RESULT
IV. RESULT

Several Ethnobotanical field trips were made to different village areas of Kollam District. The method adopted for Ethnobotanical study is in general similar to those of Schultes (1972) and Jain (1989). Before conducting field trips, localities were carefully selected on the basis of the available information on the areas to be visited, people to be consulted and the people to be studied with the help of maps, floristic data, literature of the local communities and discussions with the relevant personal.

On reaching the selected area, rapport was established with the prominent elders of the region through whom contacts were established with medicine men. Information about the utilization of plants for the treatment of various diseases were gathered based on interviews with the tribals, folk healers and other elderly people.

Documentation of information during and after the field work was carried out on scientific lines. Voucher plant specimens tagged with field numbers were collected. The method adopted for the preservation of voucher specimens and herbarium technology was similar to those of Jain and Rao (1978). Voucher specimens were deposited in the herbarium of Sree Narayana College, Kollam.
Fig. 1. A view of mangrove vegetation of Asramam, Kollam.

Fig. 2. A view of mangrove vegetation of Asramam, Kollam. from the opposite side of Ashtamudi Lake.

Fig. 3. Traditional Villagers making coir from coconut fibre.
Fig. 4. A folk healer Sri. Sivasudan of Kanjiramkuzhy, Kollam

Fig. 5. Author interviewing a wandering folk healer Sri. Gopalan at Eravipuram.

Fig. 6. Author interviewing an elderly woman Smt. Beevi Kunju having traditional knowledge at Muttakkavu
IV.1. Enumeration of Ethnomedicinal Plants Studied from Kollam District

100 species of medicinal plants belonging to 55 families and 89 genera used by folk healers of Kollam District for the treatment of various ailments have been enumerated here below. The plant species have been arranged in the alphabetical order and each species are listed: Latin name, family name in parenthesis. Name of informant (Inf), name of Locality (Loc), Local name (LN), Sanskrit name (SN), Frequency of occurrence (FO), Voucher specimen number (VSN), Sree Narayana College Herbarium (SNCH), Medicinal uses (Uses) with method of preparation and administration of remedy.

1. Abrus precatorius L. (Fabaceae)

   Inf : Mr. Bhaskaran

   Loc : Mullumala, Chirayil, Anchalummoodu.

   LN : Kunnikuru, Kunni

   SN : Rathika

   FO : Wild

   VSN : SNCH.T.1
Botanical Description


Uses

1. Leaf juice used for leucoderma.
2. Seeds ground and made into a paste and applied externally for various skin diseases.
3. An extract of root given two teaspoon a day to syphilis patients for a month.
4. Paste of seed used to kill lice (as hair wash)
5. One seed of white variety is pounded with water and given twice a day for the treatment of arthritis.
6. Root paste with mustard oil used on fresh wound as antiseptic.
7. Two seeds of white variety are soaked over night in 20 ml of water and swallowed along with water in empty stomach on the fourth day of menstruation to avoid consumption for two years.
8. Two seeds are ground well, mixed in jagerry and given internally for two days to terminate pregnancy

Therapeutic Action

Seed: Purgative, emetic, as tonic, aphrodisiac, used in nervous disorders and cattle poisoning; poultice of seed: used as suppose to bring
about abortion, as anti cancer, C N S depressant, analgesic, antibacterial, antispasmodic, uterine stimulant, antifertility and antimicrobial; Root: antifertility.

2. **Acacia nilotica (L.) Willd. Ex.Del. (Mimosaceae)**

   Inf : Mr.Pushkaran

   Loc : Mullumala, Girijan colony, Punalur.

   LN : Karivelam

   SN : Barburah

   FO : Wild

   VSN : SNCH.T.2

**Botanical Description**

A medium sized plant with straight white spine 1-5 cm long. Heads of yellow flowers on short axillary slender fascicled peduncles. Pods indehiscent, whitish tomentose, deeply constricted between the seeds.

**Uses**

1. Extract of bark is used for external application of cuts and wounds.
Therapeutic Action

Gum: Used in diarrhoea, dysentery, diabetes mellitus;

Bark: Astringent, demulcent.

3. **Acalypha indica** L. (Euphorbiaceae)

<table>
<thead>
<tr>
<th>Inf</th>
<th>Mr. Viswambaran Kani</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loc</td>
<td>Villumala, Kulathupuzha.</td>
</tr>
<tr>
<td>LN</td>
<td>Kuppameni</td>
</tr>
<tr>
<td>SN</td>
<td>Harithamanjari</td>
</tr>
<tr>
<td>FO</td>
<td>Wild</td>
</tr>
<tr>
<td>VSN</td>
<td>SNCH.T.3</td>
</tr>
</tbody>
</table>

Botanical Description

A stiff erect, annual herb. Leaves ovate or rhombic ovate, serrate. Flowers green. Capsule small, hispid, concealed by the bract. Seeds smooth, pale brown.

Uses

1. Twenty leaves and Ten black pepper are made in to a paste. are taken orally three times continuously with water to treat snake bite.
2. The crushed leaf applied on cuts and wounds.

3. The plant extract is given orally twice a day for 8 days to treat jaundice.

**Therapeutic action**

Plant: emetic, expectorant, useful in bronchitis, pneumonia and asthma; Root: cathartic; Leaf: laxative, used in scabies, snake bite

4. *Achyranthes aspera* L. (Amaranthaceae)

   **Inf** : Mr. Pookunju

   **Loc** : Muttakkav, Kannanalloor

   **LN** : Kadaladi

   **SN** : Apamargah

   **FO** : Wild

   **VSN** : SNCH.T.4

**Botanical description**

An erect, stiff herb. Leaves obovate or elliptic, obtuse. Flowers greenish – white on completely deflexed racemes. Utricle rounded at the base.
Uses

1. The whole plant paste applied on vagina for easy delivery
2. Aqueous extract of the leaf used externally for skin diseases
3. Pinch of root powder with the same amount of black pepper powder and honey is an effective drug for cough.
4) Whole plant shade dried is powdered with 4 times ‘misri’ (crystalline sugar), two tsp of this powder with cow’s milk or water taken twice a day one hour before each meal, for one month for liver troubles
5) One or two ml of decoction of the whole plant, is a good diuretic, if given two or three times daily.
6) The dry leaf powder with honey is useful in early stages of diarrhoea and dysentery.
7) Seed rubbed with rice water is given for bleeding piles. 50gm of powder mix with water is given twice a day for two weeks
8) Roasted seeds with honey are good for whooping cough.
9) Seeds are used as an appetizer

Therapeutic action

Plant: pungent, purgative, diuretic, used in dropsy, piles, boils, skin eruptions, colic, snake bite; Infusion of roots: astringent; Seed: emetic, used in hydrophobia.
5. *Aegle marmelos* (L.) Corr. (Rutaceae)

Inf : Mr. Gopalan

Loc : Bharanikkav, Sasthamcotta

LN : Koovalam

SN : Villuah

FO : Wild, Cultivated.

VSN : SNCH.T.5

Botanical description

A medium-sized tree with 1-2 strong thorn from the leaf axil. Leaves 3 foliate, entire. Fruits large, globose. Seeds embedded in a clear mucilage and yellow sweetly aromatic pulp

Uses

1. Ripe fruits eaten in constipation and for curing stomach troubles

2. Root is made into a paste with black pepper powder and administered once daily, for seven days in mad dog biting.

3. Leaves chewed and swallowed every morning for stomach ulcer.

4. Aqueous extract of leaves given for sunstroke
5. Leaf juice mixed with black pepper powder given orally for 15 days to treat jaundice.

6. Pulp of unripe fruits eaten for dysentery, pulp juice two to three tsp thrice a day, till cure.

7. Poultice of leaves is applied on eye sores in morning and evening.

8. The bark is pounded and made in to a paste with mustard seeds and used for diarrhoea, dysentery and other stomach disorders.

**Therapeutic action**

Pulp of ripe fruit: aromatic, cooling, laxative; unripe fruit: astringent, digestive, stomachic, diarrhoea; Root bark: used in intermittent fever, fish poison.

6. *Aerva lanata* (L.) A. Juss ex Schult (Amaranthaceae)

   Inf : Smt. Madhavi

   Loc : Kulathupuzha

   LN  : Cherula

   SN  : Bhadra

   FO  : Wild

   VSN : SNCH.T.6
Fig. 7. *Abrus precatorius* L. - Seed paste used for various skin diseases

Fig. 8. *Aegle marmelos* (L). Corr - ripe fruits used against constipation

Fig. 9. *Aerva lanata* (L). AJuss ex Schilt - root decoction is used for treating urinary disorders
Botanical description

An erect or prostrate herb, branching from the base. Leaves elliptic or obovate or sub-orbicular, with cottony hairs beneath. Flowers small, in dense axillary spikes, greenish-white.

Uses

1. One teaspoon of bark powder with sugar is taken orally twice daily for 3 days to treat burning menstruation.
2. Root powder (2g) and poppy seeds (20g) made into 3 parts, are used orally three times with ½ cup curd to treat leucorrhoea.
3. Root decoction 3 – 4 tsp taken in empty stomach to cure urinary disorders and to eliminate stones.

Therapeutic action

Plant: antihelmintic, diuretic; Root: demulcent, diuretic, used in headache.

7. *Alangium salvifolium* (L.f.) Wang (Alangiaceae)

<table>
<thead>
<tr>
<th>Inf</th>
<th>Loc</th>
<th>LN</th>
<th>SN</th>
<th>Fo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr. Raveedrank Kani</td>
<td>Villumalai, Kulathupuzha</td>
<td>Ankolam</td>
<td>Ankolah</td>
<td>Wild</td>
</tr>
</tbody>
</table>
Botanical description

A small deciduous tree. Leaves alternate, elliptic, entire. Flowers whitish green, subsilky, in axillary fascicles, Fruits subglobose or ellipsoid. Drupes pubescent, glabrous, ellipsoid.

Uses

1. Paste of bark (root or stem) with water half to one glass only once taken orally, gives a very good relief as emetic in cases of poisoning.
2. Powder of whole plant (10g) is given orally twice daily for 10 days to treat small pox and chicken pox.

Therapeutic action

Root bark: purgative, anthelmintic, used in fever and skin diseases;
Leaf: as poultice in rheumatic pain.

8. *Albizia lebbeck* (L.) Benth. (Mimosaceae)

Inf : Mr. Madavan kani
Loc : Cherukara kani, Thinkal Arikam
LN : Nenmenivaka
SN : Bhandi
Botanical description

A large deciduous tree. Leaflets 4-6 pairs. Flowers yellowish-white and in globose umbellate heads. Pods long, yellow, remain on the tree for a long time.

Uses

1. Powdered seed (20 g) is given with water orally twice a day for one month for consistent diarrhoea.

Therapeutic action

Plant: used in snake bite and scorpion sting; Bark & Seed: astringent, used in piles and diarrhoea; Root bark: used to strengthen gums; Leaf: used in night blindness.


(zingiberaceae)

Inf : Mr. Sadanandan
Loc : Vellamthetti Girijan Colony, Pathanapuram
LN : Kolinchi
SN : Rasna
 Botanical description

Perennial, aromatic, rhizomatous herb about 2m height, leaves oblong, short petiole, fragrant flowers, greenish white, dense panicles, fruits orange red when ripe.

Uses

1. Rhizome used in rheumatism and bronchial catarrh
2. Seeds used to treat diarrhoea and vomiting

Therapeutic action

Nervine tonic, stimulant, carminative, disinfectant, aphrodisiac, expectorant, bronchodilator, diabetic.

10. *Althaea officinalis* L. (Malvaceae)

Inf : Smt. Rajamma

Loc : Vellamthetti Girijan Colony, Pathanapuram

LN : Gulkhera chedi

SN : Malva
FO : Rare, cultivated.

VSN : SNCH.T.10

Botanical description

A downy, perennial herb with woody root stock. Leaves obovoid. Flowers in axillary clusters; carpels many on a small torus ultimately separating, forming mericarps each containing a seed.

Uses

Powder of 20 g seeds are given with water orally twice a day for a period of one month creating appetite.

Therapeutic action

Root: demulcent, emollient; Infusion of flowers given in bronchial catarrha and in bronchitis; Leaf & Flower: applied to burns.
11. *Anacardium occidentale* L. (Anacardiaceae)

Inf : Mr. Bhargavan

Loc : Nadakkavu, Chavara South

LN : Kasumavu, Parankimav

SN : Vanamarah

FO : Cultivated.

VSN : SNCH.T.11

**Botanical description**


**Uses**

1. Bark of stem crushed and made in to a paste with curd and given to treat ulcer, mouth wounds. May be boiled and taken as antidiarrhoeal
2. Juice of false fruit (called as cashew apple) is used for treating indigestion.
3. The bark of stem cut into pieces and boil in water and is used for bathing for the treatment of rheumatic complaints.

4. Young leaves are often taken with chilly and lime.

5. 20gms of endosperm of seed, make it in to a paste with cow milk and drink with milk regularly to treat low Blood pressure and to increase sexual ability.

6. Endosperm oil is best to treat heart diseases to relief from fat deposition.

**Therapeutic action**

Bark: hypoglycaemic; Leaf: Hypoglycaemic, anticancer
Fig. 10. *Albizia lebbeck* (L.) Benth. - seed powder is given against consistent diarrhoea.

Fig. 11. *Alpinia galanga* (L.) Willd Syn. Amomum galangal (L.) Lour - rhizome and seeds used to treat diarrhoea and vomiting

Fig. 12. *Anacardium occidentale* L. False fruit juice is used to treat indigestion
12. *Ananas comosus* (L.) Merr. (Bromeliaceae)

**Inf** : Mr. Kuttappan Kani

**Loc** : Vellamthetti Colony, Piravanthoor, Pathanapuram

**LN** : Kaithachakka

**SN** : Anamnasam

**FO** : Cultivated.

**VSN** : SNCH.T.12

**Botanical description**


**Uses**

Leaf juice is given as anthelmintic to children

**Therapeutic action**

Plant: spasmodic, anthelmintic, nematicidal; Leaf: antifertility;

Fruit: antifertility; Rhizome: antifertility
13. *Andrographis paniculata* (Brum.f.) Wall. Ex Nees (Acanthaceae)

Inf : Mr. Appukuttan Kani

Loc : Kadaman cod, Kulathupuzha

LN : Pacha kiriyath

SN : Bhunimbah

FO : Wild, common.

VSN : SNCH.T.13

**Botanical description**


**Uses**

1. Juice of the plant (50-75 ml) is to be given orally 2-3 times daily for a period of one week to treat malarial fever.
Therapeutic action

Plant: febrifuge, tonic, alterative, anthelmintic, used in debility, dysentery and dyspepsia; Infusion of plant: used in fever; root & Leaf: febrifuge, stomachic, tonic, alterative, anthelmintic.

14.  *Annona squamosa* L. (Anonaceae)

Inf  : Mr. Roy

Loc  : Parayanath, Oachira

LN   : Aathi

FO   : Cultivated.

VSN  : SNCH.T.14

Botanical description


Uses

1. Leaf paste applied on injured portion of cattle for easy cure. Worms if present came out from suppurated portion

2. Leaf juice used in the treatment of animal wounds as an antiseptic
Therapeutic action

Root: antimicrobial; Aerial part: anticancer, insecticidal; Leaf: insecticidal, spasmogenic, spasmolytic, oxytocic; Seed: antifertility


ex Wt. & Arn (Aristolochiaceae)

Inf : Mr. Lalan

Loc : Vellamthetti Colony, Girijan colony, Pathanapuram

LN : Alpam

SN : Kiluppa

FO : Wild, common.

VSN : SNCH.T.15

Botanical description

An erect, slender shrub. Leaves distichous, oblong-lanceolate, acuminate. Flowers in axillary cymes. Capsules obtuse, 4-gonous. Seeds acute at both end, 3-gonous.
Uses

1. Fresh root juice (50 ml) is given orally at frequent intervals in cases of snake bites.

Therapeutic action

Plant: used for carbuncles and inveterate ulcers; Root: used in cholera, dysentery, diarrhea, worm infections.

16. *Areca catechu* L. (Areaceae)

Inf : Mr. Roy

Loc : Puthuppally

LN : Kamuku

SN : Pumgha

FO : Cultivated.

