5. RESULTS

5.1 Distribution of the Kanis in India

The Kanis or Kanikkars live in Ambasamudram Taluk of Tirunelveli district and Kanniyakumari district in Tamil Nadu and Neyyattinkara and Nedumangadu taluks of Tiruvananthapuram district and Kollam district in Kerala. In Tamil Nadu, there are 54 settlements, 5 in Tirunelveli district lying in the present study area of the Kalakkad-Mundanthurai Tiger Reserve (Fig. 1) and the remaining 49 in Kanniyakumari district. They are short-statured dolichocephals with round or oval faces and a broad nose.

5.2 Meaning of the “Kani”

There are varied opinions (Maruthakutti, 1999) regarding the semantic aspect of the word Kanis. According to Thangiah, the word “Kan” means “forest” as the Kanikkars is the Jungle folk, they are called ‘Kanis after Kan’. Another opinion is that “Kani” means a propertied land. As Kanikkars occupy land tracts in mountains they are called the Kanikkars that they are the owners of the land tracts. The word Kanikkar denotes a person inheriting land by hereditarily. There is one more opinion prevalent about the origin of the word Kani. A legend says that once a king called “Attingal” ruled these people. As citizens they paid a tribute to their good king in the form of forest produces. Such tribute was known as Kani. The name Kanikkars is derived perhaps from this word.

5.3 Origin of the Kanis

According to a tradition, descendents of two hill kings, Srirangan and Virappan, emigrated from the Pandiyan territories beyond Agastyaarkudam under pressure from superior force never returned to the low country (Maruthakutti, 1999).
Thurston (1909) remarked that they are the jungle tribe inhabiting the mountains of South Travancore characterized by high standard of honor, straight forwardness, honesty and truthfulness, good shikaris and fond of sports, praised their familiarity of the forests and their will to give help and guidance to any person, who may have to travel through the forest. Earlier, they had frequently shifted from one part of the forest to another within the demarcated area.

In very early days, they had other names such as Malavendans and Malayarayans coined by the sage Agastyar. The sage at Agastyarkudam presented them an herb called "Malayar" which could be used for performing ablutions in fire.

According to another legend, they were named as Mala-Aryans by a king of Travancore who lived with them.

Another legend states that the name came after Kani (gifts, a contribution similar to tax) paid to a ruling chief to be known as Kanikkars. The name also connotes proprietorship of land (Juiz, 1996).

According to another version, the word Kani means land, and karan means owner. Meenathukaniyil Velan, Parappan, Mallan and several other ‘Kanikkar’ protected Marthandavarma of Travancore on the 3rd of Margazhi 918 Malayalam Era (Corresponding to 1743 A.D.) during his flee from enemies for four days. Acknowledging this, Marthandavarma, which granted large tracts of lands were clearly demarcated with boundaries, free from all taxes, and specified to enjoy in matrilineal succession ‘as long as the sun and the moon last’ (Juiz, 1996).
5.4 Folk-Tales

The three chieftains-Veerapan Arasan, Sithangan Arasan and Adichan Arasan resided in Kalakkad and Kallidaikuruchi areas of Tirunelveli district paid homage to the Raja of Attingal and they did not turn up before him for three years. The Raja sent Muthutti Pillai to Kalakkad to direct chieftains to appear before him and they met the Raja with honey, ivory and similar presents. The Raja pleased and conferred the title of Vira Marthanda Arasan on Veerapan Arasan. They desired to cook their food and ate with Shanans, a low caste. Later the Raja found out this truth and told Viramarthandan that he was fit only to be Malai Arasan, i.e., a forest chief. Even now, they are known as Malai Arasans. After a while, Viramarthandan came to power and celebrated his accession as the chief of Kanis by inviting all Pandya chieftains. One of them declared that if Viramarthandan gave his sister to marry he would attend the ceremony. Got wild at this, Viramarthandan constructed dams diverting the waters of Kodayar and Manimuthar. Still some water trickled down and reached Adi Pandya. The Pilathi, the magician-cum-medicineman, told Viramarthandan to sacrifice his sister Karimpadi to cease trickling of water. She was sacrificed, strewn her blood in the dam and finally stopped trickling. In order to eliminate famine, Adi Pandya, sought the help of Attingal Raja who decided to break dam sent an elephant with Muthutti Pillai for this purpose. Veeramarthandan tried to dissuade Muthutti Pillai. When Muthutti Pillai was adamant he shot an arrow and killed the elephant and finally Muthutti Pillai committed suicide. Enraged Adi Pandya waged a war against them and completely routed them. The chieftains committed suicide. A number of them who escaped the wrath of Adi Pandya settled down on the
Western Ghats. Even now, they revere the memory of Muthutti Pillai and celebrate the memory of Karimpadi.

According to their narration, Marthandavarma, the Yuvaraja of Travancore was fighting for his throne against the sons of the Ettuveettu Pillaimars, his uncle (the then king) came across a tribal settlement of Velans who were helpful and gave protection in time of adversity. Finally he ascended the throne after vanquishing his enemies gave 102.5 ‘Kanis’ of land to please the Velans in Nedumangad, Neyyattinkara, Vilvankode and Kalkulam taluks to be used by them. Thereafter, they acquired the name of ‘Kani or Kanikkar’. Further they had the freedom to move, as they like, to live in and exploit the forest wealth, to plant and use ganja, to tap Ayathengu trees for liquor within their limits and to carry guns within the forests without any license. In order to express their gratitude, they used to visit Trivandrum, presently Tiruvananthapuram district in Kerala, and present honey, thinai, bamboos, plantains, sticks, Navichattam, Pumugu” and the bark of a tree. Reciprocally the Maharaja gave them a grand feast. Reorganization of States took place on 31st October 1957 stopped this custom. The proximity of Padmanabhapuram, the capital of Travancore, located close to the Kani settlements and their skill in archery provide some substantial evidence to this tale (Census of India, 1961).

5.5 Genesis and Settlement of the Kanis

Before the formation of linguistic States in India, Travancore State governed the present study area. The Kanis are originally said to be natives of Neduvankadu, Kallar and Ilanchi of Kerala. The Kanis were also given forest watcher job with a gun to protect the forests by the then Travancore Government of Kerala.
Around 1910, the British Government selected the Kanis of about 1,000 people comprising of 120 families because of their special abilities such as hard work, loyalty, sincerity, and, their knowledge of forests to undertake plantation of Teak in the Tamil Nadu part of the Agastyamalai Hills and settled them at Pothigaiadi. They were brought under the leadership of one Moottukani (means leader) to look after their activities including social and religious activities.

The Kanis once used sign language for their activities. They speak Malayalam mixed with Tamil dialect among themselves, and Tamil with their counterparts from the plains.

Around 1914, the killer disease Smallpox (Vaisuri in their language) affected the Kanis and majority of them died. Unable even to bury the bodies, the Kanis decided to move away from their original habitation, split up and settled in other parts of the forest. They say that even now the scattered bones can be seen at Pothigaiadi.

The survivors chose to settle at Kandanparai, Kodamadi, Mylar, Kundar and Manthili (Karayar) (Fig. 1). The Forest Department of Shencottah Range did not permit these areas in Travancore State. Then, it is stated that the then British Government allotted and demarcated an area of 192 acres for about 85 families to settle at Ingikuzhi (Figs. 1 & 4.1) and issued a document for their right of habitation with a precondition that the document should be renewed every year at Shencottah Range Office. In 1968, the document taken for verification by Ambasamudram Forest Officer in the Shencottah Range of the present Tiruvananthapuram (formerly known as Trivandrum) of Kerala was not returned. They could not be able to trace the document after repeated attempts. The Ambasamudram Forest Office was promoted into Range Office and brought under the
control of the Forest Department of Tirunelveli district in Tamil Nadu. The Ambasamudram Range Office took an initiative and resettled them at Ingikuzhi (Figs. 1 & 4.1), Periyamylar (Figs.1 & 4.4), Chinnamylar (Adukkupaarai) (Figs.1 & 4.3), Agastiyarkanikudiyiruppu (Figs.1 & 4.2) and Servalar (Thervatampaarai) (Fig. 1).

5.5.1 Ingikuzhi (Figs. 1 & 4.1)

Ingikuzhi (Figs. 1 & 4.1) is situated along side of the river Tamiraparani above 800 m MSL and located well – before the confluence of Kannikatti odai in the midst of two forest types such as southern tropical wet evergreen (towards Pothigai and Kannikatti directions) and tropical riparian fringe in the southern tropical wet evergreen (along the riverine bed). Nine Kani huts dot the deforested cultivable area of about 15 acres that was one of the fine representations of the southern tropical wet evergreen forests. The population is 34 comprising 20 males and 14 females. The climate is pleasant all through the year because of the forests in their vicinity. The cultivable area serves as an area for their agricultural activities. Even the Ingikuzhi (Figs. 1 & 4.1) settlement had one school, which was abandoned later by the Vivekanantha Kendra because of the poor strength.

5.5.2 Periyamylar (Figs.1 & 4.4)

Periyamylar is situated in the midst of the southern moist deciduous forests along the Valaiyar river at the end of the Karayar Dam in the eastern side above 650 m MSL. A small spring passes through their hamlet consisting of 9 huts with a total of 39 persons: 22 males and 17 females. The spring fulfils the water requirements except during the dry season. There is a river with in a short distance from their settlement, that runs dry during summer and thus water scarcity is experienced.
1. A Kani family in front of a hut at Ingikuzhi; 2. Children of Kanis with their elders at Agastiyarkanikudiyiruppu; 3. Plant fencing, with a gate middle, protecting hamlet all round of Chinnamylar- a partial view; 4. Members of three generations in a Kani family at Periyamylar- an example for idarity; 5. Top view- roof of a hut made of plants (5 layers of grasses interspersed with sticks and threads); and 6. Interior view of the roof.
5.5.3 Chinnamylar (Figs. 1 & 4.3)

Chinnamylar or Adukkupaarai is situated in the midst of the southern moist deciduous forests just below the Karayar reservoir in the eastern side of the Tamiraparani River above 560 m MSL. The hamlet here is a combination of huts and well-built houses of 30 numbers providing shelter for 125 persons of whom 57 are males and 68 are females. Most of them have agricultural lands in the Periyamylar.

5.5.4 Agastiyarkanikudiyiruppu (Figs. 1 & 4.2)

Agastiyarkanikudiyiruppu is located on the western side of the Tamiraparani River and Sorimuthuayyanarkoil above 560 m MSL in between the Tirunelveli semi-evergreen forests and dry Teak forests. ‘Kudiyiruppu’ as the term in Tamil denotes is ‘habitatation’ or ‘dwelling place’. The hamlet is moderately developed and has 35 households of stone constructions, partial constructions and huts providing shelter to 130 occupants of 70 males and 60 females. The western vicinity along the roadside has a school with hostel facility, post office and a government ration shop. Most of the Kanis depend on labour work and some of them have their agricultural lands at Periyamylar.

5.5.5 Servalar (Fig. 1)

Servalar is situated next to the Servalar Reservoir on the eastern side and along the Servalar River on the western side in between the southern tropical moist deciduous forests and dry Teak forests above 550 m MSL. Most of the Kanis here work in the labour force of the Forest Contractors and the Tamil Nadu Electricity Board. Since there is a high incidence of disturbance by wildlife, agricultural activities are not carried out.
The hamlet is having 19 households, mostly huts giving shelter to 74 persons consisting of 32 males and 42 females.

The details of population in each habitation is tabulated below:

<table>
<thead>
<tr>
<th>Name of the hamlet</th>
<th>Males</th>
<th>Females</th>
<th>Total</th>
<th>No. of huts/houses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Injikuzhi</td>
<td>20</td>
<td>14</td>
<td>34</td>
<td>9</td>
</tr>
<tr>
<td>Periyamylar</td>
<td>22</td>
<td>17</td>
<td>39</td>
<td>9</td>
</tr>
<tr>
<td>Chinnamylar</td>
<td>57</td>
<td>68</td>
<td>125</td>
<td>30</td>
</tr>
<tr>
<td>Servalar</td>
<td>32</td>
<td>42</td>
<td>74</td>
<td>19</td>
</tr>
<tr>
<td>Agastiyarkanikudiyiruppu</td>
<td>70</td>
<td>60</td>
<td>130</td>
<td>35</td>
</tr>
<tr>
<td>Total</td>
<td>201</td>
<td>201</td>
<td>402</td>
<td>102</td>
</tr>
</tbody>
</table>

5.6 Huts

The Kani huts are built inside their agricultural land. The huts have no regular dimension and the dimension is determined by the need. They use variety of solid trees for construction only. The branches of Nangu (Mesua nassarium (Burm.f.) Kosterm. var. coromandeliana (Wight) Kosterm., Clusiaceae), Kongu (Hopea utilis (Bedd.) Bole, Dipterocarpaceae), Pongu (Hopea parviflora Bedd., Dipterocarpaceae) and Palwadi are interspersed with Eathal/Reeds (Ochlandra travancorica Benth. ex Gamble, Poaceae) (Fig. 5.2) and tied together with the ropes made of twiner. The roof is clothed with Tharagampul (Sorghum halepense (L.) Pers., Poaceae). Again the ropes are used to keep them intact to give stencil strength and longevity to hut life (Fig. 4.5 & 4.6). The
grass cover of the roof is made of 5 - 7 layers from the bottom to the top for the big house whereas it is 4 in case of small houses. The sides of the hut are closed with either leaf of *Eathals* or constructed with mud wall. The floor is smeared with cow dung. The Kanis seldom use doors made of wood. They use broomsticks made up of midribs belonging to *Eathal* (*Calamus brandisii* Beccari ex Beccari & Hook.f.) or *Thennai* (*Cocos nucifera* L.) of Arecaceae (Fig. 5.2).

5.7 The Kanis, A God - Fearing People

The Kanis are the god - fearing people and have their temples facing south and north (Fig 5.3). They believe that their safe life is because of their deities. They worship female deities such as Karumpandiammam, Veeramarthandan and Mariamman. They also worship male deities such as Murugan, Pillaiyar, Iyyappan, etc. Ancestral and spirit worship is also practiced. They believe that the spirits of dead ancestors called 'Theivam' guard them throughout their life by protecting their habitations from wild animals, diseases and all kinds of disasters. They celebrate festival in the Tamil month of Karthigai, which falls along with Onam festival of Kerala. The offerings to the deities are known as Koduthi or Pooja performed once in a year. In case of monsoon failure, they perform special Pooja and worship Nagatheivam (Deity of Snakes, Naga) to bring rains to their relief.

5.8 Development of New Witchcraft/Medicine Man

The Kanis believe that the deity selects a good person among them, takes the person deep in to the forest and teaches the mantras and medicinal knowledge for about 3 days. During this period, the person wanders in the forests like a unconscious mad man consuming wild edibles such as rhizomes, leaves and fruits. After gaining knowledge, he
resurrects his consciousness, returns to his settlement, performs mantras and poojas and administers medicines to cure ailments.

5.9 Pilathi, A Magico – Religious Person

Pilathi is a person who knows mantras and practices witchcraft familiarly. Chinnappankani of Ingikuzhi (Fig. 8.1), Mr. Ramankani and Maadankani of Periyamylar are notable among them. They cure Maantham (children affected with loose motion and weakness) by citing mantras and performing pooja. The same method is used to cure even domestic diseases. Mantras are also chanted to eliminate poisonous effect of scorpion bite.

5.10 Malady for Sin against God

If a person is ill for a long period, they cite mantras and put coins in front of the deity. Based on the position, direction and the side of the coins, they attempt through certain calculations to find out the reason for the illness. And then they offer special pooja to the deities and subdeities to cure the illness. The reason for the cause is believed to be sin against god (Theivakutram) that means sin done by the person against deities and subdeities.

The witchcraft people cite mantras throughout the night either on Tuesday or Friday by singing ‘Saathupattu’ or ‘Villupattu’ with music generated by a metal instrument (Fig. 5.1) to please their deities and subdeities to forgive their Theivakutram to get a complete relief. They fix some amount of money that depends on the type of Theivakutram. They keep a fire burning throughout the night, break for tea for every 3 hours, and offer tender coconuts and bananas. Ramankani of Periyamylar performed
Fig. 5: 1. Music from beatings of rods on a hollow instrument accompanies chanting of Satupattu or Villupattu; 2. A basket with roots of *Elelakizhangu*, *Manihot esculenta*, and brooms made of midrib of *Thengai* (*Cocos nucifera*) and *Ethal* (*Ochlandra travancorica*); 3. Small stone pillars worshipped after Veeramarthandan and Karumpandiamman-deities of the Kanis; 4. A pooja performed to the deities with offerings to forgive a sin of Vijayan at Ingikuzhi; 5. Chavadi or Pattapara-a meeting place for taking decisions under the leadership of Moottukani; and 6. Mallankani-a Moottukani (dressed partly) prays and begins marriage of Boothathan at Chinnamylar.
Pooja for the sin of Vijayan at Ingikuzhi by paying Rs.6.25/- on 19.2.98 at Ingikuzhi (Figs. 1 & 5.4).

5.11 Social Control

The headman, known as Moothukani, a final authority, has an assistant called Vilikani, settles disputes in all social, religious and agricultural matters at the meeting in ‘Chavadi’ or ‘Pattapara’ (Fig. 5.5).

5.12 Marriage

They themselves divided into 2 major groups such as the Annathambi illams and Machamiillams in marriage customs. The former consists of the descendents of the 12 ancestral families while latter have 9 ancestral families. The marriage takes place only between these 2 groups. They also marry their counterparts in Kerala across the border of State.

In consultation with Moothukani, the elderly people arrange most of the marriages. There is no dowry system. The total expenditure is borne out by the bridegroom family. In case, bride is from far away place her family bears the marriage expenses. They prefer to marry on Wednesdays. If one of the life partners deceased, re-marriage is permitted after 2 years, but mostly they never remarry.

