; corolla greenish, 8-folded, glandular within; stamens 8, inserted above the constriction of corolla; hypogynous scales 4; carpels 4; ovules many. Follicle enclosed with reddish calyx.

**Vernacular name**
Ilamulachi, Kaadu basale (K)

**Voucher specimen**
RNP 58961 (TBGT)
Distribution: Originally from Tropical Africa; now pantropical, in Kerala all districts.

Habitat: Rocky areas in moist deciduous forests, also in the plains.

Ailments: Urinary calculi (K).

Part used: Leaves.

Method of preparation & dosage: 2 fresh leaves are chewed and taken daily for 3 weeks (K).

COSTACEAE


Rhizome tuberous, 1-2 cm thick, highly branched, yellowish-green inside. Leafy shoots 1.5-2.5 m tall. Leaves spirally arranged on the stem, 8-24 x 3-7 cm, oblong or ob lanceolate-oblong, base tapering, apex abruptly acuminate, upper surface glabrous, lower surface sparsely hairy; ligule truncate, densely hairy; petiole 3-5 mm long. Spikes terminal, 4-9 x 2-5 cm, more or less globose. Bracts 1.5-3 x 0.7-1.5 cm, ovate-acute, with a narrow subapical protruberance, reddish. Bracteoles 1-1.5 cm long, oblong, reddish. Calyx 2-2.5 cm long, 3-lobed; lobes 3-5 mm long. Corolla white; lobes to 4 x 0.8 cm, elliptic-oblong, acuminate. Labellum 5-8 cm wide, suborbicular, white with a creamy-yellow median band. Stamen median, on an oblong petaloid process. Ovary 5-8 mm long, globose, 3-lobed, 3-celled; ovules many; stigma crescent-shaped, ciliate. Capsule bright red, 2.5-3 x 2-2.5 cm, dehiscing loculicidally. Seeds 6-8 x 3-4 mm, black with fleshy white aril.

Vernacular name: Narikarimbu (M).

Voucher specimen: RNP 58966 (TBGT).

Distribution: Indo-Malesia, in Kerala all districts.

Habitat: Moist deciduous and semi-evergreen forests, also in the plains.

Ailments: Ear ache (M).
Part used: Stem
Method of preparation & dosage: Fresh stem is crushed and expressed juice is mixed with coconut oil. Boiled and prepared to medicated oil. Applied 2-3 drops in each ear (M).

CUCURBITACEAE


Monoecious, hispid climbers; tendrils 2-3-fid. Leaves large, to 25 x 25cm, orbicular-cordate, 5-7-lobed, margin irregularly dentate, scabrous; petiole to 15 cm long. Flowers axillary, solitary. Calyx tube 10-13 mm across, broadly campanulate; lobes 8-12 x 3-5 mm, lanceolate. Corolla yellow; petals 5, 3-5 cm long obovate. Stamens in male flowers 3, inserted at the calyx tube; anthers sigmoid-flexuous; connectives 3-lobed; pistillode short. Ovary in female flowers ovoid, densely pubescent; ovules many; style thick 2-3 mm long. Fruits large, succulent, densely hairy when young, with a thick waxy deposit when mature. Seeds 8-12 x 5-7 mm, avoid, compressed, yellowish white, marginate.

Vernacular name: Kumbalam (M)
Voucher specimen: RNP 58955 (TBGT)
Distribution: Wild in Java; now widely naturalised in Tropical Asia, Kerala in all districts
Habitat: Cultivated
Ailments: Headache (M)
Part used: Leaves
Method of preparation & dosage: Fresh leaves are crushed and expressed juice is applied on forehead (M).
Non ethnomedicinal use: Fresh tender leaves are sliced and fried in coconut oil and taken as vegetable preparation (M).


102
Slender climbers; stems scabrid; tendril simple. Leaves to 12 cm across; entire or shallowly 5-lobed, scabrous; petiole to 15 cm long. Male flowers in fascicles of 3-5; pedicel to 1 cm long; calyx tube campanulate, hispid; petals 7 mm long, obovate, yellow; stamens 3, anthers flexuous, coherent, connective crested with lacinate lobes. Female flowers solitary, calyx corolla similar to male flowers; ovary oblong, many-ovuled. Berry 3.5 x 2.5 cm, oblong, softly scattered-spinous, greenish-yellow with white stripes; seeds many, compressed.

Vernacular name: Peerakka (M)
Voucher specimen: RNP 58994 (TBGT)
Distribution: Semi-evergreen forests
Habitat: Paleotropics
Usage: Used in Poly herbal formulations (see PHF M 10)


Annual, climber or trailer. Tendril 2-fid. Stem densely hairy. Leaves palmate, broadly ovate, reniform or sub-orbicular, cordate, obscurely 3-5-lobed, lobes rounded, 3.0-23 x 4-23 cm; petiole 2.7-13 cm long with a pair of small apical lateral conical glands. Both male and female flowers solitary; male peduncle as long as petiole, female somewhat shorter. Corolla white, petals of male flower obovate, apiculate, 2.7-4.5 cm long, 1.8-3.7 cm broad. Staminal filaments 3-4 mm long; anthers oblong, coherent, included; thecae triplicate. Petals of female flowers c. 30 x 24 mm. Ovary ovoid, villous, 11-17 mm long, 6-8 mm across. Fruit large, subglobose, ellipsoid, lageniform, sometimes biventricose, green or greenish-yellow, hairy, indehiscent. Seeds white, oblong, compressed, slightly tapered, slightly 2-horned on the shoulders, 7-20 mm long.

Vernacular name: Churaykka (M)
Voucher specimen: RNP 75569 (TBGT)
Distribution: Tropical Asia and Africa; cultivated in warmer regions of the world, in Kerala all districts
Habitat: Cultivated
Ailments: Jaundice (M)
Part used: Fruit
Method of preparation & dosage: Fresh fruits are sliced and cooked in water and taken (M).
Non ethnomedicinal use: Cooked and taken (M).


Climbers; tendrils simple. Leaves up to 8 x 8 cm, orbicular-cordate, 5-7-lobed; lobes acute or acuminate, margin dentate-lobulate; petiole to 4 cm. Flowers axillary, solitary. Male flowers: bracts 5-12 x 5-12 mm; foliaceous, reniform; peduncle to 6 cm long; calyx tube campanulate, glabrescent; lobes ovate; Corolla yellow; to 3 cm across, petals 5, obovate, villous. Stamens 3; anthers to 2.5 mm; pistillodes 3. Female flowers: Peduncles 6-10 cm long often bracteate at base; ovary fusiform. Fruit 10-15 cm long, oblong, echinate. Seeds 1-1.5 x 0.7-0.9 cm, ovoid, compressed, base and apex subtridentate, sculptured.

Vernacular name: Hagala-kayi (K), Kaippa (M)
Voucher specimen: RNP 75720 (TBGT)
Distribution: Paleotropics; widely cultivated
Habitat: Cultivated
Ailments: Diabete (K), migrain (M).
Part used: Fruit, Tender leaves
Method of preparation & dosage: Fresh fruits are sliced and dried in sunlight and pounded to fine powder. Boiled in water and concentrated to decoction. Taken 10 ml, twice daily for diabetes for 21 days (K).
Fresh tender leaves are crushed and expressed juice is applied in each nostrils two drops for 7 days against migrain (M).

Non ethnomedicinal use: Fruits are cooked and taken (K & M).


Vines. Leaves 8-11 x 8-10 cm, palmately 3-5-lobed, broadly ovate or suborbicular, base truncate-cordate, margin distantly denticulate, apex acute, lower surface glandular-pubescent, chartaceous; petiole to 3.2 cm. Male flowers in axillary racemes, ebracteate; pedicel to 2 cm long. Calyx-tube turbinate, glandular-pubescent, lobes linear. Petals oblong-lanceolate, long-fimbriate, white. Stamens 3; pistillodes 3, slender. Female flowers solitary; pedicel to 1.5 cm. Ovary ribbed, pubescent; style to 1.6 cm. Fruits ovoid-fusiform, beaked, white-striped when young, yellow when ripe.

Vernacular name : Katupadavalam (M)
Voucher specimen : RNP 75745 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Forest margins in semi-evergreen and moist deciduous forests, also in the plains
Ailments : Skin diseases (M)
Part used : Fruit
Method of preparation & dosage : Fresh fruits are sliced and boiled in water and made to decoction. Taken 10-15 ml thrice daily for 7 days (M).
Non ethnomedicinal use : Fruits are cooked and taken (M).


Annuals; stems slender, puberulous. Leaves alternate, 10-15 x 12-18 cm, orbicular-reniform, distantly denticulate, deeply 5-lobed lobes not acuminate pubescent on both surfaces; petiole 12-15 cm long, stout, striate, villose. Tendrils 2-3 fid. Plants monoecious. Male flowers: peduncles 10-25 cm long, robust, 8-15 flowered; pedicels 0.5-2.0 cm long, slender, minutely bracteate; calyx-tube 2.5-3.0 cm long, subcylindric, teeth ca. 2 mm long, reflexed. Petals ca. 8-9 x 3 mm, oblong, 3-nerved. Staminal filaments slender, ca. 2 mm long; anthers ovoid; pistillode 15-17 mm long. Female flowers: peduncles 0.5-5.0 cm long, flowers solitary; ovary narrowly fusiform. Fruits very long (up to 1.5 m), often twisted, surface smooth, often
7-8 white stripes along the length; seeds ca. 14-17 x 7-9 mm and ca. 3-5 mm thick, oblong, finely rugulose, undulate, apex round or obscurely truncate, base attenuate.

Vernacular name : Padavalavalli (M)
Voucher specimen : RNP 75744 (TBGT)
Distribution : Tropical Asia and Africa
Habitat : Cultivated
Ailments : Anemia (M)
Part used : Stem, fruit
Method of preparation & dosage : Fresh stem is sliced and boiled in water and made to decoction. Taken 10 ml, three times daily for 21 days (M).

Non ethnomedicinal use : Fruits are cooked and taken (M).

**Cyperaceae**


A perennial glabrous herb with elongate slender stolons bearing hard black fragrant tubers and triquetrous aerial stems; leaves numerous, narrowly linear, finely acuminate, flat, one nerved; spikelets in compound expanded umbels, spikelets linear to lanceolate, glumes imbricate; nut trigonus, broadly obovoid, greyish black.

Vernacular name : Bhadramushti, Konnaari gedde (K), Muthanga kizhnghu (M)
Voucher specimen : RNP 58997 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : In the plains, fallow lands and agricultural fields
Ailments : Diarrhea (K), diabetes (M)
Part used : Rhizome
Method of preparation & dosage : Fresh rhizome is ground to paste with 20 ml of curd. Taken orally, 3 tea spoons twice daily for 3 days to get relief from diarrhea especially for children (K).
50 gm of fresh rhizome is ground and mixed with cow’s milk. Taken twice daily for 14 days against diabetes (M).

Non ethnomedicinal use: As fodder, tuber is raw eaten (M).

**Dioscoreaceae**


Tubers one to several, polymorphic, variously branched or lobed. Stem twining to right, 4-5-winged; wings sometimes reduced to ribs. Bulbils globose, ovoid or obpyriform, occasionally with rootlets. Leaves opposite or rarely subopposite, 7-18 x 4-10 cm, broadly ovate or deltoid-ovate, base cordate or subsagittate, apex acuminate, primary veins 7; petiole to 8 cm long, winged. Male Spike on axillary branchlets, paniculate; rachis winged. Flowers c. 1.5 mm long; bracts to 1 mm long, deltoid-ovate; tepals 1-1.5 mm long, widely ovate, obtuse; stamens 6, free; pistillode conical. Female spike solitary in axils, axis 10-20 cm long. Flowers laxly arranged, sessile; bracts 1-1.5 mm long, ovate; tepals fleshy, c. 1 mm long, broadly ovate; staminodes 6, very small; ovary c. 3 mm long. Capsule 2-2.5 mm long, broadly obcordate.

Vernacular name: Hennu genasu (K)

Voucher specimen: RNP 58953 (TBGT)

Distribution: India, in Kerala all districts

Habitat: Cultivated, also naturalised

Ailments: Spider poison (K)

Part used: Leaves

Method of preparation & dosage: Fresh leaves are ground to paste. Applied externally on the affected part against spider poison (K).

Vines with tuberous root stocks; Stem terete, twining to left. Leaves 9-25 x 8-23 cm, ovate-suborbicular, base deeply cordate, apex acuminate to shortly caudate, membranous, glabrous, basally 9-11-ribbed; petiole to 20 cm long. Bulbils frequent in leaf axils and in inflorescence. Male flowers in slender, axillary panicked spikes, pendulous, to 18 cm long; bracteoles ovate, acute. Perianth light green; lobes 6, biseriate, c. 2.5 mm long, linear-oblong. Stamens 6 free. Female spikes 1-3 together; staminodes 3; ovary triquetrous, 3-locular, ovules 2-per locule; styles 3; stigma 2-fid, reflexed. Capsules 1.5-2.3 x 1-1.5 cm, oblong, 3-winged.

Vernacular name: Kattukachil (K)
Voucher specimen: RNP 58999 (TBGT)
Distribution: Paleotropics
Habitat: Moist deciduous forests, also in the plains
Part used: Tuber
Non ethnomedicinal use: Cooked in water and taken as food (K).


Stems twining to the left, glabrous. Leaflets subequal, to 17 x 12 cm, obovate, abruptly sharply acuminate at apex, cuneate to the base, shortly petiolulate, ribs 5, prominent intercostae coarsely reticulate, thinly hispid; lateral leaflets gibbous at base; petiole 12 cm long. Panicles to 45 cm long, axillary. Racemes fascicled, shortly peduncled, to 1 cm long.

Vernacular name: Vennikizhangu (M)
Voucher specimen: RNP 59000 (TBGT)
Distribution: South and South East Asia
Habitat: Semi-evergreen forests
Ailments: Health enhancive (M)
Part used: Tuber
Method of preparation & dosage: Fresh root is burned in fire and ground to paste and mixed in one glass of cow’s milk. Taken once daily at bed time for 14 days (M).

Stem terete, twining to right, glabrous. Leaves 8-15 x 2-5 cm, opposite, elliptic, ovate or oblong, rounded or acute at base, 3-5 nerved; margins coriaceous; petiole to 3 cm long. Spike 2-6 cm long, slender, 3-6 together along the peduncle; peduncle 15-20 cm long; bracts lanceolate. Male tepals ovate, obtuse; stamens 6. Female Flowers distant; tepals 1 mm long, orbicular, glabrous. Capsule 20 x 30 mm, glabrous.

Vernacular name : Nerakizhangu (M)
Voucher specimen : RNP 75701 (TBGT)
Distribution : Indo-Malesia and China, in Kerala all districts
Habitat : Moist deciduous, semi-evergreen and evergreen forests
Ailments : Anemia, skin disease (M)
Part used : Tuber
Method of preparation & dosage : Fresh tuber sliced after peeling is cooked in water and add a pinch of salt and taken against anemia (M).

After removing the outer skin of the fresh tuber are sliced and cooked with salt and taken in empty stomach for 21 days against skin disease (M).

Non ethnomedicinal use : After removing the outer skin, fresh tubers are sliced, boiled and eaten (M).


Tuberous climbers; stem terete, twining to left, usually armed with prickles. Leaves 3-5-foliolate, with bulbils in the axils; leaflets 3.5-8 x 2.5-5 cm, elliptic-ovate, base acute or attenuate, apex acute, glabrous or pubescent below; upper leaves much smaller; petiole to 8 cm long. Male flowers on slender spikes on axillary or terminal panicles, tomentose. Perianth lobes 6, greyish; outer c. 1.5 mm long, ovate, tomentose, inner c. 1 mm long, lanceolate, glabrous. Stamens 3, staminodes 3.
Female spike solitary, tomentose. Perianth lobes 6, biseriate, c. 1 mm long, ovate. Ovary c. 3 mm long, oblong, ribbed; stigma capitate. Capsule c. 2 cm long, oblong, 3-winged, glabrescent.

Vernacular name : Venni (M)
Voucher specimen : RNP 75702 (TBGT)
Distribution : Indo-Malesia and China
Habitat : Degraded deciduous forests and waste places, also in sacred groves
Part used : Tuber
Non ethnomedicinal use : The fresh tuber is sliced and cooked in boiling water and add salt and taken as food (M).


Stem twining to the left, terete, tomentose. Leaves 3-foliolate, leaflets subequal, to 13 x 10 cm, broadly ovate, oblique at base, abruptly acuminate; petiole 15-18 cm long. Spikes to 30 cm long, densely tomentose, distantly flowered fascicles at nodes on long peduncle. Female flowers sessile; bracts 4 mm long, ovate; tepals 2 x 1 mm, oblong, acute, hairy. Capsule 25 x 15 mm, oblong, tomentose. Male flowers not seen.

Vernacular name : Njorunga (K)
Distribution : India and Sri Lanka
Habitat : Semi-evergreen, moist and dry deciduous forests
Part used : Tuber
Non ethnomedicinal use : After removing the outer skin, fresh tubers are sliced, boiled and add sufficient quantity of salt and taken (K).

ELAEOCARPACEAE

SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. *Calycopteris floribunda* Lam.; B. *Terminalia paniculata* Roth.;
C. *Merremia tridentata* (L.) Hall. f.; D. *Merremia umbellata* (L.) Hall. f.;
E. *Costus speciosus* (Koenig) J. E. Smith;
F. *Baliospermum montanum* (Willd.) Muell.-Arg.
Trees, to 20 m high, aerial roots on large buttresses; bark 8-10 mm thick brown, mottled with grey; blaze red. Branchlets, petioles, peduncles and young leaves densely pubescent. Leaves simple, alternate; petiole 15-40 mm, slender, pubescent, swollen tipped, with 2 minute glands at tip; lamina 5-14 x 2-6.2 cm, elliptic-obovate or elliptic ovate, base acute or cuneate, apex acute, caudate-acuminate or obtusely acuminate, margin crenate-serrate, glabrous, coriaceous; lateral nerves 3-8 pairs, pinnate, prominent, intercostae reticulate, slender, prominent, domatia glandular. Flowers bisexual, white, in axillary racemes to 8 cm long; sepals 5, ovate, pubescent on outside, densely glandulose, valvate; petals 5, laciniate, inserted round the base of glandular disc; stamens many, inserted between the glands on the disc; anthers not awned, tipped with hairs; ovary superior, densely tomentose, raised on torus, 3-celled, ovules 2 in each cell; style subulate, entire. Fruit a drupe, subglobose, green, style persistent; stone tubercled; seed one.

Vernacular name : Kaara (M)
Voucher specimen : RNP 75704 (TBGT)
Distribution : Indo-Malesia
Habitat : Semi-evergreen tforests, also in the plains
Ailments : Burns (M)
Part used : Bark
Method of preparation & dosage : Fresh bark is crushed and expressed juice is applied on the affected part.

Non ethnomedicinal use : Fresh and ripened fruits are edible (M).

**EUPHORBIACEAE**


Subshrubs. Leaves 10-15 x 6-10 cm, broadly ovate often 3-lobed, apex acute or acuminate, base rounded, 3-5 ribbed, glabrous or sparsely hispid above and tomentose along the nerves beneath, inciso-crenate, with a pair of glands at base of lamina; petiole to 6 cm long. Perianth lobes 4, concave, 1.5 mm long, pubescent; ovary densely tomentose, style 2-fid. Capsule 3-lobed, 1.2 cm long; seeds ovoid.

Vernacular name : Nagadanthi (M)
Voucher specimen : RNP 58980 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Moist deciduous forests, also in the plains
Ailments : Stomach ache (M)
Part used : Seed
Method of preparation & dosage : Dried seeds are pounded to fine powder. Taken 5 gm powder is mixed in 50 ml of hot water twice daily for three days (M).


Large shrubs, 3-4 m high. Leaves 2-3 x 1.5-2.5 cm, ovate or elliptic, base acute or obtuse, apex acute, glabrous, dark brown above and lighter below on drying; petiole to 2 mm long. Male flowers in axillary fascicles of 2-5; pedicels 3-5 mm long; perianth turbinate, yellow, lobes 5; stamens 3. Female flowers axillary, solitary, reddish, c. 1.5 mm across; perianth campanulate, 5-6-lobed; ovary 3-celled; style short; stigmas 3, sunk at top of ovary. Fruit 3-4 mm across; globose, red on ripening, changes to purple.

Vernacular name : Pallichappu (K) & (M)
Voucher specimen : RNP 58946 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Semi-evergreen and moist deciduous forests, also in the plains
Ailments : Chicken pox (K) back pain (M)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are crushed and boiled in water. Use this water for bath (K).

Fresh leaves are sliced or crushed and tied in a cotton piece soaked in water and boiled. Taken bath for back pain (M).

Deciduous trees, to 20 m high, bark greyish-brown, blaze red; young trees armed with sharp thorns; branchlets thinly hairy. Leaves simple, alternate; stipules 7 mm long, lateral, lanceolate, deciduous; petiole 9-15 mm long, stout, pubescent when young; lamina 5-22 x 3-11 cm, broadly elliptic, oblong, elliptic-oblong, obovate or obovate-oblong, base round, obtuse, truncate, cordate or acute, apex obtuse retuse or subacute, margin entire or slightly crenulate, bright green and glabrous above (turning pinkish-brown before falling), glaucous and usually finely tomentose beneath, coriaceous; lateral nerves 14-25 pairs, parallel, prominent, dichotomously forked near the margin, intercostae scalariform, prominent. Flowers unisexual; greenish-yellow, sessile or shortly pedicellate, crowded in dense axillary or terminal, some times paniculate spikes often exceeding the leaves; bracts scaly; male flowers: 7 mm across, tepals 10, biseriate, valvate; outer tepals 3 mm long, ovate-lanceolate, thick, truncate, shortly connate, acute, inner ones 2 mm, obovate, cuneate, obtuse, fimbriate; stamens 5, monadelphous, born on a gonophore, exserted; filaments 0.7 mm, anthers oblong; pistillode bifurcate; disc annular; female flowers: 6.5 mm across, tepals 10, biseriate, lanceolate, valvate; outer and inner 2.5 and 1.5 mm long, coriaceous, puberulous without, truncate, shortly connate, fimbriate, acute; ovary half inferior, globose, 2 x 1 mm, 2-locular, ovules 2 in each cell; styles 2, forked, 2 mm; stigmatiferous; disc with an inner, membranous, fimbriate corona enclosing basal part of ovary. Fruit a drupe, 7-8 mm across, purplish-black, seated on the persistent, slightly enlarged calyx, pyrenes 2, epicarp crustaceous; seed one in each pyrene.

*Vernacular name* : Venapumara (K)

*Voucher specimen* : RNP 75600 (TBGT)

*Distribution* : Indo-Malaya, in Kerala all districts

*Habitat* : Semi-evergreen and deciduous forests, also in the plains

*Ailments* : Fever (K)

*Parts used* : Bark, Fruit.
**Method of preparation & dosage**: Fresh bark is crushed and boiled in water and made as decoction. Taken 15 ml thrice daily for three days against fever (K).

**Non ethnomedicinal use**: Fresh and ripened fruits are edible (K).


Scandent shrubs with spines on older stem; branchlets brown tomentose. Leaves 4-8 x 2-6 cm, elliptic-oblong, base subcordate or rounded, apex obtuse, minutely tomentose below, those of flowering branches much smaller; petiole c. 5 mm long. Flowers greenish-yellow, sessile, in axillary fascicles. Male flowers 2-3 mm across. Female flowers 4-5 mm across. Tepals 10, biseriate, ovate-acute, densely tomentose without. Stamens 5, monadelphous. Drupe 5-6 mm across, globose, black, calyx persistent.

**Vernacular name**: Cherupanachil (M)

**Voucher specimen**: RNP 75555 (TBGT)

**Distribution**: Peninsular India, in Kerala all districts

**Habitat**: Semi-evergreen and moist deciduous forests and sacred groves

**Ailments**: Ulcer, Toothache (M)

**Part used**: Stem bark, leaves, fruit

**Method of preparation & dosage**: Fresh stem bark is crushed and cooked with rice and made to porridge. Taken orally once daily for 7 days. (M)

**Non ethnomedicinal use**: Fresh ripened fruits are edible (M).

Fresh fruits are crushed and cooked with rice and made to porridge and taken (M).

Leaves are given as fodder (M).

Slender, erect, pubescent herbs about 20-35 cm tall. Leaves decussate, 1-2.5 x 0.7-1.5 cm, broadly oblong to elliptic-lanceolate, base obliquely truncate, margin serrulate, apex acute, hispid on both sides, basally 3-nerved; petiole to 3 mm long. Cyathia aggregated in single or paired axillary clusters. Involucre minute, c. 1 mm long; glands 5, red. Male flowers 4-6, ebracteolate. Female florets laterally pendulous; styles 2-fid from base. Capsule 1.5-2 mm across, pubescent. Seeds minute, red, 4-angled, minutely furrowed.

Vernacular name : Nelapala (M)
Voucher specimen : RNP 58954 (TBGT)
Distribution : Native of Tropical America; now Pantropical
Habitat : Degraded forest areas and forest plantations, also in the plains
Usage : Used in Poly herbal formulations (see PHF M 24, 58 & K 85)


Large erect, fleshy deciduous, shrubs; branches terete; spines straight, 3-6 mm long, paired on flat corky base. Leaves alternate, sessile, 7-18 x 3-6.5 cm, oblanceolate-oblong or obovate, base cuneate, apex obtuse, fleshy. Cyathia usually paired, in subterminal cymes. Involucre broadly cupular, yellow; lobes fimbriate; glands 5, transversely oblong, fleshy, appendage absent. Male flowers with sterile florets, bracteolate. Female florets laterally pendulous. Style stout, branched above; stigmatic lobes flattened and slightly expanded. Capsule c. 5 mm across, 3-lobed. Seeds 4-angular, smooth.

Vernacular name : Yelakalli, Dubbakall (K)
Voucher specimen : RNP 75707 (TBGT)
Distribution : India and Myanmar
Habitat : Rocky hills in moist and dry deciduous forests
Ailments : Rheumatism (K)
Part used : Stem
Method of preparation & dosage: Fresh stem is filled with mustard inside and partially steamed and ground to paste. Applied externally, 2 times for 7-9 days (K).


Glabrous shrubs with acrid latex; bark smooth, greenish-white, peeling off in thin flakes. Leaves shallowly 5-lobed or entire, 8-15 x 6-12 cm, orbicular or subcordate, base truncate to cordate, margin serrate, apex acute, basally 5-nerved; petiole 5-15 cm long. Flowers yellowish-green in terminal or axillary, monoecious panicked cymes; peduncle 6-12 cm long. Tepals 10, biseriate; outer tepals 3-4 x 1-2 mm, equal in male and unequal in female; inner 5-7 x 2.5-3 mm, oblong or obovate. Stamens 10; filaments unequal, united into a central column. Ovule solitary in each cell; styles 3, 2-fid. Disc-glands 5. Capsule c. 2.5 cm long, ellipsoid, rugose on drying.

Vernacular name: Kattavanakku (M)
Voucher specimen: RNP 58965 (TBGT)
Distribution: Native of Tropical America; now widespread in Paleotropics
Habitat: Often grown as live fence posts
Part used: Tender leaves, whole plant
Non ethnomedicinal use: For fencing (K, M)
Other use: Used in Poly herbal formulations (see PHF K 13)


Dioecious trees, to 15 m high; bark surface pale, greyish-brown mottled with white, smooth, lenticellate; brittle; blaze deep pink-red; exudation red, gummy; branchlets thick, terete, glaucous. Leaves simple, alternate, stipulate; stipules large, lateral, ovate-acuminate, reflexed, caudicuous; petiole 12-35 mm long, stout, glabrous;
lamina 11-25 x 9-20 cm, ovate-orbicular, deltoid-ovate, ovate or orbicular, base peltate, apex acute or acuminate, margin entire, glabrous or glabrescent, pubescent with reddish glands beneath, coriaceous; 8-10 ribs from base, palmate, prominent beneath; lateral nerves 7-8 pairs, parallel, regular, prominent, intercostae scalariform, much prominent; margin glandular. Flowers unisexual, greenish-yellow; male flowers: in axillary, much branched, dense, tomentose, panicles, concealed in large bracts; bracteoles concave; tepals 3, minute, obovate, cuneate; stamens 2-8, free, shortly connate below, exserted; female flowers: in panicles simpler than in males, branches racemes with larger bracts; tepals 4, basally connate at base; ovary superior, 2-6-celled, densely glandular, ovule one in each cell; style lateral; stigma sessile, often embracing one side of the ovary, thickly papillose. Frit a capsule, 5-6 mm across, globose, hairy, glandular, black; seed one, black.

Vernacular name : Uppila (M)
Voucher specimen : RNP 75565 (TBGT)
Distribution : India, Sri Lanka and Andamans, in Kerala all districts
Habitat : Moist deciduous and secondary forests, also in the plains
Ailments : Fresh cuts (M)
Part used : Sap
Method of preparation & dosage : Fresh sap of the plant is applied on the affected part to cover the cut (M).
Non ethnomedicinal use : Latex is used as gum, Leaves are used as substitute of plates (M).


Dioecious trees, to 12 m high, bark 4-5 mm thick, pale brown; branchlets, young leaves and inflorescence tawny or rusty pubescent. Leaves simple, alternate; stipules lateral, caudicous; petiole 7-60 mm long, stout, swollen at base, fulvous-pubescent...
with 2 small sessile glands on each side of the submit; lamina 5-20 x 2-8 cm, ovate or ovate-lanceolate, base acute or round, apex acuminate or acute, margin entire or sparsely serrate, glabrous above, greyish pubescent to fulvous tomentose with minute red glands beneath; coriaceous; 3-ribbed from base; lateral nerves upto 6 pairs, pinnate, ascending, prominent, intercostae scalariform, prominent. Flowers unisexual, brick red, in rusty puberulous, terminal spicate panicles; male flowers: 4.5 mm across; tepals 4, lanceolate, stamens many; female flowers: 4 mm across, tepals 3 or 4, thicker than in males, ovate-lanceolate; ovary with red glands, superior, 3-celled, ovules one in each cell; styles 3, to 3.5 mm long, papillose. Fruit a capsule, 7-8 mm across, globose, 3-lobed, loculicidally 3 valved, densely red-glandular, pubescent; seeds 1-4, globose, glabrous, black.

Vernacular name : Kurukooti (M)
Voucher specimen : RNP 75528 (TBGT)
Distribution : Indo-Malesia and Australia, in Kerala all districts
Habitat : Semi-evergreen, moist deciduous, evergreen and dry deciduous forests, also in the plains
Ailments : Abscess (M)
Part used : Tender leaves, fruit
Method of preparation & dosage : Fresh latex of the plant is applied on the affected part.
Non ethnomedicinal use : As dye (M).


Erect herbs to 30 cm tall. Leaves 6-8 x 3-4 mm, oblong, base unequal sided, apex obtuse to acute, lower surface glaucous; stipules lanceolate, scarious. Male flowers towards tip of branchlets, solitary, axillary; tepals 5, ovate; stamens 3, exserted; filaments connate; disc of 5 glands. Female flowers c. 1.5 mm across; tepals 5, oblong; ovary globose; style erect, recurved; pedicel to 2 mm long. Capsule c. 2 mm across, globose. Seeds 6, trigonous, vertically muricate.

Vernacular name : Kirunelli, Nelanelli (K)

118

Deciduous trees, to 15 m high, bark grey-brown, rough, irregularly flaking; blaze pink-red. Leaves simple, alternate, bifarious on short deciduous branchlets, closely overlapping, subsessile; stipules minute, lateral, linear; lamina 0.4-1.5 x 2-4 mm, oblong or linear-oblong, base round, apex obtuse and shortly apiculate, glabrous, membranous; nerves obscure. Flowers unisexual, 2-3 mm across, greenish-yellow, densely clustered in leaf axils; male flowers: tepals 6, ob lanceolate, 1.5 mm, obtuse, stamens 3, anthers oblong, connate by their connectives; apiculate; disc glands 6; female flowers: tepals 6, ob lanceolate, obtuse; ovary superior, 1.5 mm, 3-celled; ovules 2 in each cell; styles 3, broadly fimbriate, recurved, stigmatiferous. Fruit a capsule 1.5-2.5 cm across, subglobose, dehiscing into 6 cocci, disc enlarged to give an appearance of fleshy yellowish-green, indehiscent berry.

**Vernacular name**: Nellikaya (M)

**Voucher specimen**: RNP 75567 (TBGT)

**Distribution**: Throughout the tropics, in Kerala all districts

**Habitat**: Dry and moist deciduous forests, also cultivated in the plains

**Ailments**: Diarrhea, anemia (M)
Part used: Fruit
Method of preparation & dosage: Dried fruits are pounded to fine powder and add powdered form of pepper and cumin. Boiled in water and concentrated. Taken 10-20ml twice daily for 3 days (M).

Non ethnomedicinal use: Fruit edible, used for pickling (K & M).


Scandent shrubs; branches pubescent. Leaves 1.5-2 x 1-1.5 cm, elliptic, base acute, apex acute or obtuse, glabrous; stipules lanceolate, often spinescent; petiole to 2 mm long. Male flowers in axillary fascicles; tepals 5, unequal, obovate, imbricate; stamens 5, outer 2-3 free, inner connate. Female flowers solitary; tepals 5, shortly connate, obovate, valvate, margin scarious; ovary globose, 5-12-locular; styles 3, bifid. Fruits 5-7 mm across, globose, black, 8-10-seeded. Seeds trigonous.

Vernacular name: Neeruri (M)
Voucher specimen: RNP 75596 (TBGT)
Distribution: Paleotropics, in Kerala all districts
Habitat: Stream banks, lake shores and also in moist deciduous and semi-evergreen forests
Ailments: Osteoporosis (M)
Part used: Root
Method of preparation & dosage: Fresh roots are crushed and cooked with rice and prepared to porridge. Taken once daily for 14 days (M).


Monoecious, branched glaucous shrubs. Leaves alternate, palmately 6-8-lobed, peltate, to 20 x 24 cm; lobes 9-15 x 3-6 cm, lanceolate, margin coarsely serrate, apex acuminate; petiole to 18 cm long. Flowers in terminal paniculate racemes, pale
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. Breynia vitis-idaea (Burm. f.) C. E. C. Fisch.; B. Briedelia stipularis (L.) Blume; C. Macaranga peltata (Roxb.) Muell.-Arg.; D. Mallotus philippensis (Lam.) Muell.-Arg.; E. Phyllanthus reticulatus Poir.; F. Tragia involucrata L.
yellow; male flowers below, female ones above. Male flowers: perianth cupular, 3-5-lobed, c. 4 mm long, lanceolate; stamens many, filaments connate, repeatedly branched. Female flowers: tepals 5, subequal, c. 5 mm long, lanceolate; ovary globose, 3-locular, echinate; ovule 1-per locule; styles 3, papillose. Capsule 1.6-2 cm across, 3-lobed, prickly. Seeds oblong, smooth, marbled, carunculate.

Vernacular name : Avanakku (K), Chittavanakku (M)
Voucher specimen : RNP 58940 (TBGT)
Distribution : Native of Tropical Africa; now cultivated throughout tropics
Habitat : Cultivated, also runs wild
Usage : Used in Poly herbal formulation (see PHF K 15, 33, 34 & M 46, 63)


Slender, twining herbs with stinging hairs. Leaves 6-10 x 3-5.5 cm, ovate or elliptic, base acute or rounded, margin serrate, apex acuminate, hispidulous on both sides; petiole to 2.5 cm long. Spikes axillary, monoecious, to 2 cm long; male flowers above, female flowers 1-2, at the base. Male flowers c. 1.5 mm across; bracts spathulate; tepals 3, spreading; stamens 3, anthers subsessile. Female flowers c. 3 mm across, ebracteate; tepals 6, c. 1 mm long, ovate-lanceolate, enlarged and spreading in fruits; style 3, spreading. Capsule c. 0.6 x 1 cm, 3-lobed, hispid. Seeds globose.

Vernacular name : Dulondi, Thurike balli (K), Thuvakkodi (K)
Voucher specimen : RNP 75513 (TBGT)
Distribution : India and Sri Lanka, in Kerala all districts
Habitat : Wastelands
Ailments : Fever (K), Scabies (M)
Part used : Root
Method of preparation & dosage : Fresh root is sliced and boiled in water and concentrated to a decoction. Taken 10 ml twice daily for 8 days (K).
Fresh roots are crushed and boiled in coconut oil or in coconut milk and made to medicated oil. Applied externally on the affected part (M).

**FABACEAE**


Slender twiners. Leaves odd-pinnate; leaflets 5-7, 2.2-4.5 x 1.5-2.8 cm, broadly elliptic, ovate or obovate, base cuneate to rounded, apex obtuse to rounded, pubescent; stipules c. 4 mm long, ovate-lanceolate, persistent. Flowers solitary, axillary; pedicels to 1 cm long; bracts 2-3 mm long, persistent; bracteoles foliaceous, auricled. Calyx tube 5-7 mm long, pubescent; lobes acuminate. Petals blue or white, clawed; standard 3.5-4.3 cm long, obovate, emarginate; wings oblong, falcate, adnate to keel; keels obovate, incurved. Stamens diadelphous; filaments unequal. Ovary c. 7 mm long, pubescent; style curved, apex dilated. Pods 5-9 x 0.6-0.9 cm, linear, compressed, apically beaked. Seeds many, 5-7 mm long, compressed, reniform, black.

Vernacular name : Shanka pushpa, Girikarnike; (K)
Voucher specimen : RNP 58989 (TBGT)
Distribution : Widely cultivated in the tropics, probably native of South America
Habitat : Grown in the gardens, also runs wild
Usage : Used in Poly herbal formulation (see PHF K76)


Much branched glabrescent prostrate herbs, rooting at nodes. Leaves 3-foliolate; leaflets 0.3-1.5 x 0.3-1.4 cm, obovate, base cuneate, apex truncate or emarginate, lateral leaflets smaller than the terminal one; petiole 1.5 cm long; stipule c. 5 mm long, ovate-lanceolate. Flowers 3-4 mm long, 1-4 together in the axils of leaves; pedicels 4-6 mm long, capillary; bracts c. 2 mm long, ovate, ciliate. Calyx c. 3 mm
long, covered with long silky hairs; lobes unequal, lanceolate. Petals pink to violet; standard c. 3 mm long, obovate; wings c. 2 mm long; keels to 4 mm long. Pods 1-1.5 cm long, 3-5-jointed, lower margin deeply indented, upper entire; joints hairy or glabrous, reticulate-veined, longer than broad.

Vernacular name : Nilamparanda (M)
Voucher specimen : RNP 75508 (TBGT)
Distribution : Indo-Malesia and Australia, in Kerala all districts
Habitat : Grasslands and moist deciduous forests, also in plains
Ailments : Stomachache (M)
Part used : Whole plant
Method of preparation & dosage : Fresh whole plant is crushed and expressed juice is taken 10 ml twice a day, for 7 days (M).


Erect subshrubs to 1 m tall; branches trigonous, ciliate with stiff hairs on angles. Leaves 1-foliolate, 5-15 x 1.5-4 cm, ovate-lanceolate or oblong, base subcordate, apex acuminate, glabrous above and tomentose below; petiole to 3.5 cm long; stipules 1-1.8 x 0.4-0.5 cm, subulate at apex, striated. Racemes terminal, 10-28 cm long; bracts 3-6 x 3-5 mm, subulate; pedicels 4-6 mm long. Calyx c. 4 mm long, campanulate; lobes lanceolate, acuminate. Corolla pink, 6-7 mm long. Stamens monadelphous. Ovary 3-4 mm long, pubescent without; style curved; stigma capitate. Pods 1.8-3.5 x 0.5-0.7 cm, laterally compressed, 5-7-jointed, loosely appressed hairy.

Vernacular name : Adakkachokki (M)
Voucher specimen : RNP 75531 (TBGT)
Distribution : Indo-Malesia to Pacific Islands and China, in Kerala all districts
Habitat : Semi-evergreen and moist deciduous forests, also in the plains
Ailments: Stomachache (M)
Part used: Leaves
Method of preparation & dosage: Fresh leaves are crushed and expressed juice is taken 5ml twice daily for three days (M).
Non ethnomedicinal use: As fodder (M).


Deciduous tree; bark yellowish or greenish-grey, smooth, peeling off in papery flakes; blaze yellow; prickles black on branches, falling after a few years. Leaves trifoliate, alternate; stipules small, lateral; rachis 17-21 cm, slender, pulvinate, glabrous; stipels gland-like; petiolule 7-10 mm, stout, glabrous; leaflet 10-13.5 x 8.5-12.5 cm, widely ovate, rhomboid or deltoid-ovate, base truncate or obtuse, apex acuminate, margin entire, glabrous, membranous; 3 ribbed from base; lateral nerves 4-7 pairs, pinnate, prominent, ascending, intercostae reticulate, faint. Flowers bisexual, bright red, in dense racemes; calyx spathaceous, oblique, recurved, split to the base on one side, 5-toothed at the tip; petals 5, sessile, standard 6.5 x 2.5 cm, oblong-elliptic, apex obtuse, wings 1.5 x 1 cm, obovate, keel 1.5 x 1.7 cm, oblong-falcate, free; stamens 10, monadelphous, alternately longer and shorter, vexillary filament free; anthers uniform; ovary stipitate, inferior, pubescent, 1-celled, ovules many; style curved, subulate at the apex, not bearded; stigma capitate. Fruit a pod 15-30.5 cm long, torulose, constricted between seeds, dehiscent; seeds 6-8.

Vernacular name: Murukku (M)
Voucher specimen: RNP 75590 (TBGT)
Distribution: Indo-Malesia, China and Africa
Habitat: Dry deciduous forests, widely grown as pepper stand and for fencing
Usage: Used in Poly herbal formulations (see PHF M 74 & 75)
Part used: Stem
Non ethnomedicinal use: Used for fencing, making toys (M).

Suffrutaceous herbs, to 1.5 m tall; stem erect, appressed-pubescent. Leaves pinnately 5-13-foliolate; leaflets opposite, 5-22 x 5-12 mm, elliptic to obovate, base and apex rounded, darkening on drying; stipules c. 2 mm long, subulate. Inflorescence axillary, spicate-racemose, many-flowered. Flowers 5-7 mm long, red; pedicels c. 1 mm long. Calyx 2-3 mm long, pubescent; lobes narrow lanceolate, acuminate. Petals reddish; standard c. 4 mm long, suborbicular. Ovary 8-12-ovuled, hairy. Pods 2-3 cm long, c. 2 mm wide, linear, straight or slightly curved, 8-12-seeded.

Vernacular name: Neelasappu (K), Neelayamari (M)
Voucher specimen: RNP 75716 (TBGT)
Distribution: Paleotropics, widely cultivated
Habitat: Degraded forest areas and scrub jungles, also in the plains
Usage: Used in Poly herbal formulation ((see PHF K 28, 84 & M 49, 51)


Large climbers; branchlets densely clothed with rigid hairs. Leaves 3-foliolate; leaflets 5-13x 2.5-8 cm, the terminal leaflets ovate-rhomboid or elliptic, the lateral ones broadly ovate, base rounded or truncate, apex obtuse or acute, adpressed pubescent; petiole to 10 cm long; stipules c. 4 mm long, linear; stipels setaceous. Flowers c. 3.5 cm long, in axillary tomentose, pendulous racemes; pedicels 2-4 mm long. Calyx-tube 4-7 mm long, pubescent, 4-lobed. Petals dark purplish; standard 2-2.5 x 1.5-2 cm, ovate. Anthers dimorphous, alternately dorsifixed and basifixed. Pods 5-7.5 x 1.2-1.5 cm, linear-oblong, somewhat s-shaped, turgid, densely covered with shining irritant bristly hairs. Seeds 4-6, to 8 x 7 mm, ovoid, brown or black.