VSN : SNCH.T.16

Botanical description

A very graceful palm with a slender trunk. Spathe glabrous compressed. Spadix much branched; rachis stout, compressed. Fruits ovoid, smooth, orange or scarlet
Fig. 13. *Andrographis paniculata* (Brum. f.) Wall. Ex Nees. - plant is used to treat malarian fever

Fig. 14. *Annona squamosa* L. - Leave paste applied on cattle wounds to eliminate worms and easy cure

Fig. 15. *Areca catechu* L. - Young seeds used to cure bleeding piles
Uses

1. Juice obtained by squeezing the pericarp of young fruit is best for curing foot infections. Apply externally.
2. Young seed ground and mixed with an egg of duck. Prepare omelet and eat for 3 or 4 days to cure bleeding piles.
3. Young seed made in to a paste and given to cattle 3 times a day, for 5 days to treat cattle dysentery.
4. Leaf juice apply on head to control lice.

Therapeutic action

CVS active, Spasmolytic; Nuts; antimicrobial, CVS active, spasmolytic.

17. *Argemone mexicana* L. (Papaveraceae)

**Inf** : Mr. Raveendran

**Loc** : Kattilkadavu, Karunagappally.

**LN** : Erumakkally.

**SN** : Brahmadanti

**FO** : Wild, common.

**VSN** : SNCH.T.17
Botanical description


Uses

1. Plant juice is used for skin infections
2. Root piece chewed with betle leaves 2-3 times daily for 15 days to treat jaundice.
3. Roots ground and mixed with onions is applied to the affected part; this is said to bring the worm out at once. In another recipe, root used to treat specifically guinea worm.
4. Root paste in water (10gm) taken orally twice a day for 7 days. Paste of seed applied externally on skin once daily to treat scabies.

Therapeutic action

Root: alterative, used in skin diseases; Seed: laxative, emetic, expectorant, demulcent; yellow juice of plant: used for dropsy, jaundice and cutaneous afflictions; Oil: purgative, used for cutaneous afflictions.
18. **Aristolochia indica** L. (Aristolochiaceae)

**Inf**: Smt. Chellamma

**Loc**: Villumalai, Kulathupuzha

**LN**: Garudakodi, Eeshwaramooli.

**SN**: Garalika

**FO**: Rare, Wild.

**VSN**: SNCH.T.18

**Botanical description**


**Uses**

1. Fresh root juice (50 ml) is given 3 days orally twice a day with a gap of 2 hrs and the paste of leaves applied on affected parts of snake bites.

2. Powder is used as snuff and also sprinkled on the tongue for quick relief of poisonous bites.
3. Paste of fresh root (2-5gm) taken internally for three days to treat diarrhoea.

**Therapeutic action**

Root: tonic, stimulant emmenagogue, emetic, used in fevers and leucoderma; juice of Leaf: used in snake bite.

19. *Asparagus racemosus Willd* (Liliaceae)

**Inf** : Mr. Sathyan

**Loc** : Ambaloor, Punalur

**LN** : Chatavali kizhanghu

**SN** : Satavari

**FO** : Rare, wild,

**VSN** : SNCH.T.19

**Botanical description**

A scandent spinosus herb or shrub. Flowers small, white, Berries green to scarlet.
Uses

1. Root pounded and mix with milk and the mixture is given to women to induce lactation and as a tonic.
2. 5 ml of root juice a day for 5 days is administered for treatment of dysentery and diarrhoea.
3. Root decoction 25ml per day is given to reduce fever.
4. Dried roots powdered and 5gm of powder and 6 black pepper powder per dose is given twice a day to treat impotency in men and women.
5. Root extract is antidysenteric, antispasmodic and demulcent.

Therapeutic action

Aerial part: anticancer, antifungal; Bark: antibacterial, antifungal; Root: antitoxic

20. *Azadirachta indica A. Juss* (Meliaceae)

**Inf** : Mr. Kuncheppan kani

**Loc** : cherukara kani, thingalazhikom

**LN** : Veppu, Aryaveppu

**SN** : Nimba

**FO** : Wild

**VSN** : SNCH.T.20
Botanical description

A large tree, Flowers white, scented. Drupes ellipsoid, yellow when ripe.

Uses

1. Leaf extract is used for dental ailments like bleeding, smelling of gums. Neem twigs are used as tooth brush
2. Neem leaves are spread on the bed of patients, suffering from small pox and chickenpox. They also took a bath with leaf extract.
3. Leaves boiled in water and the extract is used for skin ailments like eczema.
4. Dried leaves burnt to ashes and given orally with water thrice a day to dissolve stone formation in kidney.
5. Oral administration of water extract of leaves thrice a day, for 3 or 4 days is given for Jaundice.
6. Young leaves are crushed and the extract taken orally to purify blood and the treatment of diabetes. It also cures boils and pimples.
7. Leaf juice is given in intestinal worms. Leaf extract is taken orally in vomiting and cholera.
8. Leaves make it into a paste and juice is extracted by squeezing the paste in a clean piece of cloth. This liquid is a natural antiseptic. Apply on the wound to heal it.

9. Leaf juice is given orally for snake bites to inhibit sleep and thus slowing the venum action

**Therapeutic action**

Bark: anticancer, antiviral, spasmogenic, antibacterial; Leaf: antiviral, antineoplastic, antifungal; Flower: antibacterial; seed kernel: larvicidal.

21. *Bacopa monnieri* (L) Wettst (Scrophulariaceae)

**Inf** : Mr. Prasannan Vaidyan

**Loc** : Maulmel Kadavu, Karunagappally

**LN** : Brahmi

**SN** : Brahmi

**FO** : Wild

**VSN** : SNCH.T.21

**Botanical description**

Prostrate herb, rooting at nodes. Flowers bluish-purplish or white with bluish veins.
Fig. 16. *Argemone mexicana* L. - Root paste in water is given orally and seed paste used externally against scabies

Fig. 17. *Asparagus racemosus* Willd. - root decoction used to reduce fever.

Fig. 18. *Bacopa monnieri* (L.) Wettst. - the whole plant juice is given to improve memory
**Uses**

1. Decoction of leaves used in cough.
2. Aqueous leaf juice is given twice a day, for one month to diabetic patients.
3. Whole plant is ground and applied externally on eczema and ringworm diseases.
4. Plant juice with black pepper is given twice a day for three days in malarial fever.
5. 10 ml of juice of leaves with 10 ml of honey is given, once a day in empty stomach for 30 days in epilepsy.
6. The whole plant juice 30 ml with honey for 7-21 days before going to bed to improve memory.

**Therapeutic action**

Plant: anticancer and improves learning ability.

**22. Barleria prionitis L. (Acanthaceae)**

<table>
<thead>
<tr>
<th>Inf</th>
<th>Mr. Gopalan kani</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loc</td>
<td>Kadamankod, Kulathupuzha</td>
</tr>
<tr>
<td>LN</td>
<td>Kanakambaram</td>
</tr>
<tr>
<td>SN</td>
<td>Vajradanti</td>
</tr>
<tr>
<td>FO</td>
<td>Wild</td>
</tr>
<tr>
<td>VSN</td>
<td>SNCH.T.22</td>
</tr>
</tbody>
</table>
Botanical description

A bushy, prickly undershrub. Flowers orange-yellow, in terminal spikes. Capsules black, pointed.

Uses

1. Leaves and flowers mixed with root of ‘madar’ (Calotropis procera (Ait.)R. Br.), tender culm of ‘munj’ (Saccharum bengalense Retz.), fruits of ‘kateli’ (Solanum virginianum L.) and ‘ber’ (Zizyphus mauritiana Lam.) are made into decoction and given with powder of black pepper and crystalline sugar to treat common fever.

2. In case of stomach pain, ½ kg whole plant is kept in one litre of cold water for 5-6 days. This is filtered and given in the dose of 5 ml twice daily, for a week.

3. Root paste is applied locally for headache.

4. Root paste is given orally to treat alopecia.

Therapeutic action

Plant: antiseptic, pain killer.
23. *Biophytum sensitivum* (L.) DC. (Oxalidaceae)

Inf : Mr. Damodaran

Loc : Therguvilayil V.T. Colony, Pathanapuram

LN : Mukkutty

SN : Viparitalajjalu

FO : Wild, common.

VSN : SNCH.T.23

**Botanical description**

A pretty little herb with leaves and peduncles rising directly from a stout stock. Flowers small yellow, dimorphical peduncles many, slender upto 10 cm long capsules ellipsoid, 5 grooved. with many small seeds.

**Uses**

1. Handful of crushed leaves mixed with duck egg and given for bleeding piles

2. Leaf paste mixed with curd given for dysentery

3. The whole plant make it in to a paste without water and apply on wounds. The whole plant kept in a vessel and close the mouth with cotton cloth. Keep the vessel upside down under the soil, so that
the half portion of the vessel (i.e., mouth portion) remain under soil. Put pastes of soil on the vessel and put fire on it. Continue heating for 4 hrs. Then take out the ashes of the plant from the vessel. The ash is administered for the treatment of heart diseases.

Therapeutic action

Thermogenic diuretic expectorant, stimulant and tonic for abscess, gonorrhoea, asthma and for snake bites; leaf: Insulin like principle, Seed paste for wounds, diarrhoea.

24. *Bixa orellana* L. (Bixaceae)

Inf : Mr. Rethnakaran

Loc : Villumalai, Kulathupuzha

LN : Kumkuma Chedi

FO : Rare, cultivated.

SN : Sundari

VSN : SNCH.T.24

Botanical description

An evergreen large shrub or small tree. Flowers in terminal panicles. Capsules ovoid or sub-globose, softly echinate.
Uses

1. Seeds are used as good remedy for veneral diseases.
2. The pulp surrounding the seeds is used to prevent mosquito bite by external application.

Therapeutic action

Root bark: antiperiodic, antipyretic; Leaf: used in jaundice and snake bite; Furt: astringent, purgative; Seed: cordial, astringent, febrifuge, good remedy for gonorrhoea, antipyretic.

25. *Boerhaavia diffusa* L. (Nyctaginaceae)

Inf : Smt. Chellamma
Loc : V.T Colony, Pathanapuram
LN : Thazhuthama
SN : Punarnava
FO : Wild, common.
VSN : SNCH.T.25

Botanical description

A diffuse herb. Flower rose-pink colored. Fruits clavate, 5-ribbed
Uses

1. Leaf juice mix with rice powder and coconut given for piles pain and pain due to centipede bites.
2. Crush the whole plant and the juice of 15ml taken daily morning and evening for kidney troubles.
3. Take 30gms of root paste boiled in cow milk given daily morning to-keep youthfulness (tonic) and for treating malaria
4. Whole plant dried and the powder eaten with dried powder of *piper nigrum* seeds for stomach swellings.
5. Dried leaves taken with honey for hypertension and as tonic.
6. Root decoction given to treat rheumatism, piles and hypertension.
7. Root juice dropped in eyes for cataract.
8. Root paste applied for cuts and wounds
9. Cooked leaves are taken orally to check body inflammation and hypertension.

Therapeutic action

Plant: antifibrinolytic; Root: antiviral, anticonvulsant

Leaf: anti-inflammatory

(Caesalpiniaceae)

Inf : Smt. Girija

Loc : Bharanikavu, Sasthamcotta

LN : Rajamally.

SN : Sooryagni

FO : Wild, common.

VSN : SNCH.T.26

Botanical description

An erect handsome glabrous shrub, with prickly spreading branches. Leaves bipinnate, leaflets oblong. Flowers red or orange, in large corymbs. Pods thin, broadly linear.

Uses

Stembark powder (5-10 g) is given orally at bed time, continuously for 5 days after menses.
Therapeutic action

Decoction of wood: emmenagogue, used in diarrhoea and dysentery

27. *Calotropis gigantea* (L.) R. Br. (Asclepiadaceae)

Inf : Mr. Gopalan

Loc : Prakkulam

LN : Yerukku

SN : Arkah

FO : Wild, common.

VSN : SNCH.T.27

Botanical description

A erect shrub, clothed white pubescence all over. Flower purplish or white. Follicles glaucous, green, recurved.

Uses

1. White juice (milk) fixed on fresh cotton and press it in to the placenta for easy abortion.

2. Two tsp aqueous root extract, taken internally for treating epilepsy.
3. Dried flowers crushed with cows milk taken twice daily for treating asthma.

4. Eat two leaves before sun rise in empty stomach, continuously for 3 days is best for curing strong headache.

Therapeutic action

Leaf: anticancer; Root: spasmolytic; latex: antispasmodic, hypotensive

28. *Callophyllum inophyllum* L. (Clusiaceae)

**Inf** : Mr. Gopalan

**Loc** : Prakkulam, Thrikkaruva

**LN** : Punna

**SN** : Punnagah

**FO** : Wild, rare.

**VSN** : SNCH.T.28

Botanical description

An erect fairly big tree. Leaves glabrous.
Fig. 19. *Biophytum sensitivum* (L.) DC. - crushed leaves with duck egg is given against bleeding piles

Fig. 20. *Calotropis gigantea* (L.) R. Br. - dried flowers used for treating asthma

Fig. 21. *Calophyllum inophyllum* L. - Dried and powdered female flower with honey is used to cure haemophilia
Uses

1. Shrewd method of abortion by experienced persons to introduce strong leaf veins into the womb and twist 2 or 3 times till abortion takes place.

2. Bark of stem decoction about 30 ml two times a day, for 3 days to treat dysentery (Athisaram)

3. Seed oil used to apply on the body for rheumatic complaints and treating foot infection.

4. Dried female flower part is powdered. 1gm of powder mix with honey and administer 3 times per day, for 4 days to cure haemophilia.

5. Bark powder applied on cuts, wounds and to cure skin infections.

Therapeutic action

A viscous oil used for rheumatoid arthritis.

29. *Carica papaya* L. (Caricaceae)

Inf : Smt. Maniamma

Loc : Mathilil, Thrikkadavoor

LN : Pappai, Kappakkaye.

SN : Erandakarkkadi
FO : Cultivated.

VSN : SNCH.T.29

Botanical description

A perennial herbaceous tree with milky latex. Leaves large, palmately dissected. Flowers unisexual, cream coloured. Fruit large globose berry, green when young, orange when ripe with sweet soft pulp.

Uses

Powdered unripe fruit is given twice daily for 15 days for abortion.

Therapeutic action

Milk juice of unripe fruit: used as cosmetic to remove freckles and other blemishes from the skin; anthelmintic; Ripe fruit: stomachic, carminative, diuretic; Seed: vermifuge, emmenagogue.

30. **Cassia fistula** L. (Caesalpiniaceae)

Inf : Mr. Gangadharan Vaidyan

Loc : Mukhathala, Kannanalloor

LN : Kanikkonna

SN : Aragvadhah
FO : Wild, common, cultivated.

VSN : SNCH.T.30

Botanic description


Uses

1. Paste of leaf applied for eczema, ringworm infection
2. Leaves eaten for constipation
3. Flowers and stem bark eaten for stomach ache and to expel hookworm
4. Fruit pulp applied for rheumatic joints
5. Cylindrical pods of cassia fistula used against frequent nightmares

Therapeutic action

Plant, stem bark and pods are antiviral, hypoglycaemic, anticancer.

31. Cassia tora L. (Caesalpiniaceae)

Inf : Smt. Savithry Antharjanam

Loc : Puthiyakavu

LN : Thakara

SN : Araguadhah
Fig. 22. *Carica papaya* L. - Dried, powdered unripe fruit is used for abortion

Fig. 23. *Cassia fistula* L. - Leaves eaten to treat constipation

Fig. 24. *Cassia tora* L. - Seed paste is applied to treat eczema, itches, ulcers and wounds
FO : Wild, common.

VSN : SNCH.T.31

Botanical description

A glabrous herb. Flowers axillary, yellow or reddish tinged. Pods subterete, 4-angled.

Uses

1. Leaf juice applied on skin diseases
2. Leaf paste applied on forehead to relieve headache.
3. Seed paste is applied on eczema, itches, ulcers and wounds
4. Leaf juice may be applied for ringworm infection.

Therapeutic action

Plant: antiviral, spasmylytic; Seed: spasmylyti

32. Catharanthus roseus (L) G.Don syn.Vinca rosea L

(Apocynaceae )

Inf : Mr. Purushothaman potti

Loc : Thattasseri, Chavara

LN : Savamnnari

SN : Ushamalari
FO : Cultivated, seen wild.