There was a marriage held at Chinnamylar (Fig. 4.3) between Boothathan and Thamilarasi in the temple precinct (Fig. 5.6) of the deities by name Veeramarthandan, Karumpandiamman and other subdeities at right side of the Tamiraparani riverbank. The Moothukani namely Mallankani (Fig. 5.6) offered foodstuffs such as rice meal, dhal, sambar and dishes of 7 vegetables on the plantain leaves to the deities. In addition,
Vethilai (*Piper betle* L.), Paakku (*Areca catechu* L.), Soodam (*Camphor*), Kumkum, Sandal paste (*Santalum album* L.), Panneer (Rose water distilled from the flowers of *Rosa centifolia* L., Rosaceae) and *Coconut* (*Cocos nucifera* L.) were also offered (Fig. 5.2). The dresses of both the bride (saree and blouse) and bridegroom (dhoti, shirt and angavastram) and Thaali (Mangalasutra shaped like a leaf of *Ficus religiosa* L., Moraceae) were placed on the metal plate, chanted mantras by both men and women, prayed by the elderly people for half an hour, showered plantain leaf pieces as garlands on the plate, dusted Kumkum and Sandal paste on their dresses and distributed to the bride and bridegroom. After dressing, the couple stood on the bedsheets and wore garlands.

The bridegroom tied the Mangalasutra worshipped and blessed by the elderly people around the neck of bride by a knot. The sister-in-law tied another 2 knots (Fig. 6.1). The couple exchanged garlands 3 times and sat. The relatives, well-wishers and friends smeared the Sandal paste on the foreheads of the couple (Fig. 6.2) and offered their gifts such as vessels of domestic use and money. Then food was served to the guests.

5.13 Attire

Once, the Kanis wore attire made from the bark of *Arangi* tree, *Antiaris toxicaria* (Pers.) Lesch., Moraceae, to cover body from hip to knees. The bark immersed in water is softened using mechanical force with hammer or stone and collected the thin layer of the bark to use as attire. The contacts established with the counterparts from plains eroded this practice and made to change like their counterparts.
Fig. 6: 1. The sister-in-law ties second and third knots of Thali; 2. Smearing sandal paste as part of blessing couple by relatives and well wishers; 3. Offerings made for the deities of the Kanis; 4. Cultivation of *Elelakizhangu, Manihot esculenta* at Ingikuzhi; 5. *Kaaichalkizhangu, Dioscorea tomentosa* at middle with 2 types of white-coloured *Elelakizhangu, Manihot esculenta* at sides; and 6. A bund of stones with a fishing basket lying across the river.
5.14 Funeral

If a Kani is deceased, it is informed to the relatives and other counterparts through messengers. The relatives assemble together and take up mortal remains in procession to the ground for burial. Each and every member participates and adheres to this traditional style.

5.15 Occupation

The Kanis of about 76% of the population are agriculturists, about 13% people undertake labour work provided by the Forest Department of Tamil Nadu for clearing the ground stratum of forests and roads, collect honey and do fishing. The remaining 11% of the population are involved in various activities such as watchman, clerk, boating and in beedi rolling.

5.15.1 Agriculture

The staple food is *Elelakizhangu*, *Manihot esculenta* Crantz, Euphorbiaceae (Figs. 5.2 & 6.45), which means the plant bears 7 leaves and roots. Boiled roots are eaten thrice a day. They recognize 4 varieties based on the shape of roots under the following 2 colour patterns of roots:

1. White (3 varieties, one year crop):

   *Emporiumkizhangu* - big and long;

   *Kovilvillakizhangu* - slender and long (Fig. 6.5); and

   *Semmaruthukizhangu* - short and large (Fig. 6.5).

2. Yellow (6 months crop) *Narukkizhangu* – spindle-shaped.
The root is debarked, scraped to eliminate sour taste, washed thoroughly with water, cooked either with a little salt or boiled with water, decanted and added powders of _Milagai/Nallamilagai_ (Capsicum annuum L., Solanaceae), _Manjal_ (Turmeric, Curcuma longa L., Zingiberaceae) and common salt. Mathu, a wooden tool, is used for mashing to prepare paste-like foodstuff and consumed with fired or boiled fish.

The other common cultivated crops include:

- Kaaichalkizhangu, _Dioscorea alata_ L., Dioscoreaceae;
- Kaantharimilagai, _Capsicum frutescens_ L., Solanaceae;
- Kamugu/Paakkku, _Areca catechu_ L., Areaceae;
- Karumbu, _Saccharum officinarum_ L., Poaceae, Sugarcane;
- Koovwikzhangu, _Maranta arundinacea_ L., Marantaceae, Arrow root;
- Maa, _Mangifera indica_ L., Anacardiaceae, Mango;
- Nallamilagai, _Capsicum annuum_ L., Solanaceae, Chilli;
- Nallamilagu, _Piper nigrum_ L., Piperaceae, Pepper;
- Pala, _Artocarpus heterophyllus_ Lam., Moraceae;
- Pine apple, _Ananas comosus_ (L.) Merr., Bromeliaceae;
- Seppankizhangu, _Colocasia esculenta_ (L.) Schott, Araceae;
- Thennai, _Cocos nucifera_ L., Arecaceae (Fig. 5.2) and
- Vaazhai, _Musa paradisiaca_ L., Musaceae, Banana.
5.15.1.1 Preparation of Chips

During the summer periods of March and April, the boiled roots of *Elelakizhangu* are sleeved, dried under sunlight, prepared chips and sold at the rate of Rs.13/kg. A person can prepare about 50 kg chips per day.

5.15.1.2 Honey Collection

They are the most-skilled persons efficiently climbing and walking on rock, collect honey in groups even on the steep rocks, sell for money and share equally. Twiners are used as artificial ladders. Smoke of dried leaves of *Nangu* (*Mesua nagasarium* (Burm.f.) Kosterm. var. *coromandeliana* (Wight) Kosterm., Clusiaceae), is used to drive bees from comb.

5.15.2 Fishing Methods


5.15.2.1 Basket Method

A special Basket (koodai) varying in size from 0.9 to 1.2 m in length and 0.3 to 0.45 m in breadth is used. Alapanaikeakle (*Arenga wightii* Griff., Arecaceae) arranged in a ‘V’ shape, interspersed with 3 to 5 cross bars of *Piramhu* (*Calamus brandisii* Beccari ex Beccari & Hook. f., Arecaceae) at an interval of about 15 to 23 cm. During fishing, the free end is tied. Another small ‘V’ shaped structure is placed with a broad flap consisting 4 cross bars at top. *Kasavunuar*, bark of *Sterculia foetida* L., Sterculiaceae, fastens two cross bars placed inside these structures tightly. One cross bar
is tied for carrying purpose. When water is flowed through the basket the fishes swim against water current and gain entry into it. Most of the fishes are caught in between these two ‘V’ structures but some may escape through the gapes found in small ‘V’ structure. They do fishing mostly in the mornings exceptionally in the evenings (Fig. 6.6). By untying the bottom, they collect fish catch consisting of Kallari (Homaloptera brucei), Kalnekki (Nemacheilus pulchellus), Kendai (Puntius arulius-tambiraparani) and Kelurn (catfish, Mystus armatus), Keluru (Mystus aor) and Keluthi (Mystus vitatus).

5.15.2.2 Fencing Method

During the summer period from March to May when the water current in the river is very low, the Kanis use this fencing method. They select a shallow water area where slow current exists to construct a fence using sticks without any gap to prevent escape of fishes. Stones are then placed to make bund on the other side to facilitate water to pass through without fishes (Fig. 7.2). The fish catch basket made of Bamboo (Bambusa arundinacea (Retz.) Roxb., Poaceae, Fig. 7.1) has closed end at one side that can be opened half by a flap and an open ‘V’ shaped end on the other (Fig. 7.1). There is a gap in the fence below the water surface that is blocked with a Bamboo (Bambusa arundinacea (Retz.) Roxb., Poaceae, Fig. 7.1) fish catch basket. Above the water surface, a gate is placed to close the area with a long Thavallikodi (Entada pursaetha DC., Mimosaceae). The Kanis fix bait for the fish in the closed water body in a sporadic manner. The bait is Kooilai, Elettaria cardamomum (L.) Maton var. major Thw., Zingiberaceae (Fig. 7.4), MBV, EHPK & NR 2971.

The shallow water area is left undisturbed. They sit near the rope of the gate and watches silently. The fishes gain entry into the fenced area through the opening below
the water surface and eat the leaves. When he sees their presence abundantly, he closes
the gate by using rope from the riverbed and places the Bamboo (*Bambusa arundinacea*
(Retz.) Roxb., Poaceae, Fig 7.1) fish catch basket below the water surface without
disturbing the water body. When the fishes present in the fencing area are disturbed, they
swim fast for escape. As a result, most of them ultimately enter into the Bamboo
(*Bambusa arundinacea* (Retz.) Roxb., Poaceae, Fig. 7.1) basket through the ‘V’ shaped
end from where they cannot escape. The Bamboo (*Bambusa arundinacea* (Retz.) Roxb.,
Poaceae, Fig. 7.1) basket is lifted from the water body and the fish catch is collected
through the flap opening. The Kanis traditionally follow this method to catch bigger
fishes called Perumpilari (*Torkudiri malabaricus*).

5.15.2.3 Angle Method

It is similar to that of other counterparts in plains. The wire is plastic but here the
large stick is made of *Pirambu*. They pierce a piece of boiled *Elelakizhangu* (*Manihot
esculenta* Crantz, Euphorbiaceae; Figs. 5.2 & 6.4,5) into the hook as bait. The dipping of
the floating cork into the water indicates that the fish is caught in the hook. The fishing
rod is lifted and the fish is collected. Again, the entire process is repeated to catch fishes.

5.15.2.4 Modern Method: Fishing Net

They spread large-size plastic fishing net to the entire breadth of the river in the
evening and collect fish catch of Perumpilari (*Torkudiri malabaricus*) in the morning.

5.16 Wild Edibles

The wild edibles collected for food can be broadly classified into the following:
Fig. 7. 1. ‘V’ shaped front portion of a traditional Bamboo-made (Bambusa arundinacea) fish catch basket; 2. Stone bund and plant fence across the river; 3. Boothathan fixing basket at the middle of the plant fencing; 4. Bait of Koojia (Mayallattampogatiyil), Elettaria cardamomum var. major (leaves). 5. A portion of Government Residential School; and 6. Sreerangankani with solar light provided by Government of Tamil Nadu at Periyamylar.
1. Tubers: *Kaattuvallikizhangu*, *Dioscorea oppositifolia* L., Dioscoreaceae; *Noorangkizhangu*, *Dioscorea tomentosa* Koen. ex Spreng., Dioscoreaceae, (Fig. 6.5); and *Paarankizhangu*, *Aponogeton natans* (L.) Engl. & Krause, Aponogetonaceae. The tubers are collected, washed, cut and boiled in water and consumed.

2. Seeds: *Kongumaampayiru*, *Mucuna hirsuta* Wight & Arn., Fabaceae; *Thavallikai*, *Entada pursaetha* DC., Mimosaceae; and *Salapanaikal*, *Cycas circinalis* L., Cycadaceae (Fig. 10.6). The seeds endosperm collected by fire are repeatedly boiled in water, decanted 7 or 8 times to eliminate all the anti-nutritional factors, added common salt during final boiling and consumed.

5.17 Primary Health Care Center

One doctor with a nurse from Ambasamudram Government Hospital visits the Kanis hamlets of Chinnamylar (Adukkupaarai) (Fig. 4.3), Agastiyarkanikudiyiruppu (Figs. 1 & 4.2) and Servalar (Thervatampaarai). But the Kanis prefer their native medicine to cure their ailments.

5.18 Government Welfare Schemes

The Tamil Nadu Government provides several facilities under welfare schemes such as free education (a school with a free hostel facility at Agastiyankanikudiyiruppu (Fig. 7.5), training programs in tailoring to the ladies and given free sewing machines at the course end, etc. Most of their huts have solar lights provided by the Government (Fig 7.6).
5.19 The Problem of the Kanis

The Kanis are recognized as a Scheduled Tribe as per the school records and ration cards. But the Revenue Department Officials, who are authorized to recommend to Tahsildars for issuing a certificate, do not acknowledge it due to lack of valid documents.

5.20 Recommendation for Upliftment of the Tribals

The society as a whole could not make much progress despite the facilities created by the Government through several welfare schemes. The poor economic condition and less utilization of welfare schemes can be attributed for their present scenario. Mostly they have to depend upon moneylenders who pay advances towards purchasing their chips in bulk quantities during summer period.

Implementing the following agenda can eliminate this menace:

- Providing compulsory free education to all;
- Effectively translating adult education program;
- Informing and extending the welfare facilities of the Government;
- Official recognition of scheduled tribe status to their community for getting more funds from the Central and State Governments;
- Developing exclusive package of welfare schemes to provide alternative sources of income on permanent basis; and
- Extending loan facility during rainy season for their living and collecting money from the sale of chip during summer.
5.21 Ethnomedical Resource Persons

The Kani medical practitioners accompanied in the field trip include: Chinnappankani (Fig. 8.1) of Ingikuzhi aged 72 years, Sreerangankani (Fig. 7.6) of Periyamylar aged 62 years; Pitchandikani, aged 42 years belonging to fourth generation and Poovendrankani (Fig. 8.3) of Chinnamylar (Adukkupaarai) aged 47 years; Mallankani (Fig. 5.6 & 8.5) aged 65 years and Boothathankani (Figs. 5.6, 7.3 & 8.2) aged 45 years, of Agastiyarkanikudiyiruppu and Maathikani (Figs. 8.2 & 8.4) aged 68 years and his wife, Kaliammal aged 55 years, of Servalar (Thervatampaarai).

5.22 Ethnomedicines

*Abrus precatorius* L., Fabaceae, *Kundumani* (MBV, EHPK & NR 2978): 5g shade-dried leaf powder is consumed with milk or boiled water once a day in the morning for 41 days to cure diabetes.

*Acacia c/(tundra)* (Roxb. ex Rottl.) Willd., Mimosaceae, *Indu* (MBV, EHPK & NR 1890):
Paste made from equal quantity of stems, leaves and flowers is applied on the fractured points 2 times a day for 4 days to bone fracture and nervous pain.

*Acalypha indica* L., Euphorbiaceae, *Kuppaimeni* (MBV, EHPK & NR 20140):

1. Desirable quantity of plant paste with a pinch of salt is applied over the body and taken a bath after a half-hour for 2 days to skin eruptions/protuberances.

2. Plant paste mixed with the plant paste made from *Tridax procumbens* L., Asteraceae, *Kaatunilampadarthipatchilai/Karappan/Nilampadarthi* (MBV, EHPK & NR 20133), is smeared on the head once a day for a week to ward off dandruff.
Fig. 8: 1. A family of Ethnomedical practitioner, Mr. Chinnappankani (extreme right) with household materials and a dog; 2. Ethnomedical practitioners-Maathikani and Boothathan, with researchers during the fieldwork; 3. Poovendrankani, an ethnomedical practitioner from Chinnamylar; 4. Maathikani, an ethnomedical practitioner after a collection trip to Servalar in a Forest Rest House after collection; 5. Mallankani, a familiar witchcraft cum ethnomedical practitioner from Agastiyarkankadiyuruppu; 6. Acranthera grandiflora of Rubiaceae- leaves and flowers cure skin diseases in infants; and 7. Fruits of A. elaeagnoides var. courtallensis of Meliaceae administered for curing blood pressure.

1. Three drops each of leaf juice are applied on both the eyes for eye injury.
2. Paste made from aerial portion mixed with Chunnambu (Calcium carbonate) is applied at the bite site as an antidote for dog bite.

Acorus calamus L., Araceae, *Vasambu* (MBV, EHPK & NR 2976): 10g rhizome boiled with 5g *Allium sativum* L., Alliaceae, *Garlic, Vellaipoondu* (MBV, EHPK & NR 20103), and 250ml water is extracted and consumed for chest pain and cold.

Acranthera grandiflora Bedd., Rubiaceae (Fig.8.6), *Malampadarathipatchilai* (MBV, EHPK & NR 2042): 1g paste made from equal quantity of leaves and flowers is consumed with cow milk 2 times a day for 3 days to skin diseases of infants. Consumption of fish and dry fish is prohibited.


1. 2g shade-dried plant powder is consumed once a day for 5 days to bone fracture and sprain. Consumption of egg, fish and dry fish is prohibited.
2. 5g paste made from equal quantity of leaves and flowers are consumed with honey (Kombu-thene) once a day for 5 days to cure blood discharge. Consumption of hot meal is prohibited.

Adenostemma lavenia (L.) Kuntze var. *lavenia*, Asteraceae, *Kaattusiruvanthan-patchilai* (MBV, EHPK & NR 1573): 2g plant paste is consumed 2 times a day for 3 days to giddiness. Consumption of fish, egg and dry fish is prohibited.
Adiantum raddianum Presl., Adiantaceae, Nilasurulipatchilai (MBV, EHPK & NR 2198): One teaspoonful frond paste is consumed once a day. The paste is also applied on the body and taken a bath after a half-hour for blood clot and sprain. Jogging for a short distance is advised.

Aganope thyrsiflora (Benth.) Polhill var. eualata (Bedd.) Thoth. & Das, Fabaceae, Kaatuperumkalangipatchilai (MBV, EHPK & NR 2302): 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed with honey (siruthene) once a day for 3 days to bone fracture and pain.

Aganosma cymosa (Roxb.) G. Don, Apocynaceae, Paarivengipatchilai (MBV, EHPK & NR 1160): 2g paste made from equal quantity of leaves and flowers is consumed with milk once a day for 5 days to reduce body heat (refrigerant). Consumption of egg and dry fish is prohibited. The patient is advised to take a bath regularly.

Ageratum conyzoides L., Asteraceae, Kaaiiu vanihanpaichilai (MBV, EHPK & NR 1870): Plant paste is applied on the body 2 times a day and a bath is taken after a half-hour for 4 days to scabies.

Aglaia elaeagnoidea (Juss.) Benth. var. courtallensis (Gamble) K.K.N Nair, Meliaceae (Fig.8.7), Kaatusirusanthanapatchilai (MBV, EHPK & NR 1172): 2g shade-dried, powder made from equal quantity of leaves, flowers and tender fruits is consumed with ghee once a day for 10 days to blood pressure. Consumption of salt and Tamarindus indica L., Caesalpiniaceae, Tamarind, Pul (MBV, EHPK & NR 20112), and having sex are prohibited for 10 days.
Agrostistachys indica Dalz., Euphorbiaceae, *Koattukarucheppilaipatchilai* (MBV, EHPK & NR 2087): Green leaf paste is applied on the body and taken a bath after a half-hour for 3 days as an antidote for poisons.