Vernacular name: Nayikuruna, Naykootti (M)
Voucher specimen: RNP 75795 (TBGT)
Distribution : India, Myanmar and Sri Lanka, in Kerala all districts

Habitat : In secondary forests at low altitudes, also in the plains

Ailments : Choler (M)

Part used : Root

Method of preparation & dosage : Fresh root is ground partly and mixed in rice soup. Taken in the early morning against choler (M).


Viscid pubescent subshrubs up to 75 cm tall. Leaves 3-foliolate; terminal leaflet 5-8 x 4-6 cm, ovate-rhomboid; laterals 3-4 x 2-3.5 cm, obliquely ovate, base cuneate or obtuse, apex acute, glabrescent above and densely woolly below; petioles 4-6 cm long; stipules 5-6 mm long, subulate. Flowers in axillary or terminal, often branched racemes; bracts and bracteoles 4-5 mm long, subulate, hairy. Calyx-tube 1-1.5 mm long; lobes 2-3 mm long, subulate, hairy. Corolla purplish; standard 4-5 mm long, ovate-obtuse. Stamens 9+1; staminal sheath c. 4 mm long. Ovary 3.5-4 mm long, terete, densely pubescent without; style subulate, incurved; stigma capitate. Pods 1-2 x 0.4-0.5 cm, linear-oblong, compressed, pubescent with hooked hairs. Seeds 4-6, reniform.

Vernacular name : Muvvila (M)

Voucher specimen : RNP 75514 (TBGT)

Distribution : Peninsular India and Sri Lanka, in Kerala all districts

Habitat : Moist deciduous forests, also in the plains

Ailments : Rheumatism (M)

Part used : Root
Method of preparation & dosage: Fresh root is sliced and boiled in water and concentrated. Taken 10 ml twice daily for 41 days (M).


A medium sized to large tree, 15-30 m in height with dark brown or grey bark having shallow cracks, exfoliating in thin flakes and exuding a red gummy substance (Gum kino) on injury; leaves compound, imparipinnate, leaflets 5-7, coriaceous, oblong, obtuse, emarginate or even bilobed at apex, glabrous on both surfaces, main nerves numerous, prominent; flowers yellow in terminal panicles, corolla with crisped margins; fruits nearly circular, glabrous, flat, winged pods, convexly curved between stipe and style, wings veined, seeds 1-2, convex bony. The heartwood is strong, tough, very hard and moderately heavy and is golden brown or reddish brown on exposure with darker streaks. Aqueous extract of wood is yellowish blue and fluorescent.

Vernacular name: Benga (K)
Voucher specimen: RNP 75536 (TBGT)
Distribution: India and Sri Lanka, in Kerala all districts
Habitat: Moist and dry deciduous forests, also in the plains
Ailments: Dysentery (K)
Part used: Stem bark
Method of preparation & dosage: Fresh stem bark is crushed and cooked with rice and made to porridge. Taken twice daily for 3 days (K).


A small to medium-sized, deciduous tree upto 11 m tall with a dense, rounded crown; bark blackish-brown, deeply cut into rectangular plates, yielding a deep red latex when cut; heartwood extremely hard, dark purple. Leaves usually imparipinnate,
10-18 cm long; leaflets 3, rarely 4-5, 3.8-7.6 cm long, broadly ovate or orbicular, coriaceous, apex obtuse, slightly emarginate, undersurface pale and clothed with fine grey hairs. Flowers yellow, borne a few together in simple or sparingly branched racemes; pedicels c. 5 mm long; calyx 5-6 mm long, teeth minute, deltoid. Fruits (pods) obliquely orbicular, 3.8-5 cm in diam including the wing, base narrowed into a short, concavely curved stipe c. 8 mm long, woolly. Seeds 1-2, reddish-brown, smooth, leathery, 1-1.5 cm long.

**Vernacular name**

Kembugandha (K)

**Voucher specimen**

RNP 75730 (TBGT)

**Distribution**

Peninsular India

**Habitat**

Cultivated

**Usage**

Used in Poly herbal formulation (see PHF K 6)


Annual, much-branched, erect herbs, 30-50 cm tall, stems, petioles and peduncles finely clothed with reflexed, brown or greyish-brown hairs. Leaves alternate, 3-foliolate; leaflets 6-10 (-12) x 6-10 cm, ovate, acute-acuminate at apex, rounded-cuneate or truncate at base, often faintly 3-lobed at base; stipels linear-lanceolate, 0.5-0.6 cm long; petiole 4-5 cm long; stipules broadly ovate-suborbicular to rounded, peltate, hairy, 0.5-0.7 x 0.3-0.5 cm. Racemes capitate on 1.5-4 cm long peduncles, 4-8 flowered. Flowers shortly pedicellate, 1.0-1.5 cm long; bracteoles lanceolate, acuminate, 0.4 x 0.1 cm. Calyx up to 3 cm long. Petals yellow. Pod turgid, erecto-patent or patent, minutely, appressedly bristly-hairy, 5-8 (-10) x 0.45-0.5 cm; seeds 10-15 per pod, green or yellow, 0.4 (0.5) x 0.25-0.3 cm.

**Vernacular name**

Cherupayar (M)

**Distribution**

Paleotropics

**Habitat**

 Mostly under cultivation, also naturalised in the plains

**Usage**

Used in Poly herbal formulations (see PHF M 17)


Erect or scandent or straggling or trailing or twining herbs, stems, petioles and peduncles glabrous or often covered with scattered tubercles. Leaflets 7-16 x 4-11 cm, ovate-rhomboid-oblong, lateral ones often oblique at base; stipules 1-2 cm long. Racemes capitate, 3-8 tubercled, on 2-30 cm long peduncles. Flowers greenish-yellow, on 0.1-0.3 cm long pedicels; bracteoles fugacious. Calyx longitudinally ribbed, transversely plicate-tuberculate, 0.5-0.6 cm long, lobes acuminate. Standard petal 2-3 cm across, greenish on the back at first, afterwards yellowish, on the inside mostly bluish-violet, sometimes sordidly yellow. Pods subterete, 6-8.5 x 0.5-1.1 cm; seeds 9-30 per pod, black, red, yellow or white.

**Vernacular name**

- Uddu, Urdu (K)

**Distribution**

- Cultivated in South Asia

**Habitat**

- Cultivated

**Usage**

- Used in Poly herbal formulation (see PHF K 26)

**FLACOURTIACEAE**


Dioecious trees, to 25 m high, bole fluted; bark 4-5 mm thick, surface pale brown mottled with white patches, smooth, brittle; blaze creamy yellow; branchlets pubescent. Leaves simple, alternate; stipules small, lateral, cauducous; petiole 8-10 mm, stout, pubescent, grooved above; lamina 8-17 x 3-8 cm, elliptic, elliptic-lanceolate or elliptic-oblong, base acute, obtuse or round, apex acuminate, margin crenate, serrate or entire, glabrous, coriaceous, lateral nerves 6-8 pairs, pinnate, prominent, intercostae scalariform, prominent. Flowers unisexual, 5-10 mm across, greenish-yellow, solitary or in small fascicle; sepals 5, broadly ovate, pubescent; petals 5, broadly ovate, greenish-yellow, fringed with soft white hairs, with a scale at the base; scales half as long as petals, densely hairy; stamens 5-15; filaments subulate, hairy at the base; anthers of female flowers possess no pollen; ovary globose, 1-celled, tomentose; stigma sessile and two lobed. Fruit a berry 5-7 cm
across, globose, rind thick, brown, rough with uneven surface; seeds numerous, yellowish, obtusely angular.

**Vernacular name**: Vetti (M)

**Voucher specimen**: RNP 75714 (TBGT)

**Distribution**: Western Ghats, in Kerala all districts

**Habitat**: Semi-evergreen and moist deciduous forests, also in the plains

**Ailments**: Migraine (M)

**Part used**: Tender leaves

**Method of preparation & dosage**: Fresh tender leaves are crushed and expressed juice is applied externally over the forehead (M).

**HIPPOCRATEACEAE**


Woody climbing shrubs; branchlets looped; young shoots puberulous. Leaves 3.8 - 7 x 2-4 cm, elliptic-ovate or elliptic-oblong, base rounded or cuneate, apex obtusely acuminate, coriaceous; petiole c. 5 mm long. Cymes axillary; pedicels 3-5 mm long. Calyx 5-lobed, minute; lobes minutely ciliate on margins. Petals 5, brownish-yellow, c. 2 mm across, orbicular. Disc fleshy. Stamens 3, inserted on the inner margin of the disc; filaments broad, curved. Ovary globose, minute, partially sunk in the disc, 3-celled; ovules 2-8 in each cell; style very short; stigma capitate, obscurely 3-lobed. Berry 2-2.5 cm across, globose, red. Seeds 1-3.

**Vernacular name**: Ekanayakam (K & M)

**Voucher specimen**: RNP 58943 (TBGT)

**Distribution**: Western Ghats

**Habitat**: Evergreen and semi-evergreen forests, also in the sacred groves and plains

**Usage**: Used in Poly herbal formulations (see PHF K 84, 16 & M 1, 26, 33)
HYPOXIDACEAE


A herbaceous tuberous geophilous perennial with a short or elongate root-stock bearing several fleshy lateral roots; leaves simple, crowded on the short stem, sessile or short petioled with sheathing leaf bases, linear or linear-lanceolate often producing adventitious buds at the tips when in contact with soil; flowers bright yellow, the shape usually very short and hidden among the bases of the leaves underground, the lowest flowers bisexual, the upper male; fruits capsules, derived from inferior tricarpellary syncarpous ovary, 1-4 seeded; seeds black, oblong, deeply grooved in wavy lines.

Vernacular name : Nelathaale gadde (K), Nelappana (M)
Voucher specimen : RNP 58995 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Moist deciduous forests and grasslands, also in the plains
Ailments : Osteoporosis (K), leucorrhea (M)
Part used : Rhizome
Method of preparation & dosage : One fresh rhizome is ground to paste and boiled in one glass full of cow’s milk. Taken orally once daily for 21 days against osteoporosis (K). Fresh rhizome is ground to paste and mixed well with rice soup is taken against Leucorrhea (K). 2 fresh rhizomes are crushed and cooked with rice and made to porridge. Taken against leucorrhea (M).

LAMIACEAE


Erect, aromatic woody herbs, 1-1.5 m high, stem 4-angled, grooved on opposite
sides, densely pubescent. Leaves 3-7 × 2.5-4.5 cm, broadly ovate to obovate, base
turncate, margin coarsely serrate-crenate, apex acute, tomentose on both sides; petiole
to 3 cm long. Flowers in axillary sessile clusters or in terminal interrupted spikes.
Calyx campanulate; tube 4-5 mm long; lobes 5. c. 2 mm long, ovate, ciliate on
margin. Corolla pale pink, 1-1.4 cm long, 2-lipped. Stamens 4, didynamous,
exserted; filaments hairy; anthers of upper pair 2-celled, of lower 1-celled. Ovary 4-
partite; style slender; stigma 2-fid; disc subentire. Nutlets 4, lenticular, reddish-
brown.

Vernacular name : Karimthumba (M)
Voucher specimen : RNP 58973 (TBGT)
Distribution : Indo-Malesia and China
Habitat : Dry and moist deciduous forests and wastelands
Ailments : Worm disinfectant (M)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are crushed and cooked with rice
and made in the form of porridge and taken (M).


Branched, pubescent herbs. Leaves to 5.6 × 3.1 cm, ovate or suborbicular, base
cordate, margins finely serrate, apex obtuse or acute, fleshy; petiole to 2 cm long.
Flowers shortly pedicelled, in dense thyrsoid panicle. Calyx hispid, small, the upper
lip ovate, acute, lower of 4 acuminate lobes, throat glabrous within. Corolla purple,
2-lipped, tube decurved. Stamens 4, didynamous; anther cells confluent. Ovary 4-
partite; stigma 2-fid. Nutlets smooth.

Vernacular name : Doddipatre, Samprani (K) Panikoorka (M)
Voucher specimen : RNP 58991 (TBGT)
Distribution : Widely cultivated throughout tropics, in Kerala
Habitat : Grown in homesteads

132
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. Clitoria ternatea L.; B. Desmodium triquetrum (L.) DC.;
C. Desmodium triflorum (L.) DC.; D. Pseudarthria viscosa (L.) Wight & Arn.;
E. Coleus amboinicus Lour.; F. Leucas aspera (Willd.) Link.
Ailments : Cough and bronchitis (K) fever (M)
Part used : Leaf
Method of preparation & dosage : 2-3 fresh leaves are steamed slightly and the expressed juice is taken orally, thrice daily for 15 days (K & M).


Shrubs, to 1.5 m high; stem obtusely 4-angular, thinly hairy. Leaves ovate, acute, hispid below, glabrate above; petiole to 5 cm long. Flowers in clusters of 1-12; calyx tube 8 mm long, tubular, 10-ribbed, glandular hairy, teeth spinulose, 4 mm long; corolla 5 mm long, lobes short, glabrous inside, blue. Nutlets 4 x 2.5 mm, compressed, with a ridge on dorsal surface, pubescent, deep brown, mucilaginous when wet.

Vernacular name : Thulasichedi (M)
Voucher specimen : RNP 58958 (TBGT)
Distribution : Native to America, now Pantropical
Habitat : Degraded moist and dry deciduous forests and wastelands
Usage : Used in poly herbal formulations (see PHF M 59)


Erect hirsute herbs to 40 cm tall. Leaves 3-8 x 1-2 cm, linear-lanceolate, base cuneate, margin distantly serrate, apex acute, puberulous, petiole c. 3 mm long. Verticils terminal and axillary; bract linear, equalling calyx, hirsute. Calyx c. 6 mm long, tubular, 10-ribbed, upper half strigose without, glabrous below; mouth oblique,
10-toothed; teeth unequal, posterior the longer, linear, c.1 mm long. Corolla white; tube c. 6 mm long; Upper lip c. 3 mm long, villous without; lower lip 7-8 mm long. Stamens 4; style c. 8 mm long.

Vernacular name : Thumbe (K), Thumba (M)
Voucher specimen : RNP 75542 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Deciduous forests and wastelands
Ailments : Chest congestion, headache (K), stomach ache and worms, migraine (M)
Part used : Leaves, whole plant
Method of preparation & dosage : Fresh leaves are crushed and expressed juice is taken 10 ml twice daily against chest congestion for babies (K).
. Taken expressed juice as nasal application, 2 drops each nostrils twice daily for 7 days for getting relief from headache (K).
. Fresh whole plant is crushed and expressed juice is applied externally on the forehead against headache and migraine (M).
. Taken 10 ml of expressed juice for three times daily for 3 days against stomachache and worms (M).


Woody herbs, stem hirtus. Leaves elliptic, acute to acuminate, base truncate or obtuse, subentire, sparsely hairy or glabrous; petiole to 2 cm long. Racemes 13 cm long, densely pubescent. Flowers 5-7 in each whorl; calyx 3 x 5 mm, upper lip 3 x 3 mm, orbicular, densely hairy, corolla white, 5 mm long, glabrous; filaments glabrous. Nutlets 1.5 mm long, sub-trigonous, minutely pitted, dark brown.

Vernacular name : Karitulasi (K)
Voucher specimen : RNP 75505 (TBGT)
Distribution : Paleotropics, in Kerala all districts
Habitat : Wastelands and degraded deciduous forests
Ailments: Allergic cough (K)

Part used: Leaves

Method of preparation & dosage: Fresh leaves are crushed and expressed juice is used as nasal application two drops thrice daily (K).


Subshrubs; branchlets hirsute with reddish-purple hairs. Leaves 1.3-3 x 0.6-2 cm, elliptic-ob lanceolate, obtuse at both ends, margin coarsely serrate, puberulous; petiole to 2 cm long, covered with reddish-purple hairs. Racemes to 11 cm long, generally simple, occasionally branched at base; pedicel c. 2 mm long. Bracts to 2 x 3 mm, suborbicular. Calyx purplish, c. 3 mm long, campanulate; lobes 5, upper lip ovate, acute, lower lip hispid without. Corolla reddish-pink, to 4 mm long, tubular-campanulate; tube c. 2 mm long, dotted with sessile oil glands; lobes of upper lip oblong-orbicular; lower lip ovate-oblong. Stamens 4; filaments villous at the base of upper pair. Nutlets c.1.5 mm long, ellipsoid, dark brown.

Vernacular name: Kattuthulasi (K)

Voucher specimen: RNP 75550 (TBGT)

Distribution: Palaeotropic, Kerala in all districts

Habitat: Grown as a sacred plant

Ailments: Wounds (K)

Part used: Leaves

Method of preparation & dosage: Fresh leaves are crushed and expressed juice is applied directly on wounds 4 times daily for 3-4 days (K).


Erect herbs; stem hirtus. Leaves opposite, 5 x 3 cm, ovate, base rounded or cordate, acute at apex, thinly tomentose below; nerves 6-8 pairs; petioles to 3 cm long. Racemes 15-20 cm long, terminal, with distant whorls of flowers. Flowers 5-6 in a whorl; pedicels 2-3 mm long; calyx 6-7 mm long, deflexed, 2-lipped; upper lip broad, entire, lower lip 4-lobed, lobes subulate, hairy; corolla 13 mm long, 2-lipped.
tube 9 mm long, cylindric, upper lip 4-lobed, lower lip cup-shaped; stamens 4, included, declinate, style slender, stigma terminal, capitate. Nutlets 2-4, orbicular, pitted.

Vernacular name : Chilanthivalli (M)
Voucher specimen : RNP 75726 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Degraded moist and dry deciduous forests and waste lands
Ailments : Skin disease especially for itching (M)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are wet ground to paste, applied externally.


Large erect herbs, 1-2 m high; stem angled and ridged; whole plant densely grey-pubescent. Leaves usually 4 in a whorl, 6-10 x 0.5-0.8 cm, linear-lanceolate, acute at apex, attenuate at base, densely gray-pubescent on both sides. Spikes terminal, 10-15 cm long, 0.5-0.8 cm diameter; bracts 0.3-0.4 x 0.1-0.15 cm, ovate-lanceolate. Flowers clustered at axils of bracts. Calyx tube c.0.1 cm long, 5-toothed. Corolla white; tube 0.1-0.15 cm long, 4-lobed. Stamens 4, shortly exserted; filaments bearded. Ovary 4-celled; ovules 1 in each cell; style slender; stigma 2-fid. Nutlets 4, minute.

Vernacular name : Neythumba (M)
Voucher specimen : RNP 58947 (TBGT)
Distribution : India
Habitat : Scrub jungles in laterite hillocks
Ailments : Itching due to allergy (M)
Part used : Tender leaves
Method of preparation & dosage : Fresh tender leaves are crushed and expressed juice is applied on the affected part.
LAURACEAE


Trees, to 20 m high, bark 8-10 mm thick, brown, rough, cracks vertical; blaze creamy pink; bole buttressed; branchlets glabrous. Leaves simple, opposite or subopposite, estipulate; petiole 8-20 mm, stout, glabrous, slightly grooved above; lamina 9.5-14 x 3.5-5.5 cm, ovate, elliptic ovate or elliptic-lanceolate, base acute, apex acute to acuminate, margin entire, glabrous, coriaceous, 3-ribbed from base, prominent, glabrous; lateral nerves 3-6 pairs, obscure, pinnate; intercostae reticulate. Flowers bisexual, in terminal and axillary, pedicel 7 mm long, pale yellow, 5 mm long, 6 mm across; perianth 8 mm, silky, tube campanulate, lobes 6, 3 mm long, oblong-lanceolate; stamens 9 perfect, those of first and second rows opposite the perianth lobes, introrse and eglandular, those of third row opposite the first row, lateral, bearing 2 large glands at the base; staminodes 3, of the forth row opposite the second row, cordate and stipitate; ovary half inferior, sessile. Fruit a berry, 1-2 cm, ellipsoid to oblong-ovoid, dark purple, surrounded by the enlarged perianth.

Vernacular name : Karuppa (M)
Voucher specimen : RNP 75573 (TBGT)
Distribution : South West India and Sri Lanka
Habitat : Evergreen and riparian forests, also cultivated
Part used : Leaves
Non ethnomedicinal use : Crushed leaves are boiled and taken bath. Leaves and bark is used as condiments and spic and ripened fruits are edible (M).

LECYPHIDACEAE


Small to medium trees. Leaves alternate, tufted at the ends of stout twigs, 15 x 4 cm, obovate, oval, tapering to base, glabrous and shiny; subsessile. Flowers in long,
pendulous, mostly terminal, 25-30 cm racemes; pedicels 10-15 mm; bracts triangular. Calyx with 2-5 unequal lobes. Petals 4, oblong or oblong-oval, spreading, pink to red in colour. Stamens numerous in 5 or 6 whorls of which the innermost one is staminodal. Ovary 2-4-celled; fruit ovoid, 5-8 x 2-4 cm.

Vernacular name : Samudrakai (M)
Voucher specimen : RNP 58981 (TBGT)
Distribution : Indo-Malesia to Polynesia
Habitat : Along banks of backwaters and mangrove forests
Usage : Used in Poly herbal formulations (see PHF M 9)


Deciduous trees, to 12 m high, bark 10-12 mm thick, brownish, rough, exfoliations small, more or less triangular; fibrous; blaze reddish-brown, stratified; branchlets pubescent. Leaves simple, alternate, estipulate, clustered at the tips of branchlets; petiole 10 mm long, slender, pubescent; lamina 15-30 x 5-15 cm, obovate, oblong-ovobate, base cuneate or attenuate and decurrent on petiole, apex round or shortly acuminate, margin crenate-serrate, glabrous, membranous; lateral nerves 10-12 pairs, parallel, prominent, intercostae reticulate, prominent. Flowers bisexual, greenish-white, 5-10 mm across, in terminal spikes; peduncle woody; bracts 3, unequal; calyx tube campanulate, glabrous, adnate to ovary and not produced beyond the ovary; lobes 4, ovate, imbricate; petals 4, elliptic-oblong, revolute along margin, caudaceous; disc annular; stamens numerous in several rows, slightly connate at base, inserted on the top of calyx; filaments subulate, purple, exserted, inner and outer rows without anthers; ovary inferior, 4-5-celled, ovules many in each cell; style long, filiform; stigma capitate. Fruit a berry, 5-7.5 cm across, globose, green, pericarp fibrous, crowned with sepals and style.

Vernacular name : Daddala (K), Aalam (M)
Voucher specimen : RNP 75580 (TBGT)
Distribution : Tropical Asia
Habitat : Moist and dry deciduous forests, also in the plains

Ailments : Stomachache, peptic ulcer (K), abscess, ulcer (M)

Part used : Stem bark, stem, fruit

Method of preparation & dosage : Fresh stem bark is crushed and expressed juice taken 10 ml, twice daily for 7 days to get relief from stomachache, peptic ulcer (K).

Fresh and tender stem is ground to paste and applied externally on the affected area, against abscess (M).

Fresh stem bark is crushed and cooked with rice and made to porridge and taken against ulcer (M).

Non ethnomedicinal use : Ripened fruits are raw eaten (M).

LEEACEAE


Shrubs to small trees; stems branches, rachises, petiolules and peduncles often fluted and crispately winged. Leaves alternate, 1 or 2-pinnate, densely soft-villous beneath when young; petioles 1-4 cm long; stipule narrowly winged; rachises 4-12 cm long; leaflets 5-7, broadly ovate to elliptic or ovate-oblong to elliptic, rounded to cordate at base, sharply serrate at margin, acute, acuminate to caudate at apex, 10-20 x 4-9 cm, chartaceous to subcoriaceous, glabrous or sparsely hairy above, densely hairy beneath with sparse globose pearl glands; lateral nerves 8-16 pairs; petiolules 5-15 mm long. Inflorescences 2-12 cm long, glabrous or pubescent; peduncles to 6 mm long; bracts ovate to linear-lanceolate, to 6 mm long, subpersistent; bracteoles lanceolate, ca 3 mm long; pedicels 1-2 mm long, pubescent. Flowers greenish white in corymbs. Calyx ca 2 x 3 mm, pubescent with prominent reticulate nervation, 5-lobed; lobes 3-angled. Corolla tube with staminal lobes 3-4 mm long, 5-lobed; lobes subulate, 2.5-3 x 1-1.5 mm. Staminal lobes deeply 2-fid; stamens free; filaments to 2 mm long; anthers oblong, to 1 cm long, medifixed; staminal column ca 3 mm long.
Ovary globose-subglobose, less than 1 mm across, 4-8 loculed; style 1-2 mm long; stigma capitate. Fruits globose-depressed, ca 12 mm across, purple black; seeds usually 6, ca 5x 3 mm.

Vernacular name : Nedeel (K)
Voucher specimen : RNP 75559 (TBGT)
Distribution : Indo-Malesia and China
Habitat : Moist deciduous and evergreen forests
Part used : Stem
Non ethnomedicinal use : Fresh stem is used for making basket (K).

LILIACEAE


Bulbs depressed-globose, to 6 cm wide; outer tunic membranous. Shoots to 75 cm. Stem hollow, inflated below. Leaves c. 10, flattened, sheathing below, to 40 x 2 cm. Spathes 3, shorter than umbel. Umbels to 7 cm wide, subtended by 2 or 3 reflexed bracts; pedicel to 4 cm. Tepals lilac or white, to 4.5 x 2.5 mm. Stamens 4-6 mm, exserted.

Vernacular name : Ulli (M)
Distribution : Native of Europe
Habitat : Cultivated
Usage : Used in Poly herbal formulations (see PHF M 18, 48, 53 & 65)


Bulbous herbs; aerial stems to 50 cm tall, erect, simple, herbaceous, green, glabrous, terete, mostly hollow. Bulb of many bulblets, with a papery coating and fibrous roots; bulblets flattened on one side. Leaves flat or very slightly folded, to 30 x 1 cm, glabrous, often glaucous, with a prominent midrib, sheathing. Flowers in dense capitate clusters terminating the stem, covered in a papery spathe; spathe with a long apiculate tip, splitting on one side at anthesis. Flowers greenish, whitish, or pinkish; pedicel 10-20 mm. Tepals 6, in 2 whorls, petal like, usually becoming dry and persisting. Stamens 6, epipetalous; filaments at base fused into ring, linear, glabrous. Ovary superior, 3-lobed, 3-locular, 2 ovules per locule, crestless, style 1; stigma capitate.
Vernacular name : BolluUi (K), Veluthulli (M)
Distribution : Native of Europe, widely cultivated through out the world
Habitat : Cultivated
Usage : Used in Poly herbal formulation (see PHF M 7, 39, 4, 70, 78 & K 48, 77, 79, 99)


Perennial herbs. Leaves radical, aggregated, to 30 x 2-4 cm, ensiform, fleshy, spinous on margins. Racemes terminal; peduncles to 1 m long; bracts to 1.5 cm, ovate, scarious. Flowers reddish; pedicels to 1 cm. Perianth tube, to 3 cm, lobes free at apex. Staminal tube 3 cm. Ovary 8 mm, ovoid.

Vernacular name : Nolidara, Kumari (K)
Voucher specimen : RNP 58971 (TBGT)
Distribution : Mediterranean Canary Islands; naturalised in Florida, West Indies, Central America and Asia, in Kerala all districts
Habitat : Wildely cultivated as medicinal plants
Ailments : Proper sleep, stomachache (K)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are scarped and the pulp is applied over the scalp for proper sleep (K).
10 ml of expressed juice mixed with little sugar, taken once daily for stomach ache and peptic ulcer (K).

Non ethnomedicinal use : Used as hair tonic (K).


Woody perennial climbers; stem often spinescent, terete, green; rootstock with fascicled tuberous roots. Cladodes from the axils of scale leaves in clusters of 2-6, 0.8-1.5 x 0.1-0.3 cm, linear-falcate, slightly triquetrous, base narrow, apex acute.
Racemes 2.5-5 cm long, slender, axillary, solitary or clustered. Flowers bisexual, 5-6 mm across; bracts triangular; pedicel c. 1 mm long. Perianth-lobes 6, white, c. 3 x 0.5 mm, oblong, acute. Stamens 6, adnate to the perianth lobes; filaments subulate. Ovary 2-3 mm long, globose to slightly 3-gonous, 3-celled; ovules 2 per cell; stigma 3, recurved. Berry 4-6 mm diam., globose, purple on ripening. Seeds 2-5, c. 2 mm across, globose.

Vernacular name : Utherivalli, Sathamuli (K), Sathavari (M)
Voucher specimen : RNP 75587 (TBGT)
Distribution : Paleotropics, in Kerala all districts
Habitat : All forest types, also in the plains
Ailments : Prevent abortion, lactation, osteoporosis (K), urinary problem, leucorrhea, diabetes (M)
Part used : Tuberous root
Method of preparation & dosage : Fresh tuberous roots are sliced and boiled in cow’s milk and made to milk decoction. Taken 10 ml, once daily in night for 90 days to prevent abortion (K).

Fresh tuberous root is sliced and cooked with rice and made to porridge. Taken three times daily for increasing breast milk (lactation).

Taken milk decoction orally, three times daily against Osteoporosis (K).

Ground paste is mixed with cow milk and taken orally against urinary problem (M).

Expressed juice is mixed with equal quantity of cow milk, boiled and taken at night against leucorrhea (M).

Fresh tuberous root is crushed and boiled and concentrated in water and taken orally 15 ml twice a day against diabetes (M).

Non ethnomedicinal use : The fresh tuberous root is cooked in water and taken as food (K).
LOGANIACEAE


Trees, to 20 m high, bark thin, yellowish or blackish-grey, smooth or scurfy with lenticels; blaze creamy yellow. Leaves simple, opposite, estipulate; petiole 5-13 mm, slender, glabrous; lamina 5-14 x 2-9 cm, elliptic, broadly elliptic or elliptic-ovate, base acute to attenuate, apex acute or obtuse, margin entire, glabrous, shiny, coriaceous; 3-5 nerved from base, prominent, glabrous; intercostae reticulate. Flowers bisexual, greenish-white, in terminal sessile cymes, sessile, tomentose, bract 5 mm; bracteole 1.5 mm; calyx lobes 4, 1 mm long, triangular, acute, pubescent; corolla greenish-yellow, tube 10 mm long, longer than lobes, slightly hairy near the base within, lobes 4, 4 x 1.5 mm, oblong, acute; stamens 4, anthers sessile inserted at the throat of corolla tube; ovary 2-celled, ovules many in each cell. Fruit a berry, 3-5 cm across, globose, yellowish-red or orange, glabrous; seeds 3 or 4, orbicular, flat, shiny, greenish-white, coin like, 2-2.5 cm diameter.

Vernacular name : Kanjiram (M)
Voucher specimen : RNP 75583 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Moist and dry deciduous forests, also in the plains
Ailments : Snake bite (M)
Part used : Root
Method of preparation & dosage : Fresh root is ground to paste, applied externally on the affected part (M).

LYTHRACEAE


Woody shrubs; bark ashy grey or brown, smooth, branchlets ending in spines. Leaves 2.5-4.5 x 1-2 cm, elliptic or oblong to oblanceolate, base attenuate, apex acute or rounded, subsessile. Flowers in terminal cymose panicles; pedicels 2-4 mm long.
Flowers sweet-scented, creamy white, 4-merous. Calyx tube c. 2 mm long, cupular; lobes 4, 2-3 mm long. Petals 4, 3-4 mm long, orbicular or obovate. Stamens 8; filaments 4-5 mm long, inflexed in bud. Ovary globose, 4-celled. Fruit.

Vernacular name: Madhurangi (K)
Voucher specimen: RNP 75560 (TBGT)
Distribution: Central Asia and India, in Kerala all districts
Habitat: Grown as hedge plant
Ailments: Body pain, whitlow (Kuzhinakham) (K)
Part used: Leaves
Method of preparation & dosage: Fresh leaves are crushed and boiled in water and concentrated. Taken ½ glass once daily for 3-4 days for curing body pain (K).
Fresh leaves are ground to paste applied externally for curing Whitlow (K).

Non ethnomedicinal use: Used as dye (K).

MALVACEAE


Rambling or climbing shrubs; stems, petioles and pedicels armed with recurved prickles, often intermingled with dense stellate indumentum. Leaves entire to 3-5-angled or lobed, 4-8 x 3-7 cm, cordate or truncate at the base, margins coarsely serrate, apex acuminate, prickly on the nerves beneath; petiole 4-7 cm long, prickly; stipules c. 7 x 3 mm, lanceolate, ciliate. Flowers axillary, solitary; pedicels 1.5-5 cm long, jointed above middle, prickly. Involucral bracts 10-12, c. 15 x 3 mm, bifurcate, apex spathulate. Calyx tube c. 1 cm long, nerves densely pubescent with long stellate and simple hairs; lobes 5, c. 10 x 4 mm, lanceolate. Corolla c. 8 cm across, yellow with deep purple center; petals 5, 4-5 x 3-4 cm, obovate. Staminal column up to 1.5 cm long, antheriferous throughout; filaments c. 3 mm long, purplish; anthers purplish. Ovary c. 5 mm long, ovoid, 5-celled, densely appressed hairy; stigma 5, capitate. Capsule c. 1.5 cm long, ovoid or conical, bristly hairy. Seeds c. 4 mm long, 3-gonous, dark brown, concentrically tubercled.

Vernacular name: Ottooli (M)
Voucher specimen: RNP 75553 (TBGT)
<table>
<thead>
<tr>
<th>Ailments</th>
<th>Part used</th>
<th>Method of preparation &amp; dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>For curing menstrual problems (M)</td>
<td>Leaves</td>
<td>Fresh tender leaves are ground along with capiscum and salt and made to Chatney. Taken along with cooked rice (M).</td>
</tr>
</tbody>
</table>

**Non ethnomedicinal use**

Fresh leaves are ground and made in the form of chatney (M).


Shrubs, to 4 m high; stems woody and glabrous. Leaves alternate, ovate to ovate-lanceolate, truncate or somewhat tapering at base, serrate, crenate or entire, sometimes dentate towards apex, acute to acuminate at apex, 5-11 x 3-6 cm, 3-5 nerved at base, glabrous to sparsely stellate-hairy on nerves beneath; petioles 1.5-4 cm long, simple-hairy; stipules lanceolate or subulate, 3-11 mm long, glabrous. Flower axillary, solitary; pedicels 2-8 cm long, jointed above middle, glabrous or pubescent. Epicalyx lobes 5-8, connate at base, lanceolate, 5-15 mm long, sparsely stellate-pubescent. Calyx campanulate, 1-3 cm long; lobes connate to middle, lanceolate, 1.5-2 cm long, stellate and glandular-pilose outside. Corolla infundibular, 6-12 cm across, red, white, pink, yellow or orange yellow; petals obovate and entire. Staminal column to 5 cm long, exserted beyond corolla, antheriferous in upper half. Capsules oblong-rounded (rarely formed).

**Vernacular name**

Velutha dasala (K)

**Voucher specimen**

RNP 75570 (TBGT)

**Distribution**

Native of Pacific Islands; cultivated in Tropical and Subtropical countries

**Habitat**

Grown as ornamental plant

**Ailments**

Abscess, leucorrhea (K)

**Part used**

Flower, stem, leaves
Method of preparation & dosage: Fresh flowers are chewed and taken for 7 days (K).

Non ethnomedicinal use: Used for fencing, hair tonic (K).


Scandent or trailing undershrubs; stems, petioles and pedicels armed with recurved prickles. Leaves 5-10 x 5-12 cm, ovate-suborbicular, 3-5-palmilobed, lobes lanceolate, shallowly cordate to subtruncate at base, margins coarsely serrate to dentate, apex acute, basally 5-7-nerved, prickly below on the nerves; petiole 4-10 cm long; stipules 8-12 x 3-5 mm, foliaceous, auricled at base, margins ciliate. Flowers axillary, solitary; pedicels 4-7 cm long, jointed at the base of flower, prickly. involucral bracts 10 -12, 18-22 x 2-3 mm, spathulate, bifurcate, spreading; appendage erect, up to 1 cm long, linear, pubescent. Calyx tube to 6 mm long; lobes 5, 1-1.5 cm long, ovate, long-acuminate, prickly. Corolla c. 5 cm across, creamy-yellow with dark purplish center; petals 2.5-5 x 2-4 cm, obovate, apex rounded. Staminal column 1.5-2 cm long, glandular hairy, antheriferous throughout; filaments 1-2 mm long. Ovary 3-4 mm long, subconical, densely appressed hairy; stigma capitate, pruplish. Capsules c. 2 cm long, ovoid or conical enclosed within accrescent calyx, densely covered with closely appressed hairs. Seeds c. 3 mm long, angular, brownish-black.

Vernacular name: Vaichiathampuli (M)

Voucher specimen: RNP 75509 (TBGT)

Distribution: Pantropical, in Kerala all districts

Habitat: Moist deciduous forests, also in the plains

Ailments: Fever, vomiting (M)

Part used: Tender leaves

Method of preparation & dosage: Fresh tender leave are ground with wild capsicum and a pinch of salt and made to ‘Chatney’. Taken against vomiting (M).
Fresh tender leaves boiled and concentrated in water and taken 10 ml thrice daily for 3 days against fever (M).


Erect subshrubs to 110 cm tall; branches distichous. Leaves 3-6 x 1-2 cm, lanceolate to ovate, base truncate, margins serrate, entire towards base, apex acute or acuminate, sparsely hirsute to glabrate on both surfaces, 3-nerved at base; petiole to 4 mm long; stipules 5-8 x 1-1.5 mm, unequal, one lanceolate, the other linear. Flowers solitary, axillary; pedicels to 5 mm long. Calyx 6-8 mm long, campanulate, ciliate on margins, divided to the middle. Petals creamy-yellow, 6-8 mm long, obliquely obovate. Staminal column c. 2 mm long; filaments to 1.5 mm long; anthers pale yellow. Ovary c. 1.5 mm long, ovoid; styles 6-8; stigma globose, yellow. Schizocarp to 5 mm long; mericarps 6-8, c. 3 x 2 mm, trigonous, reticulate, apically 2-awned. Seeds c. 2 mm long, trigonous.

**Vernacular name**
- Kadeer ber, Balaa (K)

**Voucher specimen**
- RNP 58935 (TBGT)

**Distribution**
- Pantropical

**Habitat**
- Dry and moist deciduous forests, also in the plains

**Part used**
- Root

**Non ethnomedicinal use**
- Fresh whole plant is crushed and applied as a shampoo (K&M)

**Other use**
- Used in poly herbal formulations (see PHF M 54).


Prostrate herbs; branches slender, trailing. Stem, petioles and pedicels pubescent with minute stellate hairs intermingled with simple hairs. Leaves 2-5.5 x 1.5-4.5 cm,
broadly ovate or orbicular, base cordate, margins serrate-crenate, apex acute to acuminate, basally 5-7-nerved, stellate-tomentose on both sides; petioles to 3 cm long; stipules 1-2 mm long, linear. Flowers axillary, solitary; pedicels to 2 cm long, filiform, articulated above the middle. Calyx c. 5 mm long, campanulate, divided to the middle, stellate-tomentose without; lobes 5, triangular. Corolla 8-10 mm across, yellow; petals to 6 x 5 mm, obovate, apex rounded or slightly emarginate. Staminal column c. 2 mm long; anthers numerous, yellow. Ovary c. 2 mm across, subglobose; styles 5; stigmas 5, globose, yellowish. Schizocarp to 2.5 mm long; mericarps 5, to 3 x 2 mm, trigonous with rounded angles, apex shortly 2-beaked, completely enclosed in accrescent calyx. Seeds c. 2 mm long, reniform, brownish-black.

Vernacular name : Bekkinathale gida (K)
Voucher specimen : RNP 75735 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : All types of habitats from sandy sea coasts to deciduous forests
Ailments : Dysentery (K)
Part used : Leaves, whole plant
Method of preparation & dosage : Fresh leaves are ground to paste and add 20 ml of rice juice and mixed well. Taken twice daily for three days (K).
Non ethnomedicinal use : Fresh whole plant is crushed and applied as a shampoo (K & M).


Erect, branched subshrubs to 1.5 m tall; stem green, densely tomentose with minute stellate and spreading simple hairs. Leaves 1.5-5.5 x 1-3.5 cm, ovate, rarely suborbicular, base cordate, margins serrate to the base, apex subobtuse or acute, basally 3-5 nerved, densely stellate-tomentose beneath with simple hairs on nerves and soft tomentose above; petiole to 3.5 cm long, pubescent; solitary or aggregated terminally in to congested corymbiform inflorescence; pedicel to 3 mm long in flower, to 1.2 cm in fruits, articulated above the middle. Calyx 6-7 mm long,
prominently 10-ribbed, densely tomentose without. Corolla c. 1 cm across, yellow; petals to 8 x 6 mm, obliquely obovate, apex truncate or slightly emarginate. Staminal column c. 3 mm long. Ovary subglobose, pubescent; styles 8-10; stigma capitate, yellow. Schizocarp 6-7 mm diam., pubescent towards apex; mericarps 8-10, to 3 x 2 mm, trigonous with acute angles, apically 2-awned. Seeds brownish or black.

Vernacular name : Baja (K)
Voucher specimen : RNP 75736 (TBGT)
Distribution : Pantropical
Habitat : Common along roadsides, sandy sea coasts and wastelands
Usage : Used in poly herbal formulations (see PHF M 73 & K 54, 100, 108)


A medium sized tree, 4-8 m tall. Branches green, peltate hairy, glabrescent. Leaves ovate, short acuminate, entire, 5-15 cm long, 3-10 cm broad, peltate hairy to almost completely glabrous, young parts green; stipules linear-lanceolate, somewhat ensiform, 5-8 mm long, c. 2 mm broad, peltate hairy, caducous; petiole 5-10 cm long, sparsely peltate hairy, glabrescent. Flowers axillary, solitary; pedicel jointed at base, 3 mm across, 1-5 cm long, accrescent in fruit, peltate hairy, erect; bracteoles 2, bracteate joints present, subulate to linear-lanceolate, opposite, 2 mm broad. Epicalyx segments 3, spirally arranged, up to 0.5-2 cm long, 2-4 mm broad, glabrous, peltate hairy, caducous. Calyx cupular, 1-1.5 cm long, 1.5-2 cm across, entire or minutely 5 toothed; peltate hairy without, dense, simple, appressed hairy within, coriaceous, persistent. Corolla pale yellow with a crimson centre, turning reddish in the evening, 3-6 cm across; petals 6-7 cm long, c.5 cm broad, peltate hairy outside on the covering margin, claw fleshy, iliate. Staminal column 1 cm long, glabrous. Young fruits and buds when cut exude yellow gum. Fruit ± globose, 2-3 cm across, often with a mucro above, indehiscent, easily pressed by finger, smooth or somewhat 5-angular, peltate hairy, more so above, glabrescent, 5-celled, each cell 2-4 seeded. Seeds obovoid,
angular, c. 1 cm long, 6 mm broad, rounded above, acute below, covered by dense soft hairs, long and somewhat loose hairy at base.