VSN : SNCH.T.32

Botanical description

A perennial herb. Flowers white or deep rose coloured. Follicles long.

Uses

1. Fresh twig with 2 leaf buds given in empty stomach for diabetes.
2. Leaf paste applied for poisonous bites and boils.
3. Dried roots ground with ginger and taken orally to relieve stomach pain due to indigestion and overeating
4. Decoction of the root is used as vermifuge.

Therapeutic action

Plant: hypoglycaemic, CNS depressant.

33. *Celastrus paniculata* Willd. (Celastraceae)

Inf : Mr. Purushottaman potti

Loc : Thattasseri, Chavara

LN : Cherupunna

SN : Pitataila
FO : rare, cultivated.

VSN : SNCH.T.33

Botanical description

A large woody climber. Flowers greenish-yellow, in terminal panicles. Fruits spherical, deep red or orange when ripe.

Uses

1. The crushed leaves (100g) are boiled in 250 ml of water with few grains of black pepper and cooled. The decoction is drunk twice daily, for 3 days to treat common fever.

2. Leaf juice is used to treat irregular menses

3. Equal quantities of the fruits with oat, ginger and ‘khajoor’ (Date palm) are ground and fried in ghee and one teaspoonful of this preparation is given once daily, for a week to treat piles.

4. The oil, extracted by crushing the dried seeds is applied locally with light massage of the body to treat bodyache due to high fever.

5. The oil, extracted by crushing the dried seeds is applied locally with light massage, 3-4 times a day. It is claimed to relieve the pain gradually.

6. Seed oil is applied on joints in rheumatic pain.

7. In cases of cuts and injuries, seed oil is applied externally on the affected part, 3-4 times a day, till cure is obtained.
8. Seed oil is given in the dose of 10 drops every day after breakfast for one year continuously to treat tuberculosis.

9. Seed oil is given in the dose of 5 ml to women after delivery twice daily, for 7 days to take out dirty blood after delivery.

**Therapeutic action**

Aerial part: antiviral; Seed: hypotensive, spasmolytic

34. *Centella asiatica* (L.) Urban Syn. *Hydrocotyle asiatica* L.

(Apiaceae)

**Inf** : Mr. Raveedran

**Loc** : Maruthoorkulangara

**LN** : Kodangal, muyalcheviyan

**SN** : Munduki

**FO** : Wild, common.

**VSN** : SNCH.T.34

**Botanical description**

A creeping herb. Flowers in an umbel, pink to red. Fruits ovoid, compressed
Uses

1. Three to four leaves with 11-12 black pepper are given to children to improve memory.

2. Two to three tsp of leaf paste is administered in empty stomach for 2-3 days to cure dysentery.

3. The whole plant make it in to a paste and apply on boils and tumours.

4. Leaf juice is given for diabetes

5. Leaf juice is rubbed on forehead to cure severe headache.

6. Leaf paste applied on the cheeks to reduce tooth pain.

7. Stem and leaf crushed in a glass of milk (goats) taken for piles for 5 days

Therapeutic action

Plant: antiprotazoal, spasmylytic
35. *Cissampelos pareira* L. (Menispermaceae)

**Inf** : Smt. Remany

**Loc** : Mullumala Girijan colony, Punalur

**LN** : Malathanghi

**SN** : Venivel (S)

**FO** : Rare, cultivated.

**VSN** : SNCH.T.35

**Botanical description**

A slender climber. Flowers greenish-white, in clusters. Drupes ovoid, orange or scarlet.

**Uses**

1. 3 to 5 gms of dried root powder mixed with water or cow milk is given for the treatment of urinary defects.

2. The whole plant made it into a paste and administered against snake bites

3. Root powder applied on wounds to cure.
Therapeutic action

Root: hypoglycaemic, antidotes, root antitoxin.

36. Clerodendrum viscosum Vent. (Verbenaceae)

Inf : Mr. Kunchappan Kani

Loc : Choukara kani, Thingalzhikom, Kulathupuzha

LN : Peruvalam, Oruveran

SN : Bhandirah

FO : Wild, common.

VSN : SNCH.T.36

Botanical description

A brownish-pubescent shrub. Flowers in terminal cymose panicle.

Drupes within enlarged pinkish or reddish calyx, subglobose, black.

Uses

1. Remove the epidermis of root, make it in to a paste and add jaggery, rice powder and coconut milk make it into colloidal form and given against internal injury.
Fig. 25. *Centella asiatica* (L.) Urban Syn. *Hydrocotyle asiatica* L. - leaves with black pepper is given to children to improve memory

Fig. 26. *Cissampelos pareira* L. - Plant paste is used to treat snake bites

Fig. 27. *Clerodendrum viscosum* Vent. - leaves and flowers used against scorpion sting
2. Leaf makes it in to a paste with leaf of *moringa olifera* and dilute acetic acid. The paste apply on the cattle, for inflamated udder (akid)

3. Leaves and flowers used in scorpion sting.

**Therapeutic action**

Leaf juice as conjunctivitis, Seed as vermifuge.

(Cucurbitaceae)

**Inf**: Mr. Balan Kani

**Loc**: Chaukarakani, Thingalarikom, Kulathupuzha

**LN**: Kovaikkay

**SN**: Bimbi

**FO**: Rare, Wild.

**VSN**: SNCH.T.37

**Botanical description**

Uses

1. Leaf juice (3-4 drops) is applied in the eyes as a preventive measure against cataract.

2. Root paste (25 g) is given twice daily for 3 days to treat body ache.

3. Root paste is given orally in the dose of 25 g twice daily, for 30 days. It is also applied externally over the affected joints 3-4 times a day to treat rheumatism.

4. The paste of root is used in kidney stones in combination with other drugs.

Therapeutic action

Plant: hypoglycaemic; Root: hypoglycaemic

38. Cocos nucifera L. (Palmaceae)

Inf : Smt. Chandrika

Loc : Alumkadav, Karunagappally

LN : Keram, Thengu

SN : Nalikerah

FO : Cultivated, common.

VSN : SNCH.T.38
Botanical description

A tall slender tree with a crown of leaves at the top.

Uses

1. Make a decoction of roots of coconut and bark of *Saraca indica* (Roxb.) de Willde (Caesalpiniaceae) (syn. *S. indica auct non L.*) in equal qualities 50 ml three times a day for 15 days to control menstrual disorders.

2. Decoction of crushed roots of coconut 50ml morning and 50 ml evening, given for four days for curing bleeding.

3. Ash of coconut fibre mixed in tender coconut water and jaggery for treating menstrual defects.

4. A paste of female flower mix with *Curcuma aromatica* and label on the infant baby. Then clean the body with soap. Repeat it for 3 to 4 days. From 5th day paste of gingelly seed label on the body and after 2 hours clean the body. From seventh day label the body with butter and then clean. Apply gingelly paste on alternate days from 8th day onwards for good health.

Therapeutic action

Menstrual disorder, root for bleeding ailment, tender coconut water for treating dehydration, coconut water as anti toxin.
39. *Costus speciosus* (Koen.) Sm. (Zingiberaceae)

_Inf_ : Mr. Babu

_Loc_ : Alumkadav, Karunagappally

_LN_ : Channakkuva, kannakkilannu.

_SN_ : Pushkara

_FO_ : Wild, common.

_VSN_ : SNCH.T.39

**Botanical description**

A tuberous plant with leafy stem. Leaves elliptic, oblong, thinly silky beneath. Flowers large, pure white. Capsules globose or ovoid.

**Uses**

Root paste is given with cow milk two times a day, for 3-5 weeks to treat gout and rheumatic pain.

**Therapeutic action**

Rhizome: anti-inflammatory
40. *Curculigo orchioides* Gaertn. (Amryllidaceae)

**Inf** : Smt. Chandrika

**Loc** : Alumkadav, Karunagappally

**LN** : Nilappana.

**SN** : Musali

**FO** : Wild, common.

**VSN** : SNCH.T.40

**Botanical description**

A perennial herb with long, robust rootstock. Leaves glabrous, linear elliptic, acuminate at apex. Flowers small, bright yellow. Capsule hypogynous, with a minute beak. Seeds 1-4, oblong, shining, with deep wavy grooves.

**Uses**

1. Root juice (1 teaspoon) is given twice a day for one week to treat itching.

2. Rhizome juice is given one teaspoon a day for 10 days to treat jaundice.
Therapeutic action

Rhizome: demulcent, diuretic, aphrodisiac, used in piles, jaundice, asthma, diarrhoea, gonorrhoea, and skin diseases.

41. *Curcuma amada* Roxb. (*Zingiberaceae*)

Inf : Mr. Sivasathan

LOC : Kanjiramkuzhi, Kadavoor

LN : Mangha inchi

SN : Karpooraharidra

FO : Wild

VSN : SNCH.T.41

Botanical description

A rhizomatous aromatic herb with a leafy tuft, 60-90 cm in height. Leaves long petiolate oblong lanceolate. Flowers white or pale yellow in spikes in cluster of the tuft of leaves.

Uses

1. Mature rhizome, ground well, made in it into a paste and apply externally on inflamated portion, bruises and sprains
2. Juice obtained by squeezing the rhizome and given thrice a day for 4 days (two tea spoon full) administered for indigestion.

3. Rhizome grind well and use as chadni.

Therapeutic action

Therapeutic action: Apetiser, carminative, aphrodisiac, laxative, diuretic anti-inflammatory, antipyretic, stomachic.

42. *Curcuma longa* Linn (Zingiberaceae)

Inf : Smt. Arundhaty

LOC : Perumon, Mandrothuruthu

LN : Manjal, Pachamanjal

SN : Haridra

FO : Cultivated

VSN : SNCH.T.42

Botanical description

A perennial herb, 60-90 cm in height, with a short stem and tufts of erect leaves, rhizome cylindrical ovoid, orange coloured and branched, leaves simple, large, petiole as long as the blade, oblong, lanceolate, flowers pale yellow in spikes concealed by sheathing petioles flowering bracts pale green.
Fig. 28. *Coccinia grandis* (L.) Voigt Syn. - *Coccinia indica* Wt. & Arm. leaves used against cataract

Fig. 29. *Curcuma amada* Roxb. - mature rhizome paste apply externally against inflammation, sprain and bruises

Fig. 30. *Curcuma longa* L. - Smoke of dried and burned rhizome used to cure sinusitis
Uses

1. Ground the rhizome well and apply the paste on inflammations and also for skin diseases

2. Rhizome paste label on the allergy affected skins for immediate relief.

3. Juice of rhizome is given for poisonous bites

4. Juice of rhizome is given 3 times a day for 2 days against intestinal worms

5. Dried rhizome burn on wood fire and smell the emitting smoke for sinusitis complaint.

6. Decoction of flower is given to treat jaundice

43. *Cuscuta reflexa* Roxb. (Cuscutaceae)

**Inf** : Smt. Aisha

**Loc** : Alumkadav, Karunagappally

**LN** : Sitabel, Moodillathali

**SN** : Akasavalley

**FO** : Wild, common

**VSN** : SNCH.T.43
Botanical description

A leafless wiry parasite. Flowers small pale coloured. Fruits small globose. Seeds up to 4, black in colour.

Uses

Plant decoction (50 ml) is given twice daily for 15 days to treat jaundice.

Therapeutic action

Plant: purgative, used externally against itch; Infusion of plant: used as a wash for sores; seed: carminative, anthelmintic, alterative.

44. *Cyperus rotundus* L. (Cyperaceae)

Inf : Mr. Hassan Kunju

Loc : Muttakavu, Nedumpana

LN : Muthanga pullu

SN : Mustaka

FO : Wild

VSN : SNCH.T.44
Botanical description

A grassy plant with rhizomatous, underground stem. Inflorescence condensed, yellowish-brown, often with reddish-brown colour

Uses

1. Root juice (50 ml) is given orally twice daily for a period of 5-10 days for worm complaints
2. Rhizome juice is ground and applied on scorpion sting
3. Rhizome juice is given in the dose of 25ml three times a day for three days to treat constipation

Therapeutic action

Tuber: diuretic, emmenagogue, anthelmintic, diaphoretic, astringent, useful in disorder of the stomach and irritation of the bowels.

45. *Datura fastuosa* L. Syn. *D. metel* L. (Solanaceae)

Inf : Smt. Beevikunju
Loc : Muttakavu, Kannanalloor
LN  : Neelaumam
SN  : Krishna- dhatura
FO  : Wild
VSN : SNCH.T.45
Botanical description

A herb or under shrub. Flowers purple outside, whitish within. Fruits: subglobose, deflexed, clothed with blunt tubercles, dehiscing irregularly. Seed pale-brown

Uses

1. Take a mature fruit and insert gingelly seeds in it and boil it in rice water. Take out the fruit and make it in to a paste and apply on the vain portion of head for treating “Ponni -rogam” in infants

2. Fruit boiled directly in fire and make it in to a paste with curd. Paste applied on pimples for four days

3. 300 ml of whole plant juice mix with equal quantity of coconut oil. Heat it and make it to 100ml. This oil is applied for psoriasis and dandruff

Therapeutic use

Plant: anthelmintic, anticancer; Leaf: anticholinergic; Fruit: spasmogenic, depressant, anticholinergic.
46. *Dioscorea bulbifera* L. (Dioscoreaceae)

**Inf**: Smt. Beevikunju  
**Loc**: Muttakavu, Kannanalloor  
**LN**: Kattukachil  
**SN**: Vanakamba, Kakabhandi  
**FO**: Wild, cultivated  
**VSN**: SNCH.T.46

**Botanical description**

A climbing rhizomatous herb. Flowers green-purple. Capsule broadly oblong

**Uses**

1. Rhizome is given against intestinal worms
2. Rhizome paste is given in the dose of 100 g once a day, for 15 days to treat rheumatism. Drug is not to be taken in empty stomach
3. The powder of rhizome is taken orally to stop conception
4. Roots along with root of *Phoenix sylvestris* (L.) Roxb., *Asparagus racemosus* Willd. and young leaves of *Diospyros montana* Roxb are crushed in equal quantity and ‘misri’ (crystalline sugar) is added to taste. It is given in the dose of 100 g early morning with milk for 21 days in the cases of seminal weakness
5. Rhizome (3g) pounded and given twice daily to treat common fever
Therapeutic action

Rhizome: vermifuge, antispasmodic root: antispasmodic and for arthritis.

47. *Dioscorea esculenta* (Lour.) Burkill (Dioscoraceae)

Inf : Smt. Krishnamma

Loc : Kadamankod, Kulathupuzha

LN : Cherukizhangu

SN : Krisakantha

FO : Wild, cultivated

VSN : SNCH.T.47

Botanical description

A perennial climber with bulky rhizome. Leaves simple, broadly ovate, acuminate at apex, deeply cordate at base, entire; petiole up to 10 cm long.

Uses

Powdered root is given two times a day for 10-15 days against diabetes.

Therapeutic action

Tuber: paste is applied on swellings.
48. *Diospyros melanoxylon* Robx. (Ebenaceae)

**Inf**: Mr. Chellappan Kani

**Loc**: Kadamankod, Kulathupuzha

**LN**: Valiyathazu

**SN**: Tumvuru

**FO**: Wild, Cultivated

**VSN**: SNCH.T.48

**Botanical description**

A moderate sized deciduous tree, with grey bark, young parts clothed with tawny tomentum. Leaves simple, tomentose when young. Fruit a globose berry

**Uses**

1. Dried leaves are advised to be chewed and swallowed to treat dysentery. Only curd is advised to take during the treatment

2. Powdered stem bark (2 teaspoon) twice a day for 10 days to treat cardiac disorder

3. One teaspoon of bark powder is dissolved in a glass of water and used as an eye wash for the cure of ulceration of the cornea.
Therapeutic action

Bark: astringent, used in diarrhoea, dyspepsia, tonic; Leaf: diuretic, carminative, laxative; Dried flower: useful in urinary, skin and blood diseases.

49. *Elephantopus scaber* L. (Asteraceae)

Inf : Mr. Santhosh

Loc : Chathinamkulam, Keralapuram

LN : Anachuvady

SN : Hastipadi

FO : Wild

VSN : SNCH.T.49

Botanical description

An erect, rigid herb. Flowers in terminal clusters, green-purple.