Allium cepa L., Alliaceae, *Ulli* (MBV, EHPK & NR 20111):

1. 100g bulbs are cut into pieces, mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127) using pressure and placed slantingly on a tray to collect juice. A dosage of 200ml is consumed after meals in the evening to blood clot.

2. Paste made from 3 bulbs with some powder of *Curcuma longa* L., Zingiberaceae, *Turmeric, Manjal* (MBV, EHPK & NR 20114), is mixed and applied over the swelling nail, tied with a cotton cloth and left undisturbed for a day to cure nail disease.

3. Three drops each of bulb juice are dropped on both the eyes 2 times a day for 1 or 2 days to eye pain.

4. Paste made from 4 bulbs is smeared once a day for 4 days to foot sores.

5. 200g chopped bulb and an egg are mixed and fried with *Sesamum indicum* L., Pedaliaceae, *Gingelly oil, Nalennai* (MBV, EHPK & NR 20123) and consumed 2 times a day as a carminative.

6. Three bulbs are mashed after covering with a cotton cloth and smelled for cold.

Allium sativum L., Alliaceae, *Garlic, Vellaipoondhu* (MBV, EHPK & NR 20103): Bulbs and a pinch of salt covered by a piece of cotton cloth is mashed, dipped in slightly warmed oil of *Sesamum indicum* L., Pedaliaceae, *Gingelly oil, Nalennai* (MBV,
EHPK & NR 20123), and touched gently over the swellings to cure swelling (accidental).

*Aloe vera* (L.) Burm.f., Liliaceae, *Sothukathaalai* (MBV, EHPK & NR 20119): Fleshy leaf portion is applied on the head with gentle pressure 2 times a day till cure for headache.


1. 2g paste made from equal quantity of leaves and flowers is consumed with honey (Siruthene) once a day for 8 days to gastric complaints. Consumption of egg, fish and dry fish and having sex are prohibited for 10 days.

2. 2g paste made from equal quantity of leaves and flowers is consumed with ghee once a day for 10 days to rheumatism. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), fish, dry fish and mutton is prohibited.

3. 15g shade-dried powder from equal quantity of leaves, flowers and tender fruits is consumed with honey once a day for 7 days to cure blood discharge and giddiness. Consumption of egg, fish, dry fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and having sex are prohibited for 5 days.

4. 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed with ghee once a day for 10 days to reduce body heat (refrigerant). Consumption of egg, fish and dry fish and having sex are prohibited for 10 days.
5. A quarter teaspoonful, shade-dried powder made from equal quantity of leaves and tender fruits is consumed with honey once a day for 10 days to piles and stomach pain. Consumption of egg, fish and dry fish is prohibited.

*Alphonsea zeylanica* Hook f. & Thoms., Annonaceae, *Kaatusirunaaripatchilai* (MBV, EHPK & NR 1199): 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed with ghee once a day for 5 days to body pain and to purify blood. Consumption of egg, fish, dry fish and oily food and having sex are prohibited for 5 days.

*Alseodaphne semecarpifolia* Nees var. *parvifolia* Hook.f., Lauraceae, *Kaatusmilagunaaripatchilai* (MBV, EHPK & NR 1156): 2g paste made from equal quantity of leaves and flowers is consumed with ghee once a day for 3 days to cure blood discharge and to reduce body heat (refrigerant). Consumption of egg, fish and dry fish and having sex are prohibited for 3 days.

*Amorphophallus paeoniifolius* (Dennst.) Nicolson var. *campanulatus* (Blume ex Decne.), Araceae, *Karunaiakizhangu* (MBV, EHPK & NR 20135): Juice is extracted by grinding a rhizome and 2 fleshy fruit portions of *Cycas circinalis* L., Cycadaceae (Fig. 10.6), *Salapanaiakai* (MBV, EHPK & NR 20136). 25ml juice is consumed once a day for 3 days to piles.

*Anacardium occidentale* L., Anacardiaceae, *Kollaamaram* (MBV, EHPK & NR 1906):

1. 200ml fruit juice mixed with 3 fruit paste of *Capsicum frutescens* L., Solanaceae, *Kaantharimilag Kaaattuankaantharimilagai* (MBV, EHPK & NR 20122), and a pinch of salt is consumed 2 times a day till complete cure to cholera.
2. Milky latex from cut seeds is smeared once a day for 3 days to foot sores.


1. Plant paste is applied on the body and taken a bath after a half-hour for 4 days as an antidote for poisons. Consumption of liquor is prohibited.

2. 5g leaf paste is consumed once a day for a week as an antidote for poisons.

**Aneilema ovalifolia** (Wight) f. ex C.B. Clarke, Commelinaceae, *Kaattupulsulapatchilai* (MBV, EHPK & NR 1693): 2g paste made from equal quantity of leaves and tender fruits is consumed 2 times a day for 5 days to throat swelling. Consumption of salt, spicy foods and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 29112), is prohibited.

**Angiopteris eecta** (Forst.) Hoff., Angiopteridaceae, *Neerchedipatchilai* (MBV, EHPK & NR 2538): Paste made from equal quantity of stem and fronds is applied on the body and taken a bath after 15 minutes for body pain and leg sores. Consumption of spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

**Antidesma alexiteria** L., Stilaginaceae, *Kaatumal/inaailpatchilai* (MBV, EHPK & NR 2306): 10g paste made from equal quantity of leaves and flowers is consumed with ghee once a day for 5 days to cure hand and leg pain. Consumption of *Capsicum*
frutescens L., Solanaceae, Kaantharimalag/Kaattukaanthatimalag (MBV, EHPK & NR 20122), *Piper nigrum* L., Piperaceae, Pepper, Nallamilagu/Milagu (MBV, EHPK & NR 1873), and *Curcuma longa* L., Zingiberaceae, Turmeric, Manjal (MBV, EHPK & NR 20114), and the sexual life are prohibited for 5 days.

*Antidesma menasu* (Tul.) Miq. ex Muell. Arg., Stilaginaceae (Fig. 9.1), Kaattumalaicedi (MBV, EHPK & NR 2047): 1g plant paste is consumed once a day for 5 days to purify blood and cure rheumatism. Consumption of egg, fish and dry fish and having sex are prohibited for 5 days. The patient is advised to take bath 3 times a day.

*Aristolochia indica* L., Aristolochiaceae, Garudakodi/Kannadakodi (MBV, EHPK & NR 1702 & 1902):

1. Paste made from aerial portion is applied at the bite site 2 times a day for 3 days as an antidote for poisons.

2. Aerial portion present on latex-bearing trees is boiled with *Cocos nucifera* L., Areaceae. (Fig. 5.2). Coconut oil, Thengaiennai (MBV, EHPK & NR 20102), extracted, applied on the head and taken a bath after a half-hour for 41 days to cure headache due to head injury.

3. One teaspoonful paste made from equal quantity of roots and leaves is consumed once a day for 10 days. The paste is also applied on the body and taken a bath after a half-hour as an antidote for poisons and skin diseases. Consumption of egg, fish and oily food is prohibited.
Fig. 9. 1. Fruiting of *Antidesma menas* of Euphorbiaceae—an effective medicine to purify blood and to cure rheumatism; 2. Leaves and flowers of *Begonia floccifera* of Begoniaceae cure jaundice and act as refrigerant; 3. Fruit of *Capparis diversifolia* of Capparaceae—a medicine for headache; 4. Flowers of *Callicarpa tomentosa* of Verbenaceae, a refrigerant medicine; 5. Fruits of *Caesalpinia bonduc* of Caesalpiniaceae—a multiuse medicine for asthma, chest pain, gastric complaints and stomach problems; and 6. A part of *Calamus brandisii* of Cucurbitaceae, a curative medicine for earache, ear pain, headache and whooping cough.
4. Roots are boiled with water and consumed 100ml once a day as an antidote for poisons. The extract is also applied at the bite site.

5. Root is washed, dried under the sunlight, boiled with 600 ml water, reduced to 200 ml and consumed once a day for 7 days as an antidote for poisons. Root paste is also applied on the body for effective control. Consumption of egg, fish and dry fish is prohibited.

6. Root epidermis is shade-dried, powdered and boiled with 200ml water, reduced to 150 ml and consumed within 2 hours of snakebite. Paste made from roots and leaves in equal quantities are also applied at the bite site 3 times a day as an antidote for snake poisons. The patient should avoid consuming cold water.

7. 25ml root paste mixed either with milk or water is consumed 2 times a day for 2 days. In addition, the paste is applied on the forehead for forehead dehydration and headache.

8. Roots in equal quantities with Aristolochia tagala Cham., Aristolochiaceae, Malaiarasan (MBV, EHPK & NR 1620), are boiled with Cocos nucifera L., Arecaaceae (Fig. 5.2), Coconut oil, Thengaiennai (MBV, EHPK & NR 20102), and stored. The oil extract is applied externally on head for headache.

**Aristolochia tagala** Cham., Aristolochiaceae, Malaiarasan (MBV, EHPK & NR 1620):

5g leaf paste mixed with honey is consumed as an antidote for poisons.

**Asplenium decrescens** Kunze, Aspleniaceae, Kaatusiruvembupatchilai (MBV, EHPK & NR 1672 & 1699):
1. 5g plant paste mixed with water is consumed 2 times a day. The paste is also applied on the body and taken a bath after a half-hour to reduce excess body fluid. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), fish and dry fish and having sex are prohibited for 10 days.

2. 2g frond paste is consumed 2 times a day for 7 days for blood discharge and pneumonia. Consumption of egg, dry fish and *Cocos nucifera* L., Arecaaceae (Fig. 5.2), *Coconut oil, Thengaiennai* (MBV, EHPK & NR 20102), and having sex are prohibited for 7 days.

*Asystasia chelonoides* Nees. Acanthaceae, *Kaattumanikulikipatchilai* (MBV, EHPK & NR 1784): 1g paste made from equal quantity of leaves and flowers is consumed with honey 2 times a day for 5 days to giddiness, hydration and leukemia. Consumption of fish, egg, dry fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

*Atylosia albicans* (Wight & Arn.) Benth., Fabaceae, *Paarinilakodipatchilai* (MBV, EHPK & NR 1169): 2g paste made from equal quantity of stem, leaves and flowers is consumed once a day for 6 days to headache and migraine. Consumption of salt, fish, eggs and spicy food is prohibited.

*Baccaurea courtallensis* (Wight) Muell Arg., Euphorbiaceae, *Maraootipazham/ Poovanmaram* (MBV, EHPK & NR 2452): 200ml boiled extract from the pericarp of tender fruits are consumed 2 times a day for 3 days to fever. Consumption of egg, fish and mushroom is prohibited.
**Barleria involucrata** Nees var. *elata* (Dalz.) C.B.Clarke, Acanthaceae, *Kaatuathaalipatchilai* (MBV, EHPK & NR 1554): 1g paste made from equal quantity of leaves and flowers is consumed with *Borassus flabellifer* L., Arecaceae, *Palmsugar, Karupetti* (MBV, EHPK & NR 20127), 2 times a day for 3 days to scabies. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), egg, and dry fish is prohibited.

**Bauhinia racemosa** Lam., Caesalpiniaceae, *Kalpadarhipatchilai* (MBV, EHPK & NR 2000): 5g paste made from equal quantity of leaves and flowers is consumed once a day for 4 days to stomach pain. Consumption of hot meal is prohibited.

**Begonia floccifera** Bedd., Begoniaceae (Fig. 9.2), *Kalthamarai* (MBV, EHPK & NR 1733):

1. Paste made from equal quantity of leaves and flowers is applied on the body and taken a bath after 15 minutes for 5 days to jaundice and to reduce body heat (refrigerant). Consumption of egg, fish and dry fish is prohibited.

2. Leaf that is sour in taste is used instead of *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), for culinary purposes and also as tonic.

**Begonia malabarica** Lam., Begoniaceae, *Kalsirupuli* (MBV, EHPK & NR 1697): Paste made from aerial portion is applied on the leg once a day for 4 days to rheumatism and sores. Consumption of egg and fish is prohibited.
**Bidens biternata** (Lour.) Merr. & Sherff, Asteraceae, *Kaatusiruvanthanpatchilai* (MBV, EHPK & NR 1839): A quarter teaspoonful plant paste is consumed with water 2 times a day for 4 days to cure leg pain.

**Biophytum insignis** Gamble, Oxalidaceae, *Paarainelli/Parainelli*patchilai (MBV, EHPK & NR 1551 & 2174):

1. 5g plant paste is mixed with water and consumed 2 times a day for 3 days to hip pain and vomiting. Consumption of egg, dry fish and liquor is prohibited.

2. One teaspoonful paste made from equal quantity of leaves, flowers and tender fruits is consumed with water 2 times a day for 3 days as an antidote for poisons. External application on the bite site is also done.

**Biophytum longibracteatum** Tad. & Jacob, Oxalidaceae, *Manivaatipatchilai* (MBV, EHPK & NR 1189 & 2984):

1. 5g plant paste is consumed with cow milk once a day for 30 days to skin diseases.

2. Paste made from equal quantity of roots, leaves and flowers is applied on the body and taken a bath after a half-hour for 5 days as an antidote for insect bites. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and cold water are prohibited.

**Blachia calycina** Benth., Euphorbiaceae, *Paaricheerahapatchilai* (MBV, EHPK & NR 1164, 1181 & 2308):

1. 5g paste made from equal quantity of leaves and flowers are consumed once a day for 3 days to throat pain and toothache.
2. 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed with honey (Kosu-thene) once a day for 8 days as blood purifier. Consumption of egg, fish, dry fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and having sex are prohibited for 8 days.

3. Equal quantity of leaves, flowers and tender fruits is smashed, boiled in a closed earthen pot and the steam is inhaled by covering the body with a blanket once a day for 10 days for body pain and nervous weakness. Consumption of egg, fish, dry fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and having sex are prohibited for 10 days.

*Blechnum orientale* L., Blechnaceae, *Manmarapoopatchilai* (MBV, EHPK & NR 2160):

2g paste made from equal quantity of rhizome and fronds is consumed with 100ml cow milk once a day for 3 days to blood clot, giddiness and leukemia. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), liquor and having sex are prohibited for one week.

*Blumea lacera* (Burm.f.) DC., Asteraceae, *Mulvelipatchilai Sirumulvallipatchilai* (MBV, EHPK & NR 2176, 2178, 2183 & 2214):

1. 5g plant paste is consumed with ghee 2 times a day for 8 days to blood discharge, diabetes and tooth pain. Consumption of egg, fish, dryfish, chewing *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), *Poilai* and having sex are prohibited for 8 days.
2. 5g plant paste is consumed with 200ml water 2 times a day for 30 days to cold
and weakness. The patient is advised to consume old rice meal.

3. 5g paste made from equal quantity of leaves and flowers is consumed with cow
milk once a day for 15 days to giddiness and leukemia. Hot meal, smoking beedi,
chewing *Piper betle* L., Piperaceae, *Betel leaf*, *Vethilai* (MBV, EHPK & NR
20129), and having sex are prohibited for 15 days.

4. 1g shade-dried powder of equal quantity of leaves and flowers is consumed with
honey once a day for 15 days to nervous problems. Consumption of salt and
spicy food is prohibited for 15 days.

25g, *Zingiber officinale* Roscoe, Zingiberaceae, *Sukku* (MBV, EHPK & NR 20104),
5g rhizome, and, *Ocimum basilicum* L. var. *purpurascens* Benth., Lamiaceae,
*Krishnathulasi* (MBV, EHPK & NR 20138), 15g leaves are boiled with 200ml water,
reduced to 100ml and consumed once a day for 2 days to fever.

20124). 25g seed paste is smeared on the forehead to headache.

*Breynia retusa* (Dennst.) Alston, Euphorbiaceae, *Maalikeelainelli* (MBV, EHPK & NR
2046). A half teaspoonful plant paste is consumed 2 times a day for 4 days to reduce
body heat (refrigerant). Consumption of egg, fish and dry fish is prohibited.

*Caesalpinia bonduc* (L.) Roxb, Caesalpiniaceae (Fig. 9.5), *Kaattukalangikaipatchilai/
Vaikaimooligai* (MBV, EHPK & NR 1859 & 20134):
1. 2g paste made from equal quantity of leaves and tender fruits is consumed 2 times a day for 3 days to gastric complaints and stomach problems.

2. 2g paste made from equal quantity of leaves and tender fruits is consumed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar*, *Karupetti* (MBV, EHPK & NR 20127), once a day for 5 days to gastric complaints. Smoking and drinking alcohol are prohibited.

3. 2g shade-dried cotyledon powder is consumed with boiled water once a day for 20 days to gastric complaints.

4. 10g paste made from leaves and seeds mixed with 5g *Borassus flabellifer* L., Arecaceae, *Palm-sugar*, *Karupetti* (MBV, EHPK & NR 20127), is consumed once in the morning for 2 days to cure asthma and chest pain.

*Calamus brandisii* Beccari ex Beccari & Hook.f., Arecaceae (Fig. 9.6), *Pirambu Sural* (MBV, EHPK & NR 1618, 2344 & 20121):

1. 3g paste made from flower is consumed with honey once a day for 3 days to whooping cough.

2. A piece of stem is partly fired, juice is extracted and poured 3 drops into the ears 2 times a day to earache.

3. 2 drops each of stem extract are applied on both the ears 2 times a day for 2 days to ear pain, hydration and headache.

4. One end of a 30cm length stick is tied with a piece of cotton cloth, dipped in *Sesamum indicum* L., Pedaliaceae, *Gingelly oil*, *Nallenmai* (MBV, EHPK & NR
20123), and fired. The other end is pointed towards the ear hole to release stem juice. Two drops are poured into the ear 2 times a day to ear pus.

*Callicarpa tomentosa* (L.) Murr., Verbenaceae (Fig. 9.4), *Annaikoonthan* (MBV, EHPK & NR 1946): Equal quantity of leaves and flowers is shade-dried, powdered and stored. 25g powder mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed once a day for 3 days to reduce excessive body heat (refrigerant). A bath in cold water and consumption of old rice meal are advised. Consumption of salt, bitterness, egg and oil is prohibited for 3 days.