Vernacular name : Poovarashu (M)
Voucher specimen : RNP 75741 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : Grown as fence-posts and avenue tree, also in mangrove forests
Ailments : Jaundice (M)
Part used : Leaf
Method of preparation & dosage : 7 fresh leaves, 21 cumin and a small piece of turmeric are ground to paste or crushed and boiled in 20 ml of coconut oil and made to medicated oil. Applied externally over the body (M).

MARANTACEAE


Rhizomatous herbs. Leaves 20 x 7.5 cm, oblong-lanceolate, acuminate, nerves many, closely parallel, obliquely diverging from the midrib; leaf-stalk often winged; sheath open, to 10.5 cm long. Flowers white in pairs, on long, axillary peduncles; bracts prominent, to 1.3 cm. Perianth differentiated in to calyx and corolla; sepals free; corolla tubular, unequally 3-lobed, to 2.3 cm long. Stamen 1; style stout. Capsule loculicidal

Vernacular name : Kuvehittu (K)
Voucher specimen : RNP 75525 (TBGT)
Distribution : India and Sri Lanka, in Kerala all districts
Habitat : Cultivated
Ailments : Osteoporosis (K)
Part used : Rhizome, whole plant
Method of preparation & dosage : Dried rhizome is pounded to powder and is boiled in water and adds sugar. Taken once daily in night at bed time for 7 days (K).
Non ethnomedicinal use: Fine powder is cooked in the form of puddings (K).
Used as fodder (K).

MELASTOMATACEAE


Shrubs to 1.3 m tall; stem densely covered with paleaceous pectinate hairs. Leaves 4-11 x 1.5-4 cm, elliptic-oblong, base attenuate, apex acute, upper surface prominently lineolate; lower surface tomentose, 5-ribbed, drying dull-greenish; petiole to 1.5 cm long. Flowers solitary or few in rather dense clusters, c. 5 cm across; bracts 1.2-2 x 1-1.4 cm, boat-shaped, densely paleaceous hairy. Calyx tube 0.7-1 cm long, campanulate; lobes 5, 5-7 x 4-5 mm, ovate-lanceolate, densely paleaceous hairy. Petals 5, reddish purple, 1.5-2 x 0.7 - 1 cm, obovate. Stamens 10, alternating ones large and small; anthers dimorphic, dehiscence by apical pores. Ovary ovoid, 5-locular; ovules many; style simple. Capsules 1-1.5 x 0.8-1 cm, ovoid, irregularly dehiscent. Seeds many, minute.

Vernacular name: Nekkarikka (K) Akkaram (M)
Voucher specimen: RNP 75529 (TBGT)
Distribution: South East Asia, in Kerala all districts
Habitat: Stream banks and marshy areas
Ailments: Vomiting (K), Stomach pain (M)
Part used: Root, fruit
Method of preparation & dosage: Fresh root is sliced and boiled in water and made to decoction and add 10-15 gram powdered form of coconut shell or husk. Mixed well, boiled and concentrated. Taken 10 ml, twice daily for 3 days against vomiting (K).
Ripened fruits are taken against Stomach pain (M).
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. *Leea asiatica* (L.) Ridsd.; B. *Aloe vera* (L.) Burm. f.;
C. *Lygodium flexuosum* (L.) SW.; D. *Hibiscus hispidissimus* Griff.;
E. *Melastoma malabathricum* L.; F. *Memecylon randerianum*

SM Almeida & MR Almeida

Bushy shrubs. Leaves 5-12 x 1.5-4 cm, ovate, apex gradually acute, cordate at base, sessile; nerves obscure. Flowers fascicled in very dense many-flowered cymes; peduncles 1-2 mm long; pedicels short, 1-2 mm long. Calyx tube 1-2 mm long, campanulate, truncate at apex. Petals 1-2 mm long, obovate, blue. Style subulate, c. 3 mm long. Berry 4-5 mm across, globose.

Vernacular name : Wollekodi (K) & (M)
Voucher specimen : RNP 75547 (TBGT)
Distribution : Southern Western Ghats
Habitat : Evergreen and semi-evergreen forests, and also in sacred groves
Ailments : Liver disease, wounds (M), Sarpasuthu (K)
Part used : Tender leaves, root
Method of preparation & dosage : Fresh tender leaves are crushed and expressed juice is taken orally 10 ml twice daily for 7 days against liver disease (M). Expressed juice is applied externally on the affected part against cuts and wounds (M). Fresh roots are ground to paste with 10 ml of cow milk. Taken orally, once daily for 3 days against Sarpasuthu (red spots on the whole body) (K).


Large shrubs. Leaves 2.5-5 x 1.5-3 cm, ovate-oblong or elliptic, base cuneate, apex obtuse to rounded, coriaceous, drying yellowish green; petiole c. 5 mm long. Umbels compact, 1.5-3 cm across, sessile or very short peduncled, many-flowered; flowers subsessile. Calyx 2-3 mm wide, pale bluish, truncate or shallowly 4-lobed.
Petals blue, elliptic-ovate to orbicular. Filaments blue; anthers c. 1.5 mm long. Style blue. Berry c. 7 mm across, globose, initially yellowish green; mature fruit bluish black.

Vernacular name : Vollekodi (K)
Voucher specimen : RNP 75548 (TBGT)
Distribution : Peninsular India and Sri Lanka
Habitat : Semi-evergreen, shola and moist deciduous forests, also in the plains
Usage : Used in poly herbal formulations (see PHF K 19,68, 91)

MELIACEAE


Evergreen trees, to 20 m; bark greyish-brown, vertically striated; exudation red, sticky. Leaves imparipinnate, alternate, estipulate; rachis 14-30 cm long, slender, swollen at base, glabrous, leaflets 7-15, opposite or subopposite, estipellate; petiolule 3-5 mm long, slender, glabrous; lamina 4.5-7.5 x 1.5-2.5 cm, lanceolate or falcate, base oblique, apex acuminate, margin serrate, glabrous, coriaceous; lateral nerves 10-18 pairs, pinnate, slender, prominent, intercostae reticulate, faint. Flowers bisexual, 8 mm across, white, in axillary panicles; bracteoles scaly; pedicel 5 mm; sepals 5, connate at base, ovate, margin ciliate; petals 5, free, white, oblong-obovate, pubescent, spreading, imbricate; staminal tube 4 mm long, glabrous, apically 10 lobed; lobes truncate; anthers 10, slightly exserted, apiculate, opposite to lobes, sessile; ovary superior, globose, 3-celled; ovules 2 per cell; style slender, elongate; stigma terete, 3-lobed. Fruit a drupe, 1.5 x 0.5 cm, oblong-ovoid, greenish-yellow; seed one, surrounded by a sweet pulp.

Vernacular name : Veppu (M)
Voucher specimen : RNP 58978 (TBGT)
Distribution : Indo-Malesia
Habitat : Dry deciduous forests, also widely planted
Ailments : Jaundice (M)
Part used : Leaves
Method of preparation & dosage: Fresh leaves are ground to paste and taken 10 gm twice a day (M).


Prostrate woody herbs. Leaves 3-foliolate; leaflets 1.5-2.5 x 0.6-1.2 cm, obovate, laterals oblique, base cuneate, margins entire to serrate, apex obtuse; petioles 1.5-2.5 cm long, winged. Flowers axillary, solitary; pedicel short. Calyx 5-lobed; lobes 3-4 mm long, lanceolate. Petals 5, white, 1.5-1.8 cm long, spatulate. Disc annular. Staminal tube 1.8-2 cm long, cylindric, inflated at top, white with 10 yellow teeth at margins; anthers 10, sessile at the apex of the tube. Ovary 3-celled; ovules 2 in each cell; style filiform; stigma capitate. Capsule 4-5 mm diam., ovoid to subglobose, 3-valved. Seeds c. 1 mm across, curved, truncate at both ends.

Vernacular name: Nelanaragam (M), Nelakanchi (K)
Voucher specimen: RNP 75527 (TBGT)
Distribution: Peninsular India, in Kerala all districts
Habitat: Moist deciduous forests, also in the plains
Ailments: Jaundice (M), gas trouble (K)
Part used: Whole plant
Method of preparation & dosage: 100 g of the whole plant is crushed and boiled in water and concentrated and made to decoction. Taken ½ glasses thrice daily for 7 days against Jaundice (M).
Fresh whole plant is ground along with *allium sativum* L. to paste and add a pinch of salt. Taken twice daily against gas trouble (K).

**MENISPERMACEAE**

*Cocculus glaucescens* Blume, Bijdr. 25. 1825.
Slender climbers, stem pubescent. Leaves 4-5 x 6-7 cm, broadly ovate, apex apiculate, base cordate; petiole 3-5 cm long. Male flowers in axillary cymes, sessile, 3 mm across; sepals 4, orbicular, hairy inside; petals 4, connate into a truncate cup, glabrous; stamens 4, connate in a peltate head. Female flowers in bracteate racemes, 3-8 together in the axial of each bract; bracts to 1 x 1 cm, orbicular, pubescent; sepals 2; petals absent; ovary densely hairy; styles 3. drupe, 4 mm dia, globose, glabrous; seeds 1, black.

**Vernacular name** : Vattavalli (M)
**Voucher specimen** : RNP 58942 (TBGT)
**Distribution** : Indo-Malesia and China, in Kerala all districts
**Habitat** : Evergreen, semi-evergreen and moist deciduous forests
**Usage** : Used in Poly herbal formulation Piles (see PHF M 42, 79)


Woody climbers, wood yellow, branchlets hoary. Leaves 15-18 x 13-15 cm, ovate, apex acuminate, base truncate, 5-7 ribbed, deltoid; petiole 10-12 cm long. Inflorescence supra-axillary or cauliflorous. Female flowers mostly from old wood; sepals 6, sericeous; petals 3; ovary densely pilose, staminodes 6. Fruit of 1 or 2 drupes, to 2 cm dia, globose, brown villous, endocarp bony, peduncle to 12 cm; seed 1, black, glabrous.

**Vernacular name** : Maramanjal (K)
**Voucher specimen** : RNP 58993 (TBGT)
**Distribution** : Indo-Malesia
**Habitat** : Semi-evergreen and evergreen forests
**Usage** : Used in Poly herbal formulation (see PHF K 46)


A slender twining shrub with sparingly pilose stems and branches; leaves simple, alternate, petioles long, lamina peltate, glabrous above, pale or glaucous below with the nerves puberulous; flowers small, greenish in axillary panicles, calyx globose or broadly campanulate, petals 4-8, more or less connate, anthers 6-8 celled; fruits ovoid drupes, endocarp horse-shoe shaped, seed curved. The tuberous root is cylindrical, irregularly curved, with greyish brown surface and white starchy cortex. On drying, the surface becomes dark brown and wrinkled and the cortex yellowish grey.

Vernacular name : Paadaavala bali (K), Padavalli (M)

Voucher specimen : RNP 75502 (TBGT)

Distribution : India and Sri Lanka, in Kerala all districts

Habitat : Semi-evergreen and evergreen forests, also in the plains

Ailments : Leucohhrea, better hair growth (K), acidity, abscess (M)

Part used : Leaves, tuber, stem

Method of preparation & dosage: Fresh leaves are ground partially and the expressed juice is applied externally on the hair, after one hour wash the hair with water for better hair growth (K).

Fresh tender leaves are ground to paste and mixed in one glass of cow's milk and taken in the morning in empty stomach against Leucohhrea (K).

Fresh tuber is ground to paste and taken orally to get relief from acidity (M).

Fresh tubers are wet ground to paste and mixed with 10 gm of ghee. Taken orally against abscess (M).

Non ethnomedicinal use : Stem is used as rope for tying (K).

Fresh leaves are crushed and expressed juice is applied as shampoo (K).

Leaves 8-11 x 7-9 cm, broadly ovate, apex acuminate, base cordate, 5-ribbed; petiole 4-6 cm long. Male flowers in racemes, outer sepals smaller; petals shorter than the inner sepals; stamens 6, free, opposite to petals; female flowers-staminodes 6, carpels 3, stigma forked. Drupes 6 x 5 mm, sessile; seeds grooved vertically.

**Vernacular name**

Amruthaballi (K), Chitamruthu (M)

**Voucher specimen**

RNP 75742 (TBGT)

**Distribution**

Sri Lanka, India, Bangladesh and Myanmar, in Kerala all districts

**Habitat**

Moist deciduous forests and scrub jungles, also in the plains

**Ailments**

Fever (K), leucorrhoea (M)

**Part used**

Stem

**Method of preparation & dosage**

Fresh tender stem is crushed and expressed juice is taken orally. 10 ml thrice daily for three days against fever (K).

Fresh stem is sliced and dried and pounded to fine powder. 5 gm of powder is taken along with honey at night for 21 days against leucorrhoea (M).

**MIMOSACEAE**


Stout ramblers; old stem 4-6-angled; prickles strong, recurved, bark fibrous. Leaves 20-25 cm long, pinnae 5-8 pairs, to 7 cm long; leaflets 18-22 pairs, to 11 x 3.5 mm, oblong, truncate at base, apiculate at apex; thinly pubescent below, 3-nerved from base.

**Vernacular name**

Chendamullu (M)

**Voucher specimen**

RNP 75581 (TBGT)
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. Memecylon umbellatum Burm. f.; B. Azadirachta indica A. Juss.;
C. Naregamia alata Wight & Arn.; D. Cyclea peltata (Lam.) Hook.
f. & T homs.; E. Tinospora cordifolia (Willd.) Miers.;
F. Mimosa pudica L
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Evergreen and semi-evergreen forests
Ailments : Itching and other skin diseases (M)
Part used : Stem
Method of preparation & dosage : Fresh tender stem is crushed and expressed juice is applied over the body and rubbed well (M).

Non ethnomedicinal use : Fresh stem is crushed and used as scrubber during bath (M).


Lianas, tendrillate, stems glabrous. Leaves bipinnate, pinnae 2 or 3 pairs, the terminal pair modified into a tendril; leaflets 4-7 pairs, 5 x 2.5 cm, curved-oblong, obtuse, inequilateral. Spikes to 35 x 0.8 cm, axillary, solitary or paired, erect. Flowers 3 mm long, densely packed, yellow; calyx cupular, truncate; petals 4, free, valvate; stamens 10, free; filaments 6 mm long, ovary many-ovuled; style slender; stigma concave. Pods to 1 m long, thick, woody, crenate on both sutures; seeds many, biconvex, 5 cm across, orbicular, smooth.

Vernacular name : Pallakkaya,Kakavalli (M)
Voucher specimen : RNP 75706 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Evergreen forests along sides of rivers
Ailments : Abscess (M)
Part used : Dried seeds
Method of preparation & dosage : Dried seed is soaked in water and wet ground to paste. Applied externally on the affected part (M).

Non ethnomedicinal use : Seeds are roasted in fire and broke the outer husk and taken (M).

Diffuse or spreading herbs; stem terete with distant, recurved prickles. Leaves bipinnate, sensitive; pinnae 2-3 pairs, palmately arranged, 4-6 cm long; leaflets 14-20 pairs, 4-8 x 1-2 mm, elliptic-oblong, base truncate, margin ciliate, apex acute, overlapping; petiole 2-5 cm long; stipule up to 8 mm long, linear-lanceolate, acute. Flower-heads axillary, 2-3 in a cluster, globose; peduncles 2-2.5 cm long. Flowers pink. Calyx minute, campanulate, 4-lobed. Petals 4, c. 1 mm long, adenate in the lower half; lobes ovate, obtuse, pilose. Stamens 4, exserted; filaments 6-8 mm long, pink. Ovary linear, hairy. Pods 3-5-jointed, 1-1.5 x 0.3-0.4 cm, flat, slightly recurved, bristly. Seeds 2-5, c. 2 mm long, ovoid, compressed.

Vernacular name : Nachikamullu (K), Thottavadi (M)
Voucher specimen : RNP 75501 (TBGT)
Distribution : Native of South America; now Pantropical, in Kerala all districts
Habitat : Weed in the plains
Ailments : Cuts and wounds, headache, proper sleep, (K), against excess bleeding during menses (M).
Part used : Whole plant, leaves
Method of preparation & dosage : Fresh whole plant is ground well to paste. Applied externally, 3-4 times, for curing Wounds (K). Ground paste applied externally over the forehead for getting relief from headache (K). Fresh leaves are crushed and boiled along with Cumin seeds in coconut oil or jingly oil to a medicated oil. Applied externally on the forehead and scalp for proper sleep (K). Ground paste mixed with 100 ml of curd and taken 10-15 ml twice daily for 3 days orally against excess bleeding during menses (M). Fresh whole plants are crushed and cooked along with rice to porridge and taken against peptic ulcer (M).

Non ethnomedicinal use : As fodder (K & M).
Evergreen trees to 25 m high, bark 10-12 mm thick, blackish-grey, mottled with green and black, exfoliating in large thick flakes, exfoliated surface orange-red; blaze pinkish-yellow; exudation milky white latex; trunk with warty tubercles; branchlets glabrous. Leaves simple, alternate; stipules 3-5 cm long, lateral, ovate-lanceolate, sheathing, glabrous, cauducous; petiole 20-40 mm long, stout, grooved above, glabrous; lamina 8-23 x 3-13 cm, obovate, obovate-oblong, or elliptic-ovate, base acute, round or cuneate, apex acute or obtuse, margin entire, glabrous and shining above and scabrous beneath; lateral nerves 6-8 pairs, pinnate, prominent, arched, intercostae scalariform, prominent. Flowers unisexual, minute, yellowish-green, in spikes enclosed by spathe-like bracts, male from young branches, catkin narrow-cylindric; perianth 2-lobed, puberulous; stamen 1; filament somewhat flattened, stout; anthers ovate-oblong; female catkins from the trunk and mature branches, more massive, perianth with strongly projecting conical apex; ovary 0.3 mm, superior, globose-ovoid; style exserted; stigma spatulate. Fruit a sorosis 30-45 x 20-25 cm, oblong, tuberculate, tubercles conical yellowish-green, fruiting perianth yellow to light orange, fleshy; seeds 10-12 x 8-10 mm, elliptic-oblong, smooth, glossy.

Vernacular name: Varikkaplaavu (M)

Voucher specimen: RNP 58976 (TBGT)

Distribution: Widely cultivated in the tropics, origin is probably South India

Habitat: Evergreen and semi-evergreen forests, also widely cultivated

Part used: Leaf petiole, leaves, fruit, seeds.

Other use: Used in Poly herbal formulations (see PHF M 44, 57, 63)

Non ethnomedicinal use: Ripened fruits are edible, seeds are roasted, cooked and taken and leaves are used as fodder (K & M).

Evergreen trees, to 50 m high, bark 10-15 mm thick, surface dull grey-brown, smooth, lenticellate, exfoliations thin, exfoliated surface red, fibrous; blaze creamy turning to pinkish-yellow; exudation milky white, sticky, branchlets hirsute. Leaves simple, alternate; stipules to 4 cm long, lateral, densely tawny strigose; petiole 10-30 mm long, stout, hirsute; lamina 13-25 x 7.5-15 cm, broadly ovate, obovate or elliptic, base acute, obtuse or round, apex subacute or very shortly acuminate, margin entire, undulate, coriaceous, glabrous above, hirsute-pubescent beneath; lateral nerves 6-12 pairs, pinnate, prominent; intercostae scalariform, faint. Flowers unisexual, minute, yellowish-green; male in axillary, pendulous, narrowly cylindric spikes upto 15 cm long; tepals 2, united below; stamen 1; anther exserted, ovate, bracteoles chaffy; female flowers in axillary ovoid spikes; perianth tubular, confluent below with the receptacle; ovary superior, straight, ovule pendulous; style exserted; stigma undivided. Fruit a sorosis 6-7.5 cm across, globose or ovoid, echinate, yellow when ripe, the spines cylindric, straight, hispid, perforate at the apex for filiform style; seeds 16-18 mm long, ovoid, white.

Vernacular name:  Anjili (M)
Voucher specimen:  RNP 75589 (TBGT)
Distribution:  Southern Western Ghats
Habitat:  Semi-evergreen and moist deciduous forests, also in the plains
Part used:  Fruit
Non ethnomedicinal use:  Ripened fruits are edible, seeds are roasted or cooked and taken as food (M).

Trees, to 45 m high, bark 10-15 mm thick, surface grey, smooth, lenticellate, fibrous; blaze creamy yellow, latex watery turning yellowish-white. Leaves simple, alternate spiral; stipules 15-30 mm long, broadly ovate, pubescent; petiole 25-70 mm long, stout, grooved above, not articulated, glabrous; lamina 10-30 x 7.5-13 cm, elliptic, broadly oblone or ovate-oblong, base round, obtuse or subcordate, apex obtusely acute, round, margin entire, slightly recurved, coriaceous, glabrous, glossy above and scabrid beneath; 3-5-ribbed from base, lateral nerves 5-12 pairs, pinnate, prominent, intercostae reticulate, prominent. Flowers unisexual; inflorescence a syconia, axillary, solitary subglobose, puberulous-scabrid, peduncle to 1.5 cm long, pubescent-scabrid; basal bracts 3, 1.5-4 mm long, broadly ovate, pubescent, persistent, yellow, when ripe, orifice closed with 3 apical bracts separating to show the interval bracts; internal bristles none, receptacle wall thick; flowers of 4 kinds, numerous, scattered, sessile with 2 stamens or pedicellate with 1 stamen; tepals 4-6, red, lanceolate in sessile flowers, spathulate in pedicellate flowers, free, glabrous; filament short, thin; anthers small, ovate; female flowers and gall flowers similar, sessile or pedicellate; tepals 4-6, red, lanceolate, free, glabrous, ovary superior, obovoid; style elongate; stigma bifid. Syconium greenish-yellow when ripe, 2.5 cm across; basal bracts yellow; achene oblong, slightly keeled.

Vernacular name : Neerpaja (K)

Voucher specimen : RNP 75586 (TBGT)

Distribution : Indo-Malesia, in Kerala all districts

Habitat : Semi-evergreen and moist deciduous forests, also in the plains

Ailments : Witlow (K)

Part used : Sap, leaves

Method of preparation & dosage : Fresh latex applied directly on the affected part (K).

Non ethnomedicinal use : As fodder (K).

Deciduous trees, to 18 m high; aerial roots none; bark 5-6 mm thick, greenish-white, smooth, punctiform lenticellate, fibrous; blaze creamy white, exudation watery; all parts coarsely and harshly scabrid with stout white hairs. Leaves simple, laxly alternate spiral to opposite or subdistichous; stipules short, paired, lateral, cauducous; petiole 1-6.5 cm long, slender, not articulated, lamina 5.5-19 x 3-9 cm, elliptic, ovate, oblong-lanceolate, or obovate, basal acute, round or cuneate, apex acute to shortly acuminate, margin denticulate or sinuate-crenate to serrate, scabrid on both surfaces, with out, coriaceous, 3-ribbed from base, glands at nerve axils; lateral nerves 3-6 pairs, pinnate, prominent, intercostae scalariform; leaves of saplings and coppice shoots often lobed. Flowers unisexual; inflorescence a syconia, axillary, solitary, harshly scabrid; peduncle to 1.5 cm with 2-3 small scattered, lateral bracts, sometimes more or less aggregated into a collar, body subglobose or ellipsoid with scattered small lateral bracts, apical bracts projecting 1-2 mm; internal bristles copious, white, shorter than flowers; flowers of 4 kinds; male flowers sessile, ostiolar, in 1-2 rings; tepals 3-6, oblong-spathulate, white hairy; stamen 1; filament 0.5 mm; anther oblong, parallel; female flowers sessile; tepals 4-7, linear-spathulate, white hairy; ovary superior, obovoid; style filiform, lateral, puberulous, stigma clavate; gall flowers sessile to pedicellate tepals 4-6, lanceolate, white hairy, ovary white, sessile, style terminal, puberulous, stigma dilated. Syconium 0.7-1.5 x 1-1.5 cm, yellow or purple when ripe; achene oblong, slightly keeled, reticulate.

**Vernacular name**: Parakom (M)

**Voucher specimen**: RNP 75522 (TBGT)

**Distribution**: East Africa, Arabia, India and Sri Lanka, in Kerala all districts

**Habitat**: Moist deciduous forests, also in the plains

**Ailments**: Fresh cuts in eye (M)

**Part used**: Tender stem, leaves

**Method of preparation & dosage**: Fresh tender stem is ground along with a pinch of salt, applied on eyes (M).

**Non ethnomedicinal use**: Fresh leaves given just after the delivery for easy placental discharge in catties. Used as fodder (M).

Spreading trees, to 30 m high; aerial roots numerous from the branches; bark 10-12 mm thick, greyish-white, smooth, exfoliating in irregular flakes; blaze dull red; exudation milky latex; young parts softly pubescent; branchlets light brownish. Leaves simple, alternate, spiral; stipules lateral, 2-2.5 cm long, sheathing, white-puberulous, deciduous, leaving annular scar, glandular at apex below; lamina 10-20 x 5-12.5 cm, ovate, base round or subcordate, apex obtuse, margin entire, coriaceous, glabrescent above, minutely pubescent beneath; 3-7-ribbed from base, lateral nerves 4-6 pairs, pinnate, prominent, intercostae reticulate, prominent. Flowers unisexual; inflorescence a syconia, sessile, in axillary pairs, globose, puberulous without; basal bracts 3, broad, round, glabrous, coriaceous, persistent, orifice plane, closed by 3 bracts in a 3-4 mm wide disc; internal bristles none; flowers of 4 kinds; male flowers dispersed with female, rather numerous near the mouth of the receptacles; pedicel 0.5-2.8 mm long; tepals 2-3, rather broad, shortly connate, brownish, glabrous; stamens 1; filament 0.8-1 mm; anther oblong, parallel, unequal, shortly mucronate, connective brown; female flowers sesile; tepals 3-4, shortly connate, brownish, glabrous, ovary superior, 1.5 x 1 mm, obovoid-globose, dark brown on stylar side; style erect or curved, tapering; gall flowers similar to female but pedicellate. Syconium 1.5-2 cm across, ripening orange to red, achenes 2 x 1.5 mm, globose-ellipsoid, dark brown.

Vernacular name : Aal (M)
Voucher specimen : RNP 75708 (TBGT)
Distribution : Indian subcontinent; widely grown as avenue tree, in Kerala all districts
Habitat : Dry deciduous forests, also in the plains
Ailments : Sinusitis (M)
Part used : Stem bark
Method of preparation & dosage : Fresh stem is burned in flame and the ash is mixed with 20 ml of water and applied externally (M).

164
Used as fodder (M).


Deciduous trees, to 30 m high; bole buttressed; bark 8-10 mm thick, surface reddish-brown or yellowish-brown smooth, coarsely flaky, fibrous; blaze creamy pink; latex milky; young shoots and twigs finely white hairy, soon glabrous; branchlets 1.5-3 mm thick, puberulous. Leaves simple, alternate, stipules 12-18 mm long, lanceolate, linear-lanceolate, pubescent, often persistent on young shoots; petiole 10-50 mm long, slender, grooved above, becoming brown scurfy; lamina 6-15 x 3.5-6 cm, ovate, obovate, elliptic-oblong, elliptic-lanceolate, elliptic-ovate or oblong-ovate, base acute, obtuse or cuneate, apex narrowed, blunt or acute, margin entire, membranous, glabrous, blistered appearance on drying; 3-ribbed from base, 4-8 pairs, slender, pinnate, prominent beneath, intercostae reticulate, obscure. Flowers unisexual; inflorescence a syconia, on short leafless branches or warty tubercles of trunk or on larger branches, subglobose to pyriform, smooth, often lenticellate-verrucose; peduncle 3-12 mm long, stout, orifice plane or slightly sunken, closed by 5-6 apical bracts; internal bristles none; basal bracts 3, 1-2 m long, ovate-triangular, obtuse, persistent; flowers of unisexual, 4 kinds; male flowers near the mouth of receptacles, in 2-3 rings, sessile, much compressed; tepals 3-4, dentate-lacerate, lobes jointed below, red, glabrous; stamens 2, exserted; filaments 1 mm, connate below; anthers oblong, parallel; female flowers sessile or very shortly stalked among gall flowers; tepals 3-4, dentate-lacerate, lobes jointed below, red, glabrous, ovary superior, sessile or subtstipitate, red spotted; style 2-3 mm long, glabrous, simple; stigma clavate; gall flowers long stalked; ovary dark red, rough; style short.

Syconium 2.5 x 2 cm, orange, pink or dark crimson; achene granulate.

Vernacular name : Athi (K)

Voucher specimen : RNP 75597 (TBGT)

Distribution : Indo-Malesia to Australia

Habitat : Semi-evergreen and deciduous forests, also in the plains

Parts used : Leaves
Usage : Used in poly herbal formulations (see PHF K 17, 52, 89 & M 41)

Non ethnomedicinal use : Ethnoveterinary use, for easy placental discharge of cattles.
Used as fodder (M).

MORINGACEAE


Small trees; branchlets lenticellate. Leaves tri-pinnate, to 50 cm, tomentose, pinnae and pinnules opposite, rachis thickened; leaflets to 2 x 1 cm, oblong, obtuse at apex, pubescent; petiolule to 1 mm. Panicles axillary, tomentose; flowers white, pedicels to 1.5 cm; calyx lobes 1.5 cm, oblong, reflexed, pubescent outside; petals 1.5 x 0.5 cm, spatulate, unequal; fertile stamens 5, filaments 1 cm; anthers one celled, intervened by 5 or 7 staminodes; ovary 1-celled, 3-valved, to 5 mm, ovoid, tomentose, style 8 mm, stigma perforated. Pod to 50 cm, 9-ribbed; seeds winged.

Vernacular name : Nurgge (K), Muringa (M)

Voucher specimen : RNP 75588 (TBGT)

Distribution : Cultivated throughout India and many tropical countries

Habitat : Cultivated

Ailments : Dog bite, abscess (K), vomiting (M)

Part used : Stem bark, leaves, fruit

Method of preparation & dosage : Fresh stem bark is ground to paste and mixed with calcium hydroxide. Applied on the affected part against dog bite (K).

Fresh leaves are ground to paste and mixed with one tea spoon full of ghee. Applied externally twice daily against abscess (K).

Non ethnomedicinal use : Fresh leaves are cooked and taken (K&M).

MUSACEAE

Erect shrubs with unbranched globose leafsheaths formed into a pseudostem of 50-100 cm diam. Leaves spirally arranged, 3 x 0.8 m, oblong, entire with channelled midrib; lateral nerves many, parallel from midrib. Spadix 50-100 cm long, with 3-5 spathe at base; bracts several, to 20 x 14 cm, ovate, obtuse, brown. Flowers many on each bract; unisexual, female flowers towards the base and male flowers above; sepals and 2 petals united into a sheath, 3.5 cm long, 5-lobed; third petals forms into a membraneous sheath; stamens 5, perfect, anthers 2.5 cm long, linear-oblong, filaments free; ovary 3-celled, inferior; ovules several in each cell; style simple, stigma globose. Fruit oblong; seeds few, subglobose, black.

Vernacular name: Kallubale (K), Kalluvazha (M)
Voucher specimen: RNP 58963 (TBGT)
Distribution: Peninsular India, in Kerala all districts
Habitat: Moist deciduous and semi-evergreen forests
Ailments: Urinary calculi (K & M)
Part used: Seeds, fruit
Method of preparation & dosage: Dried seeds are pounded to fine powder and mixed with one glass of boiled cow's milk or curd. Taken orally, twice daily for 14 days against urinary calculi (K & M).

Non ethnomedicinal use: Ripened fruits are edible (K).

MYRISTICACEAE


Evergreen dioecious trees, to 8 m high; bark black; branches horizontal. Leaves simple, alternate, estipulate; petiole 9-15 mm long, slender, grooved above, glabrous; lamina 9-18 x 2.5-6 cm, elliptic, elliptic-lanceolate, elliptic-oblanceolate or elliptic-obovate, base acute or attenuate, margin entire, glabrous, shiny above and glaucous beneath, coriaceous; lateral nerves 10-14 pairs, pinnate, prominent, intercostae reticulate. Flowers unisexual, yellow; male flowers: 3-5 in axillary cymes, urceolate; pedicels drooping; bracts deciduous; bracteoles persistent; peranth 3-lobed, tawny
villous; stamens 9-12, connate in to a central stipitate column; female flowers:
urceolate, larger than the male, few in axillary cymes; pedicels drooping; bracts
deciduous; bracteoles persistent; perianth 3-lobed, tawny villous; ovary superior,
ovoild, 1-celled, 1-ovuled; stigmas connate, 2-lobed. Fruit a capsule, yellow to 5 cm
long; aril red, lacinate; seed brown.

Vernacular name : Jathee, Jayithree (K)
Voucher specimen : RNP 75722 (TBGT)
Distribution : Native of East Moluccas
Habitat : Cultivated
Usage : Used in Poly herbal formulation (see PHF K 56)

**MYRTACEAE**


A small tree up to 8 m in height with smooth, pale pinkish brown bark, having
grey patches exfoliating in very thin woody flakes; leaves simple, opposite, light
green oblong or elliptic-oblong, glabrous above, pubescent beneath, pellucid-
punctate, lateral nerves 10-20 pairs joined by intramarginal veins; flowers white,
fragrant in axillary 1-3 flowered cymes; fruits globose or pyriform berries often
varying in size and shape, pulp yellowish white or red.

Vernacular name : Perell (K), Pera (M)
Voucher specimen : RNP 75562 (TBGT)
Distribution : Originally from Tropical America; now
naturalised in the tropics
Habitat : Cultivated
Ailments : Mouth ulcer (K), diarrhea, urinary problem,
vomiting (M)
Part used : Tender leaves
Method of preparation & dosage : Fresh tender leaves are ground to paste and
mixed in boiled water. Taken orally, once daily
in the early morning in empty stomach for a
week against mouth ulcer (K).
Ground paste is mixed in hot water and add a pinch of salt taken twice daily against diarrhea (M).

Ground paste taken a quantity of the size of a small amla once a day for 3 days against urinary problem (M).

Ground paste is mixed with 25 ml of rice juice and taken orally for quick relief from vomiting (M).

Non ethnomedicinal use: Ripened fruits are edible. Fresh leaves are ground to paste and given to cattles against constipation (K).


A medium sized to large tree, 15-30 m in height with smooth light grey bark having dark patches; leaves simple, opposite, variable in shape, about 2.5 cm broad and 7.5-15 cm long, acuminate, nerves joining in a distinct intramarginal nerve, gland-dotted, smooth and shiny; flowers greenish-white in trichotomous panicles; fruits oblong or ovoid-oblong, dark purple with pinkish juicy pulp; one-seeded.

Vernacular name: Nerale mara (K), Njaval (M)
Voucher specimen: RNP 75738 (TBGT)
Distribution: Indo-Malesia, in Kerala all districts
Habitat: Evergreen forests, also in the plains
Ailments: Jaundice (K)
Part used: Seeds, fruit
Method of preparation & dosage: Fresh seeds are crushed and expressed juice is taken orally, two tea spoons twice daily for 7 days against jaundice (K).

Non ethnomedicinal use: Ripened fruits are edible (K).


Trees, to 6 m high; bark thick, reddish-brown; branchlets terete. Leaves simple, opposite, estipulate; petiole up to 3 mm long, stout, glabrous; lamina 3-8 x 1.3-3.5 cm, obovate or obovate-oblong, base attenuate or acute, apex obtuse, obtusely acute or emarginate, margin entire, glabrous, coriaceous, brown on drying, pellucid-dotted; lateral nerves many, close, slender, prominent looped at the margin forming intramarginal nerve; intercostae reticulate. Flowers bisexual, white, 5 mm across, in terminal corymbose cymes, inflorescence branches moderately thick, ascending; calyx tube 2-2.5 mm long, turbinate, no thick disc; petals calyptrate, stamens numerous, bent inwards at the middle when in bud, 2.5-3.5 mm long; ovary inferior, 2-celled, ovules many; style 1; stigma simple. Fruit a berry, 5 mm across globose, black.

**Vernacular name**: Kanimara, Karingal pazham (K)

**Voucher specimen**: RNP 75546 (TBGT)

**Distribution**: Western Ghats and Sri Lanka

**Habitat**: Evergreen and semi-evergreen forests, also in the plains

**Ailments**: Mouth ulcer (K)

**Part used**: Fruit

**Method of preparation & dosage**: Ripened fruits are raw eaten (K).

**Non ethnomedicinal use**: Ripened fruits are taken (K).

**NYCTARGINACEAE**


Herbs with long trailing branches; stem reddish, tomentose. Leaves unequal, ovate, obtuse, undulate along margins, truncate to subcordate at base, tomentose; petiole to 1 cm long. Flowers 4 mm long, 4-10 together, in axillary or terminal, peduncled umbels; bracts 5, ovate, glandular, perianth pink, stamens 3, capsule 3 x 1 mm, clavate, 5-ribbed, glandular.
Vernacular name : Thazhuthama (M)
Voucher specimen : RNP 58927 (TBGT)
Distribution : Pantropical, in Kerala all districts
Habitat : Moist and dry deciduous forests and also in the plains
Ailments : Osteoporosis, diabetes (M)
Part used : Whole plant, leaves
Method of preparation & dosage : Fresh whole plants are crushed and 10 ml of expressed juice is cooked with rice to porridge. Taken orally once daily against Osteoporosis (M).
Fresh leaves are sliced and add some coconut, capsicum, onion, and salt and taken against Diabetes (M).

Non ethnomedicinal use : Fresh leaves are sliced and add some coconut, capsicum, onion, and salt and fried in coconut oil and taken along with cooked rice (M).

OLEACEAE


A large climber, growing up to 3-5 m. Woody stems are 4 cm thick. Slender branches are spreading and trailing. Oppositely arranged membranous leaves are 8-12 cm long, and broadly ovate, with a sharp tip. The base of the leaf is either rounded or heart-shaped, and the stalk is 1-3 cm long. Fragrant white flowers appear in branched cymes at the end of branches, upto 50 in a single cyme. Petals are 6-10, 2 cm long, lance-like and spreading. The narrow tube below the petals is 2 cm long.

Vernacular name : Ethirvalli (K)
Voucher specimen : RNP 75552 (TBGT)
Distribution : Western Ghats
Habitat : Semi-evergreen forests and scrub jungles
Ailments : Red eye and other eye diseases (K)
Part used : Tender stem
Method of preparation & dosage : Fresh stem is crushed and expressed juice is applied 2 drops of in each eye (K).


Trees, to 15 m high, bark grey or brown, rough, shallowly vertically grooved; blaze yellowish-brown. Leaves simple, opposite, estipulate; petiole 7-10 mm, slender, glabrous, grooved above; lamina 6-14.5 x 3-6 cm, elliptic, elliptic-oblong or elliptic lanceolate, base acute, apex acute to acuminate, margin serrate or entire, glabrous, punctate, pink when young, coriaceous; lateral nerves 8-12 pairs, pinnate, slender, glabrous; intercostae obscure. Flowers in polygamo-dioecious, creamy-white, small, in panicles axillary or from leafless nodes, pedicellate, 4 mm long, male panicles larger and denser than hermaphrodite; calyx 1 mm, 4 teethed, campanulate, obtuse, ciliate; corolla 2.5 mm long, lobes 4, shorter than the tube, triangular, obtuse, hairy within; stamens 2, included, anthers sessile, 1 mm; ovary 1.2 mm, 2-celled, superior, 4 ovuled; style 0.7 mm, short; stigma capitate. Fruit a drupe, 8 x 6 mm, ellipsoid, blue; seeds 6 x 4 mm, minutely muriculate.

Vernacular name : Edana (M)
Voucher specimen : RNP 58921 (TBGT)
Distribution : India
Habitat : Semi-evergreen and moist deciduous forests, also in the plains
Ailments : Cuts and wounds (M)
Part used : Tender leaves, fruit
Method of preparation & dosage : Fresh tender leaves are rubbed and applied on the affected part (M).
Non ethnomedicinal use : fresh and ripened fruit are edible, leaves are used as fodde (M).
**ORCHIDACEAE**


Epiphytes, to 40 cm tall; stems stout, woody. Leaves to 30 x 2 cm, lorate, obliquely bilobed at apex with a mucro in between, lobules rounded. Flowers violet pink, closely packed in 30-40 cm long, stout, compact, pendulous axillary raceme; sepals and petals similar; dorsal sepal ovate or ovate-oblong, obtuse; lateral sepals 8 x 7 mm, obliquely ovate, subacute; petals 6 x 3 mm, oblong-ovate, obtuse; lip entire, oblong, pink; clawed; claw deflexed, deeply inflexed, cuneiform; disc 2-lobed; spur 5 mm long, laterally compressed, tip emarginate; puberulus inside; column short; foot very short; pollinia 2, globose, with long caudicle.

<table>
<thead>
<tr>
<th>Vernacular name</th>
<th>Maravazha (K)</th>
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<tbody>
<tr>
<td>Voucher specimen</td>
<td>RNP 75733 (TBGT)</td>
</tr>
<tr>
<td>Distribution</td>
<td>Indo-Malesia, in Kerala all districts</td>
</tr>
<tr>
<td>Habitat</td>
<td>Moist deciduous forests, also in sacred groves</td>
</tr>
<tr>
<td>Ailments</td>
<td>Earache (K)</td>
</tr>
<tr>
<td>Part used</td>
<td>Leaves</td>
</tr>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>Fresh leaves are slightly burned in fire and crushed or ground and taken the expressed juice. Ear application, 2-3 drops in each ear (K).</td>
</tr>
</tbody>
</table>

**OXALIDACEAE**


Tree, to 15 m tall; young parts pale yellow to rusty-velvety. Leaves usually terminally tufted; rachises 15-55 cm long; leaflets 5-19 pairs, variable, acute to acuminate at apex, to 12 x 4 cm; lateral nerves 6-14 pairs. Panicles cauliflorous from tubercles on main trunk to ground level and on main leafless branches, fascicled and pendulous, to 18 cm long, rarely axillary; solitary and erect; pedicels 4-15 mm long; jointed near middle. Sepals elliptic to lanceolate or spatulate, acute or obtuse, 3-8 x
1.5-3 mm, sparsely puberulous outside near base, yellowish green to purplish green.
Petals free, lanceolate-spatulate, 10-20 x 3-4 mm, glabrous inside, dark pink; claw 3-6 mm long. Stamens all fertile; filaments 2-12 mm long, unequal. Ovary ellipsoid, ca 4 mm long, densely appressed-pale-strigose; ovules 4-7 in each locule; styles to 9 mm long. Fruits cylindric, obtuse, obtusely angled, to 10 x 5 cm; seeds to 14, 6-7 x 4-6 mm, exarillate.

Vernacular name: Marattipuli (M)
Voucher specimen: RNP 58954 (TBGT)
Distribution: Native of Malaysia, cultivated in other Tropical countries
Habitat: Cultivated
Part used: Fruit
Non ethnomedicinal use: The fruits are sliced and cooked with ground paste of coconut, capsicum, chilly and turmeric powder, and sufficient quantity of salt and prepared in the form of curry and also used for pickling (M).