Fruits long, brown, ribbed, hairy, with an oblique callus at the base

Uses

1. Whole plant made it in to a paste and apply on bite sights immediately, will reduce the poison
2. Root boiled with rice is ground and the mixture take for bleeding piles

3. Leaf paste apply on head to control hair fall and for dandruff

4. The whole plant mix with coriander and the decoction is given 25 to 30 ml, 2 times per day, for 4 days to cure dysentery, Diarrhoea.

**Therapeutic action**

Plants: as anticancer, anti biotic and anti-dysenteric.

50. *Ferula asafoetida* L. (Umbelliferae)

**Inf** : Dr. Sasidharan

**Loc** : Palkulangara, Ayathil

**LN** : Kayam

**SN** : Hingu

**FO** : Common, cultivated

**VSN** : SNCH.T.50

**Botanical description**

Herbacious, perennial with about 1 to 3 m ht carrot shaped root. Flowers 10-20 in the main stem and 5-6 in partial umbel, fruits flat thin reddish brown
11. Gum resin from three rooted is used for the treatment of asthma, hysteric, and constipation.

22. Gum resin is an appetizer

**Therapeutic Uses**

Resin could be used to treat respiratory, anti-spasmodic, expectorant, diuretic, laxative, nervine tonic, sedative. Used to cure asthma, hysteria, constipation, chronic bronchitis, whooping cough, epilepsy, vitiated condition of kapha and vata.

**P. Thouscarita L. (Moraceae)**

**Habit**: 00r. Sambhush

**Locality**: Keralakupura, Kollam

**Lin**: Aalumpaadum

**SIN**: Aanjhina

**FAM**: **Cucurbitaceae**

**WSTD**: S8N00H111051

**Botanical Description**

Wild, cultivated
Uses

Fruit juice is given twice daily for 15 days in case of enlargement of liver

Therapeutic action

Fruit: demulcent, emollient, nutritious, apetiser.

52. *Ficus racemosa* L. (Moraceae)

Inf : Mr. Gopalan

Loc : Bharanikkav, Sasthamcottta

LN : Athi

SN : Sadaphalah

FO : Cultivated, common

VSN : SNCH.T.52

Botanical description

A large or medium sized deciduous tree. Leaves entire, elliptic-lanceolate. Receptacles in clusters, hypanthodia sub-globose, glabrous

Uses

Fruit juice is given orally 2-3 times a day for two weeks to cure diarrhoea.
Therapeutic action

Root: used in dysentery, diabetes; Bark: astringent, Leaf: powdered and mixed with honey given in bilious affictions; Milky juice: used in piles and diarrhoea; Fruit: astringent, stomachic, carminative, given in menorrhagia and haemoptysis.

53. *Gloriosa superba* L (Liliaceae)

Inf : Smt. Thankamma

Loc : Mullumala, Girijan Colony, Kulathupuzha

LN : Menthonni, Malathamara

SN : Vasalya

FO : Wild

VSN : SNCH.T.53

Botanical description

A beautiful scrambling, perennial herb. Flowers lower half yellow, upper half red. Capsules oblong, Septicial. Seeds many, subglobose

Uses

1. Leaf juice is used to kill head lice. Root paste is applied on the lower abdomen and vagina for easy delivery
2. Cut of two swollen roots one growing downwards used to make the paste and apply on lower abdomen towards lower side (for easy delivery) and the portion of root growing towards upper portion (make it in to a paste) apply on the lower abdomen towards upper direction after delivery

3. Tuber paste is an antidote in snake bite

4. Leaf paste is heated and applied on the forehead and neck for seven days for curing asthma of children

5. The root is dried, powdered and then applied on septic ulcers

6. The juice of leaves and root is applied externally as an antibiotic for poisonous insect bites

7. The root paste is used as an abortifacient for which a single dose of the paste of 1cm long root and three black pepper with milk is administered. This is effective in pregnancies of up to four months

**Therapeutic action**

Plants: uterine stimulant; Rhizome: oxytocic; Root: antibiotic.
54. *Gymnema sylvestre* (Retz.) R.B. ex Schult. (Asclepiadaceae)

Inf : Dr. Kshemachandran

Loc : Kerala puram, Chandanathopu

LN : Chakkarakolli

SN : Madhunasini

FO : Wild

VSN : SNCH.T.54

**Botanical description**

A woody climber. Flowers minute, yellow. Follicles solitary tapering from base to tip

**Uses**

1. Air dried leaves 5gm per day stir in water and given in empty stomach, morning and evening for a few days for the treatment of diabetes

2. Leaf juice 2 times to cure gastric disorder

**Therapeutic action**

Plants: antidiabetic, antiviral, antiparkinsonism.
55. *Hemidesmus indicus* (L.) R. Br. Syn. *Periploca indica* L.

(Periploaceae)

**Inf**: Mr. Kuttan

**Loc**: Prakkulam, Kollam

**LN**: Naruneendi

**SN**: Sariba

**FO**: Wild

**VSN**: SNCH.T.55

**Botanical description**

A scardent under shrub with woody root-stock. Flowers dull yellow with purple colour. Follicles tapering to a point, slightly fulcate, glabrous

**Uses**

1. Root paste is given in snake bite

2. Crushed root is given orally twice a day for one week to treat diarrhoea

3. Sweet drink (Sarbath) prepared from the root is used to reduce excess heat in the body
4. Twenty gm of a mixture of root, milk and sugar is given in the morning for 40 days to cure nervous disorders, laziness, weakness and body pains

5. 50gm powdered root boiled in 500ml water, till it become 100ml. This decoction is given once a day for 3-4 days to check excess menstruation

6. A mixture of root powder and coffee or tea is used for purification of blood

7. 20 gms of stem with out bark is crushed and squash prepared with sugar and milk or water. One glass of it is taken to get relief from headache due to sunstroke

8. Aqueous extract of the root is given for fifteen days for the treatment of spermatorrhoea

9. Root is pounded with ‘haldi’ (Curcuma longa L.) and given to women after delivery for inducing lactation

10. About 10gm root powder is given with cow milk, once a day, to increase lactation in mothers

11. Root crushed and mix with cow milk best for urinary disorders
Therapeutic action

It has soothing effect on burning menstruation. Used in born fracture.

56. *Hibiscus rosa-sinensis* L. (Malvaceae)

<table>
<thead>
<tr>
<th>Inf</th>
<th>Mr. Karthikeyan Vaidyan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loc</td>
<td>Chavara South, Nadakkavu</td>
</tr>
<tr>
<td>LN</td>
<td>Chemparathi</td>
</tr>
<tr>
<td>SN</td>
<td>Japa</td>
</tr>
<tr>
<td>FO</td>
<td>Common, cultivated</td>
</tr>
<tr>
<td>VSN</td>
<td>SNCH.T.56</td>
</tr>
</tbody>
</table>

Botanical Description

An evergreen shrub. Flowers reddish-yellow

Uses

1. Staminal column used as diuretic in kidney troubles

2. Place the petals in a wide mouthed vessel and spread sugar on the petals. Then again place petals and spread again sugar. Repeat it 3 or 4 times and close the bottle. After 5 days open the bottle and the juice is administered to children to increase blood
3. Leaf extract is applied on head as a remedy for dandruff

4. Paste of the fresh root (5 to 15gm) white flowered variety is taken internally twice a day for two weeks for snake poison.

**Therapeutic action**

Plants: antiestrogenic; Leaf: analgesic, anti-inflammatory; Flower: antifertility.

**57. Hygrophila auriculata (Schum.) Heine** (Acanthaceae)

**Inf**: Mr. Hameed kunju

**Loc**: Padinjatekkara, Thevalakkara

**LN**: Vayalchully

**SN**: Kohilaksamu

**FO**: Rare, wild

**VSN**: SNCH.T.57

**Botanical description**

A hispid, annual herb, armed with axillary spines. Flowers purple-blue. Capsules linear-oblong, 4-8 seeded
Uses

1. 1-3gm dried and powdered seed mix with cows milk and sugar 2 times a day administered for male impotency

2. Seed make it in to a paste and stir in curd and drink for diarrhoea

3. Whole plant ground and kept for the night and drink next day for inflammation and more urine production

4. Whole plant make it in to a paste and given for any blood stain in the cow milk (vein bleeding)

Therapeutic action

Phytosterol, diuretic, spasmolytic, hypotensive, antibacterial.

58. *Indigofera tinctoria* L. (Fabaceae)

**Inf** : Smt. Santha

**Loc** : Kallupacha, Kulathupuzha

**LN** : Neela amari

**SN** : Nilini

**FO** : Rare,wild

**VSN** : SNCH.T.58
**Botanical description**

A slender, erect shrub. Flowers small, red. Pods straight or slightly curved, long

**Use**

1. Whole plant make it in to a paste and apply on cuts for snake bite. Give leaf juice internally

2. Leaf juice 10 ml mix with honey and given 2 times a day to treat jaundice

**Therapeutic action**

Plant: antihepatotoxic, hypoglycaemic.

59. *Jatropha curcas* L. (Euphorbiaceae)

<table>
<thead>
<tr>
<th>Inf</th>
<th>Smt. Maniyamma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loc</td>
<td>Mullumala Girijan Colony, Kulathupuzha</td>
</tr>
<tr>
<td>LN</td>
<td>Kadalavanaku</td>
</tr>
<tr>
<td>SN</td>
<td>Dravanti</td>
</tr>
<tr>
<td>FO</td>
<td>Cultivated,wild</td>
</tr>
<tr>
<td>VSN</td>
<td>SNCH.T.59</td>
</tr>
</tbody>
</table>
Fig. 31. *Datura fastuosa* L. Syn. *D. metel* L. Juice of whole plant with coconut oil used to treat sorosis and dandruff

Fig. 32. *Ferula asafoetida* L. Gum resin is used as an apetiser

Fig. 33. *Jatropha curcas* L. Stem bark extract is used to cure severe sneezing
Botanical description

A shrub. Flowers yellowish. Capsules subglobose or ellipsoid, long

Uses

1. Leaf paste is applied on skin diseases and wounds
2. Stem bark extract half tsp taken as a remedy for sneezing
3. Stem use apply on cuts, wounds and skin diseases for early cure

Therapeutic action

Aerial part: CNS depressant, diuretic.

60. *Jatropha glandulifera* Roxb. (Euphorbiaceae)

Inf : Smt. Chandrika
Loc : Alumkadav, Karunagappally
LN : Katavanak
SN : Nikumba
FO : Wild
VSN : SNCH.T.60

Botanical description

A perennial monoecious shrub with swollen stem above the ground. Leaves 3-5 lobed, obovate or elliptic, glabrous, the margins serrate, ending in a gland-tipped bristle. Flowers greenish -yellow, in glandular corymbose cymes
Uses

Leaf juice (25-50 g) is given orally twice a day for one week to treat jaundice.

Therapeutic action

Juice of plant: used to remove film from the eyes; Root paste with water given to children suffering from abdominal enlargements, purgative, said to reduce glandular swelling; mixed oil from seed: purgative, used in chronic ulcerations, foul wound, ringworm, in rheumatism and paralysis.

   (Acanthaceae)

Inf : Mr. Appukuttan Pillai

Loc : Vettamukku, Edappallikotta

LN : Adalodakam

SN : Vrishaka (vishnu)

FO : Common, cultivated

VSN : SNCH.T.61

Botanical description

A bushy shrub. Flowers large, white. Capsules pubescent.
Use

1. Yellow leaves chewed for treatment of cough
2. Flower ash with honey is given for whooping cough
3. The whole plant 1000gm and piper longum 100gms in 4 litre water, 1 litre decoction so formed mix with 250 ml ghee for the treatment of Tuberculosis Bacteria, infant injury and cough
4. Leaf and root extract cure chronic bronchitis
5. Leaves boiled in water and the decoction mixed with honey and used for curing cough
6. Paste of stem applied to cure eczema
7. Crushed seeds with onion are used as a poultice for boils

Therapeutic action

Root: hypoglycaemic; Leaf: antiviral, hypoglycaemic, hypotensive,

62. *Lantana camara* L. (Verbenaceae)

Inf : Mr. Podimon

Loc : Vellamthetty colony, Girijan colony, Kulathupuzha.

LN : Poochedi

SN : Caturangi

FO : Common,wild

VSN : SNCH.T.62
Botanical description

A scardent shrub. Flowers orange, white purple. Drupes greenish-blue.

Uses

1. Leaves ground with kerosene oil and the paste applied on body for fits

2. Leaves eaten 2-3 times to cure hydrophobia

3. Leaf paste applied on scabies for five days

Therapeutic action

Plant: antibacterial. Applied on fresh cuts and wounds, carminative.

63. *Leucas aspera (L.) Spreng* (Laminaceae)

Inf : Mr. Dhanushkodi

Loc : Kadamancod - Kulathupuzha

LN : Thumba

SN : Dronapushpi

FO : common,wild

VSN : SNCH.T.63
Botanical description

An annual, erect, diffuse, branched herb. Flowers white.

Uses

1. Leaf paste applied on scorpion bites and scabies to treat poison.

2. Heat whole plant in water and thus prepared water given for bathing for 5 days after delivery for disinfection.

3. Whole plant crushed and the juice is best for cleaning the abdomen after delivery and resistance power to diseases.

Therapeutic action


64. *Mangifera indica* L. (*Anacardiaceae*)

Inf :: Mr. Santosh

Loc :: Peroor

LN :: Wavu

SO :: Amrah

FO :: Common, cultivated

VSN :: BMCH 184
Botanical description

A medium-sized tree. Flowers white-greenish. Drupes large with fleshy and fibrous mesocarp

Uses

1. Dried endosperm powder 5gms with honey given 2 times a day for 4 days to cure bleeding

2. Mature fruit boiled in water and the fruit juice is taken with water and sugar best for sun stroke, cholera and plague

3. Bark of stem, leaf, flower and endosperm crush and make them dry and apply on cuts and wounds for immediate cure

4. Mature yellow leaves used for cleaning teeth

Therapeutic action

Stem bark & leaf: antibacterial; Leaf: antidiabetic.

65. *Mimosa pudica* L. (Mimosaceae)

Inf : Smt. Rajamma

Loc : Vellamthetty colony

LN : Thottavadi

SN : Samanga

FO : Common, wild

VSN : SNCH.T.65
Fig. 34. *Justicia adhatoda* (L.) Syn *Adhatoda zeylanica* Medic. - leaves and root extract used to cure chronic bronchitis

Fig. 35. *Mangifera indica* L. - Juice obtained by boiling mature fruit with sugar and water is used against sun stroke, cholera and plague

Fig. 36. *Mimosa pudica* L. - Plant paste with honey is given in empty stomach to cure diabetes
Botanical description

An under shrub. Flowering heads pink. Pods flat, breaking up into 1-seeded joints

Uses

1. The whole plant ground with water and a teaspoonful juice kept for a day and take it with honey and 100ml water is given early in the morning in empty stomach for diabetes

2. Leaf paste apply on cuts and wounds

3. Leaf paste ground with clay soil apply on inflamated portion

4. Whole plant powdered and mixed with lime stone and applied on cuts, wounds and ulcers

Therapeutic action

Plants: antiviral and spasmolytic.

66. *Momordica charantia* L. (Cucurbitaceae)

Inf : Mr. Mony

Loc : Vellamthetty Colony

LN : Kaippa, pawal

SN : Karavelam

FO : Common, cultivated, wild

VSN : SNCH.T.66
Botanical description

A slender climber. Flowers yellow. Fruits ovoid or fusiform, ribbed.

Seeds compressed with corrugate margins

Uses

1. Fruit and leaf juice is boiled till a residue is left in the container. Small pills are made of this residue and taken daily with milk as a sex tonic

2. Leaf extracts is mixed with equal volume of leaf extract of ‘neem’ (Azadirachta indica) and used for intestinal worms

3. Decoction of leaves with sugar is used to cure malarial fever

4. Roots and fruit juice are given to cure rheumatism

5. Fruit juice applied on eyes in night blindness

6. Take a paste of root with curd and drink two times a day for 4 days, administer for bleeding piles

7. Apply leaf paste on blue colour and inflamated portions due to poison bites of scorpion etc.

8. Leaf juice one tsp 2 times a day for jaundice

9. Fruit grind with curd and a pinch of salt is given against diabetes
Therapeutic action

Seed: insecticidal; Fruit & Seed: hypoglycaemic, cytotoxic, leaf paste antidots.