*Canecora roxburghii* Arn. ex Miq., Gentianaceae, *Kaattusirumallipatchilai* (MBV, EHPK & NR 1882): 5g plant paste is consumed once a day for 3 days to cure ulcer and vermifuge. Consumption of fish, egg and dry fish is prohibited.

*Canthium dicoccum* (Gaertn.) Teijsm. & Binn. var. *dicoccum*, Rubiaceae, *Vaarimaalipatchilai* (MBV, EHPK & NR 1880 & 1881):

1. Plant paste is applied on the body and taken a bath after a half-hour for 4 days to giddiness and leukemia.

2. 1g paste made from equal quantity of leaves and flowers is consumed with milk once a day for 3 days to gastric complaints.

*Canthium neilgherrense* Wight var. *chartacea* (Gamble) Swamin., Rubiaceae, *Siruthuthipatchilai* (MBV, EHPK & NR 1638): 2g paste made from equal quantity of stem, leaves and flowers is consumed 2 times a day for 5 days to blood clotting and
chest pain. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and dry fish is prohibited.

*Canthium parviflorum* Lam., Rubiaceae, *Kaathuvaraipatchilai* (MBV, EHPK & NR 2337): 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed once a day for 3 days to stomach disorders.

*Capparis diversifolia* Wight & Arn., Capparaceae (Fig. 9.3), *Vaaruthumbaipatchilai* (MBV, EHPK & NR 1887): A quarter teaspoonful paste made from equal quantity of leaves and flowers is consumed with milk 2 times a day for 5 days to headache.


*Capparis fusifera* Dunn, Capparaceae, *Siruvallipatchilai* (MBV, EHPK & NR 1911): 2g paste made from equal quantity of leaves and flowers is consumed once a day for 2 days for urinary blockage.

*Capparis rheedii* DC., Capparaceae (Fig. 10.4), *Vempudampatchilai* (MBV, EHPK & NR 1759): 2g paste made from equal quantity of leaves and tender fruits is consumed with 200ml milk 2 times a day for 3 days to cold and hemicrania.

*Capsicum annuum* L., Solanaceae, *Valmilagai* (MBV, EHPK & NR 2987): Fruits are dried and powdered. One teaspoonful powder mixed with honey is consumed 4 times a day to cold and cough. Consumption of salt, bitter-food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.
**Capsicum frutescens** L., Solanaceae, *Kaantharimilagu/Kaattukaanarthimilagai* (MBV, EHPK & NR 20122):

1. A teaspoonful shade-dried powder mixed with honey is slightly warmed and consumed once a day to gastric complaints.

2. 2g paste made from equal quantity of leaves and flowers is consumed with honey 2 times a day for 2 days to protect from air-borne poisons. Consumption of salt and spicy food is prohibited.

3. A handful fruits are ground with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed once as refreshner.

4. Fruit 15g, *Cocos nucifera* L., Arecaceae (Fig. 5.2), *Coconut, Thengai* (MBV, EHPK & NR 20102) 50g (edible endosperm-portion), *Piper nigrum* L., Piperaceae, *Pepper, Nallamilagu/Milagu* (MBV, EHPK & NR 1873) 10g (fruits), *Allium sativum* L., Alliaceae, *Garlic, Vellaipoondu* (MBV, EHPK & NR 20103) 15g (bulbs), and *Zingiber officinale* Roscoe, Zingiberaceae, *Ginger, Inji* (MBV, EHPK & NR 20104) 10g (rhizome), (total 100g) is boiled with 200ml water, reduced to 50ml and consumed once a day for 10 days to cure abdominal injury due to delivery. Mother should avoid consuming fish and dry fish for 3 months. 50ml honey is often administered for 10 days as post delivery treatment.

**Carex filicina** Nees, Cyperaceae, *Kaatumipplepatchilai* (MBV, EHPK & NR 1841):

Plant paste is applied on the body and taken a bath after a half-hour for 3 days as an antidote for poisons and scabies.
**Carex leucantha** Arn. ex Boott., Cyperaceae, *Paarimyilpulpatchilai/ Paarisirupul-patchilai* (MBV, EHPK & NR 1750 & 2015):

1. 1g plant paste is consumed with ghee 2 times a day for 3 days to gastric complaints and giddiness. The patient should avoid having sex for 12 days.

2. 5g plant paste is consumed with *Cocos nucifera* L., Arecaceae (Fig. 5.2), *Coconut milk, Thengaipal* (MBV, EHPK & NR 20102) 50ml, 2 times a day for 4 days to gastric complaints.

**Carica papaya** L., Caricaceae, *Kodipappali/Naaltupappali* (MBV, EHPK & NR 20125):

1. Tender fruit is consumed with *Saccharum officinarum* L., Poaceae, *Sugar* (MBV, EHPK & NR 20126).

2. Tender fruit is boiled without salt and consumed for abortion upto 2 months old pregnancy.

**Caryota urens** L., Arecaceae, *Koonthalpanai* (MBV, EHPK & NR 1965):

1. Inflorescence is cut into small pieces, boiled with *Cocos nucifera* L., Arecaceae (Fig. 5.2), *Coconut oil, Thengaianmai* (MBV, EHPK & NR 20102), extracted and applied on head for healthy hair growth in ladies.

2. 200ml inflorescence juice (toddy) is consumed once a day for 3 days to reduce excessive body heat (refrigerant).

3. A 250ml inflorescence juice (toddy) is consumed in the morning for a week to cure jaundice.
Casearia graveolens Dalz., Flacourtiaceae, *Kaatuwayanapatchilai* (MBV, EHPK & NR 2301): 2g paste made from equal quantity of leaves and flowers is consumed with honey once a day for 3 days to giddiness and stomach troubles. Consumption of egg and dry fish is prohibited.

*Cassia occidentalis* L., Caesalpiniaceae, *Oolanthuvurai* (MBV, EHPK & NR 2979):

1. 5g leaf paste is consumed once a day for 3 days.
2. 50ml fruit decoction is administered once a day for 3 days for eye complaints.


1. A half teaspoonful plant paste is consumed with milk 2 times a day for 5 days to reduce excessive body fluid and fever. Consumption of egg, fish and dry fish is prohibited.

2. A handful of plant and 750g raw rice is boiled with water in a vessel over a regulated fire, covered by a cotton cloth, prepared meal and consumed, 2 times a day for 2 days to remove excessive body fluid. Consumption of fish and dry fish, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and *Curcuma longa* L., Zingiberaceae, *Turmeric, Manjal* (MBV, EHPK & NR 20114), use of cold water either for drinking or bathing and to have sex are prohibited for 8 days.

*Cattunaregam spinosa* (Thunb.) Tirven., Rubiaceae, *Paariperumulipatchilai* (MBV, EHPK & NR 1183): 2g paste made from equal quantity of leaves and flowers is consumed with ghee once a day for 6 days to nasal troubles. Consumption of egg and fish is prohibited.
**Celastrus paniculatus** Willd., Celastraceae, *Kaatuperunipatchilai* (MBV, EHPK & NR 1176): 5g paste made from equal quantity of leaves, flowers and tender fruits is consumed with honey (Siruthene) once a day for 8 days for cold and weakness. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and fish is prohibited.

**Centotheca lappacea** (L.) Desv., Poaceae, *Kaatunilapul* (MBV, EHPK & NR 1631):
Plant paste mixed with hot water is gurgled 2 times a day for 3 days as an appetiser and for gastric complaints and tooth pain.

**Centratherum anthelminticum** (L.) Kuntze, Asteraceae, *Malaikaapipatchilai* (MBV, EHPK & NR 1806): 2g paste made from equal quantity of leaves and flowers is consumed once a day for 3 days to cure infection between fingers and toes, leg pain and leg swelling. Consumption of egg and liquor is prohibited.

**Ceropegia omissa** Huber, Asclepiadaceae, *Kaattusirukodipatchilai* (MBV, EHPK & NR 2203): 1g paste made from aerial portion is consumed with 100 ml water 2 times a day for 5 days to blood clot and urinary blockage. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), fish, dry fish and egg is prohibited.

**Chassalia curviflora** (Wall. ex Kurz) Thw. var. *ophioxyloides* (Wall.) Deb & Krishna, Rubiaceae (Fig. 10.2), *Kaattukarpuravallipatchilai/Kaattusirukaapipatchilai* (MBV, EHPK & NR 1867, 2181 & 2455):
1. Paste made from aerial portion is applied on the head and taken a bath after 15 minutes for 5 days to cure sinusitis. Consumption of *Tamarindus indica* L.,
Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food are prohibited.

2. 1 teaspoonful shade-dried powder made from equal quantity of flowers and tender fruits is mixed with milk and consumed 2 times a day for 30 days for body pain and syphilis. Meal is consumed after a half-hour. Consumption of hot meal and having sex are prohibited for 30 days.

3. 5g paste made from equal quantity of leaves and tender fruits is consumed with milk 2 times a day for 5 days to gastric complaints and nasal blockage. Consumption of egg, dry fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

*Cheilanthes farinosa* (Forssk.) Kaulf., Cheilanthaceae, *Paarisirukanjanpatchilai* (MBV, EHPK & NR 2250): 1g plant paste is consumed with ghee 2 times a day for 4 days to cure jaundice and nervous problems. Consumption of egg, fish and dry fish is prohibited.

*Cheilanthes tenuifolia* (Burm.f.) Sw., Cheilanthaceae, *Kaatusirnsuralipatchilai* (MBV, EHPK & NR 2502): 2g frond paste is consumed with honey once a day for 3 days to giddiness and weakness.

*Chionanthus linocieroides* (Wight) Bennet & Raizada, Oleaceae, *Kaatuvelainavalpatchilai* (MBV, EHPK & NR 1715 & 2504):

1. 1g paste made from equal quantity of leaves and flowers is consumed once a day for 3 days to gastric complaints. Consumption of *Tamarindus indica* L.,
Caesalpiinaeae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food are prohibited.

2. 2g paste made from equal quantity of leaves and tender fruits is consumed with honey (Siruthene) 2 times a day for 6 days to cure asphyxia and stomach pain. Consumption of egg and oily food is prohibited.

*Christella dentata* (Forssk.) Brownsey & Jermy, Thelypteridaceae, *Perunsuruli* (MBV, EHPK & NR 2217): 2g frond paste is consumed with ghee 2 times a day for 4 days to blood vomiting and intermittent urine discharge.

*Christella parasitica* (L.) H. Lev., Thelypteridaceae, *Kaatusirusurulipatchilai* (MBV, EHPK & NR 2020): Fronds are squashed, extracted juice, applied on the body and taken a bath after one hour to reduce excessive body fluid.

*Cinnamomum riparium* Gamble, Lauraceae, *Varakanjanpatchilai* (MBV, EHPK & NR 1738): 1g paste made from equal quantity of leaves and flowers is consumed in the evening after meals for 3 days to purify blood and to function as vermifuge.


1. 2g paste made from equal quantity of stem, leaves and flowers is consumed with boiled water once a day for 3 days to stomach disorders.

2. 2g paste made from equal quantity of tender stem, leaves, flowers and tender fruits is consumed with ghee once a day for 10 days to purify blood. Consumption of egg, fish and dry fish and having sex are prohibited for 10 days.
3. 2g paste made from equal quantity of leaves and tender fruits is consumed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), 2 times a day for 5 days to throat pain. Consumption of fish, egg, dry fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.


1. Fruit juice is applied with a pinch of salt on pimples.

2. Top portion of a fruit is removed to pour a pinch of salt and warmed slightly and inserted on the swelling nail to cure nail disease.

3. Top portion of a fruit is removed, added some drops of *Sesamum indicum* L., Pedaliaceae, *Gingelly oil, Nallemmai* (MBV, EHPK & NR 20123), warmed and gently inserted at the fingertip to cure nail disease.

*Claoxylon anomalum* Hook f., Euphorbiaceae, *Malaimaanthapatchilai* (MBV, EHPK & NR 2096): 2g leaf paste is consumed with *Sesamum indicum* L., Pedaliaceae, *Gingelly oil, Nallemmai* (MBV, EHPK & NR 20123), 2 times a day for 5 days to gastric complaints and giddiness. Consumption of egg, fish, dry fish and oily food and having sex are prohibited for 10 days.

*Clausena indica* (Dalz.) Oliver, Rutaceae, *Neernelliapatchilai* (MBV, EHPK & NR 1177):

2g paste made from equal quantity of leaves and flowers is consumed with *Sesamum indicum* L., Pedaliaceae, *Gingelly oil, Nallemmai* (MBV, EHPK & NR 20123), once a day for 8 days to get clear eyesight. Consumption of egg, fish and dry fish is prohibited.
Cleome gynandra L., Cleomaceae, *Thaivaalai* (MBV, EHPK & NR 1829 & 2981):

1. Plant paste is smeared on the forehead for headache.

2. 1g paste made from equal quantity of roots, leaves and flowers is consumed with ghee 2 times a day for 8 days to cure diabetes.

Clerodendrum phlomidis L.f., Verbenaceae (Fig. 10.1), *Kaatumanjalchedi* (MBV, EHPK & NR 2456): 5g paste made from equal quantity of leaves and flowers is consumed once a day for 4 days to control blood vomiting. Consumption of egg, fish and dry fish and having sex are prohibited for 3 days.

Cocos nucifera L., Arecaceae (Fig. 5.2), *Coconut oil, Thengaiennai* (MBV, EHPK & NR 20102), *Sesamum indicum* L., Pedaliaceae. *Gingelly oil, Nalleennai* (MBV, EHPK & NR 20123) and *Azadirachta indica* A. Juss., Meliaceae, *Neem oil* (Vembu) (MBV, EHPK & NR 20136), in equal quantities are boiled with 200g leaves of *Solanum surattense* Burm. f., Solanaceae, *Kandankathari* (MBV, EHPK & NR 20137), and *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129). When the mixture turns red, it is removed, cooled, stored and applied on head once a day to cold, fever, head injury, indigestion and rheumatism.

Commelina clavata C.B. Clarke, Commelinaceae, *Naarsirupulpatchilai* (MBV, EHPK & NR 1754): 1g plant paste is consumed with honey (Siruthene) 2 times a day for 7 days to cold, jaundice and skin diseases. Consumption of fish, egg, dry fish and spicy food and to have sex is prohibited for 8 days.
Fig. 10: 1. Flowers of *Clerodendrum phlomidis* of Verbenaceae control blood vomiting; 2. *Chassalia curviflora* var. ophioxyloides of Rubiaceae used to cure body pain and syphilis; 3. Inflorescence of *Croton laccifer* of Euphorbiaceae—a medicine for gastric complaints; 4. Flowers of *Capparis rheedii* of Capparaceae, *Vempudampcitchilai*—a curative for cold and hemicrania; 5. Rhizome of *Curculigo trichocarpa* of Hypoxidaceae used to increase male vigour, reduce hair falling, purify blood and cure mouth ulcer; and 6. Fruits of *Cycas circinalis* of Cycadaceae cure piles; 7. Male cones showing microsporophylls of *Cycas circinalis*. 
**Crossandra infundibuliformis** (L.) Nees, Acanthaceae, *Kaattusemparuthipoo* (MBV, EHPK & NR 1689): Plant paste is applied on body and taken a bath after a half-hour for 3 days to cure body pain, migraine and tooth pain.

**Crotalaria albidula** Heyne ex Roth, Fabaceae, *Naagavalli* (MBV, EHPK & NR 1969): 5g leaf paste mixed with water is consumed once a day for 5 days as carminative.

**Crotalaria verrucosa** L., Fabaceae, *Thavaripatchilai* (MBV, EHPK & NR 2037): 2g paste made from equal quantity of leaves and flowers is consumed once a day with 100ml hot water for 3 days to cure chest pain and throat complaints. Smoking is prohibited.

**Croton laccifer** L., Euphorbiaceae (Fig. 10.3), *Nilamalaipatchilai* (MBV, EHPK & NR 2040): 1g plant paste is consumed 2 times a day for 4 days to gastric complaints. Consumption of egg and fish is prohibited.

**Croton tiglium** L., Euphorbiaceae, *Malaisirumallipatchilai* (MBV, EHPK & NR 1153): 2g paste made from equal quantity of leaves and flowers is consumed with honey (siruthene) once a day for 5 days to cure blood vomiting and giddiness. Consumption of egg, fish, dry fish and oily food is prohibited.

**Curculigo trichocarpa** (Wight) Bennet & Raizada, Hypoxidaceae (Fig. 10.5), *Nilapanai Thirupanai* (MBV, EHPK & NR 1624):

1. One teaspoonful powder made from 3 shade-dried kizhangu (rhizome) is consumed with 200ml milk once a day for 4 days to increase male vigour.
2. 20g each of shade-dried kizhangu (rhizome) and Kalpaal (Crustose lichen) is powdered and stored. 5g powder mixed with 250ml milk is consumed once a day for 3 days to reduce hair falling.

3. Kizhangu (tuber) is chewed for ulcer formed by *Piper betle* L., Piperaceae, *Betel leaf*, *Vethilal* (MBV, EHPK & NR 20129), and Chunnambu (Calcium carbonate) for mouth ulcer.

4. 5g root paste is consumed with milk once a day for 7 days as blood purifier.

*Cyathea nilgirensis* Holttum var. *lobatus* Manickam & Irudayaraj, Cyatheaceae, *Perusurulipatchilai* (MBV, EHPK & NR 2048): One teaspoonful frond paste is consumed with milk 2 times a day for 6 days to cold and throat infection. Consumption of egg, fish, dry fish, oily food, salt, spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and having sex are prohibited for 6 days.

*Cyclea peltata* (Lam.) Hook.f. & Thoms., Menispermaceae, *Boomivallipatchilai* (MBV, EHPK & NR 2191): Plant paste is applied on hand and leg joints in the morning and taken a bath after a half-hour for 5 days to cure joint pain.

*Cymbopogon caesius* (Nees ex Hook. & Arn.) Stapf, Poaceae, *Sukkunari* (MBV, EHPK & NR 1894 & 2980):

1. Whole plant is cut into small pieces, boiled with 10g Chitarathai and water, inhaled steam by closing the head with a towel once a day for 5 days to reduce excessive body fluid.
2. 100ml root juice is boiled with water and consumed once a day for 3 days for fever and hemicrania.