Tree, to 15 m tall; branches often drooping; young parts yellowish-pubescent to reddish-glabrescent. Leaves scattered; rachises to 20 cm long; leaflets 3-6 pairs, variable, acute to acuminate at apex, to 10 x 4 cm, glaucous beneath; lateral nerves 4-10 pairs. Inflorescences axillary, rarely on branches, to 6 cm long; pedicels 3-6 mm long; jointed above middle. Sepals obovate or oblong-ovate to 3-angled, acute to obliquely emarginate, to 4 x 2 mm, subglabrous, bright red, yellowish brown with pale margin when dry. Petals obovate to lanceolate, connate above ca 1 mm long claw, glabrous or with minute septate-glandular hairs inside. Shorter stamens without anthers; filaments often swollen at base, to 4.5 mm long. Ovary ellipsoid, ca 2.5 mm long, appressed-puberulous mainly on ribs; ovules 3-5 in each locule; styles to 2 mm long. Fruits ovoid to ellipsoid with 5 acute longitudinal ridges, stellate in cross section, lobed at both ends, to 12 x 6 cm, shining, yellowish green; seeds to 10, 12 x 5 mm; aril 2-lipped, enclosing seed, fleshy.

Herbs, stem pubescent. Leaves crowded at apex, paripinnate, to 4 cm, rachis ending in a bristle; leaflets opposite, 10-13 pairs, to 5 x 3 mm, oblong, pubescent, midvein oblique, stipules linear. Umbels terminal; peduncles to 7 cm, pubescent; flowers yellow, 6 mm across. Capsule enclosed in calyx, 3 mm, lanceolate; seeds rugose.


Prostrate herbs with creeping stem, rooting at lower nodes. Leaves digitately 3-foliolate; leaflets 0.5-1.5 x 0.6-2 cm, broadly obcordate, base cuneate, apex
emarginate; petioles 1.5-3 cm long. Flowers yellow, solitary or in axillary umbels; peduncles 4-10 cm long; pedicels 0.5-1 cm long; bracts 2, 3-4 mm long, linear-lanceolate. Sepals 5, 2-3 mm long, ovate-lanceolate. Petals 5, 5-6 x 3-4 mm, ovate-lanceolate. Stamens 10, in two rows. Ovary 5-celled; ovules many; styles 5, distinct. Capsules 0.8-1.5 x 0.3-0.5 cm, linear, puberulous outside. Seeds many, minute, brown.

Vernacular name : Pullam purache sappu (K), Puliyarila (M)
Voucher specimen : RNP 58928 (TBGT)
Distribution : Cosmopolitan
Habitat : Degraded forests, also in the plains
Ailments : Dysentery (K), stomach ache (M)
Part used : Whole plant
Method of preparation & dosage : Fresh whole plant is ground to paste and mixed with 20 ml of curd. Add little turmeric and salt boiled and taken along with meals twice daily (K & M).

Non ethnomedicinal use : Fresh whole plants are ground and add in curries (M).

PANDANACEAE


Branched shrubs or small trees; trunk greyish-brown, ringed by leaf-scars and with basal prop roots. Leaves spiralled in 3 rows, upto 200 cm long and 6 cm broad, linear-ensiform, apex gradually narrowed into an elongated triquetre flagella, the margins and dorsal midrib armed with white prickles, glaucous beneath. Female inflorescence a solitary terminal cephalium, pendulous in fruit. Phalanges mostly 5-15-celled, the carpels concentrically arranged, their apices with U-or V-shaped stigmas. Male inflorscence of several spikes, with white or cream axillant bracts, 5-10 cm long, composed of numerous phalanges; anthers apiculate. Fruit c. 20 x 10 cm oblong, red-orange.

Vernacular name : Kaide, Mundige (K)
Voucher specimen : RNP 75727 (TBGT)
Distribution : Tropical and subtropical Asia

176
<table>
<thead>
<tr>
<th>Habitat</th>
<th>Mangrove forests and sea coasts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ailments</td>
<td>Head ache (K)</td>
</tr>
<tr>
<td>Part used</td>
<td>Stem</td>
</tr>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>Fresh stem is burned slightly in fire and crushed and expressed juice is applied externally on the forehead to get relief from head ache (K).</td>
</tr>
<tr>
<td>Non ethnomedicinal use</td>
<td>For making mats (K).</td>
</tr>
</tbody>
</table>

**PEDALIACEAE**


Erect pubescent herbs to 1.2 m tall; young shoots 4-angled. Leaves opposite below and alternate above, basal leaves often 3-foliolate, 6-12 x 3-6 cm, elliptic to lanceolate, base rounded, margin entire or irregularly crenate-serrate, apex acute, pubescent on both sides; petiole to 4.5 cm long. Flowers axillary, solitary; pedicel to 3 mm long. Calyx-lobes 5, c. 7 mm long, lanceolate, pubescent. Corolla white, c. 3 cm long, tubular ventricose, 2-lipped, lobes 5. Stamens, didynamous; anthers oblong. Ovary c. 3 mm long, pubescent. Capsule 1.5-2 x 0.4-0.6 cm, oblong, compressed, beaked, medianly grooved, pubescent. Seeds c. 2 mm long, obovate, compressed, black, smooth.

**Vernacular name** : Ellu (M)

**Distribution** : Tropical Africa and Asia

**Habitat** : Cultivated

**Usage** : Used in Poly herbal formulations (see PHF M 16)

**PIPERACEAE**


Scandent or straggling shrubs, sometimes ascending and climbing. Leaves to 8 x 4 cm, ovate, acute at apex, cordate and strongly oblique at base, 7-nerved, membranous, shining above; nerves impressed; petiole 1-3 cm long. Female spike stout, erect;
peduncle 1.5 cm long; bracts peltate, orbicular. Male spike to 7 cm long, erect, slender; stamens 2. Berry 2 mm across, glabrous, black or deep red.

**Vernacular name**
Thippalli (M)

**Voucher specimen**
RNP 58933 (TBGT)

**Distribution**
Indo-Malesia

**Habitat**
Semi-evergreen, evergreen and moist deciduous forests

**Usage**
Used in Poly herbal formulations (see PHF M 16, 36, 60)


Glabrous climbers. Leaves to 16 x 10 cm, ovate, acuminate at apex, acute, rounded or truncate at base, 7-nerved, nervules subparallel; petiole to 2.5 cm long. Spikes to 12 cm long, slender; peduncles to 2.5 cm long; bracts united forming a cup below the flower. Flowers closely placed; stamens 2. Drupes 5 mm across, globose, smooth, deep red; stigmas 3-5, recurved.

**Vernacular name**
Kaalu menasu (K)

**Voucher specimen**
RNP 58937 (TBGT)

**Distribution**
Peninsular India and Sri Lanka, cultivated elsewhere

**Habitat**
Evergreen and semi-evergreen forests, also cultivated

**Ailments**
Fresh cut in eye and bruising (K)

**Part used**
Tender leaves

**Method of preparation & dosage**
Fresh leaves are chewed and blow to the eyes against fresh cuts in the eyes (K).

5 ml of coconut oil is spread on a fresh leaf and slightly heated in flame. Apply and gently rubbed on the affected part against bruising (K).

A climber up to 20 m tall. Stems strongly swollen at the nodes, papillose when young, soon entirely glabrous. Leaves of fertile branches with a petiole 1-2 cm long, 1.2-1.8 mm thick when dry, glabrous at maturity; lamina 12-20 cm long, 6-11 cm wide, ovate, rounded or shallowly cordate and slightly asymmetrical at the base, rather gradually acuminate at the apex; almost coriaceous, hardly pellucid when dry, bright green, shining and very smooth on the upper side, not scaly, the margin slightly revolute; with 2-3 pairs of arcuate veins from the base and one pair from the midrib 1-3 cm above the base; cross veins not or feebly raised on upper surface in dry leaf. Peduncle 1.2-2 (-2.8) cm long, as long as or slightly longer than petiole of opposed leaf. Spike 3.5-5 cm long, 3-4 mm thick at anthesis, unevenly nodose in fruit; pendulous, apiculate by the ebracteate sterile tip of the axis. Bracts peltate, orbicular to obcordate, broadly stipitate, with a membranous margin. Flowers crowded, dioecious. Stamens 2. Stylules 5-6, sometimes up to 8, about 0.8 mm across. Berries very rarely produced, concrecent into a fleshy spadix.

Vernacular name : Vettila (M)
Voucher specimen : RNP 75728 (TBGT)
Distribution : India and Malesia
Habitat : Cultivated
Ailments : Respiratooy problem (M)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are crushed and expressed juice is collected. 5 ml of expressed juice is mixed with 2 gm of camphor and coconut oil and taken twice daily for 7 days (M).

PLUMBAGINACEAE

Erect subshrubs, sometimes subscandent; stem striate. Leaves 3-7 x 1.7-3.2 cm, ovate or elliptic-ovate, base shortly and abruptly attenuated into a short petiole, apex acute or subacute, somewhat glaucous beneath; petiole c. 1 cm long, amplexicaul at base and often auriculate. Flowers white, in elongate, terminal, often paniced
racemes; rachis with sessile glands; bracteoles ovate, acuminate. Calyx 8-12 mm long, narrowly tubular, densely covered with stalked glands; lobes small. Corolla 1-1.6 cm across; tube c. 1.5 cm long; lobes obovate-oblong. Stamens 5; filaments c. 1.5 cm long. Ovary ellipsoid, 1-locular; stigma 5-fid. Capsule oblong, acute with 5 furrows.

<table>
<thead>
<tr>
<th>Vernacular name</th>
<th>Chitramoola (K)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voucher specimen</td>
<td>RNP 58930 (TBGT)</td>
</tr>
<tr>
<td>Distribution</td>
<td>Pantropical</td>
</tr>
<tr>
<td>Habitat</td>
<td>Deciduous forests, also in the plains</td>
</tr>
<tr>
<td>Ailments</td>
<td>For abortion (K)</td>
</tr>
<tr>
<td>Part used</td>
<td>Rhizome</td>
</tr>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>Fresh tuber sliced after peeling the outer skin is washed in hydrated lime. Cooked in butter milk and ground to a paste with water. Taken orally, once in the morning in empty stomach (K).</td>
</tr>
</tbody>
</table>

**POACEAE**


Culms from a thick stoloniferous rhizome, erect, 10-20 cm across; culm sheaths broadly triangular, densely brownish-hairy within, and scattered hairy without. Leaves to 20 cm long; sheaths to 12 x .2 cm, linear, glabrous; ligule short, entire; petiole short. Inflorescence a compound panicle with the spikelets in heads. Spikelets 1-many-flowered, 0.8-2 cm long, oblong, terete. Bracts glume-like. Glumes 1-3, to 5.5 mm, broadly ovate, mucronate. Lemmas to 6.5 mm, lanceolate, mucronate, coriaceous, glabrous. Paleas to 7 mm, 2-keeled, ciliate. Stamens 6. Style 1; stigmas 3. Caryopsis linearly cylindric.

<table>
<thead>
<tr>
<th>Vernacular name</th>
<th>Kanila (M)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voucher specimen</td>
<td>RNP 58945 (TBGT)</td>
</tr>
<tr>
<td>Distribution</td>
<td>India and Sri Lanka</td>
</tr>
<tr>
<td>Habitat</td>
<td>Deciduous forests, also grown in homesteads</td>
</tr>
</tbody>
</table>
Ailments : Fever, vomiting, worm (M)
Part used : Tender Leaves, tender stem, seeds
Method of preparation & dosage : Fresh tender leaves are crushed and cooked with rice in water and made to porridge. Taken once daily in the morning in empty stomach, against worm, especially in children (M).

Fresh tender stems are crushed and expressed juice is boiled and concentrated. Taken 10 ml of decoction thrice daily for 3 days orally against fever (M).

Taken 10 ml of expressed juice twice daily to get relief from Vomiting (M).

Non ethnomedicinal use : Dried seeds are cooked in the form of porridge and taken (M).

Fresh tender leaves are slices and cooked along with capsicum, coconut, onion and salt and taken along with cooked rice (M).

Mature stem is used for making baskets (M).
Mature stem is used for making ‘Pathi’, Theyyam worship place (Plate 8 A)


Perennials. Culms 80-240 cm high, tufted; nodes glabrous. Leaves 20-80 x 1-2 cm, linear, rounded at base, flat; sheaths glabrous; ligule ovate, membranous. Inflorescence a large complex greyish panicle; branches slender, flexuous, often drooping. Racemes paired, with a spatheole beneath. Spikelets binate, one sessile, other pedicelled. Sessile spikelets 4-5 mm long, elliptic-lanceolate; lower glume c. 3 x 1 mm, elliptic-lanceolate, keels winged towards apex; upper glume ovate-lanceolate, margins ciliate; lower floret empty; upper floret bisexual; first lemma 2.5-3 x 1 mm, lanceolate, purplish, epaleate; second lemma c. 2 x 0.4 mm, deeply 2-fid, awned, hyaline, awn 6-10 mm; stamens 3, anthers 1-2 mm long; ovary c. 1 mm,
oblong, stigmas 1-1.5 mm long; caryopsis c. 2 mm long, elliptic. Pedicelled spikelets 3-4 mm long, lanceolate; pedicels c. 2 mm long, densely villous; lower glume c. 3 x 1 mm, ovate-lanceolate; upper glume c. 3 x 1 mm, elliptic-lanceolate; lower floret male; upper floret wanting; first lemma c. 3 x 1 mm, elliptic-lanceolate; stamens 3, anthers 1.5-2 mm long.

Vernacular name : Anthibe hullu (K)
Voucher specimen : RNP 75599 (TBGT)
Distribution : India and South East Asia
Habitat : Deciduous forests and grasslands, also in the plains
Ailments : Fever (K)
Part used : Whole plant
Method of preparation & dosage : Fresh whole plant is crushed and boiled in water to a decoction. Taken 10 ml thrice daily for 3-4 days (K).

Non ethnomedicinal use : As insect repellent (K).


Slender, stoloniferous creeping perennials. Leaves 1-10 x 0.1-0.5 cm, linear-lanceolate, acuminate, glaucous; sheaths keeled; ligules fimbriate, membranous. Inflorescence of terminal, digitate 3-4 spikes; spikes 1-sided, oblong to 5 cm long. Spikelets sessile, 2-3 mm long, oblong-lanceolate, laterally compressed, 1-flowered. Lower glume 1.5-2 x 0.5 mm, lanceolate, chartaceous, 1-nerved. Upper glume c. 2 x 0.5 mm, lanceolate, chartaceous, 1-nerved. Lemma 2-3 x 1.5-2 mm, boat-shaped, ovate-oblong when spread, keeled. Palea 2-2.5 x 0.5-1 mm, boat-shaped or oblong when spread, chartaceous. Stamens 3; anthers 1-1.5 mm long. Ovary c. 0.5 mm long, oblong; stigmas 0.5-1 mm long, pink. Caryopsis c. 1 mm, linear.

Vernacular name : Garikkehullu (K), Karukapullu (M)
Voucher specimen : RNP 58948 (TBGT)
Distribution : Tropical and warm temperate regions of the world.

Habitat : Along banks of backwaters, bunds of paddy fields and wastelands.

Ailments : Allergy (K), health promotive (M).

Part used : Whole plant.

Method of preparation & dosage: Fresh whole plant is wet ground to paste. Applied externally on the affected part against allergy (K).

Fresh whole plant is crushed and cooked along with rice and made to porridge and taken in rainy season for better health (M).


Perennials. Culms to 180 cm high, erect, tufted; nodes glabrous. Leaves 30-60 x 0.4 - 1 cm, linear or linear-lanceolate, convolute, glaucous; sheaths to 30 cm long, keeled; ligules membranous. Panicles 15-37 cm long; pyramidal, contracted; racemes to 14 cm long, whorled. Spikelets in pairs, dissimilar. Sessile spikelets 3-5 mm long, lanceolate; lower glume 3-4 mm long, lanceolate, coriaceous, spinulose; upper glume 3-5 mm long, lanceolate; coriaceous; lower floret empty; upper floret bisexual; first lemma 3-4 x 1-2 mm, elliptic, second lemma 2-3 mm long, oblong; palea c. 2 mm long, oblong, hyaline; stamens 3; ovary elliptic. Pedicelled spikelets 3-4 mm long, lanceolate; glumes 3-4 mm long, lanceolate, coriaceous; lower floret empty; upper floret male; first lemma c. 3 mm long, elliptic; second lemma c. 2 mm long, lanceolate; Palea c. 1 mm long, oblong; stamens.

Vernacular name : Lopanam (K), Ramacham (M)

Voucher specimen : RNP 75575 (TBGT)

Distribution : India, Myanmar and Sri Lanka

Habitat : Banks of streams and backwaters, also cultivated
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. Ficus exasperata Vahl.; B. Biophytum reinwardtii (Zucc.) Klotzsch.; C. Piper longum L. D. Plumbago zeylanica L.;
E. Bambusa arundinacea (Retz.) Willd.; F. Naravelia zeylanica (L.) DC.
Usage: Used in Poly herbal formulation (see PHF K 42, 19 & M 61)

PUNICACEAE


A large deciduous undershrub up to 10 m in height with smooth dark grey bark and often spinescent branchlets; leaves opposite, glabrous, minutely pellucid-punctate, shining above, bright green beneath; flowers scarlet red or sometimes yellow, mostly solitary, sometimes 2-4 together, stamens very numerous inserted on the calyx below the petals at various levels; fruits globose, crowned by the persistent calyx, rind coriaceous and woody, interior septate with membranous walls containing numerous seeds, seeds angular with red, pink or whitish fleshy testa.

Vernacular name: Mathalam, Dalise (K)
Voucher specimen: RNP 75731 (TBGT)
Distribution: Central & West Asia, West Himalaya, widely cultivated in East Himalaya, South Europe and Asia
Habitat: Cultivated
Ailments: Worms (K)
Part used: Leaves
Method of preparation & dosage: Fresh leaves are ground and taken 2 times for 2 days.

RANUNCULACEAE


Climbing shrubs; young stem, leaves and buds densely villous; roots tuberous. Leaves 2-3-foliolate; leaflets 4-12 x 3-8 cm, elliptic-ovate, base rounded, margins distantly dentate, apex acute or acuminate, pubescent beneath, glabrous above, basally 5-ribbed; terminal leaflet transformed into a 3-fid, hooked tendril, up to 9 cm long; petioles 5-10 cm long. Flowers c. 1.5 cm across, bisexual, in terminal and
axillary divaricately branched, up to 15 cm long panicles. Sepals 4-5, greenish yellow, 0.8-1 cm long, elliptic, pubescent without. Petals 6-12, greenish yellow, 0.7-0.9 x 1-1.5 mm, linear to spatulate. Stamens many; filaments ligulate; staminodes 10-14, petaloid. Carpels many; ovule 1 per carpel; style 1.5-2 mm long; stigma clavate. Achenes many; 0.8-1 cm long, linear, stalked, with spirally twisted, 3-4 cm long, feathery persistent style.

Vernacular name: Soodravalli, Karuppakody (K)
Voucher specimen: RNP 75568 (TBGT)
Distribution: South East Asia
Habitat: Moist deciduous forests, also in the plains
Ailments: Migraine (K)
Part used: Tender leaves
Method of preparation & dosage: Fresh tender leaves are crushed and expressed juice is applied externally 1-2 drops in each nose, single application (K).

RHAMNACEAE

Trees, to 10 m high; bark dark grey or nearly black, with deep vertical cracks, reddish and fibrous inside; branchlets, petiole and underside of leaves white buff, tomentose. Leaves simple, alternate, distichous; stipular spines solitary or in pairs, straight or one of them recurved; nodes slightly enlarged around the leaf scars; petiole 4-8 mm, stout; lamina 1.5-4 x 1.5-3 cm, ovate, elliptic-ovate, elliptic-orbicular or suborbicular, base oblique, subcordate or round, apex round and retuse, margin glandular-denticulate or serrate, glabrous above, coriaceous, strongly 3-ribbed from base, convergent; lateral nerves 2-3 pairs, pinnate, prominent, slender, intercostae obscure. Flowers bisexual, 5 mm across, greenish-yellow, in 15-20 flowered dense cymose axillary fascicles; peduncle much reduced; calyx tube 0.5 mm, woolly outside, glabrous within; lobes 5, triangular, prominently keeled on inner face; petals 5, cucullate, round at apex, deflexed with the stamens; disc 10-lobed, grooved; stamens 5, enclosed in the petals, not exserted beyond them; filaments slightly dilated at base; ovary embedded in disc, 2-celled; ovule 1, ascending; styles 2, connate to the
middle; stigma 2-fid. Fruit a drupe 1 x 0.5 cm, oblong-globose, yellow or orange when ripe; 1-2-celled; seeds 1 or 2, compressed.

Vernacular name : Boggari (K)
Voucher specimen : RNP 75554 (TBGT)
Distribution : Paleotropics
Habitat : Dry deciduous forests, also planted in the plains
Ailments : Peptic ulcer (K)
Part used : Stem bark
Method of preparation & dosage : Fresh stem bark is crushed and cooked with rice and made to porridge and taken once daily for 2 days (K).

Fresh stem bark is crushed and boiled in water and gargle against mouth ulcer (K).


Scandent shrubs, thorns many, recurved, branchlets densely silky hairy. Leaves 4-6.5 x 2-3 cm, ovate, apex acuminate, base oblique, 3 or 4 ribbed, densely fulvous hairy, sessile or shortly petioled. Flowers 3 mm across, shortly pedicelled, 6-20 in axillary clusters; sepals triangular, hispid outside; petals clawed, concave, greenish yellow; disk flat, glabrous. Drupe 6 x 6 mm, globose, black.

Vernacular name : Choorimullu (K)
Voucher specimen : RNP 75549 (TBGT)
Distribution : Tropical Asia and Australia. Throughout the hotter parts of India
Habitat : Moist and dry deciduous forests, also in the plains
Ailments : Conjunctivitis (K)
Part used : Tender leaves, fruit
Method of preparation & dosage: Fresh tender leaves are crushed and expressed juice is taken and sieved well. Applied two drops in each eye twice daily for 3 days (K).

Non ethnomedicinal use: Ripened fruits are edible (K).


Scandent shrubs, thorns, recurved. Leaves 9-12 x 4-7 cm, ovate-orbicular, apex acute, base unequally cordate, fulvous-tomentose beneath, coriaceous, crenulate; petiole to 1 cm long. Flowers 6-20 together; subsessile, 5 mm across; sepals densely tomentose outside; disk flat, glabrous; ovary densely tomentose, 2-celled; styles 2, curved. Drupe to 1.3 cm, globose, white, glabrous.

Vernacular name: Kottamullu (K)

Voucher specimen: RNP 75519 (TBGT)

Distribution: India, Sri Lanka, Bangladesh and Myanmar

Habitat: Grasslands and deciduous forests, also in the plains

Ailments: Mouth ulcer (K)

Part used: Stem bark, fruit

Method of preparation & dosage: Fresh stem bark is crushed and expressed juice is mixed with a pinch of salt and water and gargled, thrice daily (K).

Non ethnomedicinal use: Ripened fruits are edible (K).


Trees, to 12 m high, bark thin, brownish-grey, exfoliating in small scales; branchlets tomentose, sparsely armed. Leaves simple, alternate, stipulate; petiole 5-12 mm, tomentose, slender; lamina 5-8 x 3-5 cm, ovate-oblong or suborbicular, base rounded; apex obtuse, apiculate, margin serrulate, glabrous above, tomentose beneath, coriaceous; 3-5-ribbed from base; lateral nerves many, puberulent beneath;
intercostae reticulate, faint. Flowers bisexual, in axillary cymes, greenish-yellow, pubescent; peduncle 1.5 cm long; calyx 5 lobed, 1.5 mm radiating; petals 5, 2 mm, spatulate; disc 5 lobed; stamens 5, filaments subulate; ovary 3-celled, ovules solitary; styles 3; stigma trifid. Fruit a drupe, 1.5-2.5 cm across, globose, woolly; seeds 3.

Vernacular name : Kotta (K)
Voucher specimen : RNP 58962 (TBGT)
Distribution : India, Nepal and Sri Lanka
Habitat : Dry and moist deciduous forests
Ailments : Wounds due to thorn (K)
Part used : Fruit, leaves
Method of preparation & dosage : Fresh leaves are ground to paste and applied on the affected part (K).

RUBIACEAE


Bushy shrubs, spreading by root sprouts. Leaves opposite, 6-10 x 2.5-3 cm, elliptic to oblong, shortly acute at apex, round to slightly cordate at base, sessile, greenish on drying. Corymbs 5-8 cm across; peduncle and pedicels short. Calyx tube 0.18-0.2 cm long, puberulous without; lobes minute. Corolla scarlet; tube 3-3.5 cm long, puberulous without; lobes 0.8-1 x 0.4-0.5 cm. Stamens attached at throat; anthers 0.3-0.35 cm long. Ovary 0.1-0.2 cm across; style 3-3.5 cm long, exserted. Berry 0.6-0.8 cm diam., didymous; seeds 2, globose, 0.3-0.4 cm diam.

Vernacular name : Chekki, Kepla (K), Chuvannachekki (M)
Voucher specimen : RNP 75526 (TBGT)
Distribution : Peninsular India and Sri Lanka, in Kerala all districts
Habitat : In the plains, also grown in homesteads
Ailments : Mouth ulcer, health promotive for kids (K), skin allergy (M)
Part used : Bud, Flower, Tender leaves
Method of preparation & dosage : 10 fresh buds are chewed with a pinch of salt against mouth ulcer (K).

Fresh flower and tender leaves are crushed and expressed juice is given orally, 3-4 drops once daily for proper health (for babies) (K).

Fresh flower buds are crushed and boiled in water and made to a decoction and taken 10 ml thrice daily for 7 days against skin allergy (M).


Evergreen shrubs or small crooked trees, 3-8 m high; bark greyish or yellowish-brown, shallowly fissured, glabrous; branchlets quadrangular. Leaves simple, opposite, 12-50 x 5-17 cm, elliptic-lanceolate, entire, acute to shortly acuminate to apex, cuneate at base, pinnately nerved, glabrous; petioles 0.5-2.5 cm long; stipules variable in size and shape, broadly triangular. Flowers bisexual, fragrant, in dense globose heads, connate by the calyces, peduncle 1-4 cm long, opposite to normally developed leaves. Calyx tube hemispheric, limb truncate. Corolla funnel-shaped, up to 1.5 cm long, lobes 5 lanceolate, acute. Stamens 5, inserted on the mouth of the corolla; filaments hairy. Ovary 2-celled, ovule solitary; stigma bilobed. Fruit an ovoid syncarp of pyramidal, 2-seeded drupes, 3-10 cm x 2-3 cm, yellow-white; seeds black, with hard albumen and distinct air chamber.

Vernacular name : Chayamaram (K)
Voucher specimen : RNP 75544 (TBGT)
Distribution : Indo-Malesia to Australia
Habitat : Waste places and mangrove forests
Ailments : Jaundice (K)
Part used : Stem bark, fruit
Method of preparation & dosage : Fresh stem bark is crushed and cooked with rice to a porridge. Taken in the early morning and evening for 7 days (K).
Non ethnomedicinal use : Ripened fruits are edible (K).


Straggling shrubs; branchlets pubescent. Leaves 6-10 x 4-6 cm, broadly ovate, base rounded, caudate acuminate at apex, sparsely hairy on both surfaces; petiole to 1.5 cm long; stipules 3-4 mm long, ovate, bifid at apex. Cymes terminal, lax, tomentose. Flowers 5-merous. Bracts and bracteoles linear, 1-1.5 cm, hairy. Calyx-lobes 5, 0.8-1 cm long, lanceolate, hairy, one of the calyx lobes transformed into a showy, white, pubescent, leaf-like structure, 8-12 x c. 4.5 cm. Corolla 2.5-3 cm long, funnel-shaped dialated above middle, orange-red or yellow, tomentose outside, villous at mouth; lobes 6-7 mm long, ovate-lanceolate. Stamens 5, included or exserted. Berry c. 1 cm across, globose.

Vernacular name : Vellaellay (K)

Voucher specimen : RNP 75537 (TBGT)

Distribution : Peninsular India, in Kerala all districts

Habitat : Moist deciduous and semi-evergreen forests, also in the plains

Ailments : Sore, scabies, itching (K)

Part used : Tender leaves

Method of preparation & dosage : Fresh tender leaves are ground in rice soup and made to paste. External application over the scalp till it cure, once daily.

Non ethnomedicinal use : Fresh leaves are boiled in water and used to dab the riddle (K).


Deciduous trees, to 20 m high, bark 6-8 mm, pale brown, vertically shallowly grooved, exfoliating in small rectangular flakes; blaze yellowish-brown; bole straight; branches horizontal. Leaves opposite, decussate; stipules interpetiolar, lanceolate, cauducous; petiole 20-45 mm, stout, glabrous; lamina 10-25 x 6-12 cm, ovate or elliptic-oblong, base truncate or obtuse, apex acuminate, margin entire, glabrous
above, pubescent beneath; lateral nerves 10-14 pairs, pinnate, prominent; intercostae scalariform, prominent. Flowers bisexual, yellowish, in globose heads, 2-4.5 cm across; calyx tube 2-3 mm in diameter, tube globose, lobes 5, 5-6 x 3-4 mm, membranous; corolla tube 6-8 mm long, lobes 5, oblong, acute, 3-4 cm long, glabrous; stamens 5, 3 mm long, anthers sagittate, sessile; ovary 3-4 mm long, 2-celled at base, 4-celled above, inferior, ovules many; style exserted to 5-6 mm, entire; stigma clavate. Fruit a capsule on a fleshy globose receptacle, 3.5-5 cm across, orange yellow, capsule membranous; seeds may, angular, minute.

Vernacular name : Kadamba (K)
Voucher specimen : RNP 75724 (TBGT)
Distribution : Asia, Pacific and Australia
Habitat : Along banks of rivers and streams in evergreen forests, also in the plains
Ailments : Joint pain (K)
Part used : Stem bark, fruit
Method of preparation & dosage: Fresh stem bark is crushed and boiled in water and made to decoction. Taken 10 ml in one glass of cow milk orally, twice a day (K).

Non ethnomedicinal use : Ripened fruits are edible (K).


Diffuse or spreading prostrate herbs; stem 4-angled. Leaves 1-2.5 x 0.2-0.4 cm, linear-lanceolate, base attenuate, scabrid on margins, acute at apex; stipules sheathing. Flowers 2-6 in a corymb; 4-merous; peduncles 4-8 mm long. Corolla white; tube c. 1 mm long, lobes minute. Corolla white; tube c. 1 mm long with a ring of hairs at throat. Stamens 4 inserted at corolla base. Capsules c. 2 mm across, subglobose, loculicidal, dehiscing at top only. Seeds minute, trigonous.

Vernacular name : Parpadakam (K)
Voucher specimen : RNP 75538 (TBGT)
Distribution : Pantropical
Habitat : Degraded forest areas, also in the plains
Usage : Used in Poly herbal formulation (see PHF K 86)

Annual erect herbs, rooting at lower nodes. Leaves 7-15 x 3-6 cm, elliptic or elliptic-lanceolate, base attenuate, apex acuminate, chartaceous, hirsute on veins below; petiole to 1.5 cm; stipules subulate, 3-5 mm long, 2-fid at tip. Flowers in terminal branched, scorpoid cymes, dense. Peduncle to 2.5 cm long, rusty pubescent. Calyx tube c. 1 mm long; lobes obscure. Corolla 0.8-1 cm long, white with pink shades on lobes. Capsule 2.5-3 long, 4-6 mm wide, obcordate, laterally compressed, glabrous, dehiscence loculicidal. Seeds many, angular.

Vernacular name : Keeripacha (M)
Voucher specimen : RNP 75524 (TBGT)
Distribution : India, Myanmar and Sri Lanka
Habitat : Semi-evergreen forests, also in the plains
Ailments : Poisonous bite (M)
Part used : Whole plant
Method of preparation & dosage : Fresh whole plant is ground to paste and applied on the affected part.


Pubescent, erect herbs. Leaves decussate, elliptic-oblong, to 3.5 x 1.5 cm, sparsely scabrous, nerves 3 or 4 pairs, base cuneate to attenuate, apex acute, (sub)sessile; stipules 1 x 0.8 cm. Flowers 40-50 per node. Calyx truncate, strigose without; lobes 4, unequal, linear-lanceolate, 2 short and 2 long. Corolla white, 2 mm wide; tube 2 mm, glabrous within; lobes 4. Stamens 4. Capsule truncate, 1.5 x 1 mm, dehiscing transversely.

Vernacular name : Kodalurukki (M)
Voucher specimen : RNP 75521 (TBGT)
Distribution : Indo-Malesia and Tropical Africa, in Kerala all districts
Habitat : Wastelands
Ailments : Swellings (M)
Part used : Whole plant
Method of preparation & dosage: Fresh whole plant is ground to paste and applied on the affected part externally twice daily (M).

RUTACEAE


Tree to 12 m tall, deciduous; branchlets cylindric, sometimes slightly angled, glabrous; spines axillary, solitary or paired, straight, stout and sharp. Leaves alternate-3-foliolate, sometimes 5-foliolate, dimorphic; petioles terete to 6 cm long, glabrous or puberulous when young; leaflets subsessile, ovate-elliptic or elliptic-lanceolate, oblique at base, shallowly crenate-serrate at margin, tapering at apex, membranous, pellucid-punctate, pale green. Inflorescences axillary and terminal, racemose or corymbose, few-flowered, 4-5 cm long; peduncles densely puberulent; pedicels 2-4 mm long. Flowers bisexual, greenish white or yellow, fragrant. Calyx cupular, finely puberulent, caducous; lobes 4 or 5, 3-angled. Petals 5, ovate-oblong, subequal, ca 12 x 6 mm, spreading, glabrous, fleshy and white. Stamens numerous in 2 or 3 series, free or basally subconnate, unequal; filaments subulate, ca 7 mm long, glandular; anthers linear-oblong, ca 8 mm long. Disc glabrous, greenish. Ovary ovoid, 4-5 mm long, faintly ridged, 10-loculed; ovules many, 2-seriate; style short; stigma oblong, longitudinally grooved. Berries ovoid, 6-10 cm across, woody, yellowish, many seeded; seeds oblong and flat.

Vernacular name: Bilwapathre (K)
Voucher specimen: RNP 58968 (TBGT)
Distribution: India and Sri Lanka; widely cultivated in South East Asia, Malesia, Tropical Africa and the United States
Habitat: Grown in temple premises and homesteads
Ailments: Diabetes, vomiting (K)
Part used: Leaves
Method of preparation & dosage: Fresh leaves (2 nos.) are chewed and taken for diabetes.
SELECTED ETHNO MEDICINAL PLANTS OF KASARAGOD

The tender leaves are ground to paste and add 20 ml of hot water and taken twice daily for getting relief from vomiting (K).


Small armed trees. Leaves 4-6 x 2-3 cm, ovate-lanceolate, apex obtuse, coriaceous, dentate; petiole 1 cm. Flowers axillary, in clusters, cymes or solitary, white; calyx cupular, 3-5-fid; petals 4-8, 7 x 2.5 mm; stamens 20 or more, filaments unequal, variously fused; ovary many celled, 4-8 ovules in each cell, style 1 mm, stigma capitate. Berry globose, fleshy, rind leathery and the juice is acrid.

Vernacular name: Cherupuli (K)
Voucher specimen: RNP 75576 (TBGT)
Distribution: Native of South East Asia; cultivated in tropical and subtropical countries
Habitat: Cultivated
Ailments: Ulcer (K)
Part used: Fruit
Method of preparation & dosage: One tea spoon of expressed juice is mixed with equal quantity of honey, taken orally twice daily for 7 days (K).


Small erect shrubs. Leaves 3-7-foliolate; leaflets subopposite, 7-15 x 2-5.5 cm, elliptic-lanceolate, attenuate at base, entire to minutely crenulate-serrate on the margins, acute to round at apex, glandular on both sides, glabrous; rachis 6-10 cm long; petiolule c. 2 mm long. Flowers in terminal or axillary, spiciform panicles. Sepals 5(4), 1-1.5 mm long, ovate-acute, ciliate on margins. Petals 5(4), white, 4-5 x 2-2.5 mm, obovate, surface gland-dotted. Stamens 8-10, longer and shorter filaments of longer ones c. 3 mm long, shorter, c. 2 mm long. Disc prominent, annular. Ovary 2-2.5 mm across, ovoid, 5-celled; stigma flat or obscurely lobed. Berry 1-1.2 cm diam., ovoid, white turning pink, 1-2-seeded.
Vernacular name : Panal (M)
Voucher specimen : RNP 75572 (TBGT)
Distribution : Indo-Malesia in Kerala all districts
Habitat : Semi-evergreen and moist deciduous forests, also in the plains
Ailments : Stomachache, vomiting (M)
Part used : Root, leaves, fruit
Method of preparation & dosage : Fresh root is ground to paste, applied externally against stomachache (M).

Fresh leaves of the plant is boiled and taken against vomiting (M).

Non ethnomedicinal use : Ripened fruits are edible (M).


Shrubs or small trees. Leaves pinnate, crowded at twig-ends; leaflets 15-25, asymmetrical, oblique, 1.5-4 x 0.8-2 cm, oblong-lanceolate, margin entire, apex acute. Panicles terminal, corymbose, many-flowered. Flowers small, white; pedicels c. 3 mm long. Sepals c. 1 x 1 mm. Petals 5, white, 6-8 x c. 1.5 mm, linear, sparsely glandular, rounded and slightly recurved at apex. Stamens 10, 5 longer than the others; anthers oblong. Ovary c. 1 mm long, globose; stigma capitate. Berry 8-11 mm across, subglobose, purplish-black when ripe. Seeds 1-2, green, globular-ovoid.

Vernacular name : Karibevu (K), Kariveppila (M)
Voucher specimen : RNP 75721 (TBGT)
Distribution : Indo-Malesia and China
Habitat : Cultivated
Ailments : Diabetes, against worms (K), worm disinfectant (M)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are chewed and taken against diabetes (K).
Fresh leaves are ground and prepared in the form of small balls. Swallow in empty stomach daily for worm disinfectant (M).


Trees, to 10 m, armed with sharp solitary or paired axillary spines; bark yellowish-grey, smooth, corky; blaze yellow; branchlets angled, glabrous. Leaves imparipinnate, alternate, estipulate; rachis 2.5-10 cm long, winged, wings obovate-oblong, glabrous, punctate; leaflets 3-7, opposite, sessile, estipellate; lamina 1-6 x 0.7-2.4 cm, elliptic or elliptic-obovate, base acute or obliquely acute, apex obtuse to emarginate, margin crenate, glabrous, profusely pellucid-gland dotted; glands dimorphic; coriaceous; lateral nerves 4-10 pairs, pinnate, slender, faint, intercostae reticulate, faint. Flowers bisexual, white, in few flowered axillary racemes; pedicel 8-10 mm long; sepals 4, free or united at base, ovate-orbicular, glandular; petals 4, free, elliptic or oblong, white, glandular, glabrous; stamens 8, subequal, free, inserted round the disc; filaments subulate; anthers yellow, apiculate, disc thin, glandular; ovary superior, globose, 4-celled, glabrous, glandular, ovule 1 in each cell.; style stout; stigma capitate; Fruit a berry, 6-8 mm across, subglobose, bluish-black, glandular; seeds 1-4, dull yellow, smooth.

Vernacular name : Kattunarakam, kattukanchi (M)
Voucher specimen : RNP 75723 (TBGT)
Distribution : Indo-Malesia in Kerala all districts
Habitat : Semi-evergreen and moist deciduous forests, also in the plains
Ailments : Stomach ache (M)
Part used : Bark
Method of preparation & dosage : Fresh bark is crushed and expressed juice is taken 10 ml thrice daily for 3 days (M).

Paullinia asiatica L., Sp. PI. 365. 1753.

Stragglers, the stem scrambling by the sharp, recurved prickles. Leaves trifoliolate; leaflets sessile, 3-6 x 1.5-2.5 cm, ovate to oblong-lanceolate, base acute, margins shallowly crenulate, apex obtuse or acute, thin-coriaceous; petiole to 2.5 cm, often prickly beneath. Panicles axillary, to 5 cm long. Flowers c. 4 mm across. Sepals small, deltoid. Petals c. 3 x 1.5 cm, oblong, cream coloured, glandular. Stamens c. 3 mm long. Ovary in the pistillate flowers on a short gynophore. Fruit c. 5 mm across, subglobose, apiculate, glandular, orange colour when ripe. Seeds 3 or 4, subreniform.

Vernacular name : Karapazham (M)
Voucher specimen : RNP 75743 (TBGT)
Distribution : Indo-Malesia and Africa
Habitat : Evergreen and shola forests, also in scrub jungles
Part used : Fruit
Non ethnomedicinal use : Ripened fruits are taken directly (M).


Deciduous trees, to 20 m high, bark 15-20 mm thick, brown, mottled with white, armed with conical prickles; outer bark dead, corky, pale yellow, inner bark sulphur yellow; branchlets woody, terete, sparsely prickly. Leaves imparipinnate, alternate, clustered at the tips of branchlets, estipulate; rachis 30-45 cm long slightly grooved above when young, becoming cylindric on maturity, usually prickly, glabrous; leaflets 13-23, opposite or subopposite, estipulate; petiolule 1-5 mm long; lamina 6-19 x 3-6.5 cm, oblong, elliptic-oblong, oblong-ovate, base oblique, apex acuminate or caudate-acuminate, margin entire or crenate, glabrous, punctate, coriaceous; lateral nerves 6-12 pairs, slender, pinnate, prominent; intercostae reticulate, faint. Flowers polygamous, greenish-yellow, 2-3 mm across, in terminal cymose panicles, peduncle and axis sometimes prickly; male flowers: sepals 4, ovate-triangular, fimbriate along margin, green; petals 4, free, elliptic-oblong, white or creamy yellow, valvate; stamens 4, anthers oblong, yellow; disc lobulate; pistillodes solitary; female flowers:
sepals & petals as in male flowers; staminodes absent; disc pulvinate; ovary superior, 4-celled, ovules 2 in each cell; style eccentric; stigma truncate. Fruit a capsule, of 1-4 cocci, purplish, tubercled, aromatic; seeds globose, smooth, blue-black.

Vernacular name : Kuyilamkotta (K)
Voucher specimen : RNP 75749 (TBGT)
Distribution : Indo-Malesia, in Kerala all districts
Habitat : Evergreen and moist deciduous forests, also in the plains
Ailments : Mumps (K)
Part used : Thorn
Method of preparation & dosage : Fresh thorns are ground to paste and applied externally, twice daily for 2 days (K).