67. *Moringa oleifera* Lam (Syn. *M. Pterygosperma* Gaertn.)

(Moringaceae)

Inf : Mr. Santhosh

Loc : Chathinamkulam

LN : Muringa, sigru

SN : Muringi

FO : common, cultivated

VSN : SNCH.T.67

Botanical description

A small tree. Flowers white. Capsules pendulous long. Seeds trigonous, winged

Uses

1. 40-60 ml of root juice in cow milk twice a day, for 3 days to increase urine production

2. Make a paste of root and apply on inflamated portions
3. Leaf paste applied on cuts and wounds

4. Three fruits are considered to be nutritionally equivalent to an egg

5. Flower juice with milk is prescribed as a diuretic, digestive and is also useful in asthma

6. Leaves cooked and eaten as vegetable to treat piles and for vitamin A and iron deficiencies. Decoction of leaves about 100ml taken in empty stomach early in the morning to control blood pressure

7. Stem juice best for gastric disorders in delivery patients

Therapeutic action

Fruit & Root: spasmolytic; Root bark: antiviral, anti-inflammatory; Aerial part: anticancer Flower: hypothermic.

68. *Murraya koenigii (L.) Spreng* (Rutaceae)

Inf : Mr. Sadananda swamy

Loc : Kattil kadavu

LN : Kariveppu, kariveppila

SN : Kalasanka

FO : Common, cultivated

VSN : SNCH.T.68
Botanical description

A shrub; Flowers white odorles. Berries 1-2 seeded

Uses

1. Crushed leaves stir with lessie and drink for indigestion
2. Put crushed leaves in water and drink for poisonous bites
3. Leaves given to check vomiting
4. Infusion of toasted leaf is given in dysentery and diarrhoea.
5. Root juice taken for relief of renal pain
6. Root is used as laxative
7. Bark and root paste applied externally to cure skin eruptions. Bark and root paste is applied over bruises and bites of venomous animals
8. Dried powdered leaves taken with curd to treat Vitamin A and iron deficiencies in children and women

Therapeutic action

Aerial part: spasmodytic, antiprotozoal; Root: antiprotozoal, CVS active; Leaf: hypoglycaemic.
69. *Musa paradisiaca* L. (Musaceae)

**Inf**: Smt. Sarojani

**Loc**: Neeravil

**LN**: Vazha

**SN**: Kadali

**FO**: Common, cultivated

**VSN**: SNCH.T.69

**Botanical description**

A large or gigantic rhizomatous herb. Flowers bright coloured. Fruits baccate, elongate

**Uses**

1. Basel rhizomatic portion dried and burn in fire. The ash of about 3 gms mix with cow milk and drink four times a day for acidic disorders

2. Juice obtained from the swollen base of the leaf mix with sugar. This mixture is placed on the inner and outer regions of the broken area of the urn(soil vessel) and keep this broken area on fire. Within minutes that area will set just like welding the metals
Therapeutic action

Antacids, antidiabetic, fruit for diarrhoea used in piles, diabetics, and indigestion.

70. *Nyctanthes arbor-tristis* L (Oleaceae)

Inf : Smt. Sarojini

Loc : Neeravil

LN : Pavizhamalli

SN : Parijatha

FO : Rare, cultivated.

VSN : SNCH.T.70

Botanical description

A small tree. Flowers white-orange, fragrant. Capsules orbicular, thick, compressed, 2-celled

Uses

1. Decoction of leaf is prepared with young shoots of ‘neem’ (Azadirachta indica A. Juss) and 8-10 black peppers. This is given in the dose of 5 ml twice daily for 3 days only, in case of malaria

2. Root decoction is given to treat filarial fever
3. Fruits (3-4) are ground and given with lukewarm water twice daily, as full dose for 5 days to treat colds and cough.

4. In cases of bronchitis, three to four fruits are ground and given with warm water twice daily, as full dose for 40 days.

**Therapeutic action**

Leaf: anti-inflammatory.

71. *Oxalis corniculata* L. (Oxalidaceae)

<table>
<thead>
<tr>
<th>Inf</th>
<th>Mr. Baby</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loc</td>
<td>Neeravil</td>
</tr>
<tr>
<td>LN</td>
<td>Puliyaral</td>
</tr>
<tr>
<td>SN</td>
<td>Cangeri</td>
</tr>
<tr>
<td>FO</td>
<td>Common, wild</td>
</tr>
<tr>
<td>VSN</td>
<td>SNCH.T.71</td>
</tr>
</tbody>
</table>

**Botanical description**

A perennial herb with bulbous or tuberous roots. Flowers yellow. Capsules narrowly oblong.
Uses

1. Three to four drops of the leaf juice are taken orally thrice a day, for 5 days in case of dysentery.

2. Leaf paste mixed with "Khaind" (crude sugar) is given to treat burning menstruation.

Therapeutic action

Plant: hypoglycaemic, antiseptic; Leaf: antibacterial.

72. **Phyllanthus emblica** L. (Euphorbiaceae)

Inf : Smt. Santha

Loc : Kallupacha

LN : Nellikka

SN : Amalaki, Kulathupuzha

FO : Common, cultivated

VSN : SNCH.T.72

Botanical description

A small or moderate-sized tree. Flowers densely fascicled, yellowish. Fruits globose, succulent.
**Uses**

1. Juice of fruit mix with honey given for diabetes

2. Fruit without seed ground with milk and given for good health

3. Fruit juice administered as an eye drop

4. Fruit paste apply on the lower abdomen for relief from pain

5. 20gms of dry fruits are powdered with 25gm sugar candy and given once a day with cow milk for one month to cure lucorrhoea

6. Dry seeds powdered and taken twice a day for a week for lucorrhoea

7. Tea from the leaves is given with common salt for constipation

8. Juice of young stem is dropped in ears for checking pus formation and ear ache

9. Dry fruits are powdered and eaten for indigestion

10. Used in the preparation of hair growth promoters and natural hair dye

**Therapeutic action**

Fruit: antiviral, CVS active, spasmolytic, antibacterial.
Fig. 37. *Moringa oleifera* Lam (Syn. *M. Pterygosperma* Gaertn - leaf decoction is given in empty stomach early in the morning to cure blood pressure

Fig. 38. *Oxalis corniculata* L. -Leaf used to treat dysentery.

Fig. 39. *Phyllanthus emblica* L. Fruit juice used to cure diabetes and as an eye drop
73. *Phyllanthus niruri* L. (Euphorbiaceae)

**Inf**: Mr. Gopalan  
**Loc**: Chavara South.  
**LN**: Kizharnelli,  
**SN**: Jadila, Poothathri, Pumyamalakari  
**FO**: Cultivated, wild  
**VSN**: SNCH.T.73

**Botanical description**

An erect glabrous herb, slender Leaves: elliptic-oblong Flowers: minute, green-white. Fruits small, globose

**Uses**

1. Whole plant is made in to a paste and given internally for jaundice

2. Make it in to a paste and mix it with squeezed milk of one mature coconut without any drop of water. Take it in the early morning in empty stomach repeat it for 7 days (with 7 coconut) Highly effective for strong bleeding during menstrual cycle

3. Juice of 25 to 50gms of the whole plant is given once a day, for 5 days for the treatment of jaundice
4. Plant extract 5 ml is given orally 2-3 times daily for 15-20 days in case or liver disorder.

5. Plug the whole plant tight liped before sunrise and make it in to a paste and take it before food (in the morning) for 14 days (each dose shows variation in quantity of blood and is best for jaundice) for jaundice.

**Therapeutic action**

Plant: diuretic, gonorrhoea and other troubles of the geneto-ureinary tract; fresh root for jaundice; Leaf: stomachic.

74. *Piper betle* L. (Piperaceae)

Inf : Mr. Reghu

Loc : Alumkadav, Karunagapally

LN : Vettila

SN : Tambulah

FO : Common, cultivated

VSN : SNCH.T.74

**Botanical description**

A climbing shrub with woody roots, glabrous or buds pubescent. Leaves cordate-ovate to obliquely elliptic-oblong. Spikes pendulous.
Fruiting spikes stout; berries very numerous, dense fleshy and often confluent in to a cylindric fleshy red mass

Uses

Powdered root mixed with honey is given daily at bed time for 10 days after menstruation to check conception

Therapeutic action

Root: used to prevent child bearing; Leaf: aromatic, carminative, stimulant, used in snake bite; Essential oil from Leaf: used in respiratory catarrhs and as antiseptic; Juice of Leaf: dropped into the eyes in painful affections and in night blindness, also used to relieve cerebral congestion and psoriasis and to allay thirst; Fruit: employed with honey as a remedy for cough.

75. *Piper longum* L. (Piperaceae)

<table>
<thead>
<tr>
<th>Inf</th>
<th>Mr. Karthikeyan vaidyan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loc</td>
<td>Chavara south,Karunagapally</td>
</tr>
<tr>
<td>LN</td>
<td>Tippali</td>
</tr>
<tr>
<td>SN</td>
<td>Tippali</td>
</tr>
<tr>
<td>FO</td>
<td>Common,cultivated</td>
</tr>
<tr>
<td>VSN</td>
<td>SNCH.T.75</td>
</tr>
</tbody>
</table>
Botanical description

A rambling, aromatic herb. Spikes yellow. Berries distinct

Uses

1. Fruits dried and powdered 2gms of powder stir in a glass of cow milk one time a day for 15 days for the treatment of piles, coughs

2. Root juice given for coming out placenta after delivery

3. Fruit powder 5gms in milk for a month given for treatment of rheumatic complaints

4. Root mixed with fruits of black pepper and ginger are boiled in ghee and given in cough and cold

5. Fruits and root of *Vitex negundo* in equal quantities make them in to a paste and stir the paste in tender coconut water is given for dissolving stones formed in urinary bladder

6. 15ml of the root decoction is given a day for 7 days to treat jaundice.

Therapeutic action

Plant: hypoglycaemic, spasmogenic; Root: antifertility activity.
76. *Piper nigrum* L (Piperaceae)

Inf : Mr. Kumaran

Loc : Thevalakkara, Sankaramangalam

LN : Kurumulaku, Nallamulaku

SN : Maricam

FO : Common, cultivated

VSN : SNCH.T.76

**Botanical description**

A short climber. Leaves broadly leacolate, ovate. Male spikes filiform. Female spikes shorter. Berry red, sessile globose

**Uses**

1. Seed powder mixed in water, administered orally to cure malarial fever

2. Leaves and fruits ground, pills prepared and administered orally for 3 days to cure stomach ulcers

3. The dried unripe fruits consisting black pepper is an active stimulant
4. The decoction of the fruit is used in fevers, stomach disorders and in weakness and fever. It is also used to cure relaxed sore of throat

5. Dried stem and leaves are boiled in water and then water is used to take bath after delivery

6. Powdered fruits mixed with cumin and onion are boiled in coconut oil and applied on the head for cold and fever

**Therapeutic action**

Fruits: Used as aromatic, stimulant, in cholera, in weakness following fevers, vertigo, coma; as stomachic in dyspepsia, as antiperiodic and used in malarial fever.

77. *Plumbago zeylanica* L. (Plumbaginaceae)

- **Inf**: Smt. Savithri Andarjanam
- **Loc**: Vanchiyoor Illam, Thazhava
- **LN**: Koduveli
- **SN**: Chitraka
- **FO**: Rare, cultivated
- **VSN**: SNCH.T.77
Botanical description

An under shrub. Flowers white. Capsules membranous,

Uses

1. Paste of the fresh root applied externally for snake bite

2. Make a decoction of whole plant with *Tinospora cordifolia* mature stem in equal quantities. Take decoction in morning and evening 25ml dose for several days for treating diabetes

3. Whole plant made in to a paste and apply for treatment of phylaria and Leucoderma

Therapeutic action

Root: abortifacient, antibacterial, antifungal.

78. *Premna seritifolia* (Verbenaceae)

Inf : Smt. Beevikunju

Loc : Muttakavu, Kannanellur

LN : Mungha, Vathamparathi

SN : Arani

FO : Rare, cultivated

VSN : SNCH.T.78

Botanical Description
Bushy shrub with hard stem, simple leaf with serrate margin, terminal inflorescence, flowers with green whitish tetramerous, black or brown flowers

Uses

1. (3gm) Ashes of root mix with honey and given 3 times a day, for 3 days administer for constipation

2. 2 gms of root ash with water 2 times a day morning and evening, for 30 days for recouping

3. Leaf paste give for heart pain

Therapeutic action:

Plant: antiviral.

79. *Ricinus communis* L. (Euphorbiaceae)

Inf : Mr. Kumaran

Loc : Alumkadav,Karunagapally

LN : Avanakku

SN : Erandah

FO : Common,wild

VSN : SNCH.T.79
Botanical description


Uses
1. Powdered root is given at bed time for 10-15 days to check conception
2. Plant juice is given daily for 1 week to treat jaundice
3. Seed oil (25 ml) mixed with ‘triphala’ is given with milk to treat stomach ache

Therapeutic action

Leaf: paste applied on forehead to relieve head-ache and as poultice for boils; Seed: purgative, counter-irritant, used in scorpion sting and fish poison; Oil from seed

80. Ruta graveolens L. (Rutaceae)

Inf  :  Mr. Gopi
Loc  :  Vallikavu, Oachira
LN   :  Arutha, Sadap
SN   :  Peethapushpa
FO   :  Rare, cultivated
VSN  :  SNCH.T.80
Botanical description

A strong scented, erect, glabrous herb. Leaves 2-3 pinnate, segments along to spathulate with strong aromatic smell. Flowers small, yellowish in corymbs. Capsules small with lobes, some what rounded

Uses

Leaf decoction is given to women two times a day for 15 days for hysteria

Therapeutic action

Plant: antispasmodic, stimulant, acro-narcotic poison, emmenagogue, irritant, abortifacient; Leaves: used in rheumatic pains in treating hysteria, worms, colic and as a tonic.

81. Sesamum indicum L. (Pedaliaceae)

Inf : Mr. Gopalakrishnan Vaidyan

Loc : Krishna Nivas, Vallikavu,

LN : Yellu

SN : Tilab

FO : Cultivated, wild

VSN : SNCH.T.81
Botanical description

An erect, pubescent annuals shrub. Leaves tri-foliate. Flowers axillary solitary, foetid with yellow glands on both sides at the base. Seeds smooth black or white

Uses

Seed oil is used externally to treat piles

Therapeutic action

Leaf: In the form of infusion used in afflictions. Seed: emollient, tonic, diuretic, useful in piles, in the form of a decoction used as emmenagogue, as a poultice applied to ulcers.


Inf : Mr. Hameed Kunju

Loc : Thevalakkara, Idappallicotta

LN : Maltanni, Cheruparuva

SN : Bala

FO : Common, wild

VSN : SNCH.T.82
Botanical description

A much branched, globrous, undershrub. Leaves linear oblong-lanceolate or elliptic-cvate, serrate, acuminate. Flowers usually solitary, pale yellow, peduncles jointed. Seeds dark-brown or black.

Uses

Seeds (5g) are ground into paste and taken with a glass of milk daily during bed time for at least a month to regain health and vitality as an aphrodisiac. In another recipe, a ‘halva’ is prepared with seeds along with equal quantities of ‘kishmish’ (Resin), Chohara (Dry date), gari (Coconut), Badam (Almond) and Makkhana (Gorgan nut) and taken one tablespoonful daily in the morning to overcome general debility and impotency.

Therapeutic actions

Root: astringent, cooling, tonic, useful in nervous and urinary diseases and in disorders of the blood and bile, bitter used as febrifuge, stomachic, in chronic bowel complaints and as aphrodisiac; Leaves: Warm and moistened with gingelly oil, employed to hasten suppuration.
83. **Sida rhombifolia** L. (Malvaceae)

**Inf**: Mr. Ismailkunju

**Loc**: Vadakkevila, Pallimukku

**LN**: Kurunthotty

**SN**: Atibala

**FO**: Common, wild

**VSN**: SNCH.T.83

**Botanical description**

A small shrub. Leaves elliptic-oblom rhomboid or obovate, Flowers solitary in clusters, yellow. Fruits small

**Uses**

1. Leaf decoction 2-3 tsp given to stop vomiting

2. Filtered root extract put in prepared unboiled fresh rice and water. Add coconut milk to this preparation and given this preparation from the 7th month of pregnancy till delivery. The maturing embryo in the womb remains as if it is kept in oil. Help very easy delivery.