**Cyrtococcum deccanense** Bor, Poaceae, *Vanapulpatchilai* (MBV, EHPK & NR 2059):

Plant paste mixed with *Cocos nucifera* L., Arecaeeae (Fig. 5.2), *coconut oil*, *Thengaiennai* (MBV, EHPK & NR 20102), is applied on head and taken a bath after a half-hour for 3 days to reduce body heat (refrigerant).

**Cyrtococcum longipes** (Wight & Arn. ex Hook.f.) A. Camus, Poaceae,

*Kaattuchengalaipatchilai* (MBV, EHPK & NR 1787): Green leaf paste is applied on body and taken a bath after 10 minutes once a day for 3 days to scabies.

**Dendrophthoe falcata** (L. f.) Etting., Loranthaceae (Fig. 11.2), *Maraottipatchilai* (MBV, EHPK & NR 1861): Paste made from equal quantity of leaves and flowers is applied on body and taken a bath after a half-hour for 4 days to giddiness.

**Derris benthamii** (Thw.) Thw. var. *benthamii*, Fabaceae, *Kaatumarapadarthipatchilai* (MBV, EHPK & NR 1895, 2077 & 2348):

1. 2g paste made from equal quantity of leaves and flowers is consumed with ghee once a day for 10 days to giddiness, leukemia and piles. Consumption of egg, fish, dry fish and oily food and having sex are prohibited for 10 days.

2. 5g paste made from equal quantity of leaves and flowers is consumed with honey 2 times a day for 3 days to reduce body heat (refrigerant).

3. 2g paste made from equal quantity of leaves and tender fruits is consumed with honey 2 times a day for 4 days to giddiness and consumed a meal after an hour. Consumption of salt, fish, dry fish and egg is prohibited.
Desmodium repandum (Vahl) DC., Fabaceae, Oottuthathi (MBV, EHPK & NR 1596):

Plant paste is applied on the body and taken a bath after a half-hour for 3 days as an antidote for poisons and scabies.

Didymocarpus gambleanus Fischer, Gesneriaceae, Nilampadarthi (MBV, EHPK & NR 1982): Whole plant is shade-dried, powdered and stored. 5g powder is consumed once a day for 8 days to gastric complaints. Consumption of fresh or dry fish, salt, and Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112), is prohibited.

Dimorphocalyx lawianus (Muell.Arg.) Hook f., Euphorbiaceae, Kaatumaniyikulikpatchilai-Kaatuthennaipatchilai (MBV, EHPK & NR 1593 & 1889):

1. Plant paste is applied on the body and taken a bath after a half-hour for 4 days to cure skin diseases.

2. 2g paste made from equal quantity of leaves and edible portion of tender fruits is consumed 2 times a day for 2 days to giddiness.

Dioscorea tomentosa Koen. ex Spreng., Dioscoreaceae (Fig. 6.5), Noorangkizhangu (MBV, EHPK & NR 1719): Rhizome is consumed to prevent jaundice infection.

Dioscorea wightii Hook.f., Dioscoreaceae (Fig. 11.1), Kaatusirumarakodipatchilai (MBV, EHPK & NR 1623 & 1734):

1. 1g paste made from equal quantity of leaves, flowers and tender fruits is consumed with honey 2 times a day for 5 days to cure asphyxia, gastric complaints and joint pain. Consumption of salt, Tamarindus indica L.,
Fig. 11: 1. Leaves and flowers of *Dioscorea wightii* of Dioscoreaceae used to cure asphyxia, gastric complaints, headache and joint pain; 2. Flowers of *Dendrophthoe falcata* of Loranthaceae cure giddiness; 3. Fruits of *Diospyros malabarica* of Ebenaceae consumed to cure constipation and to set fractured bones; 4. Leaves and fruits of *Glochidion ellipticum* of Euphorbiaceae administered for cold and nose pain; 5. Leaves of *Erythrophalum populifolium* of Olacaceae – a good remedy for rheumatism; 6. Leaves of *Huperzia squarrosa* of Huperziaceae used to cure giddiness and rheumatism; 7. Flowers of *Impatiens scapiflora* of Balsaminaceae cure cold, giddiness, nervous problems and leukemia; and 8. Aerial portion of *Indigofera wightii* of Fabaceae cures allergy and intestinal ulcer.
Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), egg, fish and dry fish is prohibited.

2. 2g paste made from equal quantity of stem and flowers is consumed with honey 2 times a day for 5 days to cold, headache, hemicrania and hydration. Consumption of egg, fish, dry fish and chewing *Piper betle* L., *Piperaceae, Betel leaf, Vethilai* (MBV, EHPK & NR 20129) and *Poulai* are prohibited.

**Diospyros ebenum** Koen, Ebenaceae, *Karunkali, Karunthaali* (MBV, EHPK & NR 1886):

1. Stem gratings are boiled with water, extracted and gargled 3 times a day to cure toothache.

2. 150ml heartwood decoction is consumed once a day for 3 days as blood purifier.

**Diospyros ferrea** (Wall.) Bakh. var. *buxifolia* (Roth) Bakh., Ebenaceae, *Kaatukaruvipatchilai, Paarimmullipatchilai* (MBV, EHPK & NR 1170 & 2328):

1. 10g paste made from equal quantity of leaves, flowers and tender fruits is consumed with ghee once a day for 5 days to body pain, blood clotting and piles. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food is prohibited.

2. Paste made from equal quantity of leaves, flowers and tender fruits is applied on body and taken a bath after 15 minutes for 7 days to body pain and scabies.

**Diospyros malabarica** (Desr.) Kostel, Ebenaceae (Fig. 11.3), *Palingukai* (MBV, EHPK & NR 2307 & 2917):
1. 5g paste made from equal quantity of leaves, flowers and tender fruits is consumed with honey (Kombuthene) once a day for 10 days to constipation. Consumption of egg, fish, dry fish and cold water and having sex are prohibited for 15 days.

2. Fruit paste is applied on the fracture for 7 days to set bone fracture. Consumption of egg, fish, dry fish and spicy food are prohibited.

*Diospyros montana* Roxb., Ebenaceae, *Kaatusirunarvalpatchilai* (MBV, EHPK & NR 2515): Paste of equal quantity of leaves and flowers is applied on the body and taken a bath after 15 minutes for 5 days to cure body swellings and joint pain. Consumption of egg, fish and dry fish is prohibited.

*Diotacanthus albiflorus* (Bedd.) Benth., Acanthaceae, *Kahnilapatchilai* (MBV, EHPK & NR 1685): One teaspoonful paste made from equal quantity of leaves, flowers and small sticks is consumed 2 times a day for 3 days as an antidote for poisons.


1. A half teaspoonful paste made from equal quantity of leaves and flowers is consumed with 100ml milk 2 times a day for 5 days to cure piles and vomiting. Consumption of fish, egg and dry fish is prohibited.

1. 2g paste made from equal quantity of roots, stems, leaves and flowers is consumed 2 times a day for 5 days. The paste is also applied on hand and leg joints and taken a bath to rheumatism. Consumption of egg, dry fish, liquor, *Piper*
bele L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), and *Poilai* is prohibited.

*Dolichos trilobus* L., Fabaceae, *Nilampadarthithuthipatchilai* (MBV, EHPK & NR 1717): 2g shade-dried powdered plant is consumed with water 2 times a day for 3 days to chest pain and headache.

*Dorstenia indica* Wall. ex Wight, Moraceae, *Kaatusirupulipatchilai* (MBV, EHPK & NR 2249): A half teaspoonful paste made from equal quantity of leaves and flowers is consumed with honey 2 times a day for 2 days to gastric complaints.

*Drynaria quercifolia* (L.) J. Sm., Drynariaceae, *Aattukalkizhangu* (MBV, EHPK & NR 2986): A half teaspoonful shade-dried frond powder is consumed with honey once a day for 7 days to cholera, constipation and intestinal ulcer. Consumption of cold meals is deferred.

*Elaeocarpus serratus* L., Elaeocarpaceae, *Kaatusirumallai/athalipatchilai* (MBV, EHPK & NR 2511): 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed once a day for 5 days to gastric complaints. Consumption of egg, fish, dry fish and spicy food is prohibited.

*Elaphoglossum stelligerum* (Wall. ex Bak.) T.Moore, Elaphoglossaceae, *Surulipatchilai* (MBV, EHPK & NR 2041): 2g plant paste is consumed with cow milk or *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), 2 times a day for 3 days to rheumatism. Consumption of egg, fish and dry fish is prohibited.

1. 2g shade-dried powder made from equal quantity of leaves and flowers is consumed once a day for 3 days to body pain and nervous weakness. Consumption of salt, spicy food, liquor and to have sex is prohibited for 12 days.

2. 1g leaf paste is consumed with milk 2 times a day for 5 days to cure indigestion, gastric complaints and giddiness. Consumption of egg and dry fish is prohibited.

3. 1g paste made from equal quantity of leaves, flowers and tender fruits is consumed in the morning once a day for 3 days to gastric complaints.

*Elephantopus scaber* L., Asteraceae, *Aanaisuvadi* (MBV, EHPK & NR 2970): Extract made from the whole plant mixed with the extract of *Cocos nucifera* L., Arecaecae (Fig. 5.2), *Coconut, Thengai* (MBV, EHPK & NR 20102), is smeared externally once a day for 3 days to blood clot.

*Elettaria cardamomum* (L.) Maton var. *major* Thw., Zingiberaceae (Fig. 7.4), *Elakai/Mayalattampogaiyilai* (MBV, EHPK & NR 20115):

1. Leaf powder filled within the leaves of *Diospyros melanoxylon* Roxb., Ebenaceae, *Koovam* (MBV, EHPK & NR 2982), is smoked for indigestion.

2. 5g seed is fried over flame, mixed with honey and consumed once a day for 2 days to vomiting.


1. 5g plant paste is consumed with 2g *Piper nigrum* L., Piperaceae, *Pepper, Nallamilagu/Milagu* (MBV, EHPK & NR 1873), 2 times a day for 6 days to cure blood vomiting and constipation. Consumption of fish, egg and dry fish and to have sex is prohibited for 6 days.
2. Shade-dried leaf powder is used as tooth powder to toothache and gum swelling.

**Emilia sonchifolia** (L.) DC., Asteraceae, *Kalapatchilai* (MBV, EHPK & NR 1610):

1. Plant paste is applied 2 times a day for 2 days to cure boils.

2. 20g leaves, 50ml, *Sesamum indicum* L., Pedaliaceae, *Gingelly oil*, Nallennai (MBV, EHPK & NR 20123), and white of an egg (albumen) are mixed, boiled and consumed for 3 days to body pain. Plant paste is also applied externally on the painful area.

**Entada pursaetha** DC., Mimosaceae, *Thellukai* (MBV, EHPK & NR 20118):

1. Seeds are boiled and decanted for 7 times to remove antinutritional factors. Porridge prepared with raw rice and water is consumed in the morning for 2 to 3 days to increase milk secretion in mothers.

2. Paste of cotyledons is smeared over the leg once a day for a week to increase joint strength in infants.

**Erythropalum populifolium** (Arn.) Mast., Olacaceae (Fig. 11.5), *Siruvaathavalli/Vathavallikodi* (MBV, EHPK & NR 1775, 1786 & 2151):

1. 3 handfuls of aerial portion are boiled with 4 litre water, reduced to 2 litre, divided equally and consumed 2 times a day. The aerial portion is boiled with water and taken a bath after cooling for 5 days to rheumatism.

2. Aerial portion is boiled with 5 litre water in an earthen pot and taken a bath for 10 days to rheumatism. Consumption of fish, egg, dry fish, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), *Piper nigrum* L.,
Piperaceae, *Pepper, Nallamilagu/Milagu* (MBV, EHPK & NR 1837), liquor, salt, and to have sex are prohibited for 10 days.

3. Aerial portion is boiled with water and consumed 100ml once a day for 7 days and used warm-extract for a bath to protect from air-borne poisons.

*Erythroxylum monogynum* Roxb., Erythroxylaceae, *Neersanthanamarapatchilai* (MBV, EHPK & NR 1178): 5g paste made from equal quantity of flowers and tender fruits is consumed once a day for 3 days to body pain and throat pain. Consumption of mushroom (*Kaalan*), egg and dry fish is prohibited.

*Eugenia calcadensis* Bedd., Myrtaceae, *Kaattumaravelipatchilai* (MBV, EHPK & NR 2332): 2g paste made from equal quantity of stem and leaves is consumed once a day for 5 days to rheumatism.


1. 2g plant paste is consumed 2 times a day for 5 days to asthma and giddiness.

2. 1g paste made from equal quantity of leaves and flowers is consumed once a day for 5 days to cure body pain and throat pain. Consumption of fish, egg and dry fish is prohibited.

3. 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed once a day for 3 days to leg sores and rheumatism. Consumption of fish, egg and dry fish is prohibited.

4. 2g paste made from equal quantity of stems, leaves and flowers is consumed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR
20127), once a day for 2 days to gastric complaints. The patient is advised to take a bath regularly.

**Euonymus dichotomus** Heyne ex Roxb., Celastraceae, *Kaattusirumyikaipatchilai* (MBV, EHPK & NR 1756): 2g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 5 days as an appetiser and to gastric complaints.

**Euphorbia indica** Lam., Euphorbiaceae, *Nilamallipatchilai* (MBV, EHPK & NR 1190): 2g paste made from equal quantity of roots, stem and leaves is consumed with ghee once a day for 7 days to fever, giddiness, urinary blockage and weakness. Consumption of egg, fish, dry fish, oily food and drinking cold water and having sex are prohibited for 7 days.

**Euphorbia nivalia** Buch.-Ham., Euphorbiaceae, *Maanthakalli* (MBV, EHPK & NR 20105): 2 or 3 leaves are slightly warmed over fire, squashed, collected extract and consumed once a day for 2 days to cure loose motion and stomach complaints in infants.

**Excoecaria crenulata** Wight, Euphorbiaceae, *Kaattuperunchchanipatchilai* (MBV, EHPK & NR 1836): A quarter teaspoonful paste made from equal quantity of leaves and flowers is consumed with 100ml milk 2 times a day for 4 days to asphyxia and gastric complaints. Consumption of egg and dry fish is prohibited.

**Fagraea ceilanica** Thunb., Loganiaceae, *Aathuvalaripatchilai* (MBV, EHPK & NR 1755): 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed 2 times a day for 4 days to cure blood vomiting, to reduce body heat (refrigerant), constipation, jaundice and stomach pain. Consumption of salt,
Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112), spicy food and liquor is prohibited.

Ficus hispida L. f., Moraceae, Kolvai (MBV, EHPK & NR 1572). If the testis of the baby is abnormal after birth, tender fruit is slightly rubbed on testis after removing spines by rubbing on rocks and kept on flame to cure swellings of testis (fruit shrinkage is attributed to normalise testis).

Garcinia oblongifolia Champ., Clusiaceae, Kaatuelavangapatchilai (MBV, EHPK & NR 2029): A quarter teaspoonful paste made from equal quantity of leaves and flowers is consumed with water 2 times a day for 3 days to cure body pain.

Gardenia resinifera Roth, Rubiaceae, Kaattukaapipatchilai (MBV, EHPK & NR 1907 & 2324):

1. 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed with Borassus flabellifer L., Arecaceae, Palm-sugar, Karupetti (MBV, HPK & NR 20127), once a day for 4 days. The paste is also applied on body and taken a bath after a half-hour to cure nervous problems.

2. 2g shade-dried powder made from equal quantity of leaves and tender fruits is consumed with honey (Kombuthene) once a day for 5 days to cure asthma and leukemia. Consumption of egg, fish, dry fish and oily food and having sex are prohibited for 5 days.

Givotia rotteriformis Griff., Euphorbiaceae, Malaineenelliapatchilai (MBV, EHPK & NR 1182): 2g paste made from equal quantity of leaves and flowers is consumed once
a day for 5 days to stomach problems and urinary trouble. Consumption of egg, fish and dry fish is prohibited.

*Glochidion ellipticum* Wight, Euphorbiaceae (Fig. 11.4), *Kaattusirumuckunthan* (MBV, EHPK & NR 1908):

1. Plant paste is applied on the nasal tract once a day for 3 days to cold and nose pain.

2. Whole plant is shade-dried, powdered and used as nauseating agent to get relief from cold.

*Glycosmis mauritiana* (Lam.) Tanaka, Rutaceae, *Sirukanjanmarapatchilai* (MBV, EHPK & NR 1194, 1885, 2005, 2028, 2062 & 2518):

1. Plant paste is applied on the body and taken a bath and also consumed 1g per time 2 times a day for 3 days as an antidote for poisonous bites.

2. 2g leaf paste is consumed 2 times a day for 5 days to asphyxia, bone fracture and hand and leg pain. Consumption of liquor is prohibited.

3. 1g paste made from equal quantity of leaves and flowers is consumed with honey once a day for 3 days to body pain and itching.

4. 1g paste made from equal quantity of leaves and flowers is consumed with honey (Kombuthene) once a day for 8 days to cure white discharge. Consumption of fish, dry fish, and egg and cold water and having sex are prohibited for 8 days.

5. Paste made from equal quantity of leaves and flowers is applied on the body and taken a bath after a half-hour 2 times a day for 5 days to prevent infection of skin diseases. The patient should avoid consuming salt and spicy food.
6. 2g leaf paste is consumed 2 times a day for 5 days to body pain, bone fracture and nasal blockage. Consumption of liquor is prohibited.

7. 1g paste made from equal quantity of leaves, flowers and tender fruits is consumed 2 times a day for 3 days to purify blood.

*Glycosmis pentaphylla* (Retz.) DC., Rutaceae, *Sirumullipatchilai* (MBV, EHPK & NR 1862): 1g paste of equal quantity of leaves and flowers is consumed with ghee 2 times a day for 7 days to gastric complaints. Consumption of liquor, dry fish and egg is prohibited.


1. A half teaspoonful paste made from equal quantity of flowers and tender fruits is consumed with ghee 2 times a day for 5 days as an appetiser.