SANTALACEAE


Evergreen trees, to 10 m high, bark surface dark grey to nearly black, rough with short vertical cracks. Leaves simple, opposite, estipulate; petiole 12-18 mm long, slender, glabrous, grooved above; lamina 3.7-12 x 2-4 cm, elliptic, elliptic-ovate or ovate-lanceolate, base acute or round, apex acute, margin entire, glabrous, shiny above and glaucous beneath, coriaceous; lateral nerves 8-13 pairs, pinnate, faint, intercostae reticulate, obscure. Flowers bisexual, 5-6 mm across, reddish-purple, in axillary and terminal paniculate cymes, much shorter than leaves; tepals 5, basally connate into a campanulate tube of 2 mm long, shortly connate to the basal part of the ovary; lobes 2.5 x 1.5 mm, ovate, thin, fleshy, glaucescent without, minutely ciliate; disc concave, adhering to the bottom of perianth, its lobes alternates with tepals; stamens 5, alternates with disc; filaments 1 mm; anthers 0.7 mm, ovoid, 2-celled; ovary superior later half inferior at the time of flowering, globose, 1 mm, 1-celled, ovules 2-3, pendulous from below the long, acuminate, central column; style 1.5 mm, stigma 3 lobed. Fruit a drupe, 8-12 mm across, globose, blackish-purple, annulate above, beaked with the basal part of the style; seed one.

Vernacular name : Gandham (K), Chandanam (M)
Voucher specimen : RNP 58925 (TBGT)
Distribution : Peninsular India and Malesia
Habitat : Dry deciduous forests, also grown in homesteads
Ailments : Better hair growth (K), skin disease (M)
Part used : Tender leaves, Heart wood
Method of preparation & dosage : Fresh tender leaves are ground to paste. Boiled in coconut oil and made to medicated oil. Applied over the scalp one hour before taking bath (K).
Fresh tender leaves are ground to paste and boiled in coconut oil to medicated oil. Applied on the affected part against skin disease (M).


Small trees; trunk with sharp axillary thorns. Leaves alternate, to 15 x 9 cm, ovate or oblong, acute or acuminate, base truncate or rounded, coriaceous; nerves 5 pairs, irregular. Flowers polygamous on drooping spikes. Spikes unequal, solitary or fascicled, along mature stems, 5-10 cm long; bracts triangular, acuminate, 1.5 mm long, scarious. Perianth orange-yellow, adnated to the ovary in bisexual and female flowers and free in male flowers, 5-fid at apex; stamens 4 or 5, anthers divaricate; ovary inferior, 1-celled, 3-ovuled; style short; stigma peltate. Drupes pyriform, 2.5 x 2 cm; purple, crowned by the perianth tube, 1-seeded.

Vernacular name : Nayikkooli (M)
Voucher specimen : RNP 58924 (TBGT)
Distribution : Peninsular India and Sri Lanka
Habitat : Semi-evergreen and evergreen forests, also in the sacred groves
Ailments : Stomach ache, ulcer (M)
Part used : Bark
Method of preparation & dosage: Fresh stem bark is crushed and expressed juice is taken. 10 ml twice daily for 7 days (M).

**SAPINDACEAE**


Large shrubs to small trees. Young stem and peduncles densely yellowish brown pubescent. Leaves trifoliolate; leaflets 8-12 x 5-7 cm, ovate or elliptic-ovate or rhomboid-ovate, cuneate at base, margins serrate towards the distal half, acute at apex, tomentose on both sides, domatia present in the axils of nerves; terminal leaflet larger; petiole to 11 cm long. Thyrses axillary, branched, longer than leaves, 12-16 cm long. Sepals 4, 0.5-1 mm long, ovate-obtuse. Petals 4, unequal, 0.5-1 mm long, white. Fruits c. 4 mm across, globose.

**Vernacular name**: Mukkananperuvalam (M)

**Voucher specimen**: RNP 58970 (TBGT)

**Distribution**: South India, Sri Lanka and South East Asia

**Habitat**: Moist deciduous and semi-evergreen forests, also in sacred groves

**Ailments**: Swelling (M)

**Part used**: Tender leaves

**Method of preparation & dosage**: Fresh tender leaves are ground to paste and applied.


Climbing or trailing herbs. Leaves alternate, bi-ternate; leaflets 2-4 x 1-2.5 cm, ovate-lanceolate, deeply dentate or lobed, apex acute to acuminate, membranous; petiole to 3 cm long. Flowers white, polygamous in 3-7-flowered axillary tendril-bearing peduncles; peduncle up to 5 cm long. Sepals 4, in 2-pairs, outer pair smaller. Petals 4, white, unequal, with basal scales. Stamens 8; filaments unequal, pilose.
Ovary 3-locular; ovule 1-per locule; stigma 3-fid. Capsule papery, inflated, 3-lobed, winged. Seeds one in each chamber, black with a white eye.

Vernacular name : Uzhinja (M)
Voucher specimen : RNP 58929 (TBGT)
Distribution : Pantropical
Habitat : Moist deciduous forests, also in scrub jungles
Ailments : Swelling (M)
Part used : Root
Method of preparation & dosage : Fresh roots are wet ground to paste and applied on the affected part (M).


Trees, to 18 m high, bark 4-6 mm thick, greyish-brown; brittle or semi fibrous; blaze creamy yellow; branchlets lenticellate. Leaves paripinnate, alternate, estipulate; rachis 4.5-10 cm, stout, glabrous, swollen at base; leaflets 4-6, opposite or subopposite; petiolule 2-5 mm, stout, glabrous; lamina 6.5-25 x 2.5-11.5 cm, elliptic-oblong, elliptic-lanceolate, elliptic or lanceolate, base oblique, round or acute, apex acuminate, margin entire, glabrous, chartaceous; lateral nerves 6-17 pairs, pinnate, ascending, prominent, secondary laterals prominent; intercostae reticulate, prominent. Flowers polygamous, greenish-white, 5-6 mm across, in axillary or terminal panicles; panicles densely pubescent; sepals 5, pubescent outside, glabrous within, ovate, unequal, in 2 series, much imbricate; petals 5, linear-lanceolate, softly woolly on the inner surface except the claw, scales minute or absent; disc concave, margin fleshy, hirsute; stamens 8, inserted within the disc; filaments free, pilose, anthers oblong; ovary superior, tomentose, not lobed, 2-3-celled, ovule 1 in each cell; style terminal, stigma 2-3 lobed. Fruit a drupe, 16-18 mm across, globose, greenish-yellow, fulvous hairy when young, wrinkled when ripe; seeds 2-3, globose, black.

Vernacular name : Soppinka (K)
Voucher specimen : RNP 75592 (TBGT)
Distribution : South Asia
Habitat : Semi-evergreen and moist deciduous forests, also in the plains
Part used : Fruit
Non ethnomedicinal use : As substitute of soap for washing cloths etc.(K).

SAVOTACEAE


Evergreen trees, to 20 m high, bark dark grey, cracked or fissured longitudinally, scaly, rough; lenticels vertical; blaze pink with red streaks; exudation white; young branches brown pubescent. Leaves simple, alternate, spiral, stipulate; stipules lanceolate, caducous; petiole 15-40 mm long, slender, grooved above, pubescent; lamina 4-12 x 3.5-7.5 cm; elliptic or elliptic-oblong, base round or obtuse, apex obtuse to acuminate, margin entire, glabrous, coriaceous; lateral nerves many, slightly raised beneath, parallel, slender, looped near the margin forming intramarginal nerves; intercostae reticulate. Flowers bisexual, white, fragrant, 1-3 in axillary fascicles, pedicel 1 cm long; calyx lobes 8 in 2 series of 4 each, thick, outer lanceolate, valvate, pubescent; petals 9 mm long, lobes with 2 dorsal appendages, corolla 1 cm across; lobes 24, 3 series of 8 each, with hairs on back and margins, acuminate; stamens 8, alternating with pilose staminodes; filaments 1 mm, anthers oblong, cordate, 3 mm, connectives apicate; staminodes lanceolate, acuminate, fimbriate, pilose; ovary 0.1-0.15 cm long, void, hirsute without, 6-8-celled; 1 ovule in each cell; style columnar, 5 mm; stigma minutely fimbriate. Fruit a berry, yellow, ovoid, 2.5 cm long, 1.5 cm across, fleshy, epicarp thin; seeds usually 1, oblong-ellipsoid, laterally compressed.

Vernacular name : Elanji (M)
Voucher specimen : RNP 75719 (TBGT)
Distribution : Indo-Malesia
Habitat : Semi-evergreen and evergreen forests, also grown in homesteads
Part used : Fruit
Non ethnomedicinal use : Ripened fruits are edible (M).
SCROPHULARIACEAE


Aquatic or amphibious, prostrate, semi-succulent herbs; stem creeping, branches ascending. Leaves 1-1.5 x 0.4-0.6 cm, ovate-oblong or spatulate, base narrowed rounded at apex, punctate above, thick, sessile. Flowers solitary, axillary; pedicels to 2.5 cm long; bracteoles 2, up to 3 mm long. Calyx-lobes 5, unequal; outer calyx lobe c. 5 x 4 mm, ovate, others slightly smaller. Corolla bluish-white, c. 8 mm long, broadly campanulate, faintly 2-lipped; lobes 5, subequal. Stamens 4, didynamous. Ovary oblong-globose; style slightly deflexed. Capsule 3-4 x 1.5-2 mm, ovoid or oblong, enclosed in calyx. Seeds c. 0.5 mm long, oblong, reticulate.

Vernacular name: Brehmi (M)

Voucher specimen: RNP 58979 (TBGT)

Distribution: Paleotropics

Habitat: In the plains and mangrove forests

Usage: Used in poly herbal formulation (see PHF M 50)


Erect annual or perennial herbs. Leaves decussate to whorled, 1-3 x 0.5-1.5 cm, obovate-oblong, base attenuate, margin crenate-serrate, apex acute, penninerved, punctate, chartaceous; petiole to 0.7 cm long. Flowers axillary, solitary or 2; pedicels slender 4-7 mm long. Calyx lobes 2-3 mm, ovate-oblong, ciliate along margin. Corolla white 4-6 mm long, rotate, throat densely hairy, lobes spatulate. Stamens 4, subequal, 3-4 mm long. Ovary globose, 2-celled; ovules many; stigma truncate. Capsules 1-2 mm across, globose. Seeds 4-angled, reticulate.

Vernacular name: Manithumbe (K), Kallurukki (M)

Voucher specimen: RNP 75510 (TBGT)

Distribution: Native of Tropical America; now Pantropical
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. Santalum album L.; B. Scleropyrum pentandrum (Dennst.) Mabb.;
C. Cardiospermum halicacabum L.; D. Sapindus trifoliatus L.;
E. Bacopa monnieri (L.) Pennell; F. Smilax zeylanica L.
Habitat: Wasteplaces
Ailments: Small pox (K), urinary calculi (K & M)
Part used: Whole plant
Method of preparation & dosage:

- Fresh whole plant is crushed and expressed juice is boiled in one glass of cow’s milk and made to milk decoction. Taken once daily in empty stomach for 7 days, against urinary calculi (K & M).

- Fresh whole plant is crushed and boiled in water and made to decoction and taken 15-20 ml thrice daily, against small pox (K).

### SMILACACEAE


Climbing shrubs; stem prickly. Leaves 6-12 x 3-6.5 cm, ovate-oblong or ovate-lanceolate, base rounded, acute to shortly cuspidate at apex, coriaceous, glabrous and glossy, 3-5-ribbed from base; petiole to 2 cm long, tendril from either sides of petiole. Umbels axillary, 1-3; peduncles 2-3 cm long. Flowers unisexual; pedicels 5-6 mm long; bracts oblong. Perianth 6-partite, free, greenish, c. 7 mm long, oblong. Stamens in male flowers 6, free; filaments flat, apex callose; pistillode 0. Ovary in female flowers 3-lobed, 3-celled; ovules 1 or 2 per cell; style 3-fid; staminodes 3-6. Berry 0.8-1 x 0.6-0.8 cm, subglobose. Seeds 1-3, 3-4 mm across, globose.

Vernacular name: Chennarvalli (M)
Voucher specimen: RNP 58939 (TBGT)
Distribution: Indo-Malesia
Habitat: Moist deciduous and semi-evergreen forests, also in the plains
Ailments: Stomach ache (M)
Part used: Rhizome
Method of preparation & dosage: Fresh rhizome is raw eaten.

204

Shrubby perennials. Leaves c. 10 x 5.2 cm, ovate-lanceolate, base obliquely rounded to acute, apex gradually acuminate; petiole to 2.6 cm long. Flowers usually 2-3 per node. Calyx cupular, lobes 5, triangular, acute. Corolla white, lobes 5, triangular-ovate, puberulous without. Stamens 5, exserted; filaments to 1.5 mm long; anthers oblong. Stigma capitate. Fruit green or white, gradually tapering towards apex, erect. Seeds many, compressed, circular.

**Vernacular name**

Kanthari (M)

**Voucher specimen**

RNP 75563 (TBGT)

**Distribution**

Tropical America; widely cultivated

**Habitat**

Cultivated

**Part used**

Leaves, fruits

**Non ethnomedicinal use**

Fresh tender leaves are washed and sliced and cooked and add coconut, capsicum, onion, and sufficient quantity of salt. Then fried in coconut oil with mustard in the form of “Thoran” (Dry vegetable preparation) (M).

Fruits are used as condiment in food reparation and pickling.


Subshrubs; branches somewhat zigzag. Leaves entire or angled with acute lobes, c. 12 x 8 cm, ovate, base oblique, apex acute or acuminate; petiole to 6 cm long. Flowers solitary in axil, erect; pedicels 1-1.5 cm long. Calyx 6-8 cm long, tubular, 5-lobed, minutely pubescent. Corolla creamy-white, c. 15 cm long, funnel-shaped; teeth 5, cuspidate. Stamens 5, attached towards the base of corolla tube, included, subequal; filaments hairy at base. Capsule c. 3 cm across, spherical, covered with short spines, dehiscence irregular. Seeds compressed, c. 5 mm long, smooth, brown.
Vernacular name: Ummatha (K), Ummom (M)
Voucher specimen: RNP 58998 (TBGT)
Distribution: Paleotropics
Habitat: Degraded dry and moist deciduous forests and wastelands
Ailments: Mumps (K)
Part used: Tender leaves
Method of preparation & dosage: Fresh fruit is ground and to paste with a pinch of salt. Applied externally on the affected part and rub well (K).


Annual or short-lived perennial viscid herbs, 0.7-2 m tall, glandular hairy overall. Leaves alternate, decurrent on stems; leaf blade ovate to elliptic or lanceolate, 30(-70) × 8-15(-30) cm, membranous, glandular hairy, base narrowed, nearly half clasping, apex acuminate. Inflorescences many-flowered, much-branched panicles; pedicel 0.5-2 cm. Calyx tubular or tubular-campanulate, 2-2.5 cm; lobes deltate, acuminate, unequal. Corolla yellowish at base, yellowish, greenish, red, or pink distally, funnell-shaped, 3.5-5 cm; limb 1-1.5 cm in diam., with acute unequal lobes. Stamens unequal, sometimes partly exserted. Capsules ellipsoid or ovoid; seeds brown, rounded, ca. 0.5 mm in diam.

Vernacular name: Hogesappu, Pokela (K)
Voucher specimen: RNP 75725 (TBGT)
Distribution: Tropical America; widely cultivated
Habitat: Cultivated
Ailments: Whitlow (Kuzhinakham) (K)
Part used: Dried leaves
Method of preparation & dosage: The dried leaves are wet ground partially. Applied externally on the affected knail (K).


Erect annual herbs; stem glabrous or sparsely hispid. Leaves 2-5 x 1-3 cm, ovate or elliptic, base rounded, shortly decurrent on the petiole, subentire, acute to acuminate at apex, membraneous; petiole to 5 cm long. Inflorescence axillary to extra-axillary umbellate cymes; peduncle 1-2 cm long; pedicels 4-6 mm long. Calyx cupular, 5-lobed, minute. Corolla white, 3-4 mm across, subentire. Berry, 4-5 mm across, globose, purplish-black. Seeds c. 1 mm long, discoid, minutely pitted.

Vernacular name : Manithakkali (M)
Voucher specimen : RNP 75737 (TBGT)
Distribution : Cosmopolitan
Habitat : Degraded moist deciduous forest areas and riversides, also in the plains
Ailments : Mouth ulcer (M)
Part used : Fruit, tender leaves
Method of preparation & dosage : Fresh fruits are chewed and taken (M).
Non ethnomedicinal use : Ripened fruits are taken as such.

Whole plant is used as fodder (M).


Armed undershrubs, up to 1.5 m tall; branches minutely stellate-hairy on young parts, glabrate when mature. Leaves 5-12 x 4-7 cm, ovate or ovate-oblong, sinuately to deeply lobed, base rounded or unequal, apex subacute, sparsely stellate-hairy above, stellate-woolly beneath, prickly on the nerves; petiole to 2.5 cm long. Flowers bluish-violet in extra-axillary racemes; peduncle c. 4 cm long; pedicel to 8 mm long. Calyx cupular; lobes 5, c. 5 mm long, triangular, prickly. Corolla c. 2 cm across, campanulate. Stamens 5; anthers c. 5 mm long. Ovary c. 2 x 2 mm, globose; stigma acute. Berry 0.8-1.3 cm across, globose; orange yellow when ripe.

Vernacular name : Chunda (M)

Large shrubs or small trees; bark pale greyish, finely wrinkled; young shoots stellate-tomentose. Leaves 5-12 x 3-8 cm, obovate to suborbicular, base cordate, margin irregularly crenate-serrate, apex acute or acuminate, 3-5-nerved at the base, scabrous above and stellately tomentose below; petioles to 1.2 cm long. Flowers axillary, solitary or in few-flowered cymes; bracts 2-3 mm long, linear, 2 brown glands present in the axil of bracts; pedicel to 6 mm long. Calyx slightly yellow, persistent, tubular, splitting in to 5 irregular lobes; tube 1.5-2 cm long, densely stellate hairy without. Petals 5, unequal, 2-2.5 cm long, obovate, clawed, crimson, fading to pale blue. Staminal column 3-3.5 cm long, cylindric; stamens 10; staminodes 5. Ovary 2-2.5 mm long, placed at tip of gynophore, 5-lobed, 5-celled; ovules many; style 5; stigma subulate. Follicles 5, 4-6 cm long, spirally twisted, stellate-tomentose, beaked. Seeds 2-3 mm long, angular, black, wrinkled.

**Vernacular name**: Erumakayyoola (M)

**Voucher specimen**: RNP 75504 (TBGT)

**Distribution**: Indo-Malesia, China and Australia

**Habitat**: Deciduous forests, also in plantations and plains

**Ailments**: Urinal calculi, cut and wounds, snake poison, dysentery (M).

**Part used**: Root, fruit, stem

**Method of preparation & dosage**: Fresh root tip is chewed well and taken the juice against urinary calculi (M).
Fresh roots are ground without adding water to paste, applied externally against wounds (M).

Fresh roots are ground to paste with water. Taken orally, 10 ml thrice daily for 7 days, against snake poison (M).

Fresh roots are crushed and expressed juice is collected. Taken one ounce twice daily for 3 days, for getting relief from dysentery. (M)

Non ethnomedicinal use : Fresh and ripened fruits are edible (M).
Bark used for tying as twine for making baskets (K).

**TILIACEAE**


Erect bushy shrubs. Young stem, petioles, peduncles and calyx densely stellate pubescent. Leaves 6-18 x 3-5.5 cm, elliptic-oblong or ovate-lanceolate, base rounded or cordate, margins subentire to serrulate, apex acute to acuminate, densely stellate hairy when young, glabrous on ageing except the nerve on both sides, 3-ribbed; petioles up to 1 cm long. Flowers in axillary and terminal panicles; pedicels c. 1 mm long; bracts 5-6 mm long, linear-lanceolate. Sepals 5, free, 4-6 mm long, oblong-obovate, tomentose without. Petals 5, yellow, 2-3 mm long, ovate. Stamens many; filaments 3-4 mm long. Ovary c. 1 mm across, globose, 2-4-celled; ovules 2 in each cell. Drupe 6-10 mm across, globose, purple on ripening. Seeds 1-2.

**Vernacular name** : Abhrangukai, Kottakka (K)
**Voucher specimen** : RNP 75709 (TBGT)
**Distribution** : Tropical Asia
**Habitat** : Semi-evergreen forests, sacred groves and scrub jungles
**Ailments** : Piles (K)
**Part used** : Dried root
**Method of preparation & dosage** : Dried roots are sliced and boiled in water and made to decoction, taken 10 ml twice daily (K).

Large trees, bark dark brown or greyish-brown, rough, vertically striated; blaze brownish-red, fibrous, streaked; branchlets stellate-tomentose. Leaves simple, alternate; stipules 7-10 mm, lateral, auricled; petiole 8-35 mm, stout, swollen tipped, pubescent; lamina 6-36 x 3-24 cm, broadly ovate or obliquely ovate to round, base obliquely cordate or subcordate, apex acute, margin double serrate or crenate-serrate, glabrescent above and hoary pubescent beneath, coriaceous, 5-7-ribbed from base, prominent, lateral nerves 3-6 pairs, pinnate, prominent, intercostae scalariform, prominent. Flowers bisexual, yellow, in axillary umbels; peduncle 1.5-2 cm long; sepals 5, pubescent; petals 5, yellow, half the length of sepals, entire or notched, densely tomentose outside; stamens many, free, inserted on a glandular torus; gland densely villous on the margin; ovary superior, globose, hirsute, 2-4-celled, ovules 2-many; style subulate; stigma obscurely lobed, recurved. Fruit a drupe, globose to subglobose, reddish-purple, 2-lobed, sparsely hairy.

**Vernacular name**: Chadechil (M)

**Voucher specimen**: RNP 75558 (TBGT)

**Distribution**: Tropical Africa, India to Indo-China

**Habitat**: Moist deciduous forests

**Part used**: Fruit, Stem

**Non ethnomedicinal use**: Ripened fruits are taken (M).

Stem is used for making handle of spade (K & M).

Used as fodder (K & M).

**ULMACEAE**

Large deciduous trees, to 25 m high, bark 6-8 mm thick, whitish-grey, smooth; blaze yellowish-grey, streaked with light brown; branchlets pubescent. Leaves simple, alternate; stipules lateral, scarious; petiole 5-10 mm, stout, pubescent; lamina 6-12.5 x 2.5-6.5 cm, ovate-oblong, ovate or elliptic-ovate, base rounded or subcordate, apex acuminate, margin entire, distantly serrate when young, coriaceous, glabrous above, appressed pubescent punctate below; lateral nerves 6-9 pairs, pinnate, prominent, intercostae reticulate, prominent. Flowers polygamous, appear before leaves, 5-8 mm across, greenish-purple, in axillary fascicles; tepals 4 or 5, free, anthers pubescent; female flowers with longer pedicels; ovary superior, compressed, long stipitate, 2-winged, 1-celled, ovule 1; style 2 fid. Fruit a samara, 3 cm across, orbicular, wings nerved, glabrous, seed one.

**Vernacular name**: Karthotti (M)

**Voucher specimen**: RNP 75712 (TBGT)

**Distribution**: Indo-Malesia

**Habitat**: Semi-evergreen forests, also in the plains

**Usage**: Used in Poly herbal formulations (see PHF M 5)

VERBENACEAE


Trees, to 10 m high, bark 5-8 mm thick, brown, rough; blaze creamy-white with yellow streaks, becoming darker on exposure; branchlets fulvous tomentose. Leaves simple, opposite, estipulate; petiole 25-60 mm long, stout, tomentose; lamina 13-30 x 8-20 cm, ovate or elliptic, base truncate, acute or rounded, apex acuminate, margin entire or dentate, glabrous above except midrib, densely white stellate tomentose beneath, glaucous, chartaceous; lateral nerves 6-8 pairs, pinnate, arched, prominent, raised beneath; intercostae scalariform, prominent. Flowers bisexual, pinkish-purple, in axillary corymbose cymes, densely tomentose; calyx 2 mm long, campanulate, lobes 5; corolla 4 mm long, 5 mm across, tube short, lobes 4, spreading; stamens 4, exerted; filaments 6.5 mm, glandular; anthers sagitate; ovary globose, superior, pubescent, 2 locular, ovules 2 in each cell; style slender; stigma capitate. Fruit a drupe, globose, 3 mm across, glabrous, black; seeds 3-4, oblong, angular.
Vernacular name : Thiriperuvalam (M)
Voucher specimen : RNP 58932 (TBGT)
Distribution : Peninsular India and Sri Lanka
Habitat : Semi-evergreen and moist deciduous forests,
also in the plains
Usage : Used in poly herbal formulation (see PHF M 71)


An erect to scandent or trailing, evergreen shrub, up to 3 m tall, commonly used
for hedges round the gardens etc. Leaves elliptic-ovate to obovate, opposite, entire,
petiolate and subcoriaceous. Flowers white, in axillary, trichotomous cymes,
terminating the branches, c. 2 cm across; pedicels 1.5-4 cm long; bracts minute,
linear. Calyx 5-6 mm long, cupular, minutely 5-toothed, persistent and slightly
broader than the base of corolla-tube. Corolla-tube 2.5-3.5 cm long, glabrous; lobes
ovate, c. 8 mm long, obscurely crenulate, obtuse. Stamen filaments pubescent, dark
violet or purple, much exserted, curved above. Drupe pear-shaped, c. 10 mm long, 4-
lobed, glabrous, enclosed by the persistent calyx, green.

Vernacular name : Thaggi, Peruvalam (K)
Voucher specimen : RNP 58988 (TBGT)
Distribution : Coastal India, Sri Lanka; now naturalised on the
shores of Myanmar,
Habitat : Scrub jungles
Ailments : Skin diseases (Allergy) (K)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are sliced and boiled in water. Use
this water for bath (K).

Brit. India 4: 594. 1885; Gamble, Fl. Pres. Madras 1100 (770). 1924; Sasidharan,
Shrubs; bark grey and corky; young shoots tawny villous. Leaves 8-17 x 6-12 cm, ovate or orbicular, base cordate, margin entire or denticulate, apex acuminate, villous beneath and tomentose above; basally 5-7 nerved; petiole to 8 cm long. Panicle terminal, 14-20 cm long, villous. Bracts foliaceous. Calyx cupular, 0.8-1 cm long; lobes lanceolate, 3-5-ribbed, acuminate at apex, tomentose. Corolla white, tubular; tube 1-1.5 cm long, villous without; lobes 6-10 mm long, oblong, hairy without. Stamens 4; filaments slender, purplish, 2-2.5 cm long; anthers oblong. Ovary globose; style slender; exserted, 2-2.5 cm long. Drupe 6-8 mm across, globose, bluish-black on ripening; fruiting calyx enlarged, pink. Seeds 2-4, globose, 2-3 mm across.

**Vernacular name**
- Vattamathu (K), Peruvalam (M)

**Voucher specimen**
- RNP 75503 (TBGT)

**Distribution**
- Indo-Malesia

**Habitat**
- Degraded forest areas and also in the plains

**Ailments**
- Stomach pain (K), fresh cut and wounds, stomacache (M)

**Part used**
- Root, tender leaves

**Method of preparation & dosage**
- Fresh root is crushed and boiled in one liter of water and concentrated to obtain half the quantity in the form of decoction. Taken 10 ml twice daily for 2 days (K).
- Fresh tender leaves are crushed and expressed juice is applied on wounds (M).
- Fresh roots are crushed and 5 ml of expressed juice is taken along with a pinch of salt against stomach ache (M).


Much branched straggling shrubs; stem 4-angled, armed with short thorns. Leaves 3-6 x 2-4 cm, ovate or elliptic-ovate, base subcordate or truncate, margin crenate-serrate, apex acute to shortly acuminate, scabrous above, puberulous below, veins impressed above; petiole to 1.5 cm long. Inflorescence terminal and axillary condensed spikes; peduncle 3-4 cm long, shortly prickly. Flowers sessile, orangish-
red, changing to deep red on ageing. Bracts closely imbricating. Calyx truncate. Corolla salver-shaped; tube 0.8-1 cm long, slender, cylindric, bent and inflated over stamens; lobes 5, obscurely 2-lipped. Stamens 4, included. Ovary 2-celled; ovules 1 in each cell; style slender; stigma subcapitate. Drupe 2-3 mm across, globose, purple on ripening. Seeds reticulate.

**Vernacular name**
Gulabee (K), Arippoo (M)

**Voucher specimen**
RNP 75564 (TBGT)

**Distribution**
Native of Tropical America, widely naturalised in the tropics and subtropics

**Habitat**
Introduced as ornamental plant; now naturalised as weed

**Part used**
Stem, fruit

**Non ethnomedicinal use**
Ripened fruits are edible (M). Fresh and mature stems are used for making baskets (K).


Deciduous trees, to 30 m high, bark 10-20 mm thick, yellowish-brown, rough, shallowly vertically fissured, fibrous; blaze pale yellowish concentrically lamellate; bole often fluted at base; branchlets 5-10 mm thick, 4-angled, puberulous. Leaves simple, opposite, estipulate; petiole 10-50 mm long, stout, tomentose; lamina 30-60 x 15-30 cm, ovate, obovate, base attenuate, apex acute or obtuse, margin entire, wavy, glabrous above and pubescent below with minute red glands, coriaceous; lateral nerves 8-10 pairs, pinnate, prominent, raised beneath, puberulent beneath; intercostae scalariform, prominent. Flowers bisexual, white, 7 mm across, in terminal cymose panicles, 10-30 cm across, puberulous; calyx 5 mm long, campanulate, lobes 5-6, subequal, ovate, tomentose; corolla 6 mm long, lobes 5-6, oblong, spreading; stamens 5-6, equal, erect, inserted at the throat, exserted; filaments 3 mm; anthers oblong; ovary globose, superior, densely hairy, 4-celled, 1 ovule in each cell; style slender, 4 mm; stigma linearly bifid. Fruit a drupe, 1.5-2 cm across, globose, brown, densely
SELECTED ETHNOMEDICINAL PLANTS OF KASARAGOD

A. *Datura metel* L.; B. *Helicteres isora* L.;
C. *Grewia nervosa* (Lour.) Panigrahi; D. *Clerodendrum infortunatum* L.; E. *Callicarpa tomentosa* (L.) L.; F. *Vitex negundo* L.
floccose hairy, covered by the inflated calyx, epicarp spongy, endocarp stony; seeds 1-4, oblong.

Vernacular name : Jaddi (K), Thekku (M)
Voucher specimen : RNP 75740 (TBGT)
Distribution : South and South East Asia
Habitat : Moist deciduous forests, also raised in plantations
Ailments : Burns (K & M)
Part used : Tender leaves
Method of preparation & dosage : Fresh tender leaves are ground well to a paste and mixed with burned hair. Applied externally on the affected part without rubbing (K & M).


Shrubs or small trees; purple pubescent all over, aromatic, bark pale. Leaves 3-5-foliolate; leaflets 6-13 x 2-5 cm, narrowly oblong or elliptic to lanceolate, base acute, apex acuminate. Panicles terminal, 10-25 cm long. Calyx 5-toothed obconic, c. 3 mm long, teeth triangular. Corolla deep purple to violet in colour, c. 7 mm across, hypocrateriform; tube 3-5 mm long, puberulent without, upper lipd 2-lobed, lower 3-lobed with the middle lobe larger, obovate, undulate-margined, other lobes shorter, subequal, obtuse. Stamens 4, filaments purple. Ovary c. 1 mm long; style purple; stigma 2-fid. Drupe 3-5 mm across, globose, purple or black.

Vernacular name : Karinekki (K), Nochi (M)
Voucher specimen : RNP 58926 (TBGT)
Distribution : Indo-Malesia and China, cultivated throughout the tropics
Habitat : Grown as hedge plant, also growing wild
Ailments : Head ache (K), sinusitis (M)
Part used : Leaves
Method of preparation & dosage : Fresh leaves are ground and to paste. Applied externally on the fore head (K).
Fresh leaves are crushed and expressed juice is applied two drops in each nostril, twice daily for three days to get relief from sinusitis (M).


Trees, to 30 m high, bark 10-13 mm thick, greyish-yellow, scaly; blaze yellow; branchlets lenticellate, minutely tomentose. Leaves compound, trifoliate, opposite, estipulate; rachis 35-60 mm long, slender, pubescent, winged in sapling leaves, wings auriculate at base; leaflets 3-5, sessile; lamina 6-18 x 2-5 cm, lanceolate, elliptic-lanceolate, or oblanceolate, base cuneate or acute, apex acuminate, margin entire, glabrous above and pubescent or glabrescent along the nerves below, chartaceous; lateral nerves 10-16 pairs, pinnate, puberulent beneath, slender, prominent; intercostae reticulate, prominent. Flowers bisexual, white, tinged with blue, in terminal panicles, 5-8 m long; bracts lanceolate, 3 mm long, caudicous; calyx densely tomentose, shortly 5 lobed, ovate; corolla 5 mm long, 2 lipped, upper lip of 2 and lower lip of 3 lobes, obtuse, throat villous; stamens 4, didynamous, exserted; filaments hairy at base; ovary globose, 1 mm, superior, densely hairy, 2-4-celled, 4 ovuled; style filiform; stigmas bifid. Fruit a drupe, 5 x 5 mm, smooth, globose, glabrous, blue, supported by enlarged calyx; seeds 4, obovate.

Vernacular name : Mayilellu (M)

Voucher specimen : RNP 75747 (TBGT)

Distribution : India, Indo-China, Malesia and Sri Lanka

Habitat : Moist deciduous and semi-evergreen forests, also in sacred groves

Ailments : Post natal care (M)

Part used : Bark

Method of preparation & dosage : Fresh bark is crushed and expressed juice is cooked along with rice and grated coconut kernel in the form of porridge. Taken daily in the early morning in empty stomach after delivery for one week (M).
Non ethnomedicinal use: used as fodder (M).

**VIOLACEAE**


Annual herbs to 30 cm high; stem woody at base, scabrous. Leaves subsessile, 0.6-3 x 0.3-1 cm, linear-lanceolate or elliptic-lanceolate, base attenuate, margins distantly crenate, crenations scabrous hairy, apex acute, hirsute; stipules 1-2 mm long, linear-lanceolate. Flowers axillary, solitary; pedicel 0.6-1.5 cm long, slender. Sepals 5, subequal, 2-3 x 1 mm, lanceolate, acute, ciliate. Petals 5, pinkish, unequal; lower one 0.8-1.5 cm long, suborbicular, clawed, other 4 smaller, 3-5 mm long, elliptic or triangular-oblong. Stamens 5, c. 2 mm long. Ovary ovoid, 1-celled; ovules many; style clavate; stigma oblique. Capsules 5-8 mm long, ovoid. Seeds many, ovoid.

Vernacular name: Orelathamara (M)

Voucher specimen: RNP 75713 (TBGT)

Distribution: Sri Lanka, India, China, Madagascar, Africa and Tropical Australia

Habitat: Dry deciduous forests and wastelands

Usage: Used in Poly herbal formulations (see PHF M 54)

**VITACEAE**


Scandent shrub; branches striate, nearly glabrous, hollow. Leaves simple, often 5-gonal, sometimes 3-5 lobed, usually deeply cordate at base, serrate at margin, acute to acuminate at apex, 10-25 x 10-24 cm, glabrous; nerves prominent beneath; petioles 5-
15 cm long, deeply grooved in upper half. Inflorescences pyramidal-thyrsoïd; primary branch 1.5-5 cm long; thyrses 3-7 cm long; peduncles 5-10 cm long; tendrils branched, 10-15 cm long. Flowers reddish brown; pedicels ca 1 mm long, puberulous. Calyx saucer-like, entire and glabrous. Petals oblong, ca 1.5 x 0.8 mm, glabrous. Disc enclosing about half of ovary, 5-grooved. Berries globose, 7-9 mm, black when ripe, 2-4 seeded. Seeds elliptic-oblong in outline, 6-7 x 4-5 mm, with a longitudinal, broad ridge and a groove on either side on adaxial surface and an oblong-elliptic chalazal knot and prominent fissures radiating towards margin on abaxial surface.

**Vernacular name**: Kemballi (K), Chembaravalli (M)

**Voucher specimen**: RNP 58956 (TBGT)

**Distribution**: South Asia

**Habitat**: Near streams in evergreen forests

**Ailments**: Small pox (K), peptic ulcer (M)

**Part used**: Root, fruit

**Method of preparation & dosage**: Fresh root sliced after peeling is cooked along with rice and made in the form of porridge. Taken once daily for a week (K). Fresh roots sliced after peeling is boiled well and concentrated. Taken 10 ml once daily in the early morning in empty stomach for 21 days to get relief from peptic ulcer (M).

**Non ethnomedicinal use**: Fruit is used for pickling (M).


Rambling, succulent, glabrous, deciduous shrubs; stem 4-angular, winged or ridged at angles, constricted at nodes; tendril simple. Leaves simple, entire or 3-lobed, 2.5 x 2.5 cm, ovate-suborbicular or subreniform, base truncate, margin distantly spinulose-crenate, apex obtuse, thick-coriaceous; petiole to 1 cm long. Flowers in leaf-opposed, peduncled, umbellate cymes. Calyx-tube obscurely 4-lobed, c. 2 mm long, reddish. Petals c. 2.5 mm long, ovate, acute, greenish-yellow, recurved. Stamens 4; filaments to 2 cm long; anthers yellow. Disk 4-lobed, yellow. Ovary c. 1 mm long, 2-celled; ovules 2 per cell. Berry c. 7 mm across, subglobose. Seeds black, smooth.
Vernacular name : Santhuballi (K)
Voucher specimen : RNP 58987 (TBGT)
Distribution : Widespread in the drier parts of Africa, Arabia and Indo-Malesia
Habitat : Dry deciduous forests, also in the plains
Ailments : Earache, leucorrhea, join pain (K)
Part used : Tender stem
Method of preparation & dosage : Fresh tender stem is slightly heated in the flame and crushed and expressed juice is collected.
Ear application, 2 drops for getting relief from earache (K).
Fresh stem is ground to paste with cow’s milk and taken at night for curing leucorrhea (K).
Sliced stem is cooked with rice and made to porridge and taken twice daily for pacifying joints pain (K).
Non ethnomedicinal use : Fresh tender parts are ground along with chilly, coconut, onion and salt and prepared in the form of chutney and taken (K).

ZINGIBERACEAE

Rhizomatous herbs, rhizome light yellow inside, white towards the periphery with the smell of green mango; sessile tubers thick, 5-10 x 2-3 cm, cylindric or ellipsoid, branches horizontal; roots fleshy, root tubers absent. Pseudostem 30-35 cm tall. Leaves 4-6; lamina of lower-leaves much smaller, c. 18 x 8 cm, upper larger, 45-60 x 14-15 cm, oblong, lanceolate, acuminate, base equal, closely pinnately veined, lower surface puberulous, upper glabrous, tip hairy; petiole 5-10 cm long. Inflorescence lateral or central; peduncle 20-22 cm long, covered by 5-6 sheaths; spike 12-18 cm long. Coma bracts 5-8, c. 6 x 2.5 cm, fused only at the base, spreading, light violet. Fertile bracts 15-18, c. 4 x 3.5 cm, orbicular-obtuse, slightly recurved, lower 2/3
fused to form a pouch, green; bracteoles small. Flowers large, c. 5 cm long, 4-5 in each bract, longer than the bracts. Calyx truncate, 1 cm long, deeply cleft on one side, 3-lobed at the tip, minutely pubescent. Corolla tube funnel-shaped, 3 cm long, pale yellow, minutely pubescent; lobes unequal, white; dorsal lobe larger, 1.5 x 1.2 cm, hooded at the apex; laterals c. 1.4 x 1 cm long, tip rounded, glabrous. Labellum somewhat elliptic, c. 1.8 x 1.5 cm, 3-lobed, midlobe emarginate, recurved, pale yellow with a median dark yellow band, glabrous. Lateral staminodes c. 1.5 x 0.9 cm, apex slightly incurved, glabrous, pale yellow. Stamen white, thecae parallel, 4 mm long, basal spur 1 mm long, slightly convergent, glabrous. Epigynous glands two, linear, 6 mm long, tip acute. Ovary trigonous, 3 mm long, tricarpellary, syncarpous, densely hairy; ovules many; style long, filiform; stigma closely appressed within the anther lobes.

Vernacular name : Manga Inchi (M)
Voucher specimen : RNP 58996 (TBGT)
Distribution : India
Habitat : Semi-evergreen forests and also cultivated
Part used : Rhizome
Non ethnomedicinal use : Fresh rhizome is ground along with salt, coconut, chilly and onion to chutney, pickling (M).


Rhizomatous herbs; rhizome medium sized, 2-3 x 2-3 cm, conical, deep orange-yellow inside, strongly aromatic; sessile tubers many, cylindrical, branched; root tubers rare. Leafy shoot 80-120 cm tall, pseudostem c. 30 cm long. Leaves 4-6, distichous; petiole 35-40 cm long; lamina 45-60 x 15-20 cm, oblong-lanceolate, tapering at both ends, margins wavy, glabrous, pubescent towards the extreme tip; ligule short, near the lamina. Inflorescence central, 25-30 cm; peduncle 15 cm, concealed within the leaf sheaths; spike 8-10 cm long with a distinct white coma. Coma bracts 8-10, 7 x 3.5 cm, spreading. Fertile bracts 25-30, 4.5-5.5 x 3-4-5 cm, compactly arranged, lower half of adjacent bracts fused to form pouches, tip recurved, pale green, outer surface minutely pubescent, inner surface glabrous. Lower
bracts subtend cincinni of two flowers, upper bracts one flowered. Flowers 4.5-5.5 cm long, equal to the bracts; bracteoles large, outer 3 x 2 cm, ovate-oblong, inner 1.5 x 1 cm. Calyx truncate, 1 cm long, minutely 3-lobed at the tip, white, outer surface minutely pubescent. Corolla tube 2.5 cm long, white, glabrous; lobes unequal; dorsal lobe larger, 1.5 x 1.7 cm, concave, white, hooded, hood hairy, lateral lobes linear, 1.5 x 1.2 cm, white, glabrous. Labellum c. 2.2 x 2.5 cm, trilobed, middle lobe emarginate, light yellow with a broad, median dark yellow band. Lateral staminodes linear, 1.5 x 0.8 cm, tip slightly incurved. Anther-thecae 4 mm long, spurred; spurs 3 mm long, parallel. Epigynous glands two, 5 mm long. Ovary 5 mm long, tricarpellar, syncarpous; ovules many on axile palcenta, pubescent towards the tip. Style long, filiform; stigma blipped.

Vernacular name : Arasina (K)
Voucher specimen : RNP 58964 (TBGT)
Distribution : Cultivated throughout the tropics
Habitat : Cultivated
Ailments : Head ache (K)
Part used : Dried rhizome
Method of preparation & dosage : Dried rhizome is burned in flame. Inhale the fumes (Nasal application), thrice daily.


Rhizomatous herbs; rhizome 2-3 x 1-2 cm, crowded, strongly aromatic; roots numerous, often bearing, ovoid to spherical, 1.5-2 x 0.5-1 cm, white tubers. Leafy shoot stemless, almost horizontal, near the ground. Leaves 2 or 3; lamina 10-15 x 6-10 cm, broadly ovate to orbicular, base rounded to subcordate, tip broadly pointed, margin hyaline, upper surface dark green, glabrous, lower surface pale green, white with violetish tinge towards the tip, densely hairy. Inflorescence sessile, 6-12 or more flowered, enclosed within 1.5-3.5 cm long, imbricating leaf sheaths (one flower opens at a time); bracts bifarious, outer larger, inner smaller, 3-4 x 1 cm, ovate-acuminate, white with light green tip, glabrous; bracteoles split to the base (thus each flower appears to have 2 bracteoles), 3.5 cm long, transparent, membranous, glabrous. Calyx c. 3 cm long, equal to or shorter than the bracts, glabrous. Corolla tube, 4.5-5 cm
long; lobes white, 2.5-3 cm long, linear. Labellum c. 2.3 x 2.5 cm, slightly broader than long, divided 2/3 to the base, each lobe again splits shortly into two unequal halves, white with violet bands in basal half, glabrous. Lateral staminodes, c. 2.2 x 1.5 cm, obovate, white, glabrous. Anthers white, sessile, thecae, 3 mm long, parallel; connective prolonged into a crest, crest bilobed, lobes rounded, strongly reflexed, white. Stigma globular with a lateral slit. Epigynous glands two, filiform, erect, embracing the lower part of the style. Ovary 5 x 3 mm, tricarpellary, many ovules in axile palcenta.