3. Decoction of the root given 3 times a day for 4 days to treat rheumatism.
Therapeutic action

Plant: spasmolytic, antibacterial.

84. *Solanum nigrum* L. (Solanaceae)

Inf : Mr. Bhargavan,

Loc : Nadakavu, Chavara south

LN : Mulakuthakkaly, Karumthakkali

SN : Kakamaci

FO : Common, wild

VSN : SNCH.T.84

Botanical description

An erect, annual herb. Leaves glabrous, ovate, entire, acute.

Flowers white, in extra-axillary cymes. Berry purplish-red when ripe.

Uses

1. Decoction of leaves and fruits is given 2-3 times daily for a period of 15 days in case of enlargement of liver.

2. The paste of the leaves along with hot water taken internally for treating chest pain and intestinal colic.
Therapeutic action

Juice of plant: cathartic, diuretic, alterative, given in chronic enlargement of the liver, in blood spitting piles, dysentery; Young shoots: given in skin diseases and used in psoriasis; Decoction of Leaf: diuretic laxative

85. *Syzygium cuminii* (L) Skeels (Myrtaceae)

Inf : Mr. Gopalan

Loc : Prakkulam, Thirkaruva

LN : Njaval

SN : Jambuh

FO : Cultivated, Wild

VSN : SNCH.T.85

Botanical description

A large evergreen tree. Leaves ovate-lanceolate or elliptic, glabrous and leathery. Flowers white, paniculate clusters. Fruits globose, purplish-red or black, shining, indehiscent, 1-seeded
Uses

1. Leaf juice (2-3 teaspoons) is given orally to check diarrhoea.

2. Seed kernel (10gm) powdered and given with water once daily on empty stomach early in the morning to control diabetes.

Therapeutic action:

Bark: astringent, fresh juice given with goat's milk to cure diarrhoea of children; juice of Leaf: used in dysentery; Juice of ripe fruit: made into vinegar used as a stomachic, carminative and as diuretic; Fruit: useful astringent in bilious diarrhoea; Seed: used in diabetes.

86. *Tabernaemontana crispa* Roxb. (Apocynaceae)

<table>
<thead>
<tr>
<th>Inf</th>
<th>Mr. Hemeed kunju</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loc</td>
<td>Thevalakkara, Idappallicotta</td>
</tr>
<tr>
<td>LN</td>
<td>Nandyarvatom</td>
</tr>
<tr>
<td>SN</td>
<td>Pindathakara</td>
</tr>
<tr>
<td>FO</td>
<td>Common, wild</td>
</tr>
<tr>
<td>VSN</td>
<td>SNCH.T.86</td>
</tr>
</tbody>
</table>

Botanical description

Shrub; leaf: simple opposite, terrestrial, cymose inflorescence. Milky, juice from all parts, flowers 2.5 – 5cm diameter
Uses

1. Leaf decoction 2-3 tsp is given twice daily for bodyache
2. Root paste is applied for body pain
3. Milk obtained (when flower buds are plucked) applied on eye lid for red eye

Therapeutic action

Root: pain killer; Milk: In ophthalmology.

87. *Tamarindus indica* L. (caesalpiniaceae)

Inf : Mr. Presannan Vaidyan
Loc : Malumelkadavu, Vavvakavu
LN : Puli, valenpuli
SN : Cinca
FO : Common, cultivated
VSN : SNCH.T.87

Botanical description

A large tree. Flowers, small, reddish yellow. Pods curved linear somewhat compressed
Uses

1. Paste of the boiled leaves applied on the forehead for headache and for getting cooling effect

2. Leaves put in water and boil. That boiled water is used to bath for body pain after delivery

3. Plug the root growing towards north make it in to pieces and ground with unboiled rice water and apply on eye lids irritation

4. Ground the flowers and squeeze the juice and given 10 ml 2 times a day for treating diabetes

Therapeutic action

Flowers: antiviral.

88. *Terminalia arjuna* (Roxb.ex DC.) Wt. & Arn. (Combretaceae)

Inf : Mr. Narendran

Loc : Numberuvikala, Alumcadavu

LN : Neemaruth

SN : Arjunah

FO : Wild, common

VSN : SNCH.T.88
Botanical description

A large tree. Flowers white, in panicled spikes. Fruits woody, dark brown with entire or serrate wings, Melancholia and palpitation

Uses

1. Stem bark (12 g) is ground with milk, and given once daily, for 40 days to treat colic pains

2. Stem bark (10g) is boiled in 500 ml of water, until water remains 1/4th. Whole of this decoction is taken orally once a day for ten days to treat depression

Therapeutic action

CVS & CNS-active; Aerial part: CNS- depressant.

89. *Terminalia bellirica* (Gaertn.) Roxb. (Combretaceae)

Inf : Mr. Narendran

Loc : Numberuvikala, Alumkadavu

LN : Thanni

SN : Aksah

FO : Wild, cultivated

VSN : SNCH.T.89
Botanical description

A desiduous tree. Flowers in axillary spikes, greenish yellow or creamy white. Drupes ovoid or ellipsoid, 5-ridged, grey-velvet

Uses

1. Equal quantities of the dried fruits of ‘bahera’, ‘aonla’ (*Phyllanthus emblica* L.) and salt are mixed together, ground and filtered: 5 g of this powder are taken with water three times daily, for 3 days for colic pains

Therapeutic action

Flower: spermicidal; Fruit: anticancer.

90. *Terminalia chebula* (Gaertn.) Retz. (Combretaceae)

Inf : Mr. Karthikeyan Vaidyan

Loc : Chavara South, Karunagappally

LN : Kadukka

SN : Pathya

FO : Common, cultivated

VSN : SNCH.T.90

Botanical description

A medium sized tree. Flowers white. Fruits ovoid or ellipsoid-ovobate
Uses

1. Equal quantities of the stem bark of the plant, ‘amdi’ (Spondias pinnate (L.f.) Kurz), ‘aam’ (Mangifera indica L.), ‘gur’ (Solidified sugarcane juice) are mixed, ground and boiled in water. This preparation is given in the dose of 100 ml twice daily, for 8 days to treat urinary tract infection.

2. Fruit decoction (50 ml) is given thrice daily, for 5 days as refrigerant.

3. Powder of dried fruits, obtained by grinding is taken orally in the dose of 10 g once daily in the early morning for one month to check pre-mature graying of hair.

Therapeutic use

Stem bark: CNS active; Leaf: antiviral; Flower: antiviral, hypoglycaemic.

91. Thespesia populnea (L.) Sol. ex Corr. (Malvaceae)

Inf: Mr. Kumaran

Loc: Thevalakkara, Sankaramangalam

LN: Cheelanthy, poovaras

SN: Haripuccah

FO: Common, cultivated

VSN: SNCH.T.91
Botanical description

A small tree. Leaves entire, cordate with long petiole, acuminate.

Flowers: axillary, solitary, yellow, with purple base inside. Fruits: fleshy, very hardly dehiscent with yellow latex

Uses

1. Leaves eaten raw for constipation
2. Paste of leaf used as a poultice to treat old wounds
3. Flowers made into a paste and apply on cuts and poisons insect biting

Therapeutic action

Fruit: antiviral, spasmylytic, anticancer.

92. Tinospora cordifolia (Willd.) Miers. (Menispermaceae)

Inf : Mr. Gopalakrishnan vaidyan
Loc : Krishnanivas, Vallikkavu
LN : Amruthu, Chittamrutham
SN : Amrta
FO : Rare, cultivated
VSN : SNCH.T.92
**Botanical description**

A succulent glabrous deciduous climber with corky grooved bark and lenticelled stems. Flowers in racemes green-scarlet. Drupes globose, red

**Uses**

1. Stem juice mixed with sugar and taken internally 30 ml per day for 10 days to treat rheumatic complaints
2. Stem decoction with water in empty stomach is given as a tonic.
3. Seeds taken as tonic
4. Aqueous extract of the plant is taken once a day with honey for spermatorrhoea for a week
5. Powdered stem is put in water and wash the remaining powder is mixed with honey and the mixture is used to cure cough
6. Decoction of root is used to cure dysentery and diarrhoea
7. Mature stem crushed and squeeze to get the juice, the juice mix with juice of mature root of Asparagus. Juice prepared separately and mix the two juices in equal quantities and add honey and administered for rheumatoid arthritis
Therapeutic action

Plants: spasmylytic; Stem: antiviral, hypoglycaemic, anticancer.

93. *Traga involucrata* L. (Euphorbiaceae)

- **Inf**: Smt. Leelabhai
- **Loc**: Kallupacha, Kulathupuzha
- **LN**: Vallichoriyanam-suralepha
- **SN**: Duralabh
- **FO**: Rare, wild
- **VSN**: SNCH.T.93

Botanical description

A stout hispid herb. Flowers minute yellowish. Capsules hirsute, 2 or 3-valved cocci. Seeds globose, purple black with thin white scales

Uses

1. Root boiled in rice water and squeeze the root and the liquid obtained is given two teaspoons, three times per day to treat piles
2. Eat the fruits after removing the seed coat to increase sexual urge
3. Young seeds dried and the powder is given in small (2gm) quantities with milk for a few days for cough
Fig. 40. *Piper betle* L. - Powdered root is used to check consumption

Fig. 41. *Tabernaemontana crispa* Roxb. - milk of flower bud is used to treat red eye

Fig. 42. *Tragia involucrata* L. - Seeds used to increase sexual urge. Root boiled in rice water is used to treat piles
Therapeutic action

Aerial part: hypothermic.

94. *Tribulus terrestris* L. (Zygophyllaceae)

Inf : Mr. Kochukunju

Loc : Kunnathoor, Sasthamcotta

LN : Njeringil

SN : Goksurah

FO : Wild

VSN : SNCH.T.94

Botanical description

A prostrate herb. Flowers pale yellowish. Fruits usually hairy, cocci each with 2 very sharp rigid spines and 2 shorter seed

Uses

1. The fruits are ground and mixed with the saw dust of Sandalwood. From this mixture, decoction is prepared in water and given in the dose of 250 ml once a day, for 10 days to control diabetes

2. Fruits are boiled in water and later crushed. This is given in the dose of 5g twice daily, for a week in cases of spermatorrhoea
3. Fruits(6-8g) along with equal quantities of ‘apkhanbed’ (saxifraga) and ‘jawasa’ (camelthorn) are powdered and kept in pouches, decoction of single pouch is consumed once a day for 15-20 days to get rid of renal calculus

**Therapeutic action**

CVS active, spasmolytic, cardiotonic.

**95. Tridax procumbens L. (Asteraceae)**

Inf : Mr. Madhavan

Loc : Chambolil (Thevalakkara), Sankaramangalam

LN : Odiyan

SN : Neernulli

FO : Common, wild

VSN : SNCH.T.95

**Botanical description**

A procumbent herb. Flowers yellow. Achenes black, densely hairy

**Uses**

1. Leaf paste mix with coconut oil and applied for checking hair fall.
2. Leaf paste applied on boils
3. Leaves boiled in coconut oil applied on pig wounds
Therapeutic action

Aerial: antibacterial, antiviral, leaf powder to cure leucorrhoea

96. *Trigonella foenum-graecum* L. (Fabaceae)

Inf : Mr. Narendran

Loc : Numberuvikala Karunagapally

LN : Uluva

SN : Methi

FO : common, wild

VSN : SNCH.T.96

Botanical description

An erect strong-smelling herb. Flowers pale yellow. Pods straight, often falcate with a long beak

Uses

Seed extract is given orally for one month to control diabetes
Therapeutic action

Leaf: Used both internally and externally for their cooling properties; Seed: carminative, tonic aphrodisiac, an infusion given to small pox patients as a cooling drink, toasted and then infused, used for dysentery.

97. *Tylophora indica* (Burm. f.) Merrill (Asclepiadaceae)

Inf : Mr. Gopalan

Loc : Eravipuram, Pallimukku

LN : Vallippala

SN : Lataksiri, Swasageni

FO : Wild

VSN : SNCH.T.97

Botanical description

A twiner. Flowers yellow-purple. Follicles lanceolate

Uses

1. Chewed 2 leaves per day for bronchial asthma
2. A decoction of stem and leaf given with milk to relieve backache
3. Leaves ground with onion and black pepper take orally for treating asthma

4. Whole plant make it in to a paste and heat, apply on wounds

Therapeutic action

Stem: anticancer; Leaf: anti-allergic.

98. **Vernonia Cinerea L. Less.** (Asteraceae)

<table>
<thead>
<tr>
<th>Inf</th>
<th>Mr. Sadanandan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loc</td>
<td>Vellamthetty Colony, Pathanapuram</td>
</tr>
<tr>
<td>LN</td>
<td>Poovankurunthal</td>
</tr>
<tr>
<td>SN</td>
<td>Sahadevi</td>
</tr>
<tr>
<td>FO</td>
<td>Rare.wild</td>
</tr>
<tr>
<td>VSN</td>
<td>SNCH.T.98</td>
</tr>
</tbody>
</table>

Botanical description

An erect, decumbent branched herb. Heads with light purple flowers. Achenes appressed hairy

Uses

1. The whole plant with *Naregamia alata* in equal quantities ground and crush it with rice water filter the solution and add 30gms of *Ferula asafoetida*. Allow the person with piles (pistula extension)
to sit in this solution kept in an arecanut leaf base (of Rachis) for one hour. Repeat the same for 5 to 6 days. Immediate cure

2. Plant decoction 25ml each in morning and evening administer for treating cough

3. Plant decoction 25ml with quinine will reduce malarial fever

Therapeutic action

Plant: antiviral, spasmolytic, anticancer.

99. Vitex negundo L. (Verbenaceae)

Inf : Mr. Rethnakaran Kani
Loc : Villumala, Kulathupuzha
LN : Karinochi, Karimnochi
SN : Nigundi
FO : common, Wild
VSN : SNCH.T.99

Botanical description

A large scented shrub or small tree. Leaves 3-5 foliolate, lanceolate, sub-glabrous above, white-tomentum beneath. Flowers bluish-purple, in peduncled cymes. Drupe globose, black

Use

1. Apply 8 drops of leaf juice in the nose for treating fits
2. 10ml of leaf juice administered 2 times a day for many times in the treatment of inflammations of lymph nodes around the neck

3. Leaf decoction kept in the mouth is best for curing ulcer in mouth and pain in neck

4. Leaf paste apply on old wounds and on cancer cells

**Therapeutic action**

Root: expectorant, febrifuge, tonic; Leaf: aromatic, tonic, vermifuge;
Juice of leaf: used for removing foetid discharges and worms from ulcers;
Dried fruit: vermifuge.

100. *Zingiber officinale Rosc.* (Zingiberaceae)

<table>
<thead>
<tr>
<th>Inf</th>
<th>Mr. Gopalan kani</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loc</td>
<td>Kadamancod,Kulathupuzha</td>
</tr>
<tr>
<td>LN</td>
<td>Inchi</td>
</tr>
<tr>
<td>SN</td>
<td>Adhrakam</td>
</tr>
<tr>
<td>FO</td>
<td>Common,cultivated</td>
</tr>
<tr>
<td>VSN</td>
<td>SNCH.T.100</td>
</tr>
</tbody>
</table>

**Botanical description**

An erect perennial herb; Rhizome: stout, tuberous with erect leafy stems. Flowers greenish with a small dark purple and purplish-black lip, in radical spikes
Uses

1. A piece of rhizome chew with salt for 5 minutes before food for indigestion
2. One spoon each of rhizome juice and lemon juice with salt twice daily after food for seven days for treating indigestion
3. An equal quality of dried ginger and seed of *Piper nigrum* made into a paste and applied on the forehead for curing head-ache
4. Rhizome piece make it into a paste with honey and taken for cough and cold

Therapeutic action

Rhizome: antitoxic, antidysenteric, for curing diarrhea, spasmodic, appetiser.
Fig. 43. *Vernonia cinerea* L. Less. - plant decoction with quinine is used to cure malarian fever

Fig. 44. *Vitex negundo* L. - Plant decoction kept in the mouth is best for curing ulcer and pain in neck

Fig. 45. *Zingiber officinale* Rosc. - Rhizome with lemon and salt is used for treating indigestion.
Plate I. Some potential medicinal plants used commonly by the folk healers for the treatment of Jaundice

1. *Acalypha indica* L.
   