2. 5g paste of equal quantity of leaves and tender fruits is consumed 2 times a day for 5 days to rheumatism. Consumption of egg, fish, dry fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.
Gordonia obtusa Wall. ex Wight & Arn., Theaceae, Kaattumaari (MBV, EHPK & NR 1968): Fresh leaf paste boiled with Sesamum indicum L., Pedaliaceae, Gingelly oil, Nalleennai (MBV, EHPK & NR 20123), is applied on hands and legs till cure for nervous dislocations.

Gossypium hirsutum L., Malvaceae, Paruthi, Cotton (MBV, EHPK & NR 20123): Cotton cloth ash is applied on the cut wounds, tied with a cloth piece and left for 2 to 3 days to heal cut wounds.

Grewia orbiculata Rottl., Sterculiaceae, Vembupatchilai (MBV, EHPK & NR 2520): 2g leaf paste is consumed once a day for 3 days to ulcer. Consumption of Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112) and spicy food is prohibited.

Gynnema hirsutum Wight & Arn., Asclepiadaceae, Kaatuvengaipatchilai (MBV, EHPK & NR 2529): 2g paste made from equal quantity of leaves and flowers is consumed with ghee once a day for 5 days to cure blood pressure, giddiness, leukemia and vomiting. Consumption of salt, spicy food and Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112) is prohibited.

Gynura nitida DC., Asteraceae, Paarisirumarapatchilai (MBV, EHPK & NR 1819, 1970 & 2202):

1. 25g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 3 days to cure blood clot, body pain and mouth ulcer. The patient is advised to take a bath regularly.
2. 1g leaf paste is consumed with honey 2 times a day for 5 days to gastric complaints, piles and rheumatism. Consumption of salt and *Tamarindus indica* L., Caesalpiniaaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112) is prohibited.

3. Leaf paste is applied on the body and taken a bath after a half-hour as an antidote for bee and wasp poisons.

*Haldina cordifolia* (Roxb.) Ridsd., Rubiaceae, *Paarithamarai* (MBV, EHPK & NR 1168): 20g paste made from equal quantity of leaves and flowers is consumed once a day for 10 days to cure blood pressure and piles. Consumption of egg, fish, dry fish and *Tamarindus indica* L., Caesalpiniaaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112) is prohibited.


1. 2g paste made from equal quantity of leaves and flowers is consumed with honey 2 times a day for 5 days to rheumatism. Consumption of egg, dry fish and having sex are prohibited for 5 days.

2. 2g plant paste is consumed with *Borassus flabellifer* L., Areaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), 2 times a day for 3 days to chest pain.

1. 1g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 3 days to cure giddiness and migraine. Consumption of fish and egg is prohibited.

2. 2g paste made from equal quantity of leaves and flowers is consumed with water 2 times a day for 3 days for leukemia and vomiting.

3. One teaspoonful paste made from equal quantity of green leaves and flowers is consumed with milk 2 times a day for 5 days to stomachache.

4. One teaspoonful paste made from equal quantity of leaves and flowers is consumed with milk 2 times a day for 5 days to giddiness and leukemia. Consumption of egg and dry fish is prohibited.

**Hedyotis travancorica** Bedd., Rubiaceae, *Paarisorumarapatchilai* (MBV, EHPK & NR 2209): 2g shade-dried powder of aerial portion is consumed with water before meals 2 times a day for 8 days to rheumatism. Consumption of egg, fish, dry fish, oily food and having sex are prohibited for 8 days.

**Hedyotis viscosa** Bedd., Rubiaceae, *Aalhusirukanjanpatchilai* (MBV, EHPK & NR 1615 & 1725):

1. 10g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 5 days for blood clot, giddiness and leukemia.

2. 2g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 3 days as an appetiser and to stomach disorders.

**Helicteres isora** L., Sterculiaceae, *Kaattukasavuthaalipatchilai/Valampuri edampuri* (MBV, EHPK & NR 1909):
1. 2g plant paste is consumed with hot water 2 times a day for 4 days to gastric complaints and toothache.

2. Seeds are boiled with 100ml *Sesamum indicum* L., Pedaliaceae, *Gingelly oil, Nallemmai* (MBV, EHPK & NR 20123) and poured 5 drops each in both the ears 2 times a day for 2 days to earache.

3. Seed paste is applied on both the ears and left for about a half-hour to 2 days for ear pus


1. Plant juice mixed with extract from a half *Cocos nucifera* L., Arecaceae (Fig. 5.2), *Coconut, Thengai* (MBV, EHPK & NR 20102) is boiled and consumed 20ml once a day to 4 days for cold, mouth refreshner, to increase eyesight and strengthen tooth gums. Consumption of *Curcuma longa* L., Zingiberaceae, *Turmeric, Manjal* (MBV, EHPK & NR 20114), *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Pull* (MBV, EHPK & NR 20112), *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129) and either fresh or dry fish is prohibited.

2. Root paste is smeared on the inner surface of mouth in the morning to mouth ulcer.

3. Roots are boiled with homemade *Thengainrukkuennai, Cocos nucifera* L., Arecaceae (Fig. 5.2), *Coconut, Thengai* (MBV, EHPK & NR 20102), stored and consumed 5ml once a day for 3 days to cure mouth ulcer.
Hibiscus rosa-sinensis L., Malvaceae, *Semparathi* (MBV, EHPK & NR 20128): Floral extract (2 flowers immersed with 100 ml hot water for 15 minutes) is rubbed with the fruit rind of *Punica granatum* L., Punicaceae, *Maathulai, Pomegranate* (MBV, EHPK & NR 20101), is consumed for blood haemorrhage.

Hopea utilis (Bedd.) Bole, Dipterocarpaceae, *Kongu* (MBV, EHPK & NR 1630): Bark is immersed with water for a half-hour, decanted and applied on the body to prevent leech attack.

Hugonia mystax L., Linaceae, *Siruchimalapatchi/a* (MBV, EHPK & NR 1171): 2g paste made from equal quantity of leaves and tender fruits is consumed with honey (Kombuthene) once a day for 8 days to rheumatism. Consumption of fish, dry fish and egg is prohibited.

Huperzia squarrosa (Forst.) Trev., Huperziaceae (Fig. 11.6), *Kalchadaipatchilai* (MBV, EHPK & NR 2186): 1g shade-dried plant powder is consumed with water 2 times a day for 4 days to giddiness and rheumatism. The patient should avoid smoking and consuming *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129).

Hybanthus enneaspermus (L.) F. V. Muell., Violaceae, *Seerahanellipatchilai* (MBV, EHPK & NR 1797): 2g paste made from equal quantity of leaves and flowers is consumed with water once a day for 3 days for digestive disorders and to kill worms (vermifuge). Consumption of salt and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112) is prohibited.
Hyptis suaveolens (L.) Poit., Lamiaceae, Aattunilampadarthipatchilai (MBV, EHPK & NR 1851): 200 ml coffee prepared with 2 teaspoonful shade-dried powder and Borassus flabellifer L., Arecaceae, Palm-sugar, Karupetti (MBV, EHPK & NR 20127), is consumed once a day for 5 days to blood clot, gastric complaints and ulcer. Consumption of salt, Piper nigrum L., Piperaceae, Pepper, Nallamilagu/Milagu (MBV, EHPK & NR 1873) and Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112) is prohibited.

Impatiens fruticosa Lesch. ex DC., Balsaminaceae, Paarithamari (MBV, EHPK & NR 2204): 1g shade-dried powder made from equal quantity of leaves and flowers is consumed with honey 2 times a day for 5 days to cure shrinkage of joints and rheumatism. Consumption of salt, spicy food, Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112), and having sex is prohibited for 5 days.

Impatiens grandis Heyne, Balsaminaceae, Oodithumbaipatchilai (MBV, EHPK & NR 1637 & 1772):

1. 25g paste made from equal quantity of leaves and flowers is consumed once a day for 3 days to blood clots.

2. 1g leaf paste is consumed once a day for 3 days to cure back itching, neck pain and throat pain.

Impatiens hensloviana Arn., Balsaminaceae, Kaattuceerahapatchilai (MBV, EHPK & NR 1559): 1g plant paste is consumed with milk 2 times a day for 3 days to kill worms (vermifuge). Consumption of salt, Piper nigrum L., Piperaceae, Pepper,
Nallamilagu/Milagu (MBV, EHPK & NR 1873), and Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112), is prohibited.

**Impatiens scabriuscula** Heyne ex Roxb., Balsaminaceae, Kaatuvanthanpatchilai (MBV, EHPK & NR 1562): Plant paste is applied on the body and taken a bath after a half-hour for 3 days to giddiness and leukemia. Consumption of fish and dry fish is prohibited.

**Impatiens scapiflora** Heyne ex Roxb., Balsaminaceae (Fig. 11.7), Kainilapaopatchilai (MBV, EHPK & NR 1780):

1. 1g plant paste is consumed 2 times a day for 3 days to body pain and nervous problems. The patient is advised to take a bath regularly.

2. 10g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 5 days to cold, giddiness and leukemia.

**Indigofera wightii** Graham ex Wight & Arn., Fabaceae (Fig. 11.8), Malaikolingi/Paaraine/I (MBV, EHPK & NR 1943 & 1964):

1. 1 teaspoonful shade-dried plant powder mixed with old rice meal water is consumed once a day for 3 days to cure intestinal ulcer.

2. Plant paste is applied on the body and taken a bath after a half-hour to allergy. Consumption of old rice meal is advised.

**Ipomoea barlerioides** (Choisy) Benth. ex C.B. Clarke, Convolvulaceae, Puluirinjanpatchilai (MBV, EHPK & NR 1974): 5g leaf paste mixed with water is consumed once a day for 2 days for free motion.
*Ipomoea batatas* (L.) Lam., Convolvulaceae, *Seenikizhangu* (MBV, EHPK & NR 1604):

A half teaspoonful leaf paste is consumed once a day for 2 days to cure urinary disorders.


1. 1 teaspoonful plant paste mixed with 25ml water is consumed 2 times a day for 5 days to asphyxia and to purify blood. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), spicy food, oil, chewing of *Poilai* and smoking of Beedi are prohibited.

2. 1g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 3 days to giddiness, nasal blockage and rheumatism. Consumption of fish, dry fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

3. 1g paste made from equal quantity of leaves, flowers and tender fruits is consumed with *Borassus flabellifer* L., Arecaleae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), 2 times a day for 3 days to stomachache and throat pain.

4. 5g shade-dried powder made from equal quantity of bark, leaves and flowers is consumed once a day for 15 days to cure piles and stomach problems. Consumption of egg, fish and spicy food and having sex are prohibited for 15 days.

1. 1 teaspoonful shade-dried powder made from equal quantity of leaves and flowers mixed with 100ml milk is consumed 2 times a day for one week to giddiness and leukemia. Consumption of *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), and having sex are prohibited for one week.

2. 1g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 2 days to body pain, gastric problems and headache.

3. 10g paste made from equal quantity of leaves and flowers mixed with water is consumed once a day for 3 days to constipation and to kill worms (vermifuge).

4. 25g paste made from equal quantity of leaves, flowers and tender fruits is consumed 2 times a day for 8 days to cure back itching, body hydration and headache. Consumption of fish, egg, and dry fish and having sex are prohibited for 4 days.

*Ixora undulata* Roxb., Rubiaceae, *Seedevi* (MBV, EHPK & NR 1950): 1 teaspoonful shade-dried leaf powder mixed with milk is consumed 2 times a day as an appetiser.

*Jatropha glandulifera* Roxb., Euphorbiaceae, *Athalai* (MBV, EHPK & NR 20107): Extract of 5 leaves is gurgled for 5 minutes and spitted 3 times a day for 3 days to cure toothache and strengthen tooth gums.

*Justicia adhatoda* L., Acanthaceae, *Adatodai* (MBV, EHPK & NR 20149): Extract is prepared from 200g leaves, *Vitex negundo* L., Verbenaceae, *Nochi* (MBV, EHPK & NR 20150), 200g leaves and grating of one *Cocos nucifera* L., Arecaceae (Fig. 5.2), Coconut, *Thengai* (MBV, EHPK & NR 20102) and consumed 200ml 2 times a day to blood vomiting.
Kleinhovia hospita l., Sterculiaceae, *Malaiaperuthuhipatchilai* (MBV, EHPK & NR 2507): 5g paste made from equal quantity of leaves and flowers is mixed with ghee and consumed once a day for 20 days to nervous sprain and rheumatism. Consumption of egg, fish, dry fish, mushroom, mutton and cold water and having sex are prohibited for 20 days.

Kleinia grandiflora (Wall. ex DC.) Rani, Asteraceae, *Yaanaivilarpitchilai* (MBV, EHPK & NR 1831): Leaf paste is applied on the body and taken a bath after a half-hour daily for 2 days to giddiness.

Knoxia sumatrensis (Retz.) DC. var. *linearis* (Gamble) Bhattacharjee & Deb, Rubiaceae, *Sirumarapoopatchilai* (MBV, EHPK & NR 2167) 5g paste made from equal quantity of leaves and flowers is mixed with *Borassus flabellifer* L., Arecaeeae, *Palm-sugar*, *Karupetti* (MBV, EHPK & NR 20127), and consumed with milk 2 times a day for 3 days for asthma, blood clot and body weakness.

Knoxia wightiana Wall. ex Wight & Arn., Rubiaceae (Fig. 12.2), *Kalthumbai* (MBV, EHPK & NR 1966): 10g plant paste mixed with water is consumed once a day for 4 days to digestive disorders.

Lantana camara L., Verbenaceae, *Naratchapatchilai Unnichedi* (MBV, EHPK & NR 20142) 20g leaf paste of equal quantity with *Psidium guajava* L., Myrtaceae, *Koyya* (MBV, EHPK & NR 20106), is consumed with salt for loose motion.

Leea indica (Burm.f.) Merr., Leeaceae, *Kaattuvalaripatchilai* (MBV, EHPK & NR 1827): A quarter teaspoonful paste made from equal quantity of stem, leaves and flowers is mixed with honey and consumed 2 times a day for 5 days to body
hydration and rheumatism. Consumption of egg, dry fish and liquor and having sex are prohibited for 5 days.

*Lepianthes umbellata* (L.) Rafin., Piperaceae, *Theendamani patchilai* (MBV, EHPK & NR 1595): Extract from green leaves is applied on the body to mosquito and poisonous insect bites.


1. 1 teaspoonful paste made from equal quantity of leaves, flowers and tender fruits is mixed with milk and consumed 2 times a day for 3 days to body pain. Consumption of *Tamarindus indica* L., Caesalpiniaeeae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food are prohibited.

2. 1g plant paste is consumed 2 times a day for 5 days as an antidote for poisons. Consumption of salt and spicy food is prohibited.

*Leptochilus lanceolatus* Fee, Polypodiaceae, *Boominilatha angi patchilai* (MBV, EHPK & NR 2537): 1 teaspoonful paste made from equal quantity of roots, leaves and flowers is mixed with ghee and consumed once a day for 4 days to cure hand and leg swelling and stomach swelling. Consumption of egg and fish is prohibited.

*Leptostachya wallichii* Nees, Acanthaceae, *Malaivaazhi patchilai* (MBV, EHPK & NR 1826 & 2240):

1. Tender plant paste is applied on head and taken a bath for 5 days as refrigerant. Consumption of egg and dry fish is prohibited.
2. 10g paste made from equal quantity of stem, leaves and flowers is mixed with honey and consumed 2 times a day for 3 days to rheumatism.


1. Plant paste is applied on the face and taken a bath after 15 minutes daily for 2 days to cure pimples.

2. Leaf or flower paste is applied on the body and taken a bath after a half-hour daily for a week to cure allergy, itching, scabies and skin diseases in infants.

*Leucas vesita* Benth. var. *vesita*, Lamiaceae, *Oadainlapatchilai* (MBV, EHPK & NR 1801): A quarter teaspoonful paste made from equal quantity of leaves and flowers is mixed with water and consumed 2 times a day for 3 days to cure infection between fingers and toes and throat pain. Consumption of egg and liquor is prohibited.


1. 1g paste made from equal quantity of leaves and flowers is mixed with honey and consumed 2 times a day for 5 days to gastric complaints.

2. 3g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 3 days for whooping cough. Consumption of *Capsicum frutescens* L., Solanaceae, *Kaantharimilagu/Kaattukaantharimilagai* (MBV, EHPK & NR 20122), and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited for 3 days.
3. 10g shade-dried leaf powder mixed with milk is consumed once a day for 4 days to purify blood.

4. 2g paste made from equal quantity of tender leaves, flowers and fruits is mixed with *Sesamum indicum* L., Pedaliaceae, *Nallemai* (MBV, EHPK & NR 20123), and consumed 2 times a day for 7 days for weekness (debility). Consumption of egg, liquor, fish, dry fish, tobacco, *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129) and smoking are prohibited.

*Lindernia caespitosa* (Bl.) Panigrahi, Scrophulariaceae, *Naarkulipatchilai* (MBV, EHPK & NR 2002): 2g plant paste is consumed once a day for 10 days for body sprain and gastric complaints. Consumption of egg, fish and dry fish and having sex are prohibited for 8 days.

*Litsea deccanensis* Gamble, Lauraceae, *Kaatuvelamarapatchilai* (MBV, EHPK & NR 2506): 2g paste made from equal quantity of leaves and flowers is mixed with honey (Kombuthene) and consumed once a day for 2 days to nasal blockage. Consumption of salt, spicy food and *Piper nigrum* L., Piperaceae, *Pepper, Nallamilagu/Milagu* (MBV, EHPK & NR 1873), is prohibited.

*Maesa indica* (Roxb.) DC., Myrsinaceae, *Aatumallipatchilai* (MBV, EHPK & NR 1676): 5g plant paste mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 2012), is consumed and taken a hot water bath with complete rest once a day for 5 days. Consumption of salt, fish, dry fish and spicy food is prohibited.
*Mallo\textit{tus atrovirens}* Muell Arg., Euphorbiaceae, *Kaatuvaamanakku* (MBV, EHPK & NR 1872): 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed once a day for 4 days to stomachache and ulcer. Consumption of salt, *Tamarindus indica* L., Caesalpiniaeae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food is prohibited.