Vernacular name :  Kacholam (M)
Voucher specimen :  RNP 75718 (TBGT)
Distribution :  Paleotropics
Habitat :  Cultivated
Ailments :  Head ache (M)
Part used :  Rhizome
Method of preparation & dosage :  Fresh rhizome is ground in ghee to paste. Applied on fore head to get relief from head ache (M).


Rhizomatous herbs; rhizome thick, dull yellow. Leafy stem to 60 cm high. Leaves to 25 x 2 cm, elliptic-oblong, acuminate. Peduncles to 30 cm long, erect; spike 3-5 x 3 cm, obovoid; bracts 2.5 x 2 cm, obovate, green. Flowers few; calyx 2 cm long; corolla white, tube small; labellum 3 x 2.5 cm, white, obovate.

Vernacular name :  Shundee (K), Chukku (M)
Voucher specimen :  RNP 75750 (TBGT)
Distribution :  Cultivated in Tropical countries
Habitat :  Widely cultivated
Usage :  Used in Poly herbal formulation (see PHF K 7, 44, 45, 46 55 & M 16)

**Amomum zerumbet** L., Sp. PI. 1. 1753.

Rhizomatous herbs; stem up to 1.2 m tall. Leaves 15-35 x 4-7.5 cm, oblong or oblong-lanceolate, base obtuse, apex acuminate, pubescent below; ligule to 2.5 cm long. Peduncle 20-35 cm long; sheath to 6 cm long, oblong, apex rounded. Spikes 5-8 x 3.5 - 6 cm, ovoid or oblong; bracts 2-3.5 x 1.5-2 cm, broadly ovate, rounded, margin membranous, green, turning blood-red on maturity. Flowers white. Calyx tube 1-1.5 cm long, 3-lobed. Corolla to 2.5 cm long, dorsal lobe ovate-acuminate. Labellum c. 2 x 2 cm, 3-lobed, mid-lobe suborbicular, lateral lobes ovate, c. 1.2 cm long. Capsule 2-2.5 x c. 1 cm, oblong. Seeds 2-3 mm across, globose.

**Vernacular name**

Kallusunti (K)

**Voucher specimen**

RNP 75751 (TBGT)

**Distribution**

India, Sri Lanka and Malesia

**Habitat**

Evergreen forests

**Ailments**

Ring worm (K)

**Part used**

Rhizome

**Method of preparation & dosage**

Fresh rhizome is sliced in to small pieces and dried in sun light and pounded to fine powder. One tea spoon full of powder is mixed with 20 ml curd. Applied externally, once daily for 2-3 days (K).

**ZYGOPHYLLACEAE**


Prostrate silky herbs. Leaves opposite, imparipinnate; leaflets opposite, 4-5 pairs, 1.5 x 0.7 cm, oblong; petiole to 7 mm, petiolule 1 mm, stipules 2-3 in cluster, persistent. Flowers axillary, 1 or 2, golden yellow, 2 cm across; pedicels to 3 cm; sepals 5, 5 mm, linear; petals 5, 7 x 4 mm; stamens 10, filaments dilated at base, disc 10-lobed; ovary 5-lobed, hirsute with bulbous hairs; stigmas 5. Fruit 1 cm across, globose, 5-angled, cocci 5, woody, each with a pair of divaricate spines.

**Vernacular name**

Negginamullu (K)
<table>
<thead>
<tr>
<th>Distribution</th>
<th>Tropical and warm temperate regions of the world</th>
</tr>
</thead>
<tbody>
<tr>
<td>Habitat</td>
<td>Dry deciduous forests, wastelands and road sides in black cotton soil areas</td>
</tr>
<tr>
<td>Ailments</td>
<td>Swellings, spider poison (K)</td>
</tr>
<tr>
<td>Part used</td>
<td>Whole plant</td>
</tr>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>Dried plant is partially ground and boiled in water and prepared to decoction. Taken 10 ml of decoction 3 times for 10 days orally, against swelling (K). Taken 2 tea spoons three times daily, for spider poison (K).</td>
</tr>
</tbody>
</table>
ENUMERATION II - NON ANGIOSPERMIC PLANTS

CYCADACEAE


Trees with terminal crown of large pinnately compound leaves; dioecious. Microsporophylls densely aggregated to form large terminal cones. Megasporophylls loosely arranged, crowded round the apex of stem; ovules 1-5 on either side of sporophyll. Seeds globose.

<table>
<thead>
<tr>
<th>Vernacular name</th>
<th>Eenthu (M)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voucher specimen</td>
<td>RNP 75582 (TBGT)</td>
</tr>
<tr>
<td>Distribution</td>
<td>Indo-Malesia and Tropical East Africa , in Kerala all districts</td>
</tr>
<tr>
<td>Habitat</td>
<td>Wastelands and moist deciduous forests</td>
</tr>
<tr>
<td>Ailments</td>
<td>Health promotive (M)</td>
</tr>
<tr>
<td>Part used</td>
<td>Seed, leaves</td>
</tr>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>After removing the outer husk of the seed the fresh endosperm is dried in sunlight. Soaked in water and washed several times in order to reduce toxicity. Pounded to fine powder. Roasted powder is cooked in the form of puddings and taken. (M)</td>
</tr>
</tbody>
</table>

Non ethnomedicinal use: Powdered seeds used to cook puddings (M).

Leaves are used for decoration, corns are uses as insect repellents (M).

LYGODIACEAE

Rhizomatous, perennial, climbing herb (fern), fronds twining; sporangia on the margin in finger-like projections; pinnae not basally jointed. Fl. Mar or Jun to Aug. Sand. Damp, shaded sites near rocky cliffs and gorges.

Vernacular name : Polivalli (M)
Voucher specimen : RNP 75535 (TBGT)
Ailments : Asthma, breathing trouble (M)
Part used : Root
Method of preparation & dosage : Fresh root of is sliced and roasted with cumin seed and pounded to fine powder. Taken 2 tea spoons twice daily (M).

POLYPODIACEAE


An epiphytic fern with a short thick fleshy creeping rhizome, densely clothed with reddish brown soft scales; the fronds are of two types, the sterile fronds become brown on ageing, and are small and somewhat concave, fertile fronds are long stalked, large, pinnately lobed, leathery, having a network of small quadrangular areoles with or without free veins; sori small, numerous, two in each primary areole.

Vernacular name : Bandhanika (K)
Distribution : Native to western Australia
Voucher specimen : RNP 75703 (TBGT)
Ailments : Jaundice (K)
Part used : Whole plant
Method of preparation & dosage : Fresh whole plant is ground to paste and cooked with rice and made to porridge and taken once daily for 7 days (K).
**ENUMERATION - III**

1. **COMBINATION DRUGS OF KORAGA TRIBE**

**Poly herbal formulation -1**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Hemidesmus indicus</em> (L.) R. Br.</td>
<td>Namadaber Nannari</td>
<td>Asclepiadaceae</td>
<td>Root</td>
<td>39</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum Cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments : Blood purification  
Method of preparation & dosage : Fresh tuberous roots are crushed after removing the outer peel is boiled in water along with 10 gm cumin seed and concentrated to decoction. Taken 10-15 ml twice daily for 14 days.

**Poly herbal formulation -2**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
<td><em>Phyllanthus emblica</em> L.</td>
<td>Nellikkai</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
<td>101</td>
</tr>
<tr>
<td>4.</td>
<td><em>Vernonia cinerea</em> (L.) Less.</td>
<td>Sahadevi</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>47</td>
</tr>
<tr>
<td>5.</td>
<td><em>Lawsonia inermis</em> L.</td>
<td>Madurangi</td>
<td>Lythraceae</td>
<td>Leaves</td>
<td>136</td>
</tr>
<tr>
<td>6.</td>
<td><em>Aloe vera</em> L.</td>
<td>Nolidara</td>
<td>Liliaceae</td>
<td>Leaves</td>
<td>133</td>
</tr>
<tr>
<td>7.</td>
<td><em>Eclipta prostrata</em> (L.) L.</td>
<td>Garga</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>43</td>
</tr>
<tr>
<td>8.</td>
<td><em>Hibiscus rosa-sinensis</em> L.</td>
<td>Dasala</td>
<td>Malvaceae</td>
<td>Flower</td>
<td>138</td>
</tr>
</tbody>
</table>

Ailments : Hair fall  
Method of preparation & dosage : All the ingredients are sliced or crushed and boiled in coconut oil and made to medicated oil, applied externally over the scalp.

**Poly herbal formulation -3**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Eeswari</td>
<td>Aristolochiace</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>2.</td>
<td><em>Indigofera tinctoria</em> L.</td>
<td>Neelasappu</td>
<td>Fabaceae</td>
<td>Root</td>
<td>109</td>
</tr>
</tbody>
</table>

Ailments : Scorpion sting and minor poisons  
Method of preparation & dosage : Fresh roots of both ingredients are ground to paste, applied externally on the affected part thrice daily for 2 days.
### Poly herbal formulation -4

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Munde</td>
<td>Arecaceae</td>
<td>Inflorescence</td>
<td>33</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

**Ailments**: Red eye, fresh cut in eye  
**Method of preparation & dosage**: Fresh and tender inflorescence is crushed and expressed juice is mixed with powdered form of cumin. Applied two drops in each eye for thrice daily for 3-7 days.

### Poly herbal formulation- 5

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Psidium guajava</em> L.</td>
<td>Perel</td>
<td>Myrtaceae</td>
<td>Leaves</td>
<td>166</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

**Ailments**: Dysentery  
**Method of preparation & dosage**: Fresh tender leaves are crushed and expressed juice is mixed with powdered cumin. Taken 10-15 ml twice daily for 3 days.

### Poly herbal formulation- 6

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Eswaraburu</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>2.</td>
<td><em>Rauwolfia serpentina</em> (L.) Benth. ex Kurz</td>
<td>Sarpaganda</td>
<td>Apocynaceae</td>
<td>Tuberous root</td>
<td>23</td>
</tr>
<tr>
<td>3.</td>
<td><em>Indigofera tinctoria</em> L.</td>
<td>Neelasappu</td>
<td>Fabaceae</td>
<td>Root</td>
<td>109</td>
</tr>
<tr>
<td>4.</td>
<td><em>Salacia reticulata</em> Wt.</td>
<td>Ekanayikam</td>
<td>Celastraceae</td>
<td>Root</td>
<td>117</td>
</tr>
<tr>
<td>5.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasina</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>6.</td>
<td><em>Santalum album</em> L.</td>
<td>Chandana</td>
<td>Sanalalaceae</td>
<td>Heart wood</td>
<td>207</td>
</tr>
<tr>
<td>7.</td>
<td><em>Pterocarpus santalinus</em> L. f.</td>
<td>Kembu gandha</td>
<td>Fabaceae</td>
<td>Heart wood</td>
<td>113</td>
</tr>
</tbody>
</table>

**Ailments**: Red spots on the body  
**Method of preparation & dosage**: All the ingredients are wet ground to paste and applied externally on the affected part, twice daily for 14 days.
### Poly herbal formulation -7

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Adasooga</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>5</td>
</tr>
<tr>
<td>2.</td>
<td><em>Zingiber officinale</em> Rosc.</td>
<td>Shundee</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>238</td>
</tr>
<tr>
<td>3.</td>
<td><em>Piper nigrum</em> L.</td>
<td>Kalumenasu</td>
<td>Piperaceae</td>
<td>Seed</td>
<td>180</td>
</tr>
</tbody>
</table>

**Ailments**: Pre natal care  
**Method of preparation & dosage**: All the ingredients are sliced or crushed and cooked along with rice in water and made to porridge. Taken once daily for 28 days after delivery.

### Poly herbal formulation -8

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Pterocarpus marsupium</em> Roxb.</td>
<td>Benga</td>
<td>Fabaceae</td>
<td>Stem bark</td>
<td>112</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ficus benghalensis</em> L.</td>
<td>Goli</td>
<td>Moraceae</td>
<td>Bark</td>
<td>161</td>
</tr>
</tbody>
</table>

**Ailments**: Pre natal care  
**Method of preparation & dosage**: Dried barks of both ingredients are sliced or crushed and cooked along with rice and made to porridge, taken after delivery.

### Poly herbal formulation -9

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calotropis gigantea</em> (L.) R. Br.</td>
<td>Ekkumbale</td>
<td>Asclepiadaceae</td>
<td>Sap</td>
<td>37</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ficus benghalensis</em> L.</td>
<td>Goli</td>
<td>Moraceae</td>
<td>Sap</td>
<td>161</td>
</tr>
</tbody>
</table>

**Ailments**: Hair fall  
**Method of preparation & dosage**: Fresh sap of both ingredients are collected and mixed well, applied directly on the affected part.

### Poly herbal formulation -10

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ocimum tenuiflorum</em> L.</td>
<td>Tulsi</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>124</td>
</tr>
<tr>
<td>2.</td>
<td><em>Coleus amboinicus</em> Lour.</td>
<td>Doddi patre</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>120</td>
</tr>
</tbody>
</table>
Ailments: Fever, cough and cold
Method of preparation & dosage: Fresh leaves of both ingredients are sliced and boiled in water till it reaches the half of the volume and made to decoction. Taken 10-15 ml three times for 3 days.

### Poly herbal formulation -11

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Phyllanthus amarus Schum. &amp; Thonn.</td>
<td>Nelanelli</td>
<td>Euphorbiaceae</td>
<td>Whole plant</td>
<td>100</td>
</tr>
<tr>
<td>2.</td>
<td>Andrographis paniculata (Burm. f.) Wall. ex Nees.</td>
<td>Nilavevu</td>
<td>Acanthaceae</td>
<td>Whole plant</td>
<td>1</td>
</tr>
</tbody>
</table>

Ailments: Jaundice
Method of preparation & dosage: Both the ingredients are sliced or crushed and boiled in water and concentrated to decoction. 10 ml of decoction is mixed with one glass of cow's milk, taken twice daily for 7 days.

### Poly herbal formulation -12

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Aristolochia indica L.</td>
<td>Eswara beru</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>2.</td>
<td>Rauvolfia serpentina (L.) Benth. ex Kurz.</td>
<td>Pathala garuda</td>
<td>Apocynaceae</td>
<td>Root</td>
<td>23</td>
</tr>
</tbody>
</table>

Ailments: Snake poison
Method of preparation & dosage: Fresh roots of both ingredients are ground to paste. Applied externally on the affected part.

### Poly herbal formulation -13

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Jatropha curcas L.</td>
<td>Kadalav nakku</td>
<td>Euphorbiaceae</td>
<td>Tender leaves</td>
<td>97</td>
</tr>
<tr>
<td>2.</td>
<td>Cuminum cyminum L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments: Jaundice
Method of preparation & dosage: 2 clean and fresh tender leaves are ground along with cumin seeds and made to paste. Mixed in one glass of cow’s milk and taken once daily for 8 days.
### Poly herbal formulation -14

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Mimosa pudica</em> L.</td>
<td>Nachika mullu</td>
<td>Mimosaceae</td>
<td>Whole plant</td>
<td>156</td>
</tr>
<tr>
<td>2.</td>
<td><em>Asystasia chelonoides</em> Nees.</td>
<td>Maithal</td>
<td>Acanthaceae</td>
<td>Tender leaves</td>
<td>2</td>
</tr>
</tbody>
</table>

**Ailments**: Sprain/ swelling  
**Method of preparation & dosage**: Fresh plant parts of both ingredients are crushed or sliced and boiled in coconut oil and concentrated to medicated oil. Applied externally on the affected part.

### Poly herbal formulation -15

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ricinus communis</em> L.</td>
<td>Avanakku</td>
<td>Euphorbiaceae</td>
<td>Root</td>
<td>103</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

**Ailments**: Back pain  
**Method of preparation & dosage**: 10 g of fresh roots are sliced and boiled in water along with 5 gm of cumin seeds to a decoction. Taken orally 10 ml once daily for 4 days.

### Poly herbal formulation -16

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Punica granatum</em> L.</td>
<td>Dalise</td>
<td>Punicaceae</td>
<td>Leaves</td>
<td>187</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
<tr>
<td>3.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Eswarberu</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
</tbody>
</table>

**Ailments**: Stomach ache  
**Method of preparation & dosage**: All the ingredients are crushed and boiled in water and concentrated to a decoction. Taken 2 tea spoons thrice daily for three days.

### Poly herbal formulation -17

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Phyllanthus emblica</em> L.</td>
<td>Nellikai</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
<td>101</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ficus benghalensis</em> L.</td>
<td>Goli</td>
<td>Moraceae</td>
<td>Bark</td>
<td>161</td>
</tr>
<tr>
<td>3.</td>
<td><em>Ficus racemosa</em> L.</td>
<td>Athi</td>
<td>Moraceae</td>
<td>Bark</td>
<td>162</td>
</tr>
<tr>
<td>4.</td>
<td><em>Garcinia indica</em> (Du Petit-Thou.) Choiss.</td>
<td>Pinampuli</td>
<td>Clusiaceae</td>
<td>Stem bark</td>
<td>63</td>
</tr>
</tbody>
</table>

**Ailments**: Jaundice
Method of preparation & dosage: All the ingredients are crushed or partially ground and expressed juice is collected. 20-30 ml of expressed juice is boiled and concentrated to a decoction. Taken 10-15 ml, twice daily for 12 days.

Poly herbal formulation- 18

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Kepla</td>
<td>Rubiaceae</td>
<td>Flower</td>
<td>193</td>
</tr>
<tr>
<td>2.</td>
<td><em>Psidium guajava</em> L.</td>
<td>Perel</td>
<td>Myrtaceae</td>
<td>Leaves</td>
<td>166</td>
</tr>
</tbody>
</table>

Ailments: Diarrhea

Method of preparation & dosage: Both the ingredients are crushed and expressed juice is taken, 2 tea spoons three times for 2 days.

Poly herbal formulation- 19

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Memecylon umbellatum</em> Burm. f.</td>
<td>Olla kodi</td>
<td>Melastomataceae</td>
<td>Tender leaves</td>
<td>147</td>
</tr>
<tr>
<td>2.</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Adasoga</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>5</td>
</tr>
</tbody>
</table>

Ailments: Itch and skin disease

Method of preparation & dosage: All the ingredients are sliced or partially ground and boiled in water and concentrated. Wash the affected portion and last take bath with this water.

Poly herbal formulation- 20

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Vitex negundo</em> L.</td>
<td>Nekki</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>230</td>
</tr>
<tr>
<td>3.</td>
<td><em>Ficus benghalensis</em> L.</td>
<td>Goli</td>
<td>Moraceae</td>
<td>Bark</td>
<td>161</td>
</tr>
<tr>
<td>4.</td>
<td><em>Calophyllum inophyllum</em> L.</td>
<td>Penne</td>
<td>Clusiaceae</td>
<td>Leaves</td>
<td>62</td>
</tr>
</tbody>
</table>

Ailments: Skin disease Karappan

Method of preparation & dosage: All the ingredients are crushed and 10 ml of expressed juice is mixed with 10 ml of coconut
oil and boiled to medicated oil. twice daily for 3-4 days.

**Poly herbal formulation -21**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Phyllanthus amarus</em> Schum. &amp; Thonn.</td>
<td>Nelanelli</td>
<td>Euphorbiaceae</td>
<td>Whole plant</td>
<td>100</td>
</tr>
<tr>
<td>2.</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Adaska</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>5</td>
</tr>
</tbody>
</table>

Ailments : Jaundice  
Method of preparation & dosage : Both the ingredients are crushed or ground and boiled in water and concentrated to a decoction. Taken orally once daily for 6 days.

**Poly herbal formulation -22**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Lepidagathis keralensis</em> Madhu. &amp; Singh</td>
<td>Paramullu</td>
<td>Acanthaceae</td>
<td>Whole plant</td>
<td>7</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments : Sprue  
Method of preparation & dosage : Fresh plant parts of both ingredients are ground and boiled in water along with cumin seed and rice to porridge. Given three times daily for 21 days.

**Poly herbal formulation -23**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Tribulus terrestris</em> L.</td>
<td>Neggina mullu</td>
<td>Zygophyllaceae</td>
<td>Whole plant</td>
<td>240</td>
</tr>
<tr>
<td>2.</td>
<td><em>Aerva lanata</em> (L.) Juss. ex Schult.</td>
<td>Pashanab hedi</td>
<td>Amaranthaceae</td>
<td>Root</td>
<td>9</td>
</tr>
</tbody>
</table>

Ailments : Urinary calculi  
Method of preparation & dosage : Fresh plant parts of both ingredients are sliced or crushed and boiled in 4 glasses of water and concentrated to one glass decoction. Taken orally, 10-15ml once daily for 4 days.
### Poly herbal formulation - 24

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Mimusops elengi</em> L.</td>
<td>Najalu mara</td>
<td>Sapotaceae</td>
<td>Leaves</td>
<td>212</td>
</tr>
<tr>
<td>2.</td>
<td><em>Capsicum frutescens</em> L.</td>
<td>Kantharimulaku</td>
<td>Solanaceae</td>
<td>Fruit</td>
<td>216</td>
</tr>
</tbody>
</table>

**Ailments**: Tonsillitis  
**Method of preparation & dosage**: Fresh leaves and fruits of both ingredients are wet ground to paste. Applied externally over the neck.

### Poly herbal formulation – 25

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Desmdium triquetrum</em> (L.) DC.</td>
<td>Chunnamuki</td>
<td>Fabaceae</td>
<td>Leaves</td>
<td>107</td>
</tr>
</tbody>
</table>

**Ailments**: Constipation  
**Method of preparation & dosage**: Both the ingredients are crushed and boiled in water to decoction. Taken orally, once daily at bed time before sleep.

### Poly herbal formulation – 26

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Vigna unguiculata</em> (L.) Walp.</td>
<td>Uddu, Urdu</td>
<td>Fabaceae</td>
<td>Seed</td>
<td>115</td>
</tr>
<tr>
<td>2.</td>
<td><em>Mucuna Pruriens</em> (L.) DC.</td>
<td>Naykurudu</td>
<td>Fabaceae</td>
<td>Seed</td>
<td>110</td>
</tr>
</tbody>
</table>

**Ailments**: Aphrodisiac  
**Method of preparation & dosage**: Both the ingredients are roasted in ghee and pounded to fine powder. 10 gm of powder is mixed with one tea spoon full of honey and taken orally, one tea spoon once daily for 21 days.

### Poly herbal formulation – 27

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Syzygium cumini</em> (L.) Skeels.</td>
<td>Neralam</td>
<td>Myrtaceae</td>
<td>Stem bark</td>
<td>167</td>
</tr>
<tr>
<td>No.</td>
<td>Ingredient species</td>
<td>Vern. Name</td>
<td>Family</td>
<td>Part used</td>
<td>spp. ID No.</td>
</tr>
<tr>
<td>-----</td>
<td>------------------------------------</td>
<td>------------------</td>
<td>--------------</td>
<td>-------------</td>
<td>-------------</td>
</tr>
<tr>
<td>1.</td>
<td><em>Rauvolfia serpentina</em> (L.) Benth. ex Kurz</td>
<td>Pathala garuda</td>
<td>Apocynaceae</td>
<td>Tuberous root</td>
<td>23</td>
</tr>
<tr>
<td>2.</td>
<td><em>Indigofera tinctoria</em> L.</td>
<td>Neelasappu</td>
<td>Fabaceae</td>
<td>Root</td>
<td>109</td>
</tr>
<tr>
<td>3.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Iswaraber</td>
<td>Aristolochiace</td>
<td>Root</td>
<td>34</td>
</tr>
</tbody>
</table>

**Method of preparation & dosage**

Both the ingredients are crushed and boiled in water and made to a decoction. Taken 15ml thrice daily for 21 days.

**Poly herbal formulation – 28**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aloe vera</em> L.</td>
<td>Lolisara</td>
<td>Liliaceae</td>
<td>Leaves</td>
<td>133</td>
</tr>
<tr>
<td>2.</td>
<td><em>Murraya koenigii</em> (L.) Spreng.</td>
<td>Kaivevu</td>
<td>Rutaceae</td>
<td>leaves</td>
<td>203</td>
</tr>
</tbody>
</table>

**Method of preparation & dosage**

All the ingredients are crushed and expressed juice is taken 10 ml twice daily for 7 days. The expressed juice is also applied externally on the affected part.

**Poly herbal formulation – 29**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cissus quadrangularis</em> L.</td>
<td>Santhuvalli</td>
<td>Vitaceae</td>
<td>Stem</td>
<td>234</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerige</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

**Method of preparation & dosage**

Both the ingredients are crushed and expressed juice is boiled in coconut oil to medicated oil, applied externally over the scalp.

**Poly herbal formulation – 30**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cissus quadrangularis</em> L.</td>
<td>Santhuvalli</td>
<td>Vitaceae</td>
<td>Stem</td>
<td>234</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerige</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

**Method of preparation & dosage**

Fresh stem is crushed and expressed juice is mixed with powdered cumin and boiled with...
rice and made to porridge. Taken once daily for 7 days.

Poly herbal formulation – 31

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Vernonia cinerea</em> L.</td>
<td>Sahadevi</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>47</td>
</tr>
<tr>
<td>2.</td>
<td><em>Eclipta prostrata</em> (L.) L.</td>
<td>Garga, Bhringuraja</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>43</td>
</tr>
<tr>
<td>3.</td>
<td><em>Hibiscus rosa-sinensis</em> L.</td>
<td>Dasala</td>
<td>Malvaceae</td>
<td>Leaves</td>
<td>138</td>
</tr>
</tbody>
</table>

Ailments: Hair growth

Method of preparation & dosage: All the ingredients are crushed and heated in coconut oil and prepared to medicated oil. Applied externally over the scalp once daily.

Poly herbal formulation – 32

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>Spp ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cissus quadrangularis</em> L.</td>
<td>Santhuvalli</td>
<td>Vitaceae</td>
<td>Stem</td>
<td>234</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerige</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments: Joint pain

Method of preparation & dosage: Both the ingredients are crushed and cooked with rice and made to porridge. Taken once daily for 4 days.

Poly herbal formulation – 33

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ocimum tenuiflorum</em> L.</td>
<td>Thulasi</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>124</td>
</tr>
<tr>
<td>2.</td>
<td><em>Coleus amboinicus</em> Lour.</td>
<td>Samprani</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>120</td>
</tr>
<tr>
<td>3.</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Adasoka</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>5</td>
</tr>
</tbody>
</table>

Ailments: Asthma

Method of preparation & dosage: All the ingredients are crushed and expressed juice is slightly heated with one tea spoon full of honey. Taken thrice daily for 6 days.

Poly herbal formulation – 34

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Toddalia asiatica</em> (L.) Lam.</td>
<td>Kottamullu</td>
<td>Rutaceae</td>
<td>Stem bark</td>
<td>205</td>
</tr>
</tbody>
</table>
2. *Mimosa pudica* L.

<table>
<thead>
<tr>
<th>Ailments</th>
<th>Mouth ulcer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>Both the ingredients are ground to paste and mixed in salt water and gargled.</td>
</tr>
</tbody>
</table>

**Poly herbal formulation – 35**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Achyranthes aspera</em> L.</td>
<td>Valya</td>
<td>Amaranthaceae</td>
<td>Whole plant</td>
<td>8</td>
</tr>
<tr>
<td>2.</td>
<td><em>Anacardium occidentale</em> L.</td>
<td>Kottabeeja, Goanku</td>
<td>Anacardiaceae</td>
<td>Seed</td>
<td>13</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ailments</th>
<th>Menstrual disorders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>One whole plant and 5 cashew nuts are ground to paste. Taken once daily for 7 days.</td>
</tr>
</tbody>
</table>

**Poly herbal formulation – 36**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ficus benghalensis</em> L.</td>
<td>Goalimara</td>
<td>Moraceae</td>
<td>Bark</td>
<td>161</td>
</tr>
<tr>
<td>2.</td>
<td><em>Morinda citrifolia</em> L.</td>
<td>Chayamaram</td>
<td>Rubiaceae</td>
<td>Bark</td>
<td>194</td>
</tr>
<tr>
<td>3.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Ckokki</td>
<td>Rubiaceae</td>
<td>Flower</td>
<td>193</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ailments</th>
<th>Jaundice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>All the ingredients are crushed and boiled in water and made to a decoction. Taken 15 ml twice daily for one week.</td>
</tr>
</tbody>
</table>

**Poly herbal formulation – 37**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Wattakaka volubilis</em> (L. f.) Stapf.</td>
<td>Pethachanku</td>
<td>Asclepiadaceae</td>
<td>Whole plant</td>
<td>41</td>
</tr>
<tr>
<td>2.</td>
<td><em>Punica granatum</em> L.</td>
<td>Dalise</td>
<td>Punicaceae</td>
<td>Pericarp</td>
<td>187</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ailments</th>
<th>Mumps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method of preparation &amp; dosage</td>
<td>Both the ingredients are ground to paste, applied externally over the cheeks and neck.</td>
</tr>
</tbody>
</table>

**Poly herbal formulation – 38**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Andrographis paniculata</em> (Burm. f.) Wall. ex. Nees.</td>
<td>Nilavevu, Kirathagadi</td>
<td>Acanthaceae</td>
<td>Whole plant</td>
<td>1</td>
</tr>
</tbody>
</table>
2. **Phyllanthus amarus**  
   Schum. & Thonn.  
   Whole plant  
   100

3. **Cuminum cyminum L.**  
   Jeerige  
   Seed  
   20

**Ailments:** Jaundice

**Method of preparation & dosage:** All the ingredients are ground to paste and mixed with 50 ml of tender coconut water. Taken once daily for 7 days.

### Poly herbal formulation – 39

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Piper nigrum</em> L.</td>
<td>Karimenasu</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>180</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ocimum tenuiflorum</em> L.</td>
<td>Tulasi</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>124</td>
</tr>
<tr>
<td>3.</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Adasoga</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>5</td>
</tr>
</tbody>
</table>

**Ailments:** Cough/bronchitis

**Method of preparation & dosage:** All the ingredients are dried and pounded to a powder and add sufficient quantity of sugar candy. Taken one tea spoon, twice daily for 3 days.

### Poly herbal formulation – 40

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Anacardium occidentale</em> L.</td>
<td>Kottabeeja</td>
<td>Anacardiaceae</td>
<td>Tender leaves</td>
<td>13</td>
</tr>
<tr>
<td>2.</td>
<td><em>Mangifera indica</em> L.</td>
<td>Mavu</td>
<td>Anacardiaceae</td>
<td>Tender leaves</td>
<td>14</td>
</tr>
</tbody>
</table>

**Ailments:** Mouth ulcer

**Method of preparation & dosage:** Fresh tender leaves are chewed along with a pinch of salt in the morning.

### Poly herbal formulation – 41

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Acacia caesia</em> (L.) Willd.</td>
<td>Mimosaceae</td>
<td>Eenga</td>
<td>Tender stem</td>
<td>154</td>
</tr>
</tbody>
</table>

**Ailments:** Skin diseases
Method of preparation & dosage : Both the ingredients are crushed and boiled in water and made to a decoction. Taken 20 ml thrice daily for 7 days.

**Poly herbal formulation – 42**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aloe vera</em> L.</td>
<td>Lolisara</td>
<td>Liliaceae</td>
<td>Leaves</td>
<td>133</td>
</tr>
<tr>
<td>2.</td>
<td><em>Phyllanthus emblica</em> L.</td>
<td>Nelli</td>
<td>Euphorbiaceae</td>
<td>Bark</td>
<td>101</td>
</tr>
<tr>
<td>3.</td>
<td><em>Phyllanthus amarus</em> Schum. &amp;. Thonn.</td>
<td>Nelanelli</td>
<td>Euphorbiaceae</td>
<td>Whole plant</td>
<td>100</td>
</tr>
<tr>
<td>4.</td>
<td><em>Vetiveria zizanioides</em> (L.) Nash.</td>
<td>Lopanam</td>
<td>Poaceae</td>
<td>Root</td>
<td>186</td>
</tr>
</tbody>
</table>

Ailments : Jaundice

Method of preparation & dosage : All the ingredients are crushed and expressed juice is taken; 10 ml twice daily for 7 days.

**Poly herbal formulation – 43**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Boehravia diffusa</em> L.</td>
<td>Punarnaba</td>
<td>Nyctaginaceae</td>
<td>Whole plant</td>
<td>169</td>
</tr>
<tr>
<td>2.</td>
<td><em>Tribulus terrestris</em> L.</td>
<td>Neggina mullu</td>
<td>Zygophyllaceae</td>
<td>Whole plant</td>
<td>240</td>
</tr>
<tr>
<td>3.</td>
<td><em>Aerva lanata</em> (L.) Juss. ex Schult.</td>
<td>Pashana bedhi</td>
<td>Amaranthaceae</td>
<td>Whole plant</td>
<td>9</td>
</tr>
</tbody>
</table>

Ailments : Urinary calculi

Method of preparation & dosage : All the ingredients are sliced and boiled in water and made to a decoction. Taken once daily for 6 days.

**Poly herbal formulation – 44**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Acorus calamus</em> L.</td>
<td>Vaja</td>
<td>Araceae</td>
<td>Rhizome</td>
<td>25</td>
</tr>
<tr>
<td>3.</td>
<td><em>Vitex negundo</em> L.</td>
<td>Karinekki</td>
<td>Verbenaceae</td>
<td>Root</td>
<td>230</td>
</tr>
</tbody>
</table>

Ailments : Rheumatism

Method of preparation & dosage : All the ingredients are ground to paste. Applied externally twice daily.
NON ETHNOMEDICINAL PLANTS-EDIBLE FRUITS

A. *Garcinia gummi-gutta* (L.) Robs.; B. *Phyllanthus emblica* L.;
C. *Averrhoa bilimbi* L.; D. *Ensete superbum* (Roxb.) Cheesman.;
E. *Ampelocissus latifolia* (Roxb.) Planch.;
F. *Lantana camara* L.
### Poly herbal formulation – 45

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Piper longum</em> L.</td>
<td>Ippuli</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>179</td>
</tr>
<tr>
<td>2.</td>
<td><em>Zingiber officinale</em> Rosc.</td>
<td>Sundi</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>238</td>
</tr>
</tbody>
</table>

Ailments: Vomiting
Method of preparation & dosage: Both the ingredients are crushed and boiled in water and made to a decoction, taken 20 ml once a day.

### Poly herbal formulation – 46

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Coscinium fenestratum</em> (Gaertn.) Coleb.</td>
<td>Mara manjal</td>
<td>Menispermaceae</td>
<td>Stem bark</td>
<td>151</td>
</tr>
</tbody>
</table>

Ailments: Diabetes
Method of preparation & dosage: All the ingredients are dried and pounded to fine powder. Taken one tea spoon daily in the morning in empty stomach for 21 days.

### Poly herbal formulation – 47

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Cissus quadrangularis</em> L.</td>
<td>Santhuvalli</td>
<td>Vitaceae</td>
<td>Stem</td>
<td>234</td>
</tr>
</tbody>
</table>

Ailments: Bruising and sprain
Method of preparation & dosage: Fresh plant parts are crushed and tied with cotton in the form of ‘kizhi’(folded with a clean cotton cloth) and boiled in water. Applied on the affected part.

### Poly herbal formulation – 48

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
<td><em>Allium sativum</em> L.</td>
<td>Bollulli</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>132</td>
</tr>
</tbody>
</table>
Ailments: Stomach pain
Method of preparation & dosage: Both the ingredients are crushed and the expressed juice is taken orally, 2 tea spoons twice a day for 1 day only.

**Poly herbal formulation – 49**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Kepla</td>
<td>Rubiaceae</td>
<td>Root</td>
<td>193</td>
</tr>
<tr>
<td>2.</td>
<td><em>Lepidagathis keralensis</em> Madhu. &amp; Singh</td>
<td>Paramullu</td>
<td>Acanthaceae</td>
<td>Whole plant</td>
<td>7</td>
</tr>
</tbody>
</table>

Ailments: Eczema and other skin diseases
Method of preparation & dosage: Both the ingredients are crushed and boiled in water. Use the water for bath.

**Poly herbal formulation – 50**

<table>
<thead>
<tr>
<th>No</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Hemidesmus indicus</em> (L.) R. Br.</td>
<td>Nannari</td>
<td>Asclepiadaceae</td>
<td>Root</td>
<td>39</td>
</tr>
<tr>
<td>2.</td>
<td><em>Naregamia alata</em> (Wight &amp; Arn)</td>
<td>Nelakanchi, Nelanarakom</td>
<td>Meliaceae</td>
<td>Root</td>
<td>149</td>
</tr>
</tbody>
</table>

Ailments: Urinary problems
Method of preparation & dosage: Fresh roots are crushed and 2 tea spoon of expressed juice is mixed with one glass of cow’s milk. Taken twice daily for a week.

**Poly herbal formulation – 51**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Murraya koenigii</em> (L.) Spreng.</td>
<td>Kaivevu</td>
<td>Rutaceae</td>
<td>Leaves</td>
<td>203</td>
</tr>
<tr>
<td>2.</td>
<td><em>Sida cordifolia</em> L.</td>
<td>Kadeer ber</td>
<td>Malvaceae</td>
<td>Root</td>
<td>142</td>
</tr>
</tbody>
</table>

Ailments: Tumor and Wart
Method of preparation & dosage: Both the ingredients are crushed and boiled with expressed juice obtained from mesocarp of tender coconut. Applied externally

**Poly herbal formulation – 52**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ficus racemosa</em> L.</td>
<td>Athigattu</td>
<td>Moraceae</td>
<td>Leaves</td>
<td>162</td>
</tr>
</tbody>
</table>
### Poly herbal formulation – 53

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Leucas aspera</em> (Willd.) Link.</td>
<td>Thumbe</td>
<td>Lamiaceae</td>
<td>Whole plant</td>
<td>122</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

#### Method of preparation & dosage
- Both the ingredients are crushed and boiled in water to a decoction. Taken orally, one tea spoon mixed with one glass of cow’s milk once in a week.

### Poly herbal formulation – 54

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Psidium guajava</em> L.</td>
<td>Perale</td>
<td>Myrtaceae</td>
<td>Leaves</td>
<td>166</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

#### Method of preparation & dosage
- Both the ingredients are ground to paste and mixed in one tea spoon honey. Taken orally twice daily for 3 days.

### Poly herbal formulation – 55

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Tamarindus indica</em> L.</td>
<td>Ottuli, Puli</td>
<td>Caesalpiniaceae</td>
<td>Leaves</td>
<td>61</td>
</tr>
<tr>
<td>2.</td>
<td><em>Zingiber officinale</em> Rosc.</td>
<td>Shundee</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>238</td>
</tr>
</tbody>
</table>

#### Method of preparation & dosage
- Both the ingredients are ground along with a pinch of salt. Taken along with cooked rice.

### Ailments
- Athlete’s foot
- Fresh leaves of both ingredients are sliced or crushed and fried in ghee and ground to paste. Applied externally on the affected area.
- Worm troubles (for children)
- Both the ingredients are crushed and boiled in water to a decoction. Taken orally, one tea spoon mixed with one glass of cow’s milk once in a week.
- Bleeding through pus, worm trouble
- Both the ingredients are ground to paste and mixed in one tea spoon honey. Taken orally twice daily for 3 days.
- Indigestion
- Both the ingredients are ground along with a pinch of salt. Taken along with cooked rice.
### Poly herbal formulation – 56

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ziziphus mauritiana</em> Lam.</td>
<td>Boggiri</td>
<td>Rhamnaceae</td>
<td>Bark</td>
<td>189</td>
</tr>
</tbody>
</table>

Ailments : Mouth ulcer

Method of preparation & dosage : All the ingredients are ground to paste except mace. Add powdered mace and mixed well. Taken 10 gm once daily for 14 days.

### Poly herbal formulation – 57

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Nicotiana tabacum</em> L.</td>
<td>Hogesappu</td>
<td>Solanaceae</td>
<td>Leaves</td>
<td>218</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cynodon dactylon</em> (L.) Pers.</td>
<td>Garike hullu</td>
<td>Poaceae</td>
<td>Leaves</td>
<td>185</td>
</tr>
</tbody>
</table>

Ailments : Wounds

Method of preparation & dosage : All the ingredients are ground to paste, applied externally.

### Poly herbal formulation – 58

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Eeswarber</td>
<td>Aristolochiace</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>3.</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Adasoga</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>5</td>
</tr>
</tbody>
</table>

Ailments : Dysentery, diarrhea.

Method of preparation & dosage : All the ingredients are sliced and boiled in 4 glass of water and concentrated till it reaches the half of the volume in the form of decoction. Taken one glass twice a day.
### Poly herbal formulation – 59

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calotropis gigantea</em> (L.) R. Br.</td>
<td>Ekkumbale</td>
<td>Asclepiadaceae</td>
<td>Flower</td>
<td>37</td>
</tr>
<tr>
<td>2.</td>
<td><em>Vernonia anthelmintica</em> (L.) Willd.</td>
<td>Kalajeerige</td>
<td>Asteraceae</td>
<td>Seed</td>
<td>46</td>
</tr>
</tbody>
</table>

**Ailments**: Body ache  
**Method of preparation & dosage**: Both the ingredients are crushed or ground and boiled in 50 ml of coconut oil and 50ml of sesame oil to medicated oil. Applied externally on whole body for 1 hour.

### Poly herbal formulation – 60

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Eeswari</td>
<td>Aristolochiace</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>4.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Munde</td>
<td>Arecaceae</td>
<td>Tender coconut</td>
<td>33</td>
</tr>
</tbody>
</table>

**Ailments**: Small pox  
**Method of preparation & dosage**: All the fresh ingredients are ground to paste and mixed in tender coconut water. Applied externally over the whole body.

### Poly herbal formulation – 61

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Vitex negundo</em> L.</td>
<td>Nekki</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>230</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ocimum tenuiflorum</em> L.</td>
<td>Thulasi</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>124</td>
</tr>
</tbody>
</table>

**Ailments**: Epilepsy
NON ETHNOMEDICINAL PLANTS-EDIBLE FRUITS AND SEEDS

A. *Ziziphus oenoplia* (L.) Mill.; B. *Artocarpus hirsutus* Lam.;
C. *Capsicum frutescens* L.; D. *Annona squamosa* L.;
E. Seeds of *Bambusa arundinacea* (Retz.) Willd.;
F. *Cycas circinalis* L.
Method of preparation & dosage: All the ingredients are crushed and expressed juice is taken orally, once daily in the early morning in empty stomach for 7 days.