   Plant extract is given twice a day for 8 days to treat jaundice.

2. *Curculigo orchioides* Gaertn.
   
   Juice of rhizome is given 1 teaspoon a day for 10 days for the treatment of jaundice.

   
   50 ml of decoction of the whole plant is given twice a day for 15 days for the treatment of jaundice.

4. *Indigofera tinctoria* L.
   
   10 ml of leaf juice mix with honey is given twice a day to treat Jaundice.

5. *Phyllanthus niruri* L.
   
   Juice of 25 to 50 gm of the whole plant is mixed with curd and given once a day for 5 days to cure jaundice.

6. *Piper longum* L.
   
   50 ml of root decoction is given once a day for 7 days to cure Jaundice.
Plate II. Some potential medicinal plants used by the tribals for the treatment of poisonous bites

7. *Aristolochia indica* L.

30ml of fresh root juice is given orally with a gap of 3 hours for 3 days and the paste of the leaf is also applied on the affected parts of snake bite.

8. *Elephantopus scaber* L.

Paste of whole plant apply on the bite site immediately to reduce poison.

9. *Gloriosa superba* L.

Tuber paste is an antidote to snake bite

10. *Hemidesmus indicus* (L.) R. Br.

Root paste is used against snake bite.

11. *Lantana camara* L.

Leaf paste is applied on scabies for 5 days to treat the poison.


Leaf paste is applied on scabies and snakebites for the treatment against poison.
1v.2 Phytochemical and Pharmacological aspects of the Plants Investigated.

An attempt has been made to collect and compile all collected informations on most of the phytochemical and pharmacological activities of 100 medicinal plants investigated (Table 1v-3). Some of the medicinal plants shown in the table are discussed here. It is noted from the study that *Abrus pricatorius* has abrasion, abrosides –A,B,C, precasin etc as active principles ,and the roots and seeds show mainly antifertility activity. Likewise, in *Achyranthes aspera*, the active principles are achyranthin, saponin, ecdysterone etc. The plant is hypoglycaemic with leaves show antibiotic activity. In *Albizia lebbek*, saponins- lebbekanins A & B, albigenin etc. as active principles. The pod of the plant having antiprotozoal and hypoglycaemic activity with the seeds show abortifacent power and anticancer activity. In the case of *Arecha catechu*, arecoline, catecheu etc. as active principles with its nut show antimicrobial and spasmodytic activity. *Bixa orellana* have bixin as the chief active principle. The leaves have therapeutic action against jaundice and snake bites, the roots have antiperiodic and antipyretic activity, the seed is astringent and febrifuge with its pulp act as a strong mosquito repellent. It is seen that in *Cassia tora* mainly emodin glucoside as the active principle and the plant shows antiviral and spasmolitic activity. In the same way *Catharanthus roseus* possess vincarodine, vinamidine etc. as active principles. The plant is
CNS-depressant and the leaves and buds have strong action against diabetes and poisonous bites. In *Datura fastiosa*, the seeds possess daturine as the chief active principle. The plant has antispasmodic, emetic and intoxicant activity. It is also noticed that, the *Piper nigrum* fruits have piperine, piperidine myrcene etc. as active principles. The leaf is hypotensive and the fruits are having antifungal and antibacterial activity. Also, in *Sesamum indicum*, sesamin, sesamolin, sesamol etc. as active principles and possessing nematicidal activity with action against piles. In *Sida acuta* brum, sympathomimetic alkaloid resembling *ephedrine*, as the chief active principle. The roots show antipyretic, stomachic and diuretic activity, while the leaves have astringent activity. It is seen from the study that *Solanum nigrum* have solamargine, sapogenin, diosgenin etc. as active principles. The plant is spasmolytic hypothermic and CVS-active. In *Tabernaemontana crispa* the milky juice chiefly possess caoutchouc as active principle and the plant is widely used in abscesses and in diarrhoea. Lastly it is noticed that in *Zingiber officinale* rhizome holding gingerol, & pinene, asparagine etc. as active principles. The rhizome is mainly having antioxidant, antidysenteric and antispasmodic activity.
<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Name of plant</th>
<th>Active principles</th>
<th>Pharmacological activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Abrus precatorius</em> L.</td>
<td>Plant contains toxic protein abrin, abralin, glucoside; Roots : precasin, abrol, abrasin; Leaf: glycyrhizin, isoflavanquinons, Abrusquinone A, B &amp; C; Seed: abrin, hypaphorine, gallic acid, steroids, β-sitosterol, stigmasterols.</td>
<td>Roots: antifertility, Seed :anticancer, antibacterial, CNS depressant,analgesic, antispasmodic, uterine stimulant, antimicrobial. Ref:CRRUM.MPFNI.Pp.25</td>
</tr>
<tr>
<td>3</td>
<td><em>Acalypha indica</em> L.</td>
<td>Plant: kaempferol cyanogenetic, triasitumamine, glucoside, acalyphine; Leaf: acalyphamide, amides, quinone, sterols.</td>
<td>Plant : antibacterial; Leaf : Antifungal Ref:CRRUM.MPFISI.Pp.25</td>
</tr>
<tr>
<td>4</td>
<td><em>Achyranthes aspera</em> L.</td>
<td>Plant yield an alkaloid --achyranthin; Roots gave ecdysterone and oleanolic acid;Seed: saponin A,dimethyl ester&amp;saponin B,methyl ester, oleanolic acid</td>
<td>Leaf: antibiotic; Plant : hypoglycaemic. Ref:CRRUM.MPFISI.Pp.26</td>
</tr>
<tr>
<td></td>
<td>Species</td>
<td>Description</td>
<td>Root</td>
</tr>
<tr>
<td>---</td>
<td>---------</td>
<td>-------------</td>
<td>------</td>
</tr>
<tr>
<td>6</td>
<td><em>Aerva lanata</em> (L.) A Juss ex Schult</td>
<td>Plant: palmitic acid, β-sitosterol, α amyrin</td>
<td>hypoglycaemic</td>
</tr>
<tr>
<td>7</td>
<td><em>Alangium salvifolium</em> (L.f.) Wang</td>
<td>Plant: alkaloids - alangimarckine, nkorine, alangimaridine, alamarine; Stem Bark: alangine, akoline, lamarkine; Root bark: alkaloids alangium A, B and alanginine; Leaf: loganic acid, alangiside</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td><em>Albizia lebbeck</em> (L.) Benth</td>
<td>Plant: saponins - lebbekanins A &amp; B, oleanolic acid, albigenic acid, albigenin, acacic acid; Leaf: echinocystic acid, β-sitosterol; Bark: tannin; Pod: saponin, lebbekanin C; Seed: triterpene, sapogenins</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Parts</td>
<td>Constituents</td>
</tr>
<tr>
<td>-----</td>
<td>------------------------------------</td>
<td>--------------------------------</td>
<td>----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>10</td>
<td><em>Althaea officinalis</em> L.</td>
<td>Plant : hemicellulose, D.-xylose, L.-arabinose; Root: mucous polysaccharides, althae mucilage O, constituted by L-galactose, Aspargin, hydroxycinnamic acid; Seed: Malvalic acid.</td>
<td>Root: demulcent, emollient; infusion of flowers: given in bronchial catarrhal and in bronchitis; Leaves and flowers: paste applied to burns.</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Description</td>
<td>Reference</td>
</tr>
<tr>
<td>-----</td>
<td>-----------------------------</td>
<td>-----------------------------------------------------------------------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>14</td>
<td><strong>Annona squamosa</strong> L.</td>
<td>Root: alkaloids, diterpines, β-sitosterol; volatile oil; Stem: alkaloids – corydine, iso-corydine glaucine; Leaf: Alkaloids, essential oil; Fruit: polyphenol, folic acid terpenes.</td>
<td>CCRUM.MPFNI. Pp.73.</td>
</tr>
<tr>
<td>15</td>
<td><strong>Apama siliquosa</strong> Lamk.</td>
<td>Root: alkaloid –chakranine, nitrophenanthrene compound iso-aristolochic acid, fatty oil–palmatic, lignoceric, oleic acids, β-sitosterol</td>
<td>CCRUM.MPFNI. Pp.44.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant: used for carbuncles and inveterate ulcers; Root: used in cholera, dysentery, diarrhoea.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf :CVS active, spasmolytic; Nuts: antimicrobial, CVS active, spasmolytic.</td>
<td>CCRUM.MPFNI. Pp.76.</td>
</tr>
<tr>
<td>17</td>
<td><strong>Argemone mexicana</strong> L</td>
<td>Root and Stem: protopine, berberine, resin, toxic principle; Latex: alkaloids, berberine, protopine, amino acids; Flower: isorhamentin.</td>
<td>CCRUM.MPFSI.Pp.45.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant: antiviral, myocardial depressant.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Plant Name</td>
<td>Description</td>
<td>Reference</td>
</tr>
<tr>
<td>---</td>
<td>------------------------------</td>
<td>------------------------------------------------------------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>18</td>
<td>Aristolochia indica L.</td>
<td>Leaf and Fruit: ceryl alkaloid, β-sitosterol; Seed: β-sitosteryl, aristolochic acid, alkaloids.</td>
<td>Ref: CCRUM.MPFSI.Pp.47.</td>
</tr>
<tr>
<td>20</td>
<td>Azadirachta indica A-Juss.</td>
<td>Bark: bitter principles, nimbin; wood: nimbolbin, sterols; Leaf: meliacin, nimbolide, quercetin, citosterol, kaempferol; Fruit: azadirachtin; Flower: essential oil, quercetin, gedunin; Seed: tiglic acid; seed oil: nimbidin.</td>
<td>Ref: CCRUM.MPFSI.Pp.51.</td>
</tr>
<tr>
<td>22</td>
<td>Barleria prionitis L.</td>
<td>Plant: β-sitosterol; Stem and Leaf: Iridoids, barlerin; Flower: scutellarein</td>
<td>Ref: CCRUM.MPFNI. Pp.97.PI</td>
</tr>
<tr>
<td>No.</td>
<td>Species</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>-----</td>
<td>----------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Bixa orellana L.</td>
<td>Root: triterpine, tomentosic acid; bark: tomentosic acid; Seeds: bixin, nor-bixin, b-carotene, cryptoxanthin, lutein, xeaxanthin, methyl bixin.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant: mosquito repellent, hypoglycaemic</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ref. CCRUM MPFSI Pp. 54</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Boerhavia diffusa L.</td>
<td>Plant: β-sitosterol, alkaloids, mercuric alcohol, myristic acid, oxalic acid; Root: ursolic acid, β-sitosterol, aspartic and glutamic acid.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant: antifibrinolytic; Root: antiviral, anticonvulsant; Leaf: anti-inflammatory.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ref. CCRUM MPFSI Pp. 112</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Caesalpinia pulcherrima (L.) Swartz</td>
<td>Plant: flavonoid – myscitroside; stem: β- sitosterol, sebacic acid, quereimeritrin; Flower: lupeol, gallic acid, rutin.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Decotion of wood: emmenagogue, used in diarrhoea and dysentery.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ref. CCRUM MPFSI Pp. 60</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Calotropis gigantea (L.) R.Br</td>
<td>Plant: β-sitosterol; Leaves: sapogenins; Root bark: triterpene; Latex: proteases, calotropains F1 and F11; Flower: β-amyrin, stigmasterol.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf: anticancer; Root: spasmolytic; Latex: antispasmodic, hypotensive.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ref. CCRUM MPFSI Pp. 62</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Calophyllum inophyllum L.</td>
<td>Seed: oil, gum, resin resemble myrrh; Kernel of seed yield dark oil.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bark: astringent, purgative; Gum: emetic, purgative.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ref. NKM IMM BPP, B. Vol. 1 Pp. 236.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed: antifertility activity, anthelmintic.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ref. CCRUM MPFSI Pp. 134</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Species</td>
<td>Parts/Components</td>
<td>Properties</td>
</tr>
<tr>
<td>-----</td>
<td>-------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>30</td>
<td><em>Cassia fistula</em> L.</td>
<td>Root bark: flavon, glycoside, stem bark: leucoanthocyanin, fistucasin, lupeols, β-sitosterol; Heart wood: flavons, barbaloin, rhein; -fistucasin, Flower: ceryl alcohol, Kaempferol, fistulin, Proanthocyanidins Pod: aloemodin, emodin, chrysophanol, sennidin.</td>
<td>Pod and stem bark: antiviral, hypoglycaemic, anticancer.</td>
</tr>
<tr>
<td>31</td>
<td><em>Cassia tora</em> L.</td>
<td>Plant: Glucose; Root: anthraquinones, β-sitosterol; Stem and Leaves: d-mannitol, myricyl alcohol, β-sitosterol; Pod: sennosides</td>
<td>Plant: antiviral and spasmylytic. Seed: spasmylytic.</td>
</tr>
<tr>
<td>32</td>
<td><em>Catharanthus roseus</em> (L.) G. Don</td>
<td>Plant: alkaloids, vincarodine, leurocolombine, vinamidine; Root: ursolic acid, oleanolic acid, bronesitol; Root bark: bincaline</td>
<td>Plant: Hypoglycaemic, CNS-depressant</td>
</tr>
<tr>
<td>34</td>
<td><em>Centella asiatica</em> (L.) Urban. syn. <em>Hydrocotyle asiatica</em> L.</td>
<td>Plant: stigmasterol, isothankuniside, aspartic acids, glycine, glutamic acid, β-sitosterol; palmitic acid, stearic acid</td>
<td>Plant: anti-protozoal, spasmodic</td>
</tr>
</tbody>
</table>