*Mallo\textit{tus aureo-punctatus*} (Dalz.) Muell Arg., Euphorbiaceae, *Perunkalangipatchilai* (MBV, EHPK & NR 1661 & 1748):

1. 2g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 7 days for blood discharge, giddiness, itching, leukemia and white discharge. Consumption of *Tamarindus indica* L., Caesalpiniaeae, *Tamarind, Puli* (MBV, EHPK & NR 20112), dry fish and having sex are prohibited for 5 days. The patient is advised to take a bath regularly.

2. 20g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 8 days to gastric complaints. Consumption of egg, fish, dry fish and liquor and having sex are prohibited for 6 days.

*Mallo\textit{tus beddomei*} Hook f., Euphorbiaceae, *Aathuvalpatchilai* (MBV, EHPK & NR 2079): Paste made from equal quantity of leaves and flowers is applied on the body and taken a bath after an hour daily for a week for skin diseases in children.

*Mallo\textit{tus philippensis*} (Lam.) Muell Arg. var. *philippensis*, Euphorbiaceae (Fig. 12.1), *Paavithamarimalaipatchilai* (MBV, EHPK & NR 1853 & 2200):

1. 2g plant paste mixed with 50ml milk is consumed 2 times a day for 10 days for sharp, fine and clear talking and for nervous weakness. Consumption of spicy
1. Fruits of Mallotus philippensis of Euphorbiaceae cure rheumatism (joints); 2. Leaves and flowers of Knoxia wightiana of Rubiaceae solve digestive disorders; 3. Leaves and flowers of Murdannia glauca of Commelinaceae cure blood discharge, blood vomiting and stomach pain; 4. Leaves of Mitrephora heyneana of Annonaceae-a refrigerant cum curative for giddiness; 5. Fruits of Phoenix loureirii of Arecaceae-a refrigerant; 6. Flowers of Osbeckia aspera var. wightiana of Melastomataceae-an effective medicine for whooping cough; and 7. Leaves and flowers of Osbeckia lawsonii of Melastomataceae a multimedicine curing nasal blockage, sprain and stomachache.
food and Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112), is prohibited.

2. 1 teaspoonful paste made from equal quantity of leaves and tender fruits is mixed with honey and consumed 2 times a day for 3 days for rheumatism (joints). Consumption of salt, spicy food and Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112), is prohibited.

Mallotus philippensis (Lam.) Muell.Arg. var. tomentosus Gamble, Euphorbiaceae, Kaatusiruvembupatchilai/Kaatuthakadipatchilai (MBV, EHPK & NR 1157, 1167, 1875, 1904 & 2497):

1. Plant paste is applied on the body and taken a bath after a half-hour 2 times a day for 2 days for hand and leg pain, hydration and throat pain.

2. 2g leaf paste is consumed with Borassus flabellifer L., Arecaceae, Palm-sugar, Karupetti (MBV, EHPK & NR 20127), once a day for 4 days to rheumatism. Consumption of egg, fish, dry fish, Piper betle L., Piperaceae, Vethilai, Betel leaf (MBV, EHPK & NR 20129), and Beedi smoking are prohibited.

3. 2g paste made from equal quantity of leaves and flowers is mixed with honey (siruthene) and consumed once a day for 8 days to cure rheumatism. Consumption of fish, egg, dry fish and mutton and having sex are prohibited for 8 days.

4. 2g paste made from equal quantity of leaves and flowers is consumed with honey once a day for 8 days for blood discharge and gastric complaints. Consumption of salt, fish, dry fish and oily food is prohibited.
5. 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed with ghee once a day for 5 days to piles. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food and having sex are prohibited for 5 days.


1. 2g paste made from equal quantity of leaves and flowers is mixed with ghee and consumed 2 times a day for one week to purify blood, reduce body heat (refrigerant) and syphilis. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), smoking and chewing of *Piper betle* L., Piperaceae, *Vethilai, Betel leaf* (MBV, EHPK & NR 20129), and having sex are prohibited for one month.

2. 2g leaf paste mixed with water is consumed 2 times a day for 5 days to cure mouth ulcer and stomach ulcer. Consumption of egg, fish, dry fish, salt, spicy food and chewing of *Piper betle* L., Piperaceae, *Vethilai, Betel leaf* (MBV, EHPK & NR 20129), and *Poulai* are prohibited.

3. 2g paste made from equal quantity of flowers and tender fruits is consumed once a day for 3 days for giddiness and vomiting.

*Mallotus rhamnifolius* Muell.Arg., Euphorbiaceae, *Kaattusirumyilaipatchilai* (MBV, EHPK & NR 1868): 2g plant paste is consumed with water 2 times a day for 4 days to throat pain.

1. 2g leaf paste mixed with water is consumed 2 times a day for 3 days for body pain and nervous problems. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food is prohibited.

2. 2g leaf paste is consumed 2 times a day for 5 days to throat infection and tooth pain. Consumption of *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), spicy food, Chunnambu (Calcium carbonate), *Piper betle* L., Piperaceae, chewing Betel leaf, *Vethilai* (MBV, EHPK & NR 20129), *Poilai* and smoking Beedi are prohibited.

**Mangifera indica** L., Anacardiaceae, *Kaattumaamaram* (Mango) (MBV, EHPK & NR 20145):

1. 100ml bark juice mixed with a pinch of salt is consumed once as antihelminthic.

2. 100ml bark juice is consumed once a day before meal regularly till cure diabetes.

3. 100ml bark juice is consumed once for fertility.

Maranta arundinacea L., Marantaceae, *Arrowrootkizhangu* (MBV, EHPK & NR 20141):

1. Shade-dried rhizome powder mixed with water is boiled and consumed as tonic for infants.

2. Rhizome is boiled with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), and consumed for loose motion in infants.

Martynia annua L., Martyniaceae, Naagathaali (MBV, EHPK & NR 20130):

1. Flowers are shade-dried, powdered, stored and consumed one teaspoonful with honey 3 times a day for cold.

2. One teaspoonful powder of tender fruits mixed with milk is consumed after dinner to kill worms (vermifuge).

3. Seed paste is administered with 50ml water and also smeared on the bite point(s) 2 times a day for 2 days as an antidote for snake poisons.

4. Root paste is applied on the body once a day for 3 days for skin diseases.

Medinilla beddomei C.B. Clarke, Melastomataceae, *Marampadarthikodipatchilai* (MBV, EHPK & NR 2058): 2g paste made from equal quantity of leaves, and *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed 2 times a day for 4 days to giddiness. Consumption of egg, fish and dry fish is prohibited.

Memecylon gracile Bedd., Melastomataceae, *Malaivalaipatchilai* (MBV, EHPK & NR 2095): 5g leaf paste is consumed 2 times a day for 4 days to purify blood.
Consumption of *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.


1. A half teaspoonful paste made from equal quantity of leaves and flowers is mixed with water and consumed once a day for 3 days for leg sores and rheumatism. Consumption of spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112) is prohibited. Consumption of old rice meal is advised.

2. 2g paste made from equal quantity of leaves, flowers and tender fruits is mixed with milk and consumed once a day for a week to control blood discharge. Meals should be taken after an hour. Consumption of *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), salt, spicy food, fish and having sex is prohibited for 6 months.

**Memecylon rivulare** Bremer, Melastomataceae, *Aathukanjan* (MBV, EHPK & NR 1997): 5g leaf paste is consumed once a day for 2 days as vermifuge.

**Memecylon terminale** Dalz., Melastomataceae, *Kaatukanjanpatchilai* (MBV, EHPK & NR 2001): 1 teaspoonful paste made from equal quantity of leaves and flowers is mixed with water and consumed 2 times a day for 2 days to kill worms (vermifuge).

1. 1g paste made from equal quantity of leaves and flowers is consumed once a day for 4 days to gastric complaints. Consumption of egg, fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

2. 2g paste made from equal quantity of leaves and flowers is consumed with ghee once a day for 5 days for nasal blockage and nervous sprain. Consumption of spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

*Mesua nagasarium* (Burm.f.) Kosterm. var. *coromandeliana* (Wight) Kosterm., Clusiaceae, *Kaattuthumbai* (MBV, EHPK & NR 1768): 10g paste made from equal quantity of leaves and flowers is mixed with ghee and consumed 2 times a day for 4 days to blood discharge, blood vomiting and giddiness. Consumption of salt, fish, egg, dry fish, spicy food, oil-based food, chewing of *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), smoking and having sex are prohibited for 4 days.


1. Plant paste is applied on face and washed after a half-hour once a day for 3 days to eye diseases. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food is prohibited.

2. 1g shade-dried leaf powder is consumed 2 times a day for 3 days to cure skin diseases and throat infection. Consumption of *Tamarindus indica* L.,
Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food are prohibited.

*Microcos paniculata* L., Tiliaceae, *Kaatusiruthagodipatchilai* (MBV, EHPK & NR 2481): 1g paste made from equal quantity of leaves and flowers is consumed once a day for 3 days to cure whooping cough and cold. Consumption of egg, fish and dry fish is prohibited.

*Miliusa eriocarpa* Dunn, Annonaceae, *Naraithavaraipatchilai* (MBV, EHPK & NR 1771): 1g paste made from equal quantity of leaves and tender fruits is consumed with honey 2 times a day for 4 days to piles.

*Miliusa montana* Gard. ex Hook f. & Thoms., Annonaceae, *Sirukuthilavayanapatchilai* (MBV, EHPK & NR 2331): 2g paste made from equal quantity of roots, leaves and flowers is consumed once a day for 5 days for cold, cough and throat infection. Consumption of *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and *Capsicum frutescens* L., Solanaceae, *Kaantharimilagu/Kaattukaantharimilagai* (MBV, EHPK & NR 20122), is prohibited.

*Milletia rubiginosa* Wight & Arn., Fabaceae, *Kaatuaavaripatchilai* (MBV, EHPK & NR 2032): 5g paste made from equal quantity of leaves, flowers and tender fruits is consumed with hot water once a day for 5 days to reduce body heat (refrigerant) and to cure skin diseases.

*Mimosa pudica* L., Mimosaceae, *Thottalvaadi/Thottarsimangi* (MBV, EHPK & NR 1915): 1. Plant paste is smeared on the swelling of leg once a day for 3 days.
2. Leaf paste prepared with 3 salt crystals is applied on the nail margins to contain abnormal growth of the nail and to attain normal size.

*Mitrephora heynana* (Hook.f. & Thoms.) Thw., Annonaceae (Fig. 12.4), *Kaattuthalipatchilai* (MBV, EHPK & NR 1159 & 2315):

1. 10g paste made from equal quantity of leaves and flowers is consumed with old rice meal water once a day for 5 days to reduce body heat (refrigerant). Consumption of egg, fish and dry fish is prohibited.

2. 2g paste made from equal quantity of stem and leaves is mixed with honey and consumed once a day for 2 days to giddiness.

*Mollugo pentaphylla* L., Molluginaceae, *Sirupaaraimalli* (MBV, EHPK & NR 1713): 2g plant paste is consumed 2 times a day for 10 days to giddiness and to cool body (refrigerant).

*Morinda umbellata* L., Rubiaceae, *Boominilapatchilai* (MBV, EHPK & NR 1877): 2g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 4 days as an appetiser, to cure dysentery and for urinary blockage. Consumption of salt and spicy food is prohibited.

**Mundulea sericea** (Willd.) A. Cheval., Fabaceae, *Kaatuvaanthanpatchilai* (MBV, EHPK & NR 1173): 2g paste made from equal quantity of leaves and flowers is mixed with milk and consumed once a day for 5 days for breathing troubles and giddiness.

**Murdannia esculenta** (Wall. ex C. B. Clarke) Raizada ex R. Rao & Kammathy, Commelinaceae, *Paaraipulpilchilai* (MBV, EHPK & NR 1710): 1g plant paste mixed with honey is consumed 2 times a day for 3 days to purify blood and for vomiting.

**Murdannia glauca** (Thw. ex C.B. Clarke) Brueckn., Commelinaceae (Fig. 12.3), *Maainilavaazhaipatchilai* (MBV, EHPK & NR 1774): 2g plant paste mixed with honey is consumed once a day for 7 days for blood discharge, blood vomiting and stomach pain. Consumption of salt, spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

**Murdannia lanceolata** (Wight) Kammathy, Commelinaceae, *Naarpulpilchilai* (MBV, EHPK & NR 1714): A half teaspoonful plant paste mixed with water or old rice water is consumed 2 times a day for 5 days to cool body (refrigerant). Consumption of egg, *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), *Poilai,* liquor, smoking and having sex are prohibited for 7 days.

**Murraya paniculata** (L.) Jack, Rutaceae, *Kaatuveembupatchilai* (MBV, EHPK & NR 2075 & 2076):

1. 1g paste made from equal quantity of leaves and flowers is mixed with mother’s milk and consumed once a day for 2 days. Children should be fed strictly with
mother milk during the period of treatment for swelling of small intestine in infants.

2. Green leaf paste is applied on the body and taken a bath after a half-hour for gastric complaints, hemicrania and oedema.

*Musa paradisiaca* L., Musaceae, *Banana Naattuваazhaipayam* (MBV, EHPK & NR 2017):

1. 100ml extract from psudo-stem is consumed 3 times a day for 3 days for menstrual complaints (to contain excessive bleeding).

2. One fruit is consumed after meals in the night. After a half-hour, 2 more fruits with sugar are consumed to kill worms (vermifuge).


1. 2g leaf paste mixed with milk is consumed 2 times a day for 4 days as tonic for infants.

2. Equal quantities of roots and leaves, and *Aristolochia indica* L., Aristolochiaceae, *Garudakodi Kannadakodi* (MBV, EHPK & NR 1702) roots are mashed, boiled in water and stored. 100ml extract is consumed once a day as an antidote for scorpion bites. Consumption of cold water is prohibited for 3 days.


1. 5g plant paste is consumed once a day for 3 days to rheumatism, weakness and to heal wounds. Meal is taken after a half-hour.
2. Paste made from equal quantity of leaves and flowers is mixed with hot water and gargled, 2 times a day for 5 days for swelling of lip, strengthening of teeth and toothache.

*Myristica fragrans* Houtt., Myristicaceae, *Kaatunilakodimarapatchilai* (MBV, EHPK & NR 1617): 2g leaf paste is consumed 2 times a day for 4 days for blood vomiting and gastric complaints. Consumption of fish, egg and dry fish is prohibited.

*Naravelia zeylanica* (L.) DC., Ranunculaceae, *Nookrikodi* (MBV, EHPK & NR 1854):

1. 1g plant paste mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed 2 times a day for 4 days to chest pain. Consumption of *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129) and smoking are prohibited.

2. Stem piece is twisted mechanically and smelled as many times as possible till to cure headache.

*Neanotis decipiens* (Hook f) W.H. Lewis, Rubiaceae, *Aathusirunellipatchilai* (MBV, EHPK & NR 1803): 1g paste made from equal quantity of stem, leaves and flowers is consumed 2 times a day for 5 days to cure hand and leg pain and rheumatism. Consumption of egg, fish, dry fish, liquor, chewing *Poilai, Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), and smoking Beedi are prohibited.

1. 1g plant paste is consumed 2 times a day for 8 days to gastric complaints. Consumption of fish, egg, dry fish, spicy food and having sex are prohibited for 5 days.

2. One teaspoonful paste made from equal quantity of leaves and flowers is consumed with hot water 2 times a day for 5 days to reduce excessive body fluid. Consumption of salt and *Tamarindus indica* L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112), is prohibited.

*Neolitsea scrobiculata* (Meissn.) Gamble, Lauraceae, *Paarielavagapatchilai* (MBV, EHPK & NR 2170, 2193 & 2207):

1. Paste made from leaves and flowers is applied on the body and taken a bath after a half-hour. A running for 2 km is advised daily for 15 days to gastric complaints and nasal blockage.

2. 2g paste made from equal quantity of leaves, flowers and tender fruits is mixed with ghee and consumed 2 times a day for 3 days to cure back itching, body pain and hand and leg pain.

3. Leaves, flowers and tender fruits are taken equally, shade-dried, powdered, consumed one teaspoonful with *Borassus flabellifer* L., Arecaceae, *Palm-sugar*, Karupetti (MBV, EHPK & NR 20127), once a day. After a half-hour, meal is consumed and exercised for 15 minutes to sprain.

*Nephrolepis auriculata* L., Nephrolepidaceae, *Kaatusirusurulipatchilai* (MBV, EHPK & NR 2044): 5g paste made from equal quantity of tubers and fronds is consumed with milk in the morning for 5 days to reduce body heat (refrigerant).
**Nothopegia heyneana** (Hook. f.) Gamble, Anacardiaceae, *Kaatuvelaipulpatchilai* (MBV, EHPK & NR 1184, 1186, 1193, 1200 & 2346):

1. 2g paste made from equal quantity of leaves and flowers is mixed with honey (Siruthene) and consumed once a day for 3 days for urinary disorders.

2. 2g paste made from equal quantity of leaves and flowers is consumed once a day for 3 days for blood pressure and to reduce body heat (refrigerant). Consumption of salt, spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited for 3 days.

3. 2g paste made from equal quantity of leaves and flowers is consumed once a day for 5 days for nervous sprain. Consumption of salt and spicy food is prohibited.

4. Paste made from equal quantity of leaves, flowers and tender fruits is applied on the body and taken a bath after 15 minutes for 4 days for body itching and body pain. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

5. 2g paste made from equal quantity of leaves, flowers and tender fruits is mixed with ghee and consumed once a day for 5 days for bone fracture and nervous sprain. Consumption of salt, spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

6. 2g paste made from equal quantity of leaves, flowers and tender fruits is mixed with ghee and consumed once a day for 5 days to reduce body heat (refrigerant). Consumption of egg, fish, dry fish and oily food and having sex are prohibited for 5 days.

**Ocimum gratissimum** L., Lamiaceae, *Kaattuthulasipatchilai* (MBV, EHPK & NR 1696): 1 teaspoonful paste made from equal quantity of leaves and flowers is mixed with ghee and consumed 2 times a day for 10 days to body pain, brain development and gastric complaints. Consumption of fish, egg, dry fish, salt and spicy food is prohibited for 10 days.

**Ocimum tenuiflorum** L., Lamiaceae, *Kaattupatchikolingi* (MBV, EHPK & NR 2221): 1g plant paste mixed with honey is consumed 2 times a day for 5 days to rheumatism. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), fish, dry fish and egg is prohibited.