**Poly herbal formulation – 62**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>Spp. ID No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Holarrhena pubescens</em> (Buch.-Ham.) Wall. ex G. Don.</td>
<td>Kodakapala</td>
<td>Apocynaceae</td>
<td>Stem bark</td>
<td>21</td>
</tr>
<tr>
<td>2.</td>
<td><em>Terminalia paniculata</em> Roth.</td>
<td>Maruthu</td>
<td>Combretaceae</td>
<td>Stem bark</td>
<td>68</td>
</tr>
</tbody>
</table>

Ailments: Dysentery

Method of preparation & dosage: Both the ingredients are crushed and boiled in water and made to decoction. Taken orally, twice daily for 2 days.

**Poly herbal formulation – 63**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>Spp. ID No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Jasminum malabaricum</em> Wight.</td>
<td>Ethirvalli</td>
<td>Oleaceae</td>
<td>Tender leaves</td>
<td>170</td>
</tr>
<tr>
<td>2.</td>
<td><em>Syzygium cuminii</em> (L.) Skeels.</td>
<td>Neralam</td>
<td>Myrtaceae</td>
<td>Tender leaves</td>
<td>167</td>
</tr>
<tr>
<td>3.</td>
<td><em>Anacardium occidentale</em> L.</td>
<td>Kottabeeja, Goanku</td>
<td>Anacardiaceae</td>
<td>Tender leaves</td>
<td>13</td>
</tr>
<tr>
<td>4.</td>
<td><em>Psidium guajava</em> L.</td>
<td>Perel</td>
<td>Myrtaceae</td>
<td>Leaves</td>
<td>166</td>
</tr>
<tr>
<td>5.</td>
<td><em>Ziziphus oenoplia</em> (L.) Mill.</td>
<td>Choorimullu</td>
<td>Rhamnaceae</td>
<td>Tender leaves</td>
<td>190</td>
</tr>
</tbody>
</table>

Ailments: For better health of kids and children, immunity enhancive

Method of preparation & dosage: 2 fresh tender leaves of each ingredient are slightly burned in flame and crushed and expressed juice is given one tea spoon once daily for 7 days.

**Poly herbal formulation – 64**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>Spp ID No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasina</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>2.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Eswaraberu</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
</tbody>
</table>
Ailments: Fracture
Method of preparation & dosage: Both the fresh ingredients are ground to paste. Applied externally on the affected area and tie with cotton cloths.

Poly herbal formulation – 65

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Santalum album</em> L.</td>
<td>Chandana</td>
<td><em>Sanatalaceae</em></td>
<td>Heart wood</td>
<td>207</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasina</td>
<td><em>Zingiberaceae</em></td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>3.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Eswaraberu</td>
<td><em>Aristolochiaceae</em></td>
<td>Root</td>
<td>34</td>
</tr>
</tbody>
</table>

Ailments: Allergy
Method of preparation & dosage: All the ingredients are ground to paste and applied externally.

Poly herbal formulation – 66

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Munde</td>
<td><em>Arecaceae</em></td>
<td>Inflorescence</td>
<td>33</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td><em>Apiaceae</em></td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments: Menstrual problems
Method of preparation & dosage: All the ingredients are ground well to paste and mixed with palm jaggery. Taken 2 tea spoons thrice daily for 7 days.

Poly herbal formulation – 67

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Vernonia cinerea</em> Less.</td>
<td>Sahadevi</td>
<td><em>Asteraceae</em></td>
<td>Leaves</td>
<td>47</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td><em>Apiaceae</em></td>
<td>Seeds</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments: Red eye and fresh cut in eye
Method of preparation & dosage: Fresh leaves are crushed and expressed juice is mixed with powdered cumin. Eye application, 2 drops in each eye.
### Poly herbal formulation – 68

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Memecylon umbellatum</em> Burm. f.</td>
<td>Ollakkodi</td>
<td>Melastomataceae</td>
<td>Tender leaves</td>
<td>147</td>
</tr>
<tr>
<td>2.</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Adasoga</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>5</td>
</tr>
</tbody>
</table>

**Ailments**

- Itching and other skin diseases

**Method of preparation & dosage**

- All the ingredients are crushed and boiled in water. External application, take bath using this water.

### Poly herbal formulation – 69

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calophyllum inophyllum</em> L.</td>
<td>Penne</td>
<td>Clusiaceae</td>
<td>Stem bark</td>
<td>62</td>
</tr>
<tr>
<td>2.</td>
<td><em>Vitex negundo</em> L.</td>
<td>Nechi</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>230</td>
</tr>
<tr>
<td>3.</td>
<td><em>Ficus exasperata</em> Vahl.</td>
<td>Goalimara</td>
<td>Moraceae</td>
<td>Bark</td>
<td>160</td>
</tr>
</tbody>
</table>

**Ailments**

- Eczema

**Method of preparation & dosage**

- Fresh stem barks are crushed and expressed juice is boiled along with coconut oil to a medicated oil. External application; twice daily for 3-4 days.

### Poly herbal formulation – 70

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Careya arborea</em> Roxb.</td>
<td>Daddala</td>
<td>Lecythidaceae</td>
<td>Leaves</td>
<td>129</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Munde</td>
<td>Arecaceae</td>
<td>Inflorescence</td>
<td>33</td>
</tr>
</tbody>
</table>

**Ailments**

- Infertility for women

**Method of preparation & dosage**

- Fresh tender leaves are ground to paste wrapped with fresh leaves of coconut tree. Then again covered with mud and burned in flame. Break the mud covering and the ingredients are crushed and expressed juice is collected and mix with 2 tea spoon full of honey. Taken 2-3 tea spoons, once daily in the morning in empty stomach for 3 days.
### Poly herbal formulation – 71

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Kepla</td>
<td>Rubiaceae</td>
<td>Flower</td>
<td>193</td>
</tr>
<tr>
<td>2.</td>
<td><em>Vitex negundo</em> L.</td>
<td>Nechi, Nekki</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>230</td>
</tr>
</tbody>
</table>

Ailments: Burns and wounds

Method of preparation & dosage: Both the ingredients are crushed and expressed juice is boiled in coconut oil to a medicated oil, applied externally.

### Poly herbal formulation – 72

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aloe vera</em> L.</td>
<td>Nolidara</td>
<td>Liliaceae</td>
<td>Leaves</td>
<td>133</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasina</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

Ailments: Fracture

Method of preparation & dosage: Both the fresh ingredients are ground to paste, applied externally.

### Poly herbal formulation – 73

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Pterocarpus marsupium</em> Roxb.</td>
<td>Benga</td>
<td>Fabaceae</td>
<td>Stem bark</td>
<td>112</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ficus benghalensis</em> L.</td>
<td>Goli</td>
<td>Moraceae</td>
<td>Bark</td>
<td>161</td>
</tr>
<tr>
<td>3.</td>
<td><em>Calophyllum inophyllum</em> L.</td>
<td>Penne</td>
<td>Clusiaceae</td>
<td>Leaves</td>
<td>62</td>
</tr>
<tr>
<td>4.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments: Health promotive and general weakness

Method of preparation & dosage: All the ingredients are sliced, crushed and boiled in water and concentrated to a decoction. Taken ½ glass twice daily for a week.

### Poly herbal formulation – 74

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Andrographis paniculata</em> (Burm. f.) Wall. ex Nees.</td>
<td>Nilavevu, Kirthagaddi</td>
<td>Acanthaceae</td>
<td>Whole plant</td>
<td>1</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ocimum tenuiflorum</em> L.</td>
<td>Tulsi</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>124</td>
</tr>
<tr>
<td>3.</td>
<td><em>Coleus amboinicus</em> Lour.</td>
<td>Doddipatre</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>120</td>
</tr>
</tbody>
</table>

Ailments: Fever

Method of preparation & dosage: All the fresh ingredients are crushed and boiled in water and made to decoction. Taken 20 ml thrice daily for 3 days.
NON ETHNOMEDICINAL PLANTS - TUBERS/RHIZOMES

A. Dioscorea alata L.; B. Colocasia esculenta (L.) Schott;
C. Asparagus racemosus Willd.; D. Maranta arundinacea L.;
E. Amorphophallus paeoniifolius (Dennst.) Nicolson;
F. Curcuma amada Roxb.
### Poly herbal formulation – 75

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cyperus rotundus</em> var. rotundus L.</td>
<td>Bhadramushti</td>
<td>Cyperaceae</td>
<td>Rhizome</td>
<td>83</td>
</tr>
<tr>
<td>2.</td>
<td><em>Hemidesmus indicus</em> var. indicus (L.) R. Br.</td>
<td>Nannari</td>
<td>Asclepiadaceae</td>
<td>Tuberous root</td>
<td>39</td>
</tr>
</tbody>
</table>

Ailments: Chicken pox  
Method of preparation & dosage: Both the ingredients are boiled in water and concentrated to decoction. Taken 15 ml thrice daily for 14 days.

### Poly herbal formulation – 76

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Clitoria ternatea</em> L.</td>
<td>Shanka pushpa</td>
<td>Fabaceae</td>
<td>Flower</td>
<td>105</td>
</tr>
<tr>
<td>2.</td>
<td><em>Asparagus racemosus</em> Willd.</td>
<td>Utherivalli</td>
<td>Liliaceae</td>
<td>Tuber</td>
<td>134</td>
</tr>
</tbody>
</table>

Ailments: Post natal care and lactation  
Method of preparation & dosage: Fresh plant parts are ground to paste. 20 gm of ground paste is boiled in one glass of cow’s milk. Taken twice daily for 7 days after delivery.

### Poly herbal formulation – 77

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calotropis gigantea</em> (L.) R. Br.</td>
<td>Ekkumbale</td>
<td>Asclepiadaceae</td>
<td>Sap</td>
<td>37</td>
</tr>
<tr>
<td>2.</td>
<td><em>Allium sativum</em> L.</td>
<td>Bollulli</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>132</td>
</tr>
</tbody>
</table>

Ailments: Tooth ache  
Method of preparation & dosage: Both the ingredients are ground to paste and applied on affected teeth.

### Poly herbal formulation – 78

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Pothos scandens</em> L.</td>
<td>Ayithavalli</td>
<td>Araceae</td>
<td>Whole plant</td>
<td>29</td>
</tr>
<tr>
<td>3.</td>
<td><em>Vernonia anthelmintica</em> (L.) Willd</td>
<td>Kalajeerige</td>
<td>Asteraceae</td>
<td>Seed</td>
<td>46</td>
</tr>
</tbody>
</table>

Ailments: Burns  
Method of preparation & dosage: All the ingredients are ground to paste. 10 gm of paste is mixed with 10 gm of frog’s meat are
fried in coconut oil to a medicated oil and applied externally.

**Poly herbal formulation – 79**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Kepla</td>
<td>Rubiaceae</td>
<td>Root</td>
<td>193</td>
</tr>
<tr>
<td>2</td>
<td><em>Allium sativum</em> L.</td>
<td>Bollulli</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>132</td>
</tr>
<tr>
<td>3</td>
<td><em>Cuminum Cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seeds</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments : For better health (babies)

Method of preparation & dosage : All the ingredients are crushed and expressed juice is given 2-3 drops two times daily for 7 days.

**Poly herbal formulation – 80**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Ziziphus oenoplia</em> (L.) Mill.</td>
<td>Choorimullu</td>
<td>Rhamnaceae</td>
<td>Root</td>
<td>190</td>
</tr>
<tr>
<td>2</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Eswaraberu</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
</tbody>
</table>

Ailments : Fever

Method of preparation & dosage : Both the ingredients are crushed and boiled in water and made to decoction. Taken 10 ml twice daily for 3 days.

**Poly herbal formulation – 81**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Oroxyllum indicum</em> (L.) Benth. ex Kurz.</td>
<td>Payyani</td>
<td>Bignoniaceae</td>
<td>Stem bark</td>
<td>49</td>
</tr>
<tr>
<td>2</td>
<td><em>Careya arborea</em> Roxb.</td>
<td>Daddala</td>
<td>Lecythidaceae</td>
<td>Tender leaves</td>
<td>129</td>
</tr>
<tr>
<td>3</td>
<td><em>Stereospermum colais</em> (Buch.-Ham. ex Dillw.) Mabb.</td>
<td>Pathiri (M)</td>
<td>Bignoniaceae</td>
<td>Bark</td>
<td>50</td>
</tr>
<tr>
<td>4</td>
<td><em>Aegle marmelos</em> (L.) Corr.</td>
<td>Bellapatre</td>
<td>Rutaceae</td>
<td>Stem bark</td>
<td>200</td>
</tr>
</tbody>
</table>

Ailments : Jaundice

Method of preparation & dosage : All the ingredients are sliced and boiled in water and made to decoction. Taken 10 ml once daily for 7 days.
**Poly herbal formulation – 82**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Biophytum reinwardtii</em> (Zucc.) Klotzsch.</td>
<td>Mukkutti</td>
<td>Oxalidaceae</td>
<td>Whole plant</td>
<td>175</td>
</tr>
<tr>
<td>2.</td>
<td><em>Mimosa pudica</em> L.</td>
<td>Nachikamullu</td>
<td>Mimosaceae</td>
<td>Whole plant</td>
<td>156</td>
</tr>
</tbody>
</table>

Ailments: Wounds

Method of preparation & dosage: Both ingredients are crushed and expressed juice is collected and applied externally.

**Poly herbal formulation – 83**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Murraya koenigii</em> (L.) Spreng.</td>
<td>Bevudirae,</td>
<td>Rutaceae</td>
<td>Leaves</td>
<td>203</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kaivevu</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasina</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

Ailments: Scratch under leg palm

Method of preparation & dosage: Both the ingredients are ground to paste and are mixed with 20 ml of curd. Applied externally on the affected part.

**Poly herbal formulation – 84**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Strychnos nux-vomica</em> L.</td>
<td>kaasara</td>
<td>Loganiaceae</td>
<td>Root</td>
<td>135</td>
</tr>
<tr>
<td>2.</td>
<td><em>Eclipta prostrata</em> (L.) L.</td>
<td>Garga</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>43</td>
</tr>
<tr>
<td>3.</td>
<td><em>Salacia reticulata</em> Wt.</td>
<td>Ekanayikam</td>
<td>Celastraceae</td>
<td>Root</td>
<td>117</td>
</tr>
<tr>
<td>4.</td>
<td><em>Indigofera tinctoria</em> L.</td>
<td>Neelasappu</td>
<td>Fabaceae</td>
<td>Root</td>
<td>109</td>
</tr>
</tbody>
</table>

Ailments: Chicken pox

Method of preparation & dosage: All the ingredients are ground to paste and applied externally over the body.

**Poly herbal formulation – 85**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calotropis gigantea</em> (L.) R. Br.</td>
<td>Ekkumbale</td>
<td>Asclepiadaceae</td>
<td>Sap</td>
<td>37</td>
</tr>
<tr>
<td>2.</td>
<td><em>Euphorbia hirta</em> L.</td>
<td>Elakalli</td>
<td>Euphorbiaceae</td>
<td>Leaves</td>
<td>95</td>
</tr>
</tbody>
</table>

Ailments: Scabies

Method of preparation & dosage: Both the ingredients are sliced, crushed and boiled in coconut oil to a medicated oil. Applied externally, twice daily.
### Poly herbal formulation — 86

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Oldenlandia corymbosa</em> L.</td>
<td>Parpadakam</td>
<td>Rubiaceae</td>
<td>Whole plant</td>
<td>197</td>
</tr>
<tr>
<td>2.</td>
<td><em>Centella asiatica</em> (L.) Urban</td>
<td>Ondelaka</td>
<td>Apiaceae</td>
<td>Whole plant</td>
<td>18</td>
</tr>
<tr>
<td>3.</td>
<td><em>Santalum album</em> L.</td>
<td>Chandanam</td>
<td>Santalaceae</td>
<td>Heart wood</td>
<td>207</td>
</tr>
</tbody>
</table>

Ailments: Scabies

Method of preparation & dosage: All the ingredients are ground to paste. Applied externally on the affected part.

### Poly herbal formulation — 87

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cycas circinalis</em> L.</td>
<td>Eenthu</td>
<td>Cycadaceae</td>
<td>Root</td>
<td>241</td>
</tr>
<tr>
<td>2.</td>
<td><em>Morinda citrifolia</em> L.</td>
<td>Nonni</td>
<td>Rubiaceae</td>
<td>Fruit</td>
<td>194</td>
</tr>
<tr>
<td>3.</td>
<td><em>Phyllanthus emblica</em> L.</td>
<td>Nellikkai</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
<td>101</td>
</tr>
<tr>
<td>4.</td>
<td><em>Syzygium cumini</em> (L.) Skeels.</td>
<td>Neralam</td>
<td>Myrtaceae</td>
<td>Stem bark</td>
<td>167</td>
</tr>
</tbody>
</table>

Ailments: Jaundice

Method of preparation & dosage: All the ingredients are crushed and expressed juice is taken 10 ml once daily for 7-8 days.

### Poly herbal formulation — 88

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Tamarindus indicus</em> L.</td>
<td>Ottuli, Puli</td>
<td>Caesalpiniaceae</td>
<td>Leaves</td>
<td>61</td>
</tr>
<tr>
<td>2.</td>
<td><em>Calycoperis floribunda</em> (Roxb.) Poir.</td>
<td>Incheer</td>
<td>Combretaceae</td>
<td>Tender leaves</td>
<td>65</td>
</tr>
</tbody>
</table>

Ailments: Rheumatism

Method of preparation & dosage: Both the ingredients are crushed and boiled in water to a decoction. Taken 10 ml once daily for 41 days.

### Poly herbal formulation — 89

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Phyllanthus emblica</em> L.</td>
<td>Nellikkai</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
<td>101</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ziziphus mauritiana</em> Lam.</td>
<td>Boggiri</td>
<td>Rhamnaceae</td>
<td>Bark</td>
<td>189</td>
</tr>
<tr>
<td>3.</td>
<td><em>Ficus racemosa</em> L.</td>
<td>Athi</td>
<td>Moraceae</td>
<td>Bark</td>
<td>162</td>
</tr>
</tbody>
</table>

Ailments: Liver disease

Method of preparation & dosage: All the ingredients are crushed and boiled in water to a decoction. Taken 15 ml once daily for 4-6 days.
Poly herbal formulation – 90

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Clerodendrum</em> infortunatum L.</td>
<td>Vattamathu</td>
<td>Verbenaceae</td>
<td>Root</td>
<td>227</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasiana</td>
<td>Zingiberae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

Ailments: Abscess
Method of preparation & dosage: All the ingredients are ground to paste. Applied externally on the affected part.

Poly herbal formulation – 91

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Memecylon umbellatum</em> Burm. f.</td>
<td>Ollakodi</td>
<td>Melastomataceae</td>
<td>Tender leaves</td>
<td>147</td>
</tr>
<tr>
<td>2.</td>
<td><em>Hibiscus rosa-sinensis</em> L.</td>
<td>Dasala</td>
<td>Malvaceae</td>
<td>Flower</td>
<td>138</td>
</tr>
</tbody>
</table>

Ailments: Stomach pain
Method of preparation & dosage: Both the ingredients are crushed and expressed juice is taken 10 ml once daily for 3 days.

Poly herbal formulation – 92

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Datura metel</em> L.</td>
<td>Ummatha</td>
<td>Solanaceae</td>
<td>Leaves</td>
<td>217</td>
</tr>
<tr>
<td>2.</td>
<td><em>Desmodium triflorum</em> (L.) DC.</td>
<td>Nelamparanda</td>
<td>Fabaceae</td>
<td>Whole plant</td>
<td>106</td>
</tr>
<tr>
<td>3.</td>
<td><em>Piper betel</em> L.</td>
<td>Eleballi, Bachchirae</td>
<td>Piperaceae</td>
<td>Tender leaves</td>
<td>179</td>
</tr>
</tbody>
</table>

Ailments: Itching and other skin diseases
Method of preparation & dosage: All the ingredients are crushed and expressed juice is boiled in coconut oil and made to medicated oil. Applied externally on the affected part.

Poly herbal formulation – 93

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Acorus calamus</em> L.</td>
<td>Vaja</td>
<td>Aracea</td>
<td>Rhizome</td>
<td>25</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Munde</td>
<td>Arecaee</td>
<td>Tender nut</td>
<td>33</td>
</tr>
</tbody>
</table>

Ailments: Spider poison
Method of preparation & dosage: Both the ingredients are slightly heated in steam and ground to paste. Applied externally on the
affected part and taken 10 gm twice daily or 3 days.

**Poly herbal formulation – 94**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ipomoea batatas</em> (L.) Lam.</td>
<td>Kereng, Genasu</td>
<td>Convolvulaceae</td>
<td>Tender leaves</td>
<td>69</td>
</tr>
<tr>
<td>2.</td>
<td><em>Basella alba</em> L.</td>
<td>Pasala keerai</td>
<td>Basellaceae</td>
<td>leaves</td>
<td>48</td>
</tr>
</tbody>
</table>

**Ailments**: Burns and wounds  
**Method of preparation & dosage**: Both the ingredients are crushed and expressed juice is collected. Applied externally on the affected part.

**Poly herbal formulation – 95**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Phyllanthus emblica</em> L.</td>
<td>Nellikai</td>
<td>Euphorbiaceae</td>
<td>Fruit</td>
<td>101</td>
</tr>
<tr>
<td>2.</td>
<td><em>Punica granatum</em> L.</td>
<td>Dalise</td>
<td>Punicaceae</td>
<td>Fruit skin</td>
<td>187</td>
</tr>
</tbody>
</table>

**Ailments**: Dysentery  
**Method of preparation & dosage**: Both the ingredients are ground along with wild capsicum, grated coconut, onion, garlic and salt and made to 'Chatney. Taken once daily along with cooked rice.

**Poly herbal formulation – 96**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cynodon dactylon</em> (L.) Pers.</td>
<td>Garike hullu</td>
<td>Poaceae</td>
<td>Leaves</td>
<td>185</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasina</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

**Ailments**: Skin diseases  
**Method of preparation & dosage**: Both the ingredients are ground to paste. Applied externally on the affected part.

**Poly herbal formulation – 97**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Citrus limon</em> L.</td>
<td>Cherupuli</td>
<td>Rutaceae</td>
<td>Fruit</td>
<td>201</td>
</tr>
</tbody>
</table>

**Ailments**: Ring worm  
**Method of preparation & dosage**: Both the ingredients are crushed and expressed juice is collected. Applied externally on the affected part.
PLATE - 25

NON ETHNOMEDICINAL PLANTS-LEAFY VEGETABLES

A. Boerhavia diffusa L.; B. Cissus quadrangularis L.;
C. Amaranthus viridis L.; D. Basella alba L.;
E. Cassia tora L.; F. Oxalis corniculata L.
### Poly herbal formulation – 98

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Careya arborea</em> Roxb.</td>
<td>Daddala</td>
<td>Lecythidaceae</td>
<td>Leaves</td>
<td>129</td>
</tr>
<tr>
<td>3.</td>
<td><em>Mimosa pudica</em> L.</td>
<td>Naachike mullu</td>
<td>Mimosaceae</td>
<td>Whole plant</td>
<td>156</td>
</tr>
<tr>
<td>4.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Kepla</td>
<td>Rubiaceae</td>
<td>Flower</td>
<td>193</td>
</tr>
</tbody>
</table>

Ailments: Skin diseases

Method of preparation & dosage: All the ingredients are crushed and boiled in coconut oil and made to medicated oil. Applied externally on the affected part.

### Poly herbal formulation – 99

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ziziphus mauritiana</em> Lam.</td>
<td>Boggiri</td>
<td>Rhamnaceae</td>
<td>Bark</td>
<td>189</td>
</tr>
<tr>
<td>2.</td>
<td><em>Psidium guajava</em> L.</td>
<td>Myrtaecae</td>
<td>Perale</td>
<td>Leaves</td>
<td>166</td>
</tr>
<tr>
<td>3.</td>
<td><em>Allium sativum</em> L.</td>
<td>Liliaceae</td>
<td>Bolluli</td>
<td>Bulb</td>
<td>132</td>
</tr>
<tr>
<td>4.</td>
<td><em>Mangifera indica</em> L.</td>
<td>Anacardiaceae</td>
<td>Mavu</td>
<td>Leaves</td>
<td>14</td>
</tr>
<tr>
<td>5.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Rubiaceae</td>
<td>Kepla</td>
<td>Root</td>
<td>193</td>
</tr>
<tr>
<td>6.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Apiaceae</td>
<td>Jeerike</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments: Immunity enhancive for kids

Method of preparation & dosage: All the ingredients are crushed and slightly heated in flame and collect the expressed juice. Given 3-4 drops for new born babies (one month age).

### Poly herbal formulation – 100

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ichnocarpus frutescens</em> (L.) W.T. Ait.</td>
<td>Paluballi</td>
<td>Apocynaceae</td>
<td>Root</td>
<td>22</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
<tr>
<td>3.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasina</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>4.</td>
<td><em>Sida cordifolia</em> L.</td>
<td>Balaa</td>
<td>Malvaceae</td>
<td>Root</td>
<td>142</td>
</tr>
<tr>
<td>5.</td>
<td><em>Hemidesmus indicus var. indicus</em> (L.) R. Br.</td>
<td>Nannari</td>
<td>Asclepiadaceae</td>
<td>Tuberous root</td>
<td>39</td>
</tr>
</tbody>
</table>

Ailments: Health promotive

Method of preparation & dosage: All the ingredients are pounded or crushed. Cooked in water along with rice and made to porridge. Taken in the early morning in empty stomach.

255
### Poly herbal formulation – 101

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Vitex negundo</em> L.</td>
<td>Nechi, Nekki</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>230</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cinnamomum verum</em> Presl.</td>
<td>Lavangakethae</td>
<td>Lauraceae</td>
<td>Bark</td>
<td>127</td>
</tr>
</tbody>
</table>

**Ailments**: Back pain

**Method of preparation & dosage**: Both the ingredients are crushed and tied in clean and neat cotton in the form of kizhi and boiled in water. Taken bath using medicated water.

### Poly herbal formulation – 102

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Breynia vitis-idaea</em> (Burm. f.) C.E.C. Fisch</td>
<td>Pallichappu</td>
<td>Euphorbiaceae</td>
<td>Leaves</td>
<td>92</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasina</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

**Ailments**: Scabies and other skin diseases

**Method of preparation & dosage**: Both the ingredients are ground to paste. Applied externally on the affected part.

### Poly herbal formulation – 103

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Saraca asoca</em> (Roxb.) de Wilde.</td>
<td>Asoka</td>
<td>Caesalpiniaee</td>
<td>Bark</td>
<td>60</td>
</tr>
<tr>
<td>2.</td>
<td><em>Pterocarpus marsupium</em> Roxb.</td>
<td>Benga</td>
<td>Fabaceae</td>
<td>Stem bark</td>
<td>112</td>
</tr>
</tbody>
</table>

**Ailments**: Leucorrhoea

**Method of preparation & dosage**: Both the ingredients ground to paste is cooked with rice toa porridge. Taken once daily for 18 days.

### Poly herbal formulation – 104

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calycopteris floribunda</em> (Roxb.) Poir.</td>
<td>Incheer</td>
<td>Combretaceae</td>
<td>Tender leaves</td>
<td>65</td>
</tr>
<tr>
<td>2.</td>
<td><em>Psidium guajava</em> L.</td>
<td>Perale</td>
<td>Myrtaceae</td>
<td>Leaves</td>
<td>166</td>
</tr>
<tr>
<td>3.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
<tr>
<td>4.</td>
<td><em>Mimosa pudica</em> L.</td>
<td>Nachikamullu</td>
<td>Mimosaceae</td>
<td>Whole plant</td>
<td>156</td>
</tr>
</tbody>
</table>

**Ailments**: Moolavyadhi (Piles)

256
Method of preparation& dosage : All the ingredients are crushed and fried in coconut oil, coconut milk and ghee, add jaggery and taken, 2 tea spoon thrice daily for 16 days.

**Poly herbal formulation – 105**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Strychnos nux-vomica</em> L.</td>
<td>Kasara</td>
<td>Loganiaceae</td>
<td>Root</td>
<td>135</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasiana</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

Ailments : Venom

Method of preparation& dosage : Both the ingredients are ground to paste. Applied externally on the affected part.

**Poly herbal formulation – 106**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Kepla</td>
<td>Rubiaceae</td>
<td>Flower</td>
<td>193</td>
</tr>
<tr>
<td>2.</td>
<td><em>Pothos scandens</em> L.</td>
<td>Ayithavalli</td>
<td>Araceae</td>
<td>Whole plant</td>
<td>29</td>
</tr>
<tr>
<td>3.</td>
<td><em>Salacia reticulata</em> Wt.</td>
<td>Ekanayikam</td>
<td>Celastraceae</td>
<td>Root</td>
<td>117</td>
</tr>
<tr>
<td>4.</td>
<td><em>Clerodendrum infortunatum</em> L.</td>
<td>Vattamathu</td>
<td>Verbenaceae</td>
<td>Root</td>
<td>227</td>
</tr>
<tr>
<td>5.</td>
<td><em>Elephantopus scaber</em> L.</td>
<td>Anayadi</td>
<td>Asteraceae</td>
<td>Root</td>
<td>44</td>
</tr>
</tbody>
</table>

Ailments : Low back pain

Method of preparation& dosage : All the ingredients are wet ground to paste. Applied externally on the affected part.

**Poly herbal formulation – 107**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Syzygium caryophyllatum</em> (L.) Alston</td>
<td>Karingan pazham</td>
<td>Myrtaceae</td>
<td>Fruit</td>
<td>168</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Kepla</td>
<td>Rubiaceae</td>
<td>Flower</td>
<td>193</td>
</tr>
<tr>
<td>3.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments : Vomiting

Method of preparation& dosage : All the ingredients are crushed and expressed juice is taken 10 ml twice daily for 2 days.

**Poly herbal formulation – 108**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Sida cordifolia</em> L.</td>
<td>Balaa</td>
<td>Malvaceae</td>
<td>Root</td>
<td>142</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cissus quadrangularis</em> L.</td>
<td>Santhuvalli</td>
<td>Vitaceae</td>
<td>Stem</td>
<td>234</td>
</tr>
</tbody>
</table>

Ailments : Body ache
Method of preparation & dosage: All the ingredients are crushed and boiled in water. Taken bath with the medicated water.

**Poly herbal formulation – 109**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calotropis gigantea</em> (L.) R. Br.</td>
<td>Ekkumbale</td>
<td>Asclepiadacea</td>
<td>Tender leaves</td>
<td>37</td>
</tr>
<tr>
<td>2.</td>
<td>* Vetiveria zizanioides* (L.) Nsh.</td>
<td>Lopanam</td>
<td>Poaceae</td>
<td>Root</td>
<td>186</td>
</tr>
</tbody>
</table>

Ailments: Mumps

Method of preparation & dosage: Both the ingredients are ground to paste. Applied externally on the cheeks and neck.

**Poly herbal formulation – 110**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Jasminum malabaricum</em> Wight.</td>
<td>Ethirvalli</td>
<td>Oleaceae</td>
<td>Stem</td>
<td>170</td>
</tr>
<tr>
<td>2.</td>
<td><em>Holarrhena antidysenterica</em> sensu (Buch.-Ham.) Wall. ex G. Don,</td>
<td>Kodakapala</td>
<td>Apocynaceae</td>
<td>Tender leaves</td>
<td>21</td>
</tr>
</tbody>
</table>

Ailments: Snake poison

Method of preparation & dosage: Both the ingredients are crushed and expressed juice is taken 10 ml once daily.
ENUMERATION IV
COMBINATION DRUGS OF MAVILAN TRIBE

Poly herbal formulation -1

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Salacia reticulata</em> Wight</td>
<td>Ekanayakam</td>
<td>Celastraceae</td>
<td>Root</td>
<td>117</td>
</tr>
<tr>
<td>2.</td>
<td><em>Tectona grandis</em> L. f.</td>
<td>Thekku</td>
<td>Verbenaceae</td>
<td>Tender leaf</td>
<td>229</td>
</tr>
</tbody>
</table>

Ailments: Burning
Method of preparation & dosage: Dried and powdered form of root of *Salacia reticulata* and fresh tender leaves of teak are wet ground to paste and mixed in coconut milk. Add 1gm of burned hair and boiled in water and concentrated. Applied externally on wound.

Poly herbal formulation- 2

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Thenga</td>
<td>Arecaceae</td>
<td>Kernel</td>
<td>33</td>
</tr>
</tbody>
</table>

Ailments: Falling of hair
Method of preparation & dosage: Fresh bark is crushed and boiled in coconut milk and gingili oil and concentrated to medicated oil. Applied on head one before bath.

Poly herbal formulation -3

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Acorus calamus</em> L.</td>
<td>Vayambu</td>
<td>Araceae</td>
<td>Rhizome</td>
<td>25</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Pachamanja</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

Ailments: Septic due to spines
Method of preparation & dosage: Fresh rhizomes are ground and made in the form of paste. Applied externally on wounds.

Poly herbal formulation-4

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Helicterus isora</em> L.</td>
<td>Edampiri valampiri</td>
<td>Sterculiaceae</td>
<td>Root</td>
<td>221</td>
</tr>
<tr>
<td>2.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Urithookki</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
</tbody>
</table>

Ailments: Snake poison

259
Method of preparation & dosage: 10 gm of fresh roots are wet ground to paste. Mixed in tender coconut water. Applied on forehead and taken orally for three times daily for 7 days.

**Poly herbal formulation - 5**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Holoptelea integrifolia</em> (Roxb.) Planch.</td>
<td>Karthotti</td>
<td>Ulmaceae</td>
<td>Leaves</td>
<td>224</td>
</tr>
<tr>
<td>2.</td>
<td><em>Justicia gendarussa</em> Burm. f.</td>
<td>Vathamkolli</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>6</td>
</tr>
</tbody>
</table>

Ailments: Joint pain

Method of preparation & dosage: All the ingredients are ground and boiled in coconut oil and prepared in the form of medicated oil, applied externally.

**Poly herbal formulation - 6**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Acorus calamus</em> L.</td>
<td>Vayambu</td>
<td>Araceae</td>
<td>Rhizome</td>
<td>25</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Pachamanja</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>3.</td>
<td><em>Santalum album</em> L.</td>
<td>Chandanam</td>
<td>Santalaceae</td>
<td>Heartwood</td>
<td>207</td>
</tr>
</tbody>
</table>

Ailments: Wound

Method of preparation & dosage: All the ingredients are wet ground to paste. Applied externally on the affected area.

**Poly herbal formulation - 7**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Urithookki</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>3.</td>
<td><em>Helicterus isora</em> L.</td>
<td>Edampiri valampiri</td>
<td>Sterculiaceae</td>
<td>Root</td>
<td>221</td>
</tr>
</tbody>
</table>

Ailments: Snake poison

Method of preparation & dosage: 10 gm of each ingredient are wet ground to paste. Applied on head and 10 gm of ground paste is mixed in one glass of water and taken orally thrice daily for 7 days.
Poly herbal formulation -8

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Heliotropium indicum</em> L.</td>
<td>Thelkada</td>
<td>Boranginaceae</td>
<td>Whole plant</td>
<td>52</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Thengu</td>
<td>Arecales</td>
<td>Sap</td>
<td>33</td>
</tr>
</tbody>
</table>

Ailments : Diabetes

Method of preparation & dosage : Fresh inflorescence of coconut tree, fresh whole plant of *Heliotropium indicum* and jiggery are ground to paste. Mixed well in toddy, taken orally at 4 am in early morning in empty stomach for 7 days.

Poly herbal formulation -9

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Justicia gendarussa</em> Burn. f.</td>
<td>Vathamkolli</td>
<td>Acanthaceae</td>
<td>Root</td>
<td>6</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Manjal</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>3.</td>
<td><em>Bambusa arundinacea</em> (Retz.) Willd.</td>
<td>Mula</td>
<td>Poaceae</td>
<td>Tender stem</td>
<td>183</td>
</tr>
<tr>
<td>4.</td>
<td><em>Cyclea peltata</em> Miers.</td>
<td>Padavalli</td>
<td>Menispermacae</td>
<td>Root</td>
<td>152</td>
</tr>
<tr>
<td>5.</td>
<td><em>Barringtonia racemosa</em> (L.) Spreng.</td>
<td>Samudrakai</td>
<td>Lecythidaceae</td>
<td>Fruit</td>
<td>128</td>
</tr>
<tr>
<td>7.</td>
<td><em>Smilax zeylanica</em> L.</td>
<td>Chennarvalli</td>
<td>Smilaceae</td>
<td>Root</td>
<td>215</td>
</tr>
</tbody>
</table>

Ailments : Rheumatic pain

Method of preparation & dosage : All the ingredients are sliced and boiled in water, taken bath in medicated water.

Poly herbal formulation -10

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Leucas aspera</em> L.</td>
<td>Thumba</td>
<td>Lamiaceae</td>
<td>Whole plant</td>
<td>122</td>
</tr>
<tr>
<td>2.</td>
<td><em>Momordica charantia</em> L.</td>
<td>Kaipa</td>
<td>Cucurbitaceae</td>
<td>Fruit</td>
<td>80</td>
</tr>
<tr>
<td>3.</td>
<td><em>Anodrographis paniculata</em> (Burm. f.) Wall, ex Nees</td>
<td>Kiriyathu</td>
<td>Acanthaceae</td>
<td>Whole plant</td>
<td>1</td>
</tr>
<tr>
<td>5.</td>
<td><em>Cucumis sativus</em> L. f. <em>hardwickii</em> (Royl.) W.J.de Wilde &amp; Duyfjes</td>
<td>Peerakka</td>
<td>Cucurbitaceae</td>
<td>Fruit</td>
<td>78</td>
</tr>
</tbody>
</table>
Ailments: Pitham

Method of preparation & dosage: All the ingredients are ground and made in the form of paste and mixed in cow's milk. Taken orally in the early morning in empty stomach for 21 days.

**Poly herbal formulation - 11**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cyclea peltata</em> Miers.</td>
<td>Padavalli</td>
<td>Menispermaceae</td>
<td>Tender leaves</td>
<td>152</td>
</tr>
<tr>
<td>2.</td>
<td><em>Leucus aspera</em> L.</td>
<td>Thumba</td>
<td>Lamiaceae</td>
<td>Whole plant</td>
<td>122</td>
</tr>
<tr>
<td>3.</td>
<td><em>Vitex negundo</em> L.</td>
<td>Vellanochi</td>
<td>Verbenaceae</td>
<td>Tender leaves</td>
<td>230</td>
</tr>
</tbody>
</table>

Ailments: Migraine

Method of preparation & dosage: All the ingredients are crushed and expressed juice is applied one or two drops on each nostril.

**Poly herbal formulation - 12**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Urithookki</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>2.</td>
<td><em>Thottea siliquasa</em> (Lam.) Ding Hou</td>
<td>Alpam</td>
<td>Aristolochiaceae</td>
<td>Fruit</td>
<td>36</td>
</tr>
</tbody>
</table>

Ailments: Indigestion

Method of preparation & dosage: Fresh plant parts are ground to paste and mixed in 3 tea spoon water. Taken orally two times daily for 2 days.

**Poly herbal formulation - 13**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Mimosa pudica</em> L.</td>
<td>Thottavadi</td>
<td>Mimosaceae</td>
<td>Whole plant</td>
<td>156</td>
</tr>
<tr>
<td>2.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Urithookki</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
</tbody>
</table>

Ailments: Spider Poison

Method of preparation & dosage: Both the ingredients are ground to paste and add 30 ml water and mixed well. Applied externally on the affected part. Taken 10 ml orally at early morning and evening for 3 days.

**Poly herbal formulation - 14**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ficus exasperata</em> Vahl.</td>
<td>Parakam</td>
<td>Moraceae</td>
<td>Leaves</td>
<td>160</td>
</tr>
</tbody>
</table>
### 3. Calotropis gigantea (L.) R.Br.
- **Vern. Name**: Erikku
- **Family**: Asclepiadaceae
- **Part used**: Leaves
- **Spp. ID No.**: 37

### 4. Aristolochia indica L.
- **Vern. Name**: Urithookki
- **Family**: Aristolochiaceae
- **Part used**: Root
- **Spp. ID No.**: 34

#### Ailments
- Hair fall

#### Method of preparation & dosage
- All the ingredients are wet ground to paste. Applied externally over the scalp.

### Poly herbal formulation - 15

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calycopteris floribunda</em> (Roxb.) Poir.</td>
<td>Pullanji</td>
<td>Combretaceae</td>
<td>Leaf</td>
<td>65</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Kepla</td>
<td>Rubiaceae</td>
<td>Flower</td>
<td>193</td>
</tr>
</tbody>
</table>

#### Ailments
- Abscess due to Allergy

#### Method of preparation & dosage
- 20 gm of each fresh ingredient are crushed and tied in a clean cotton cloth. Boiled in rice washed water and concentrated, applied externally.

### Poly herbal formulation - 16

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Piper nigrum</em> L.</td>
<td>Kurumulaku</td>
<td>Piperaceae</td>
<td>Dried berry</td>
<td>180</td>
</tr>
<tr>
<td>3.</td>
<td><em>Piper longum</em> L.</td>
<td>Thippalli</td>
<td>Piperaceae</td>
<td>Dried spike</td>
<td>179</td>
</tr>
<tr>
<td>4.</td>
<td><em>Sesamum orientale</em> L.</td>
<td>Ellu</td>
<td>Pedaliaceae</td>
<td>Seed</td>
<td>178</td>
</tr>
<tr>
<td>5.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Chiratta</td>
<td>Arecaceae</td>
<td>Endocarp</td>
<td>33</td>
</tr>
</tbody>
</table>

#### Ailments
- Toothache

#### Method of preparation & dosage
- All the ingredients are pounded and prepared in the form of fine powder and boiled in the water. Gargle with the medicated water.

### Poly herbal formulation - 17

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Vigna radiata</em> (L.) Wilczek</td>
<td>Cherupayar</td>
<td>Fabaceae</td>
<td>Seed</td>
<td>114</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Thenga</td>
<td>Arecaceae</td>
<td>Kernel</td>
<td>33</td>
</tr>
</tbody>
</table>

#### Ailments
- Allergy

#### Method of preparation & dosage
- Soaked seeds are ground and mixed in coconut milk and made in the form of paste. Applied externally on the affected part.

---

263
Poly herbal formulation -18

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calotropis gigantea</em> (L.) R.Br.</td>
<td>Erikku</td>
<td>Asclepiadeae</td>
<td>Leaves</td>
<td>37</td>
</tr>
<tr>
<td>2.</td>
<td><em>Allium cepa</em> L.</td>
<td>Ulli</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>131</td>
</tr>
</tbody>
</table>

**Ailments**: Ear ache

**Method of preparation & dosage**: Fresh bulbs are sliced and covered with tender leaves of *Calotropis* and coconut. It is again covered with plantains petiole. Covered with wet soil and burned in fire. Break the covering and crushed. 2-3 drops of expressed juice is applied in each ear twice a day for 3 days.