185
<table>
<thead>
<tr>
<th>No.</th>
<th>Plant Name</th>
<th>Uses</th>
<th>Ref.</th>
</tr>
</thead>
<tbody>
<tr>
<td>35</td>
<td><em>Cissampelos pareira</em> L.</td>
<td>Plant: Cissamperine; Root: Cissamine chloride; Root bark: Cissamperine, hayatine; Leaf: cycleanine, hayatine.</td>
<td>CCRUM.MPFI. Pp.155.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root: hypoglycaemic.</td>
<td></td>
</tr>
<tr>
<td>36</td>
<td><em>Clerodendrum viscosum</em> Vent.</td>
<td>Leaf: flavonoids; Flowers: fumaric acid, caffeic acid, ( \beta )-sitosterol, diterpenoid clerodin, hentriacontane.</td>
<td>CCRUM.MPFSI. Pp.73.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaves are vermifuge, antiperiodic, used as bitter tonic and febrifuge.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root and leaf: employed externally for tumours and certain skin diseases;</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf and flower: in scorpion bites</td>
<td></td>
</tr>
<tr>
<td>37</td>
<td><em>Coccinia grandis</em> (L.) Voigt.</td>
<td>Aerial parts: cephalandrol, tritriacontane, ( \beta )-sitosterol; Fruit: ( \beta )-sitosterol, taraxerol, ( \beta )-amyrin, lupeol.</td>
<td>CCRUM.MPFI. Pp.167.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant: hypoglycaemic;</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root: hypoglycaemic.</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Species</td>
<td>Properties and Uses</td>
<td>Ref.</td>
</tr>
<tr>
<td>-----</td>
<td>----------------------------------</td>
<td>-------------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>38</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Coconut milk contain sugar, gum, albumin and tartaric acid. Seed oil with caprilic acid, glycerides, miristic acid, steric acid; Leaf: contain potash; Spadix with digestive enzymes, fat, sugar.</td>
<td>Ref: NKM.IMM.BPP.B.Vol.1Pp.363.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roots: astringent, diuretic and anthelmentic, useful in uterine disorders, bronchitis, hepatopathy, strangury and helminthiasis; Young spadix is refrigerant, aphrodisise, intoxicating, tonic, and is useful in dyspepsia, dysentery, diabetes, leprosy. Kermel is indigestible apetiser, aphrodisiac, laxative and tonic, tumours, skin disease. Water is cooling, digestive aphrodisiac, diuretic, anthelmintic and tonic, hyperdipsia, exhaustion, dyscentery, diarrohea, dehydration; Oil: disinfectant, insecticidal, digestive, aphrodisiac, diabetes, bronchitic, cough, consumption and greying of hairs.</td>
<td>Ref: NKM.IMM.BPP.B.Vol.1Pp.363.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant: demulcent, diuretic, restorative; Root: alterative and tonic.</td>
<td>Ref: NKM.IMM.BPP.B_vol.1Pp.411</td>
</tr>
<tr>
<td>No.</td>
<td>Species</td>
<td>Description</td>
<td>Reference</td>
</tr>
<tr>
<td>-----</td>
<td>------------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>-----------------------------------</td>
</tr>
<tr>
<td>41</td>
<td><em>Curcuma amada</em> Roxb.</td>
<td>Rhizome: Curcumin, phytosterols, azulunogenic oil with pinene, camphor, turmerone, ocimene, linalyl acetate, safron</td>
<td>Ref: CCRUM.MPFNI. Pp.191.</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Bark/Leaf/Aerial Part</td>
<td>Composition</td>
</tr>
<tr>
<td>-----</td>
<td>-----------------------</td>
<td>-----------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>48</td>
<td>Diospyros melanoxylon</td>
<td>Bark: betulin, lupeol, tannin, betulinic acid, β-sitosterol; Heart wood: Naphthaquinone, dimelquinone; Leaf: ceryl alcohol, sequoyitol, baurenol, ursolic acid and oleanolic acids, α-amyrin.</td>
<td>Aerial part: hypotensive; seed oil: antibacterial.</td>
</tr>
<tr>
<td></td>
<td>Roxb.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>L.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>Ferula asafoetida</td>
<td>Plant: Organic sulphur compound, volatile oil containing essential oil of garlic - allyl - persulphide and two turpenes, a resin, a ferulic acid ester of asaresino - tannol, free ferulic acid, gum, malic, acetic, formic and valerianic acids.</td>
<td>Oleoresin is bitter, acrid carminative, antispasmodic, expectorant, anthelmintic, diuritic, laxative, nerve tonic, digestive, sedative. It is useful in asthma, hysteria, constipation, chronic bronchitis, whooping cough, epilepsy. Fruit: demulcent, emolient, nutritious.</td>
</tr>
<tr>
<td>51</td>
<td>Ficus Carica L.</td>
<td>Plant: umbelliferone, scopoletin; Leaf: bergapten, psoralen, sitosterol, terpenes fiscusogenin, coumarins, xanthotoxin, xanthotoxol.</td>
<td>Aerial Part:Cvs-Active</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>52</td>
<td>Ficus racemosa L.</td>
<td>Bark: ceryl behenate, lupeol, α-amyrin, β-sistosterol; Leaf: gluanol acetate, β-amyrin,β-sitosterol,Fruit:β-sitosterol, astero1, tiglic acid, glucose.</td>
<td>Bark: antiinflammatory, hypoglycaemic, antiprotozoal.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Page</td>
<td>Scientific Name</td>
<td>Plant Parts and Chemicals</td>
<td>Medical Uses</td>
</tr>
<tr>
<td>------</td>
<td>-----------------</td>
<td>---------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ref: CCRUM.MPFNI. Pp.260.</td>
</tr>
<tr>
<td>54</td>
<td>Gymnema sylvestris (Retz.) R.Br. ex. Schult</td>
<td>Leaf: nonacosane, hentriacontane, tritriacontane β-chlorophyll, phytin, inositol, gymnemic acid.</td>
<td>Leaf: Antidiabetic, antiviral</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ref: CCRUM.MPFNI. Pp.271.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ref: CCRUM.MPFNI. Pp.284.</td>
</tr>
<tr>
<td>57</td>
<td>Hygrophila auriculata (Schum.) Heine</td>
<td>Plant: phytosterol, lupeol, essential oil, stigmasterol hydrocarbon; Areal part: alkaloid, sterols; Flower: apigenin, glucuronide; seed: asteracanthine, sterols, asteracanthicine</td>
<td>Plant: spasomolytic, hypotensive, diuretic, antibacterial</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ref: CCRUM.MPFNI. Pp.289.</td>
</tr>
<tr>
<td>58</td>
<td>Indigofera tinctoria L.</td>
<td>Plant: glycoside – indican</td>
<td>Areal Parts: hypoglycaemic, antiehepatotoxic</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ref: CCRUM.MPFNI. Pp.292.</td>
</tr>
<tr>
<td>No.</td>
<td>Species</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>-----</td>
<td>---------</td>
<td>-------------</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Description</td>
<td>Reference</td>
</tr>
<tr>
<td>-----</td>
<td>----------------------------</td>
<td>------------------------------------------------------------------------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>65</td>
<td><em>Mimosa pudica</em> L.</td>
<td>Plant: D-pinitol, β-sitosterol; Leaf: alkaloids.</td>
<td>CCRUM.MPFNI. Pp.344.</td>
</tr>
<tr>
<td>66</td>
<td><em>Momordica charantia</em> L.</td>
<td>Leaf: mordicines; Fruit: charantine, diosgenin, cholesterol; Seed: triterpene, glycoside.</td>
<td>CCRUM.MPFNI. Pp.110.</td>
</tr>
<tr>
<td>67</td>
<td><em>Moringa oleifera</em> Lam. (syn. <em>M. Pterygosperma</em> Gaertn.)</td>
<td>Root: benzoyl isothiocyanate; Gum: aldotriuoronic acid; Stem: hydroxymellein, vanillin, β-sitosterone, β-sitostol, octacosanoic acid; Leaf: aspartic acid, glutamic acid, serine, glycine, α, α alanine, leucine, lysine, α &amp; β carotene; Flower: kaempferol, rhamnetin.</td>
<td>CCRUM.MPFNI. Pp.113.</td>
</tr>
<tr>
<td>68</td>
<td><em>Murraya koenigii</em> (L.) Spreng</td>
<td>Leaf: carbazole alkaloid, murrayanine, mucioenic acid, mukonine, mucodidine, murrayazoline, murrayacinine, coumarine glucoside, β-caryophyllene, β-phellandrene.</td>
<td>CCRUM.MPFNI. Pp.351.</td>
</tr>
</tbody>
</table>

**Plant**:
- antiviral, spasomolytic

**Seed**:
- insecticidal; Fruit and Seed: hypoglycaemic, cytotoxic, antifeedant

**Fruit and Root**:
- spasomolytic

**Root bark**:
- antiviral, antiinflammatory

**Aerial part**:
- anticancer; Flower: hypothermic

**Aerial part**:
- spasomolytic, antiproteozoa; Root: antiproteozoa, CVS-active; Leaf: hypoglycaemic

192
<table>
<thead>
<tr>
<th>No</th>
<th>Plant Name</th>
<th>Description</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Root: Anthelmintic; Root &amp; stem: tonic, antiscorbutic, useful in blood and venereal diseases; Sap of the stem: hysteria, epilepsy; Flower juice: with curds used in dysentery; Unripe fruit: diabetes; Ripefruit: antiscorbutic, mild demulcent, astringent.</td>
<td>Ref:OLM.IMP.Vol.4.Pp.78</td>
<td></td>
</tr>
<tr>
<td>70</td>
<td><em>Nyctanthes arbor-tristis</em> L.</td>
<td>Leaf: α- amyrin, β- sitosterol, hentriacontane, mannitol, nyctanthoside; Seed: arbortristosides A and B nyctanthalic acid, nyctanthoside.</td>
<td>Leaf: antiinflammatory.</td>
</tr>
<tr>
<td>72</td>
<td><em>Phyllanthus emblica</em> L.</td>
<td>Plant: tannins-glucogallin, corilagin; Root: ellagic acid quercetin, β- sitosterol; Fruit: vitamin C, zeatin, phyllemblin.</td>
<td>Fruit: antiviral, CVS active, spasmolytic, antibacterial.</td>
</tr>
<tr>
<td></td>
<td>Ref:CCRUM.MPFSI.Pp.120.</td>
<td>Ref:CCRUM.MPFSI.Pp.120.</td>
<td></td>
</tr>
<tr>
<td>73</td>
<td><em>Phyllanthus niruri</em> L.</td>
<td>Leaves: phyllanthin, hypophyllanthin,</td>
<td>Plant: diuretic against gonorrhoea; Root: against jaundice; Leaf: stomachic.</td>
</tr>
<tr>
<td>Page</td>
<td>Species</td>
<td>Leaves/Root/Plant Properties</td>
<td>Ref.</td>
</tr>
<tr>
<td>------</td>
<td>---------</td>
<td>-------------------------------</td>
<td>------</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root: antifertility; Leaf: antifungal, antibacterial.</td>
<td></td>
</tr>
<tr>
<td>75</td>
<td><em>Piper longum</em> L.</td>
<td>Stem: triacontane; Root: piperine, piperlongumine, sesamine; Fruit: n-hexadecane, α-thujene, terpinolene, caryophyllene, β-sitosterol; Seed: sylvatin, sesamin, dieudesmin</td>
<td>CCRUM.MPFSI.Pp.388.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant: hypoglycaemic, spasmogenetic; Root: antifertility</td>
<td></td>
</tr>
<tr>
<td>76</td>
<td><em>Piper nigrum</em> L.</td>
<td>Stem: β-sitosterol, hentriacontane, piperine; Fruit: piperine, myrcene, a and b pinene, pipridine</td>
<td>CCRUM.MPFSI.Pp.124.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf: hypertensive; Root: antibacterial, antifungal.</td>
<td></td>
</tr>
<tr>
<td>77</td>
<td><em>Plumbago zeylanica</em> L.</td>
<td>Root: Naphthaquinone,plumbagin, elliptinone, chitrane, droserone, plumbazeylanone.</td>
<td>CCRUM.MPFSI.Pp.126.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root: abortifacient, antibacterial, antifungal.</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Description</td>
<td>Ref.</td>
</tr>
<tr>
<td>-----</td>
<td>----------------------------</td>
<td>----------------------------------------------------------------------------------------------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>79</td>
<td>Ricinus communis L.</td>
<td>Flower: apigenin, chlorogenin, rutin, coumarin, hyperoside; Root: aminoacid</td>
<td>CCRUM.MPFSI.Pp.137</td>
</tr>
<tr>
<td>80</td>
<td>Ruta graveolens L.</td>
<td>Roots contain coumarins-xanthyletin, alkaloids-rutacridone-epoxide, gravacridonol; Leaves and stems: skimmianine.</td>
<td>CCRUM.MPFSI.Pp.139</td>
</tr>
<tr>
<td>81</td>
<td>Sesamum indicum L.</td>
<td>Leaf: Pedalin; Seed: lignan, sesamin, sesamolin, sesamol, α and β -tocopherol</td>
<td>CCRUM.MPFSI.Pp.144</td>
</tr>
<tr>
<td>84</td>
<td>Solanum nigrum L.</td>
<td>Plant: solanine; Root and Stem: spirostanol glycoside – uttrosides A and B; Berries: α &amp; β - solamargine, steroidal sapogenins – diosgenin and tigogenin</td>
<td>CCRUM.MPFSI.Pp.145</td>
</tr>
<tr>
<td></td>
<td><strong>Description</strong></td>
<td><strong>Components</strong></td>
<td><strong>Activities</strong></td>
</tr>
<tr>
<td>---</td>
<td>------------------------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------</td>
<td>---------------------------------------------------------</td>
</tr>
<tr>
<td>85</td>
<td><em>Syzygium cuminii</em> (L.) Skeels</td>
<td>Stem: α- and β-pinene; Stem bark: kaempferol, quercetin, β-sitosterol;</td>
<td>Aerial part: CVS active;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf: sitosterol, betulenic acid, cartegolic acid; Flower: oleanolic acid,</td>
<td>Leaf: antibacterial; Seed kernel: hypoglycaemic.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>craegolic acid; Fruit: citric, gallic and malic acid; Seed: β-sitosterol.</td>
<td>Ref: CCRUM.MPFSI.Pp.153.</td>
</tr>
<tr>
<td>86</td>
<td><em>Tabernaemontana crispa</em> Roxb.</td>
<td>Root: resin &amp; bitter alkaloid, anodyne; Milky juice: caoutchouc and resin.</td>
<td>Plant: in diarrhea and abscess</td>
</tr>
<tr>
<td>87</td>
<td><em>Tamarindus indica</em> L.</td>
<td>Leaf: flavone C-glycosides-orientin, vitexin;</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit: tartaric acid, mallic acid leucine; Seed: lauric, palmitic, myristic,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>stearic, linoleic acid</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ref: CCRUM.MPFNI. Pp.470.</td>
<td></td>
</tr>
<tr>
<td>88</td>
<td><em>Terminalia arjuna</em> (Roxb.ex DC.) W t. &amp; Arn.</td>
<td>Bark: triterpene-arjungenin; Fruit: flavones, arjunone, β-sitosterol,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>friedelinc, gallic acid, ellagic acid, arjunic acid.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ref: CCRUM.MPFNI. Pp.478.</td>
<td></td>
</tr>
<tr>
<td>89</td>
<td><em>Terminalia bellirica</em> (Gaertn.) Roxb.</td>
<td>Fruit: β-sitosterol, gallic, ellagic acids, ethyl gallate, chebulagic acid</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ref: CCRUM.MPFNI. Pp.479.</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Species</td>
<td>Bark/Kernel</td>
<td>Fruit/Leaf</td>
</tr>
<tr>
<td>-----</td>
<td>---------------------------------------------</td>
<td>----------------------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>90</td>
<td><em>Terminalia chebula</em> (Gaertn.) Retz</td>
<td>Bark: β-sitosterol; Fruit: Chebulinic acid, tannic acid; Kernel: Palmitic, stearic, oleic, linoleic, arachidic, behenic acid.</td>
<td>Leaf: CNS active; Flower: flavonoids; Fruit: ascaric.</td>
</tr>
<tr>
<td>93</td>
<td><em>Tragia involucrata</em> L.</td>
<td>Leaf: linoleic acid.</td>
<td>Aerial part: hypotheermic; Root: diaphoretic; Fruit: against baldnes</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Common Names</td>
<td>Description</td>
</tr>
<tr>
<td>-----</td>
<td>---------------------</td>
<td>--------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>95</td>
<td><em>Tridax procumbens</em> L.</td>
<td></td>
<td>Plant: β-sitosterol, tannin; Leaf: β-amyrin, β-sitosterol, sitosterol, myristic, stearic acids; Flower: luteolin, glucoluteolin, quercetin, isoquercetin.</td>
</tr>
<tr>
<td>96</td>
<td><em>Trigonella foenum graecum</em> L.</td>
<td></td>
<td>Leaf: isoorientin, lutonarin, tricin; Kernel: hexacosane, sitosterol, β-sitosterol, nicotine acid, tocopherols, α-amylase</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Grains: Spermatorrhoea</td>
</tr>
<tr>
<td>97</td>
<td><em>Tylophora indica</em> (Burm f.) merrill.</td>
<td></td>
<td>Roots yield alkaloids, whole plant: tylophoridine, tylophoamine (alkaloids) kaempferol (flavonoid) leaves-alkaloids.</td>
</tr>
<tr>
<td>98</td>
<td><em>Vernonia Cinerea</em> (L.) Less</td>
<td></td>
<td>Plant: triterpene compounds-β-amyrin acetate, lupeol, stigmasterol, β-sitosterol α-spinesterol.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Plant: antiviral, spasmolytic, anticancer.</td>
</tr>
<tr>
<td></td>
<td><strong>Vitex negundo</strong> L.</td>
<td><strong>Vitex negundo</strong> L. Bark: leucoanthocyanidins, fatty acid, vanillic acid, β-sitosterol, luteolin; Leaf: casticin, aucubin; Seed: hydrocarbons-n-tritriacontane, n-pentatriacontane, β-sitosterol. Ref: CCRUM.MPFNI. Pp.513.</td>
<td><strong>Leaf</strong>: antiinflammatory, analgesic and CNS depressant. Ref: CCRUM.MPFNI. Pp.513</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td></td>
</tr>
</tbody>
</table>