Poly herbal formulation -19

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Thespesia populnea</em> (L.) Soland. ex Correa</td>
<td>Poovarashu</td>
<td>Malvaceae</td>
<td>Leaves</td>
<td>143</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum Cyminum</em> L.</td>
<td>Jeerakam</td>
<td>Apiaceae</td>
<td>seed</td>
<td>20</td>
</tr>
<tr>
<td>3.</td>
<td><em>Curcuma longa</em> L.</td>
<td>manjal</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

**Ailments**: Jaundice

**Method of preparation & dosage**: 7 fresh leaves of *Thespesia*, 21 Cumin seeds and a small piece of turmeric are ground and made in the form of paste. This mixture is heated in 250 ml coconut oil and concentrated. Applied externally and take bath after 1 hour.

Poly herbal formulation -20

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Heliotropium indicum</em> L.</td>
<td>Thelkada</td>
<td>Boraginaceae</td>
<td>Whole plant</td>
<td>52</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Thengu</td>
<td>Arecaceae</td>
<td>Inflorescence</td>
<td>33</td>
</tr>
</tbody>
</table>

**Ailments**: Diabetes

**Method of preparation & dosage**: 20g of each ingredient are ground to paste and mixed in one glass of fresh toddy. Taken in the early morning in empty stomach for three days.

Poly herbal formulation -21

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Eclipta prostrata</em> L.</td>
<td>Kayyoonni</td>
<td>Asteraceae</td>
<td>Root</td>
<td>43</td>
</tr>
<tr>
<td>2.</td>
<td><em>Leucus aspera</em> L.</td>
<td>Thumba</td>
<td>Lamiaceae</td>
<td>Root</td>
<td>122</td>
</tr>
<tr>
<td>3.</td>
<td><em>Hibiscus surattensis</em> L.</td>
<td>Vaichampuli</td>
<td>Malvaceae</td>
<td>Leaves</td>
<td>138</td>
</tr>
</tbody>
</table>
Ailments : Diabetes
Method of preparation & dosage : 10 gm of fresh ingredients are ground to paste. Mixed in one glass of cow’s milk or fresh toddy. Taken in the early morning in empty stomach for 21 days.

Poly herbal formulation -22

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>Spp ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Helicterus isora</em> L.</td>
<td>Kayyula</td>
<td>Sterculiaceae</td>
<td>Root</td>
<td>221</td>
</tr>
</tbody>
</table>

Ailments : Diabetes
Method of preparation & dosage : 10 gm of fresh ingredients are ground to paste. Mixed in one glass of water and taken in the first day, in the morning, mixed in one glass of cow’s milk and taken in the second day morning.

Poly herbal formulation -23

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Adalodakom</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>5</td>
</tr>
<tr>
<td>2.</td>
<td><em>Costus speciosus</em> (Koenig) J.E. Smith</td>
<td>Manja karimbu</td>
<td>Costaceae</td>
<td>Stem</td>
<td>76</td>
</tr>
</tbody>
</table>

Ailments : Cough, throat ache
Method of preparation & dosage : Fresh plant parts are crushed and 10 ml of expressed juice is mixed with 2 tea spoon of honey, 10 gm of sugar candy or Sugar cane juice. Applied this mixture on lower tongue using finger.

Poly herbal formulation -24

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Euphorbia hirta</em> L.</td>
<td>Nelapala</td>
<td>Euphorbiaceae</td>
<td>Leaves</td>
<td>95</td>
</tr>
<tr>
<td>2.</td>
<td><em>Piper nigrum</em> L.</td>
<td>Kurumulaku</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>180</td>
</tr>
</tbody>
</table>

Ailments : Fresh cuts/ wounds
Method of preparation & dosage : Fresh leaves are crushed and expressed juice is mixed with pepper powder, applied externally.

Poly herbal formulation -25.

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Rauwolfia serpentina</em> (L.) Benth. ex Kurz.</td>
<td>Sarpagandhi</td>
<td>Apocynaceae</td>
<td>Root</td>
<td>23</td>
</tr>
</tbody>
</table>
2. *Santalum album* L.  
   Chandanam  Santalaceae  Heartwood  207

3. *Mimusops elengi* L.  
   Elanji  Sapotaceae  Root  212

4. *Cassia fistula* L.  
   Konna  Caesalpiniaceae  Bark  56

Ailments : Snake poison

Method of preparation & dosage : All the fresh ingredients are wet ground to paste and applied externally on the affected part.

**Poly herbal formulation -26**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Urithookki</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>2.</td>
<td><em>Acorus calamus</em> L.</td>
<td>Vayambu</td>
<td>Araceae</td>
<td>Rhizome</td>
<td>25</td>
</tr>
</tbody>
</table>

Ailments : Snake poison

Method of preparation & dosage : All the ingredients are ground to paste and mixed in 25 ml of hot water and taken orally, 15ml thrice daily for 7 days.

**Poly herbal formulation -27**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Salacia reticulata</em> Wight.</td>
<td>Ekanayakam</td>
<td>Celastraceae</td>
<td>Root</td>
<td>117</td>
</tr>
<tr>
<td>3.</td>
<td><em>Strychnos nux-vomica</em> L.</td>
<td>Kanjiram</td>
<td>Loganiaceae</td>
<td>Root</td>
<td>135</td>
</tr>
<tr>
<td>4.</td>
<td><em>Eclipta prostrata</em> L.</td>
<td>Kayyunni</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>43</td>
</tr>
<tr>
<td>5.</td>
<td><em>Rauwolfia serpentina</em> (L.) Benth. ex Kurz.</td>
<td>Sarpagandhi</td>
<td>Apocynaceae</td>
<td>Root</td>
<td>23</td>
</tr>
</tbody>
</table>

Ailments : Snake poison

Method of preparation & dosage : All the ingredients are ground in water to paste and applied externally on the affected part.

**Poly herbal formulation -28**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cyathula prostrata</em> (L.) Blume.</td>
<td>Cheriyakadaladi</td>
<td>Amaranthaceae</td>
<td>Whole plant</td>
<td>12</td>
</tr>
<tr>
<td>2.</td>
<td><em>Rauwolfia serpentina</em> (L.) Benth. ex Kurz.</td>
<td>Sarpagandhi</td>
<td>Apocynaceae</td>
<td>Root</td>
<td>23</td>
</tr>
</tbody>
</table>

Ailments : Spider poison

Method of preparation & dosage : Both the ingredients are ground in water to a paste and mixed in one glass of cow’s milk. Taken orally once daily in the morning for 3 days.
### Poly herbal formulation -29

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Euphorbia nivulia</em> Buch.-Ham.</td>
<td>Kallichedi</td>
<td>Euphorbiaceae</td>
<td>Stem</td>
<td>96</td>
</tr>
<tr>
<td>2.</td>
<td><em>Calotropis gigantea</em> (L.) R.Br.</td>
<td>Erukku</td>
<td>Asclepiadaceae</td>
<td>Leaves</td>
<td>37</td>
</tr>
</tbody>
</table>

**Ailments**: Scabies  
**Method of preparation & dosage**: Fresh ingredients are wet ground to paste. The mixture is then boiled in sesame oil and concentrated to a medicated oil. Applied externally on the affected part.

### Poly herbal formulation -30

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Strychnos nux-vomica</em> L.</td>
<td>Kanjiram</td>
<td>Loganiaceae</td>
<td>Root</td>
<td>135</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Thengola</td>
<td>Arecaceae</td>
<td>Leaves</td>
<td>33</td>
</tr>
</tbody>
</table>

**Ailments**: Abscess  
**Method of preparation & dosage**: Both the ingredients are crushed and wrapped with clay and burned in flame. After heating, ground to a paste with ghee. Applied externally on the affected area thrice daily.

### Poly herbal formulation -31

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Euphorbia nivulia</em> Buch.-Ham.</td>
<td>Kallichedi</td>
<td>Euphorbiaceae</td>
<td>Stem</td>
<td>96</td>
</tr>
<tr>
<td>2.</td>
<td><em>Calotropis gigantea</em> (L.) R.Br.</td>
<td>Erukku</td>
<td>Asclepiadaceae</td>
<td>Leaves</td>
<td>37</td>
</tr>
<tr>
<td>3.</td>
<td><em>Justicia gendarussa</em> Burm. f.</td>
<td>Vatham kolli</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>6</td>
</tr>
</tbody>
</table>

**Ailments**: Rheumatism  
**Method of preparation & dosage**: 20 gm of each fresh ingredient are crushed and expressed juice is applied externally.

### Poly herbal formulation -32

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Asystasia gangetica</em> (L.) Anders.</td>
<td>Mythal</td>
<td>Acanthaceae</td>
<td>Whole plant</td>
<td>2</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ipomoea marginata</em> (Desr.) Verdc.</td>
<td>Thiruthali</td>
<td>Convolvulaceae</td>
<td>Whole plant</td>
<td>71</td>
</tr>
<tr>
<td>3.</td>
<td><em>Cardiospermum halicacabum</em> L.</td>
<td>Uzhinjavalli</td>
<td>Sapindaceae</td>
<td>Whole plant</td>
<td>210</td>
</tr>
</tbody>
</table>

**Ailments**: Sprains
Method of preparation & dosage: All the three ingredients are ground along with 20g of grated coconut kernel and honey to paste. Applied externally, thrice daily for 3 days.

Poly herbal formulation -33

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Salacia reticulata</em> Wight</td>
<td>Ekanayakam</td>
<td>Celastraceae</td>
<td>Root</td>
<td>117</td>
</tr>
<tr>
<td>2</td>
<td><em>Rotula aquatica</em> Lour.</td>
<td>Kallurvanchi</td>
<td>Boraginaceae</td>
<td>Root</td>
<td>53</td>
</tr>
<tr>
<td>3</td>
<td><em>Tribulus terrestris</em> L.</td>
<td>Njerinjil</td>
<td>Zygophyllaceae</td>
<td>Whole plant</td>
<td>240</td>
</tr>
<tr>
<td>4</td>
<td><em>Terminalia chebula</em> Retz.</td>
<td>Kadukka</td>
<td>Combretaceae</td>
<td>Seed</td>
<td>67</td>
</tr>
<tr>
<td>5</td>
<td><em>Ricinus communis</em> L.</td>
<td>Chittavanaku</td>
<td>Euphorbiaceae</td>
<td>Root</td>
<td>103</td>
</tr>
</tbody>
</table>

Ailments: Urinary calculi

Method of preparation & dosage: All the ingredients are sliced and boiled in water to a decoction. Taken 15 ml thrice daily for 7 days.

Poly herbal formulation -34

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Datura metel</em> L.</td>
<td>Ummam</td>
<td>Solanaceae</td>
<td>Root</td>
<td>217</td>
</tr>
<tr>
<td>2</td>
<td><em>Tamarindus indicus</em> L.</td>
<td>Ottupuli</td>
<td>Caesalpiniae</td>
<td>Seed</td>
<td>61</td>
</tr>
<tr>
<td>3</td>
<td><em>Cardiospermum halicacabum</em> L.</td>
<td>Uzhinjavalli</td>
<td>Sapindaceae</td>
<td>Whole plant</td>
<td>210</td>
</tr>
<tr>
<td>4</td>
<td><em>Moringa oleifera</em> Lam.</td>
<td>Muringa</td>
<td>Moringaceae</td>
<td>Bark</td>
<td>163</td>
</tr>
<tr>
<td>5</td>
<td><em>Euphorbia nivulia</em> Buch.-Ham.</td>
<td>Kallichedi</td>
<td>Euphorbiaceae</td>
<td>Stem</td>
<td>96</td>
</tr>
<tr>
<td>6</td>
<td><em>Ricinus communis</em> L.</td>
<td>Chittavanaku</td>
<td>Euphorbiaceae</td>
<td>Root</td>
<td>103</td>
</tr>
</tbody>
</table>

Ailments: Rheumatism

Method of preparation & dosage: All the ingredients are crushed and boiled in water. External application through the affected part, drop by drop.

Poly herbal formulation -35

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Chuvannacheki</td>
<td>Rubiaceae</td>
<td>Flower</td>
<td>193</td>
</tr>
<tr>
<td>2</td>
<td><em>Cynodon dactylon</em> (L.) Pers.</td>
<td>Karukapullu</td>
<td>Poaceae</td>
<td>Root</td>
<td>185</td>
</tr>
<tr>
<td>3</td>
<td><em>Tinospora cordifolia</em> (Willd.) Miers ex Hook. f. &amp; Thoms.</td>
<td>Chttamruthu</td>
<td>Menispermaceae</td>
<td>Stem</td>
<td>153</td>
</tr>
</tbody>
</table>

Ailments: Chuvappu (Skin disease)

Method of preparation & dosage: All the ingredients are ground with 50 ml of cow’s milk to paste and applied externally.
### Poly herbal formulation -36

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Punica granatum</em> L.</td>
<td>Mathalam</td>
<td>Punicaceae</td>
<td>Seed</td>
<td>187</td>
</tr>
<tr>
<td>2.</td>
<td><em>Piper longum</em> L.</td>
<td>Thippalli</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>179</td>
</tr>
<tr>
<td>3.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerakam</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
</tbody>
</table>

**Ailments**: Dysentery/stomachache  
**Method of preparation & dosage**: All the ingredients are wet ground and mixed with 2 tea spoon full of honey. Taken orally thrice daily for 3 days

### Poly herbal formulation -37

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Calotropis gigantea</em> (L.) R.Br.</td>
<td>Erukku</td>
<td>Asclepiadceae</td>
<td>Leaves</td>
<td>37</td>
</tr>
<tr>
<td>2.</td>
<td><em>Azadirachta indica</em> A. Juss.</td>
<td>Veppila</td>
<td>Meliaceae</td>
<td>Leaves</td>
<td>148</td>
</tr>
</tbody>
</table>

**Ailments**: Scabies  
**Method of preparation & dosage**: Both the ingredients are ground to paste with 10 ml of coconut oil. Applied externally on the affected area.

### Poly herbal formulation -38

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cyclea peltata</em> (Lam.) Hook. f. &amp; Thoms.</td>
<td>Padavalli</td>
<td>Menispermaceae</td>
<td>Root</td>
<td>152</td>
</tr>
<tr>
<td>2.</td>
<td><em>Strychnos nux-vomica</em> L.</td>
<td>Kanjiram</td>
<td>Loganiaceae</td>
<td>Root</td>
<td>135</td>
</tr>
</tbody>
</table>

**Ailments**: Abscess  
**Method of preparation & dosage**: Fresh leaves of *Cyclea peltata* (Lam.) Hook. f. & Thoms. are crushed and expressed juice is taken and kept in a vessel for few minutes. The supernatant of the juice is mixed with powdered form of dried seeds of *Strychnos nux-vomica* L. and mixed well. Applied externally on the affected area.

### Poly herbal formulation -39

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerakam</td>
<td>Apiaceae</td>
<td>seed</td>
<td>20</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Manjal</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>3.</td>
<td><em>Azadirachta indica</em> A.</td>
<td>Veppila</td>
<td>Meliaceae</td>
<td>Leaves</td>
<td>148</td>
</tr>
</tbody>
</table>
4. *Allium sativum* L.  
Veluthulli  
Liliaceae  
Bulb  
132

5. *Phyllanthus emblica* L.  
Nellikkka  
Euphorbiaceae  
Fruit  
101

6. *Ocimum tenuiflorum* L.  
Thulasi  
Lamiaceae  
Leaves  
124

Ailments  
For better health

Method of preparation & dosage  
All the ingredients crushed and boiled in water and concentrated to a decoction. Taken orally, 10ml 2-3 times daily for 21 days.

**Poly herbal formulation -40**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cyclea peltata</em> (Lam.) Hook. f. &amp; Thoms,</td>
<td>Padavalli</td>
<td>Menispermaceae</td>
<td>Root</td>
<td>152</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Thengu</td>
<td>Arecaceae</td>
<td>Kernel</td>
<td>33</td>
</tr>
<tr>
<td>3.</td>
<td><em>Allium sativum</em> L.</td>
<td>Veluthulli</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>132</td>
</tr>
</tbody>
</table>

Ailments  
Menstrual bleeding

Method of preparation & dosage  
All the ingredients are wet ground to paste and mixed in 20 ml of coconut milk. Taken in the early morning in empty stomach for 7 days.

**Poly herbal formulation -41**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Centella asiatica</em> (L.) Urban.</td>
<td>Muthil</td>
<td>Apiaceae</td>
<td>Root</td>
<td>18</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ficus racemosa</em> L.</td>
<td>Athi</td>
<td>Moraceae</td>
<td>Bark</td>
<td>162</td>
</tr>
</tbody>
</table>

Ailments  
Osteoporosis

Method of preparation & dosage  
Both the ingredients are pounded and cooked in water along with rice and made to porridge. Taken once daily in the early morning in empty stomach for 21 days.

**Poly herbal formulation -42**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Kattuchekki</td>
<td>Rubiaceae</td>
<td>Flower</td>
<td>193</td>
</tr>
<tr>
<td>2.</td>
<td><em>Diploclisia glaucescens</em> (Blume) Diels.</td>
<td>Vattavalli</td>
<td>Menispermaceae</td>
<td>Stem bark</td>
<td>150</td>
</tr>
</tbody>
</table>

Ailments  
Piles

Method of preparation & dosage  
Both the ingredients are crushed and expressed juice is cooked along with rice and made to porridge. Taken twice daily in the morning and night for 7 days.
### Poly herbal formulation -43

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Leucus aspera</em> L.</td>
<td>Thumba</td>
<td>Lamiaceae</td>
<td>Whole plant</td>
<td>122</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum Cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>seed</td>
<td>20</td>
</tr>
<tr>
<td>3.</td>
<td><em>Cassia fistula</em> L.</td>
<td>Konna</td>
<td>Fabaceae</td>
<td>Bark</td>
<td>56</td>
</tr>
<tr>
<td>4.</td>
<td><em>Vitex negundo</em> L.</td>
<td>Vellanochi</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>230</td>
</tr>
</tbody>
</table>

**Ailments**: Jaundice  
**Method of preparation & dosage**: All the ingredients are crushed and expressed juice is taken. Applied 2-3 drops in each eye twice daily for 7 days.

### Poly herbal formulation -44

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Artocarpus heterophyllus</em> Lam.</td>
<td>Varikka plavu</td>
<td>Moraceae</td>
<td>Leaf petiole</td>
<td>157</td>
</tr>
<tr>
<td>2.</td>
<td><em>Calotropis gigantea</em> (L.) R.Br.</td>
<td>Erukku</td>
<td>Asclepiadaceae</td>
<td>Leaves</td>
<td>37</td>
</tr>
<tr>
<td>3.</td>
<td><em>Cardiospermum halicacabum</em> L.</td>
<td>Uzhinja valli</td>
<td>Sapindaceae</td>
<td>Whole plant</td>
<td>210</td>
</tr>
</tbody>
</table>

**Ailments**: Back pain  
**Method of preparation & dosage**: All the ingredients are crushed and boiled in water. Taken bath in hot medicated water.

### Poly herbal formulation -45

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Cyathula prostrata</em> (L.) Bl.</td>
<td>Cheru kadaladi</td>
<td>Amaranthaceae</td>
<td>Whole plant</td>
<td>12</td>
</tr>
</tbody>
</table>

**Ailments**: Sprain  
**Method of preparation & dosage**: Fresh ingredients are ground with a pinch of salt to paste. Applied externally on the affected area.

### Poly herbal formulation -46

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Syzygium cumini</em> (L.) Skeels.</td>
<td>Njaval</td>
<td>Myrtaceae</td>
<td>Root</td>
<td>167</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Manjal</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>3.</td>
<td><em>Ricinus communis</em> L.</td>
<td>Chittavanaku</td>
<td>Euphorbiaceae</td>
<td>Root</td>
<td>103</td>
</tr>
</tbody>
</table>

**Ailments**: Jaundice
Method of preparation & dosage: All the ingredients are wet ground to paste and mixed with one glass of cow's milk. Taken in the early morning in empty stomach once daily for 7 days continuously.

**Poly herbal formulation -47**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Vernonia anthelmintica</em> (L.) Willd</td>
<td>Kattujeerkam</td>
<td>Asteraceae</td>
<td>Seed</td>
<td>46</td>
</tr>
<tr>
<td>2.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Urithookki</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
</tbody>
</table>

Ailments: Stomach pain, indigestion

Method of preparation & dosage: Both the ingredients are wet ground to paste and taken 10 gm thrice daily for 3 days.

**Poly herbal formulation -48**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Emilia sonchifolia</em> (L.) DC.</td>
<td>Muyalchevi</td>
<td>Asteraceae</td>
<td>Whole plant</td>
<td>45</td>
</tr>
<tr>
<td>2.</td>
<td><em>Allium cepa</em> L.</td>
<td>Ulli</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>131</td>
</tr>
</tbody>
</table>

Ailments: Tonsillitis

Method of preparation & dosage: Both the ingredients are ground along with a pinch of salt to a paste. Applied externally on the neck.

**Poly herbal formulation -49**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Indigofera tinctoria</em> L.</td>
<td>Neelayamari</td>
<td>Fabaceae</td>
<td>Root</td>
<td>109</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Manjal</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>3.</td>
<td><em>Acorus calamus</em> L.</td>
<td>Vayambu</td>
<td>Araceae</td>
<td>Rhizome</td>
<td>25</td>
</tr>
</tbody>
</table>

Ailments: Snake poison.

Method of preparation & dosage: All the ingredients are wet ground to paste. Applied externally on the affected area.

**Poly herbal formulation -50**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Bacopa monnieri</em> (L.) Pennell</td>
<td>Brehmi</td>
<td>Scrophulariaceae</td>
<td>Whole plant</td>
<td>213</td>
</tr>
<tr>
<td>2.</td>
<td><em>Acorus calamus</em> L.</td>
<td>Vayambu</td>
<td>Araceae</td>
<td>Rhizome</td>
<td>25</td>
</tr>
</tbody>
</table>

Ailments: For better health of kids

Method of preparation & dosage: Fresh whole plants are ground to paste is mixed with dried rhizome of *Acorus calamus* L. and one
tea spoon full of honey. Given twice daily for 3 days.

**Poly herbal formulation -51**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aloe vera</em> L.</td>
<td>Kattarvazha</td>
<td>Liliaceae</td>
<td>Leaves</td>
<td>133</td>
</tr>
<tr>
<td>2.</td>
<td><em>Eclipta prostrata</em> L.</td>
<td>Kayyonni</td>
<td>Asteraceae</td>
<td>Root</td>
<td>43</td>
</tr>
<tr>
<td>3.</td>
<td><em>Indigofera tinctoria</em> L.</td>
<td>Neelayamari</td>
<td>Fabaceae</td>
<td>Root</td>
<td>109</td>
</tr>
</tbody>
</table>

**Ailments**

Hair fall, better growth of hair

**Method of preparation & dosage**

Fresh ingredients are crushed and boiled in coconut oil and made to medicated oil. Applied on scalp one hour before bath.

**Poly herbal formulation -52**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ocimum tenuiflorum</em> L.</td>
<td>Thulasi</td>
<td>Lamiaceae</td>
<td>Leaves</td>
<td>124</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Manjal</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
<tr>
<td>3.</td>
<td><em>Cassia fistula</em> L.</td>
<td>Konna</td>
<td>Fabaceae</td>
<td>Bark</td>
<td>56</td>
</tr>
</tbody>
</table>

**Ailments**

Skin disease

**Method of preparation & dosage**

All the ingredients are ground to paste and applied externally.

**Poly herbal formulation -53**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Leucus aspera</em> L.</td>
<td>Thumba</td>
<td>Lamiaceae</td>
<td>Whole plant</td>
<td>122</td>
</tr>
<tr>
<td>2.</td>
<td><em>Allium cepa</em> L.</td>
<td>Ulli</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>131</td>
</tr>
</tbody>
</table>

**Ailments**

Sinusitis

**Method of preparation & dosage**

Both the ingredients are crushed and expressed juice is taken. External application over the forehead once daily.

**Poly herbal formulation -54**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Azadirachta indica</em> A</td>
<td>Veppila</td>
<td>Meliaceae</td>
<td>Leaves</td>
<td>148</td>
</tr>
<tr>
<td></td>
<td>Juss.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td><em>Justicia gendarussa</em> Burm. f.</td>
<td>Vathamkolli</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>6</td>
</tr>
</tbody>
</table>

**Ailments**

Rheumatism
Method of preparation & dosage: All the ingredients are ground partially and mixed well with castor oil and applied externally.

### Poly herbal formulation -55

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Citrus limon</em> L.</td>
<td>Cherunaranga</td>
<td>Rutaceae</td>
<td>Leaves</td>
<td>201</td>
</tr>
<tr>
<td>4.</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Acanthaceae</td>
<td>Adalodakom</td>
<td>Leaves</td>
<td>5</td>
</tr>
<tr>
<td>5.</td>
<td><em>Andrographis paniculata</em> (Burm. f.) Wall. ex Nees.</td>
<td>Acanthaceae</td>
<td>Cheruveppu</td>
<td>Leaves</td>
<td>1</td>
</tr>
</tbody>
</table>

Ailments: Fever

Method of preparation & dosage: All the fresh ingredients are sliced and boiled in water and concentrated to decoction. Taken 10 ml thrice daily for 3 days.

### Poly herbal formulation -56

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Mussaenda frondosa</em> L.</td>
<td>Njavumkol</td>
<td>Rubiaceae</td>
<td>Stem</td>
<td>195</td>
</tr>
</tbody>
</table>

Ailments: Sprain/swelling

Method of preparation & dosage: All the ingredients are pounded and then ground to paste. Heated in castor oil and concentrated, applied externally.

### Poly herbal formulation -57

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Tamarindus indicus</em> L.</td>
<td>Ottupuli</td>
<td>Caesalpiniaceae</td>
<td>Seed</td>
<td>61</td>
</tr>
<tr>
<td>3.</td>
<td><em>Artocarpus heterophyllus</em> Lam.</td>
<td>Varikka plavu</td>
<td>Moraceae</td>
<td>Leaf petiole</td>
<td>157</td>
</tr>
<tr>
<td>4.</td>
<td><em>Piper nigrum</em> L.</td>
<td>Kurumulaku</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>180</td>
</tr>
<tr>
<td>5.</td>
<td><em>Smilax zeylanica</em> L.</td>
<td>Chennarvalli</td>
<td>Smilaceae</td>
<td>Root</td>
<td>215</td>
</tr>
</tbody>
</table>

Ailments: General weakness, body pain

Method of preparation & dosage: All the ingredients are pounded and crushed. Boiled in water and use this water for bath.

### Poly herbal formulation -58

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Euphorbia hirta</em> L.</td>
<td>Nelapala</td>
<td>Euphorbiaceae</td>
<td>Whole plant</td>
<td>95</td>
</tr>
<tr>
<td>2.</td>
<td><em>Phyllanthus amarus</em> Schum. &amp;. Thonn.</td>
<td>Keezharnelli</td>
<td>Euphorbiaceae</td>
<td>Whole plant</td>
<td>100</td>
</tr>
</tbody>
</table>
Ailments: Pitham, Jaundice
Method of preparation & dosage: Fresh whole plants are ground to paste and mixed with one glass of cow's milk. Taken in the early morning in empty stomach for 7 days.

Poly herbal formulation -59

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Hyptis suaveolens</em> (L.) Poit.</td>
<td>Tholasichedi</td>
<td>Lamiaceae</td>
<td>Tender leaves</td>
<td>121</td>
</tr>
<tr>
<td>2.</td>
<td><em>Piper nigrum</em> L.</td>
<td>Kattukurumulaku</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>180</td>
</tr>
</tbody>
</table>

Ailments: Worm disinfectant
Method of preparation & dosage: Fresh ingredients are ground to paste and mixed with $\frac{1}{2}$ glass of cow’s milk, taken at bed time.

Poly herbal formulation -60

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Mucuna pruriens</em> (L.) DC.</td>
<td>Naikuruna</td>
<td>Fabaceae</td>
<td>Seed</td>
<td>110</td>
</tr>
<tr>
<td>2.</td>
<td><em>Piper longum</em> L.</td>
<td>Thippalli</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>179</td>
</tr>
</tbody>
</table>

Ailments: Aphrodisiac
Method of preparation & dosage: Both the ingredients are crushed and boiled in water and made to decoction. 20 ml of decoction is mixed in one glass of cow’s milk and taken at bed time before sleep, for 21 days.

Poly herbal formulation -61

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Vetiveria zizanioides</em> (L.) Nash.</td>
<td>Ramacham</td>
<td>Poaceae</td>
<td>Root</td>
<td>186</td>
</tr>
<tr>
<td>2.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Urithookki</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>3.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Manjal</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

Ailments: Snake poison
Method of preparation & dosage: Prepared in the form of paste with 50 ml of water. Taken orally, 15 ml thrice daily for 3 days.

Poly herbal formulation -62

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ichnocarpus frutescens</em> R. Br.</td>
<td>Palvalli</td>
<td>Apocynaceae</td>
<td>Whole plant</td>
<td>22</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Chenthengu</td>
<td>Areceaceae</td>
<td>Tender nut</td>
<td>33</td>
</tr>
</tbody>
</table>

Ailments: Mouth ulcer
Method of preparation & dosage: Fresh whole plant is ground and mixed with tender coconut water and boiled with 20 ml of
Coconut kernel milk. Applied externally, gargled with medicated oil.

**Poly herbal formulation -63**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Lantana camara</em> (L.) Mold.</td>
<td>Kongini</td>
<td>Verbenaceae</td>
<td>Leaves</td>
<td>228</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ricinus communis</em> L.</td>
<td>Chittavanakku</td>
<td>Euphorbiaceae</td>
<td>Root</td>
<td>103</td>
</tr>
<tr>
<td>3.</td>
<td><em>Smilax zeylanica</em> L.</td>
<td>Chennarvalli</td>
<td>Smilaceae</td>
<td>Root</td>
<td>215</td>
</tr>
<tr>
<td>4.</td>
<td><em>Cyceia peltata</em> (Lam.) Hook. f. &amp; Thoms.</td>
<td>Padavalli</td>
<td>Menispermae</td>
<td>Root</td>
<td>152</td>
</tr>
<tr>
<td>5.</td>
<td><em>Justicia gendarussa</em> Burm. f.</td>
<td>Vathamkolli</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>6</td>
</tr>
</tbody>
</table>

Ailments: Sprain

Method of preparation & dosage: All the ingredients are crushed and boiled in water. External application, use this water for bath.

**Poly herbal formulation -64**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Biophytum reinwardtii</em> (Zucc.) Klotzsch.</td>
<td>Mukkutti</td>
<td>Oxalidaceae</td>
<td>Whole plant</td>
<td>175</td>
</tr>
<tr>
<td>2.</td>
<td><em>Phyllanthus amarus</em> Schum. &amp;. Thonn.</td>
<td>Keezharnelli</td>
<td>Euphorbiaceae</td>
<td>Whole plant</td>
<td>100</td>
</tr>
</tbody>
</table>

Ailments: Jaundice

Method of preparation & dosage: Fresh whole plants are ground to paste and mixed with water. Taken 10 ml twice daily for 7 days.

**Poly herbal formulation -65**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Allium cepa</em> L.</td>
<td>Ulli</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>131</td>
</tr>
<tr>
<td>2.</td>
<td><em>Murraya koenigii</em> (L.) Spreng.</td>
<td>Kariveppila</td>
<td>Rutaceae</td>
<td>Leaves</td>
<td>203</td>
</tr>
</tbody>
</table>

Ailments: Hair fall

Method of preparation & dosage: Both the ingredients are ground and heated in coconut oil to a medicated oil. Applied externally on the scalp before taking bath.

**Poly herbal formulation -66**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Aristolochia indica</em> L.</td>
<td>Urithookki</td>
<td>Aristolochiaceae</td>
<td>Root</td>
<td>34</td>
</tr>
<tr>
<td>2.</td>
<td><em>Vernonia anthelmintica</em> (L.) Willd.</td>
<td>Kattujeerakam</td>
<td>Asteraceae</td>
<td>Seed</td>
<td>46</td>
</tr>
</tbody>
</table>
Ailments : Stomachache
Method of preparation & dosage : Both the ingredients are ground to paste and mixed in hot water. Taken 10-15 ml thrice daily for 3 days.

Poly herbal formulation –67

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Piper betel</em> L.</td>
<td>Vettila</td>
<td>Piperaceae</td>
<td>Tender leaves</td>
<td>181</td>
</tr>
<tr>
<td>2.</td>
<td><em>Acorus calamus</em> L.</td>
<td>Vayambu</td>
<td>Araceae</td>
<td>Rhizome</td>
<td>25</td>
</tr>
</tbody>
</table>

Ailments : Anemia
Method of preparation & dosage : Both the ingredients are ground to paste and mixed in 1/2 glass of cow’s milk, taken for two weeks.

Poly herbal formulation –68

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Scleropyrum pentandrum</em> (Dennst.) Mabb.</td>
<td>Nayikulli</td>
<td>Santalaceae</td>
<td>Bark</td>
<td>208</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Jeerike</td>
<td>Apiaceae</td>
<td>seed</td>
<td>20</td>
</tr>
</tbody>
</table>

Ailments : General weakness
Method of preparation & dosage : Dried bark along with cumin is pounded to fine powder and taken 20 gm along with cow milk.

Poly herbal formulation –69

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Drynaria quercifolia</em> (L.) Sm.</td>
<td>Plachana</td>
<td>Polypodiaceae</td>
<td>Rhizome</td>
<td>243</td>
</tr>
<tr>
<td>2.</td>
<td><em>Curcuma longa</em> L.</td>
<td>Arasina</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

Ailments : Mumps
Method of preparation & dosage : Both the fresh ingredients are ground to paste and mixed with 100 ml of rice juice. Taken orally, twice daily for 7 days.

Poly herbal formulation –70

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Piper nigrum</em> L.</td>
<td>Kurumulaku</td>
<td>Piperaceae</td>
<td>Fruit</td>
<td>180</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cuminum Cymmin</em> L.</td>
<td>Jeerakam</td>
<td>Apiaceae</td>
<td>Seed</td>
<td>20</td>
</tr>
<tr>
<td>3.</td>
<td><em>Capsicum frutescense</em> L.</td>
<td>Kantharim ulaku</td>
<td>Solanaceae</td>
<td>Fruit</td>
<td>216</td>
</tr>
<tr>
<td>4.</td>
<td><em>Allium sativum</em> L.</td>
<td>Veluthulli</td>
<td>Liliaceae</td>
<td>Bulb</td>
<td>132</td>
</tr>
</tbody>
</table>

Ailments : Postnatal care for healing the internal injuries
Method of preparation & dosage: All the ingredients are crushed or partially ground and cooked with rice and made to porridge. Taken in the early morning in empty stomach after delivery.

Poly herbal formulation –71

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Justicia gendarussa L.</td>
<td>Vathamkollu</td>
<td>Acanthaceae</td>
<td>Root</td>
<td>6</td>
</tr>
<tr>
<td>2.</td>
<td>Callicarpa tomentosa</td>
<td>Thiriperuvalam</td>
<td>Verbenaceae</td>
<td>Tender leaves</td>
<td>225</td>
</tr>
</tbody>
</table>

Ailments: Joint pain

Method of preparation & dosage: All the ingredients are crushed and expressed juice is heated in coconut oil and made to medicated oil. Applied on the affected part.

Poly herbal formulation –72

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Rauvolfia serpentina (L.) Benth. ex Kurz.</td>
<td>Amalpori</td>
<td>Apocynaceae</td>
<td>Root</td>
<td>23</td>
</tr>
<tr>
<td>2.</td>
<td>Helicteres isora L.</td>
<td>Edampirivala ampiri</td>
<td>Sterculiaceae</td>
<td>Root</td>
<td>221</td>
</tr>
</tbody>
</table>

Ailments: Snake poison

Method of preparation & dosage: Equal quantity of fresh ingredients is wet ground and made o paste. Applied on head and taken 15 ml orally for three times.

Poly herbal formulation –73

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Pseudarthria viscosa (L.) Wt. &amp; Arn.</td>
<td>Muvvila</td>
<td>Fabaceae</td>
<td>Root</td>
<td>111</td>
</tr>
<tr>
<td>2.</td>
<td>Oroxylum indicum (L.) Benth. ex Kurz.</td>
<td>Payyani</td>
<td>Bignoniaceae</td>
<td>Root</td>
<td>49</td>
</tr>
<tr>
<td>3.</td>
<td>Sida cordifolia L.</td>
<td>Kurunthotti</td>
<td>Malvaceae</td>
<td>Root</td>
<td>142</td>
</tr>
</tbody>
</table>

Ailments: Rheumatism

Method of preparation & dosage: All the ingredients are sliced and boiled in water and made to decoction. Taken 10 ml twice a day for 41 days.

Poly herbal formulation –74

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Boerhavia diffusa L.</td>
<td>Thazhuthama</td>
<td>Nyctaginaceae</td>
<td>Root</td>
<td>169</td>
</tr>
<tr>
<td>2.</td>
<td>Erythrina variegata L.</td>
<td>Murukku</td>
<td>Fabaceae</td>
<td>Root</td>
<td>108</td>
</tr>
</tbody>
</table>
Ailments : Urinary calculi
Method of preparation & dosage : Fresh roots of both ingredients are sliced or crushed and boiled along with a pinch of salt. Taken as a drink frequently.

**Poly herbal formulation -75**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Leucus aspera</em> L.</td>
<td>Thumba</td>
<td>Lamiaceae</td>
<td>Whole plant</td>
<td>122</td>
</tr>
<tr>
<td>2</td>
<td><em>Erythrina variegata</em> L.</td>
<td>Murukku</td>
<td>Fabaceae</td>
<td>Root</td>
<td>108</td>
</tr>
<tr>
<td>3</td>
<td><em>Vitex negundo</em> L.</td>
<td>Karinochi</td>
<td>Verbenaceae</td>
<td>Tender leaves</td>
<td>230</td>
</tr>
<tr>
<td>4</td>
<td><em>Cassia fistula</em> L.</td>
<td>Konna</td>
<td>Fabaceae</td>
<td>Tender leaves</td>
<td>56</td>
</tr>
</tbody>
</table>

Ailments : Jaundice
Method of preparation & dosage : All the ingredients are crushed and expressed juice is collected. Eye application (2 drops) daily thrice a day for 7 days.

**Poly herbal formulation -76**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Acorus calamus</em> L.</td>
<td>Vayambu</td>
<td>Araceae</td>
<td>Rhizome</td>
<td>25</td>
</tr>
<tr>
<td>2</td>
<td><em>Santalum album</em> L.</td>
<td>Chandanam</td>
<td>Santalaceae</td>
<td>Heart wood</td>
<td>207</td>
</tr>
<tr>
<td>3</td>
<td><em>Curcuma longa</em> L.</td>
<td>Manjal</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

Ailments : Wounds to heal septic due to spines.
Method of preparation & dosage : All the ingredients are ground to paste. Applied externally on the affected part.

**Poly herbal formulation -77**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Calotropis gigantia</em> (L.) R. Br.</td>
<td>Erukku</td>
<td>Asclepiadaceae</td>
<td>Tender leaves</td>
<td>37</td>
</tr>
<tr>
<td>2</td>
<td><em>Justicia adhatoda</em> L.</td>
<td>Adalodakam</td>
<td>Acanthaceae</td>
<td>Leaves</td>
<td>5</td>
</tr>
<tr>
<td>3</td>
<td><em>Curcuma longa</em> L.</td>
<td>Manjal</td>
<td>Zingiberaceae</td>
<td>Rhizome</td>
<td>235</td>
</tr>
</tbody>
</table>

Ailments : Rheumatism
Method of preparation & dosage : All ingredients are crushed and boiled in water. Taken bath in this water daily for 21 days.

**Poly herbal formulation -78**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Hemidesmus indicus</em> (L.) R. Br.</td>
<td>Nannari</td>
<td>Asclepiadaceae</td>
<td>Root</td>
<td>39</td>
</tr>
</tbody>
</table>
2. *Cuminum cyminum* L.  
*Jeerakam*  
Apiaceae  
Seed  
20

3. *Allium sativum* L.  
*Vellulli*  
Liliaceae  
Bulb  
132

Ailments:  
Diarrhea

Method of preparation & dosage:  
10 gm of fresh root of *Hemidesmus indicus* (L.) R. Br., 10 gm of cumin and 10 gm of garlic are wet ground to paste and mixed in one glass of hot water. Taken twice daily for 3 days.

**Poly herbal formulation -79**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Diploclisia glaucescens</em> (Blume) Diels.</td>
<td>Vattavalli</td>
<td>Menispermaceae</td>
<td>Tender stem</td>
<td>150</td>
</tr>
<tr>
<td>2.</td>
<td><em>Ixora coccinia</em> L.</td>
<td>Checki</td>
<td>Rubiaceae</td>
<td>Root</td>
<td>193</td>
</tr>
</tbody>
</table>

Ailments:  
Piles

Method of preparation & dosage:  
Fresh tender stem is crushed and expressed juice and root of *Ixora coccinia* L. are cooked with rice and made to a porridge. Taken orally, once daily for 7 days.

**Poly herbal formulation -80**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Rauvolfia serpentina</em> (L.) Benth. ex Kurz</td>
<td>Amalpori</td>
<td>Apocynaceae</td>
<td>Root</td>
<td>23</td>
</tr>
</tbody>
</table>

Ailments:  
Vomiting

Method of preparation & dosage:  
Both the ingredients are crushed and cooked with rice and made to porridge and taken.

**Poly herbal formulation -81**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Syzygium cumini</em> (L.) Skeels</td>
<td>Njaval</td>
<td>Myrtaceae</td>
<td>Fruit</td>
<td>167</td>
</tr>
<tr>
<td>2.</td>
<td><em>Cinnamomum verum</em> Presl.</td>
<td>Karuppa</td>
<td>Lauraceae</td>
<td>Bark</td>
<td>127</td>
</tr>
</tbody>
</table>

Ailments:  
Anaemia

Method of preparation & dosage:  
Fresh fruits are kept in vessel and add sugar, small quantity of wheat powder, clove, cinnamon, cardamom. Keep it for 41 days, crushed and expressed juice is taken 10 -15 ml daily two times.
### Poly herbal formulation -82

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><em>Helicteres isora</em> L.</td>
<td>Erumakayula</td>
<td>Sreculiaceae</td>
<td>Root</td>
<td>221</td>
</tr>
</tbody>
</table>

Ailments: Diabetes

Method of preparation & dosage: Both the ingredients are wet ground to paste. 20 gm of ground paste mixed in one glass of water, taken in the early morning in empty stomach in the first day. 20 gm of ground paste is mixed in one glass of cow’s milk and taken in the early morning in empty stomach in the second day against diabetes.

### Poly herbal formulation -83

<table>
<thead>
<tr>
<th>No.</th>
<th>Ingredient species</th>
<th>Vern. Name</th>
<th>Family</th>
<th>Part used</th>
<th>spp. ID No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Ixora coccinea</em> L.</td>
<td>Chuvanna chekki</td>
<td>Rubiaceae</td>
<td>Bud, flower</td>
<td>193</td>
</tr>
<tr>
<td>2.</td>
<td><em>Calycopteris floribunda</em> (Roxb.) Poir.</td>
<td>Pullanji</td>
<td>Combretaceae</td>
<td>Tender leaves</td>
<td>65</td>
</tr>
</tbody>
</table>

Ailments: Allergic skin

Method of preparation & dosage: Expressed juice of the flower along with the tender leaves of *Calycopteris floribunda* (Roxb.) Poir. are boiled in water and concentrated. Applied externally and taken for bath.