**Octotropis travancorica** Bedd., Rubiaceae, *Kaatuvalipatchilai* (MBV, EHPK & NR 2235): 5g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 4 days to rheumatism.

**Oligochaeta ramosa** (Roxb.) Wagenitz, Asteraceae, *Poilaichedi* (MBV, EHPK & NR 1716, 1766 & 2977):

1. 2g plant paste mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed 2 times a day for 5 days for rheumatism and sprain. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food is prohibited.
2. Leaf paste in equal quantity with *Lantana camara* L., Verbenaceae, *Naratchapatchilai/Umichedi* (MBV, EHPK & NR 20142), is applied to heal cut wounds and cure injuries. Consumption of fish, dry fish and egg is prohibited.

3. Leaf juice is applied with Chunnambu (Calcium carbonate) to heal cut wounds.

4. 2g paste made from equal quantity of stem and leaves is consumed 2 times a day for 4 days for cold and cough. Chewing of *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), *Poilai* and smoking are prohibited.

*Ophiorrhiza mungos* L., Rubiaceae, *Varapatchilai* (MBV, EHPK & NR 1988): 1 teaspoonful shade-dried plant powder mixed with honey is consumed once a day for 4 days for skin infections (scabies & itching).

*Oreocnide integrifolia* (Gaudich.) Miq. var. *integrifolia* Urticaceae, *Kaantukottaithermai* (MBV, EHPK & NR 1731):

10g paste made from equal quantity of leaves and flowers is mixed with ghee and consumed 2 times a day for 7 days for rheumatism. Consumption of fish, egg, dry fish, oily food, chewing *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), *Poilai*, smoking Beedi and having sex are prohibited for 10 days.


25g plant paste mixed with honey is consumed once a day for 5 days to post delivery treatment.
Orthosiphon thymiflorus (Roth) Sleensen, Lamiaceae, Boominilapatchilai (MBV, EHPK & NR 1876): 1 teaspoonful shade-dried plant powder is consumed with water 2 times a day for 4 days for body pain.

Osbeckia aspera (L.) Bl. var. aspera, Melastomataceae, Paarivalipatchilai (MBV, EHPK & NR 1601, 2175, 2201 & 2469):

1. 2g paste made from equal quantity of leaves and flowers is consumed once a day for 5 days for body pain and joint pain. Consumption of fish, dry fish and egg is prohibited.

2. 2g paste made from equal quantity of leaves and flowers is mixed with Borassus flabellifer L., Arecaceae, Palm-sugar, Karupetti (MBV, EHPK & NR 20127), and consumed 2 times a day for 3 days to gastric complaints and piles. Consumption of salt and spicy food is prohibited.

3. 2g shade-dried leaf powder mixed with Borassus flabellifer L., Arecaceae, Palm-sugar, Karupetti (MBV, EHPK & NR 20127), is consumed 2 times a day for one week to blood clot, rheumatism and skin diseases. Consumption of hot meals, liquor, chewing Piper betle L., Piperaceae, Betel leaf, Vethilai (MBV, EHPK & NR 20129) and Poilai, and having sex are prohibited for 7 days. The patient is advised to consume old rice meal.
4. 2g paste made from equal quantity of stem, leaves and flowers is mixed with ghee and consumed 2 times a day for 6 days for blood discharge and piles. Consumption of fish and dry fish is prohibited.

**Osbeckia aspera** (L.) Bl. var. *wightiana* (Benth. ex Wight & Arn.) Trimen, Melastomataceae (Fig. 12.6), *Kaattusiruthumbaipatchilai* (MBV, EHPK & NR 1643): 1g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 3 days for whooping cough. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and egg is prohibited.

**Osbeckia lawsonii** Gamble, Melastomataceae (Fig. 12.7), *Kaattusiruthumbaik* (MBV, EHPK & NR 1720): 2g paste made from equal quantity of leaves, flowers and tender fruits is mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), and consumed 2 times a day for 5 days for nasal blockage, sprain and stomachache. Consumption of fish, egg, dry fish, *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), *Poilai* and oily food and smoking are prohibited.

**Osbeckia leschenaultiana** DC., Melastomataceae, *Aathuthumbaipatchilai* (MBV, EHPK & NR 1796): Paste made from equal quantity of stem and flowers is applied on the body once a day and taken a bath for 3 days to cure piles.


1. A half teaspoonful plant paste is consumed with milk for 3 days for cold and cough.
2. 1 teaspoonful paste made from equal quantity of leaves, flowers and tender fruits is mixed with 20ml milk and consumed 2 times a day for 5 days for back itching, body pain and chest pain. Consumption of egg and dry fish is prohibited.

Osyris quadripartita Salzm. ex Decne var. quadripartita, Santalaceae, Siruvisapatchilai (MBV, EHPK & NR 1945): Leaf paste is applied on the bite-site and taken a bath after 2 hours as an antidote for scorpion bite.

Pandanus fascicularis Lam., Pandanaceae, Thaazhai (MBV, EHPK & NR 1996):
1. Tender terminal bud is cut and consumed once a day for 2 days.
2. Stem is cut into small pieces, boiled with water, extracted and taken a bath daily for 3 days for jaundice.

Pavetta blanda Bremek., Rubiaceae, Kaattuvellaipoopatchilai (MBV, EHPK & NR 1779): 1g paste made from equal quantity of leaves and flowers is mixed with Borassus flabellifer L., Arecaceae, Palm-sugar, Karupeiti (MBV, EHPK & NR 20127), and consumed 2 times a day for 3 days to intermittent urine discharge and rheumatism. Consumption of fish and egg is prohibited. The patient is advised to take a bath regularly.

Pavetta hispidula Wight & Arn., Rubiaceae, Kaatunaaripatchilai (MBV, EHPK & NR 2341): 2g shade-dried powder made from equal quantity of leaves and tender fruits is mixed with honey and consumed once a day for 10 days for giddiness and leukemia. Consumption of egg, fish and dry fish is prohibited.

Pavetta thomsonii Bremek. var. puberula Bremek., Rubiaceae, Periamarapoopatchilai (MBV, EHPK & NR 2165): A half teaspoonful shade-dried powder made from equal
quantity of roots, leaves and flowers is consumed 2 times a day for 3 days for body pain and nasal blockage.

**Pavonia odorata** Willd., Malvaceae, *Kaattuvendaipatchilai* (MBV, EHPK & NR 1813):

1g paste made from equal quantity of stems, leaves and flowers is consumed 2 times a day for 3 days to gastric complaints and stomach problems. Consumption of egg, fish, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food is prohibited.

**Phoenix loureirii** Kunth, Arecaaceae (Fig. 12.5), *Eatchamaram* (MBV, EHPK & NR 1955):

Apical stem is consumed once a day for 2 days.

1. 10 fruits are consumed instead of apical stem once a day for 2 days to reduce excessive body heat (refrigerant).


1. Plant paste mixed with milk is consumed 2 times a day for 5 days for jaundice and to cool body (refrigerant). Consumption of oil and oily food is prohibited.

2. 1g paste made from equal quantity of stem and leaves is mixed with ghee and consumed 2 times a day for 5 days to cure blood discharge and piles. Chewing of *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), and *Poilai* is prohibited.

**Phyllanthus gardnerianus** (Wight) Baill., Euphorbiaceae, *Kaatusirunellipatchilai/Malaiperunellipatchilai* (MBV, EHPK & NR 1180,1763 & 2215):
1. 2g plant paste mixed with ghee is consumed 2 times a day for 4 days for giddiness and headache.

2. 5g paste made from equal quantity of leaves and flowers is mixed with ghee and consumed once a day for 4 days for body pain and headache. Consumption of egg, salt and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

3. 2g paste of aerial portion mixed with 100ml milk is consumed 2 times a day for 3 days for cold and fever.


1. 1g plant paste mixed with *Borassus flabellifer* L., Arecaeae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed once a day for 9 days for rheumatism. Consumption of salt, spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and having sex are prohibited for 10 days.

2. 1 teaspoonful shade-dried powder made from equal quantity of flowers and tender fruits is consumed with milk 2 times a day for 3 days to reduce body heat (refrigerant). The patient is advised to consume old rice meal after 2 hours.

*Phyllanthus polyphyllus* Willd., Euphorbiaceae, *Keelkanelli* (MBV, EHPK & NR 1575): 15g plant paste is consumed either with cow milk or *Cocos nucifera* L., Arecaeae (Fig. 5.2), *Coconutmilk, Thengaipal* (MBV, EHPK & NR 20102), once a day for 2 to 3 days for jaundice. The patient should take a bath daily. Consumption of
salt, *Piper nigrum* L., Piperaceae, *Pepper, Nallamilagu/Milaugu* (MBV, EHPK & NR 1873), fish and dry fish is prohibited.

*Phyllanthus singampattiana* (Sebastine & A.N. Henry) Kumari & Chandrabose, Euphorbiaceae (Fig. 13.5), *Aathuchadai* (MBV, EHPK & NR 1632): 2g leaf paste is consumed 2 times a day for 5 days for jaundice. The paste is also applied on the body and taken a bath after 15 minutes. Consumption of egg and fish is prohibited.

*Piper barberi* Gamble, Piperaceae (Fig. 13.2), *Maravallipatchilai* (MBV, EHPK & NR 1670): 5g shade-dried plant powder is mixed with water and consumed 2 times a day for 2 days to post delivery complaints.

*Piper nigrum* L., Piperaceae, *Pepper, Nallamilagu/Milaugu* (MBV, EHPK & NR 1373):

1. 5g plant powder, *Allium sativum* L., Alliaceae, *Garlic, Vellaipoondu* (MBV, EHPK & NR 20103) 5g bulb, and *Zingiber officinale* Roscoe, Zingiberaceae, *Ginger, Ingi* (MBV, EHPK & NR 20104), a small piece of rhizome, are boiled with 200ml water, reduced to 100ml and consumed once a day for 3 days for fever.

2. 100ml boiled extract of aerial portion except fruit is consumed with water once a day for 2 days for body pain.


1. 15g seed powder mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed 2 times a day for 3 days for cough.
2. Ig paste made from equal quantity of leaves and tender fruits is consumed 2 times a day for 2 days for gastric complaints.

*Plectranthus amboinicus* (Lour.) Spreng., Lamiaceae, *Kaattukulinjavaraipatchilai* (MBV, EHPK & NR 1607): Plant paste is applied on the body and taken a bath after a half-hour for 3 days for giddiness.

*Plectranthus walkerii* Arn., Lamiaceae, *Bomivanthanpatchilai* (MBV, EHPK & NR 1666): 2g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 3 days for urinary blockage.


1. A half teaspoonful plant paste mixed with milk is consumed 2 times a day for 5 days for urinary blockage.

2. 2g plant paste is consumed 2 times a day for 12 days for gastric complaints. The patient should avoid having sex for 30 days.


*Polyalthia korintii* (Dunal) Thw., Anonaceae (Fig. 13.4), *Kaattunilamarapatchilai* (MBV, EHPK & NR 1161, 1197 & 1873):
1. 5g paste made from equal quantity of leaves and flowers is mixed with ghee and consumed once a day for 5 days for nervous sprain and rheumatism. Consumption of fish, dry fish and oily food and having sex are prohibited for 5 days.

2. 2g paste made from equal quantity of leaves and flowers is consumed once a day for 4 days for body pain and breathing troubles. Consumption of dry fish is prohibited.

3. 2g paste made from equal quantity of leaves, flowers and tender fruits is mixed with honey (Kosuthene) and consumed once a day for 5 days for blood discharge and giddiness. Consumption of egg, fish and dry fish and having sex are prohibited for 5 days.

*Polyalthia rufescens* Hook. f. & Thoms., Annonaceae, *Kaattuperuvengaipatchilai* (MBV, EHPK & NR 1891). A half teaspoonful leaf paste mixed with water is consumed 2 times a day for 2 days for cough. Consumption of salt and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited for 3 days.

*Polygula sibirica* L., Polygalaceae (Fig. 13.6), *Naagamalli* (MBV, EHPK & NR 1942). 10g shade-dried plant powder mixed with honey is consumed 2 times a day for 3 days for urinary infections. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), eggs and fresh or dry fish is prohibited for 3 days.

*Popowia beddomeana* Hook. f. & Thoms., Annonaceae (Fig. 13.1), *Kaattusirunaari* (MBV, EHPK & NR 1821). 2g leaf paste is consumed 2 times a day for 5 days for
Fig. 13: 1. Leaves of *Popovia beddomeana* of Annonaceae cure blood discharge, diabetes and piles; 2. An inflorescence of *Piper barberi* of Piperaceae cures post delivery complaints; 3. Leaves of *Sonerila tinnevellensis* of Melastomataceae used to cure body itching and rheumatism; 4. Leaves of *Phyllanthus singampattiana* of Euphorbiaceae – a good remedy for jaundice; 5. Leaves and flowers of *Polygala sibirica* of Polygalaceae used to cure urinary infections; and 6. Fruits of *Polyalthia korintii* of Annonaceae cure blood discharge and giddiness.
blood discharge, diabetes and piles. Consumption of egg, fish and dry fish is prohibited.

**Pouzolzia auriculata** Wight, Urticaceae, *Neervallipatchilai* (MBV, EHPK & NR 1680 & 2179):

1. 1 teaspoonful plant paste mixed with *Borassus flabellifer* L., Arecaceae, *Palmsugar, Karupetti* (MBV, EHPK & NR 20127), is consumed 2 times a day for 8 days for cold, chest pain and headache. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112) and spicy food is prohibited.

2. 1g plant paste is consumed 2 times a day for 5 days for hand and leg pain and vomiting. Consumption of egg and fish is prohibited.

**Premna latifolia** Roxb., Verbenaceae, *Vaarinilakodipatchilai* (MBV, EHPK & NR 2311): 2g paste made from equal quantity of stems, leaves, flowers and tender fruits is mixed with ghee and consumed once a day for 10 days for rheumatism. Consumption of egg, fish and dry fish and having sex are prohibited for 10 days.

**Psidium guajava** L., Myrtaceae, *Koyya* (MBV, EHPK & NR 20106): Shade-dried powder of 4 tender fruits is mixed with 100ml water and consumed once a day for vomiting and loose motion.

**Psychotria bisulcata** Wight & Arn., Rubiaceae, *Marakalangipatchilai* (MBV, EHPK & NR 1795): 10g plant paste is consumed 2 times a day for 5 days for gastric complaints. Consumption of *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), spicy food and oily food is prohibited.
**Psychotria connata** Wall., Rubiaceae, *Manikulikipatchilai* (MBV, EHPK & NR 1627):
A half teaspoonful paste made from equal quantity of leaves and flowers is mixed with 100ml milk and consumed 2 times a day for 10 days for gastric complaints, rheumatism and sprain. Consumption of fish, egg and dry fish and having sex are prohibited for 10 days.

**Psychotria flavida** Talbot, Rubiaceae, *Kaatunilamarapatchilai* (MBV, EHPK & NR 2025): 1g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 3 days to cold, throat pain and whooping cough. Consumption of spicy food, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and *Capsicum frutescens* L., Solanaceae, *Kaantharimilagu/ Kaattukaantharimilagai* (MBV, EHPK & NR 20122), is prohibited.

**Psychotria macrocarpa** Hook.f., Rubiaceae, *Siruvelapatchilai* (MBV, EHPK & NR 2155): 1 teaspoonful shade-dried powder made from equal quantity of leaves and tender fruits is mixed with honey and consumed 2 times a day for 7 days for asthma and giddiness. Consumption of salt and spicy food is prohibited.


1. 1 teaspoonful shade-dried plant powder is mixed with milk and consumed once a day for 7 days to cure syphilis. Consumption of egg, fresh and dry fish, oily food and cold water is prohibited. The patient is advised to consume salt-free meals, *Moringa pterygosperma* Gaertn., Moringaceae, *Drumstick, Murungai* (MBV, EHPK & NR 20132) fried leaves without water and boiled and cooled water.
2. 2g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 4 days for rheumatism. Consumption of egg, fish and dry fish is prohibited for 4 days.

3. 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed 2 times a day for 5 days to cure giddiness and leukemia.

*Psychotria subintegra* (Wight & Arn.) Hook.f., Rubiaceae, *Kootchimandalapatchilai* (MBV, EHPK & NR 2056): Paste made from equal quantity of leaves and flowers is applied on the body and taken a bath after a half-hour once a day for 4 days for joint pain. Meal is consumed after a half-hour.

*Pteris scabripes* Wall. ex Ag., Pteridaceae, *Malaisurulipatchilai* (MBV, EHPK & NR 2196): 1g frond paste is consumed once a day and applied externally on the bite site and taken a bath for 5 days as an antidote for poisons.


1. Barks of equal quantities with *Tectona grandis* L.f., Verbenaceae, *Teak, Thekku* (MBV, EHPK & NR 2985) and *Terminalia chebula* Retz., Combretaceae, *Kadukai* (MBV, EHPK & NR 20109), are boiled with water, extracted and gargled daily for 5 minutes for 10 days to strengthen tooth gums.

2. Shade-dried bark powder is brushed daily for 5 days for toothache.

3. Fresh milk is brushed over teeth daily in the morning for 7 days to strengthen tooth gums.

*Punica granatum* L., Punicaceae, *Pomegranate, Maathulai* (MBV, EHPK & NR 20101):

1. 20g tender leaf powder is consumed once a day for vomiting and loose motion.
2. 5g paste of either leaves or tender fruits is consumed once a day for stomach disorders.

3. Fruit rind rubbed with 50ml old rice meal water is consumed once a day for 3 days to control loose motion in infants.

4. 100g seeds, *Curculigo trichocarpa* (Wight) Bennet & Raizada, Hypoxidaceae (Fig. 10.5), *Thirupanai-Nilapanai* (MBV, EHPK & NR 1624) one handful rhizome, and *Hemidesmus indicus* (L.) R. Br. var. *pubescens* (Wight & Arn.) Hook. f., Periplocaceae, *Nannari* (MBV, EHPK & NR 1924) one handful roots, are shade-dried, powdered, stored and consumed 1 teaspoonful in empty stomach daily in the morning for 41 days to increase fertility in gents.

*Rauvolfia densiflora* (Wall.) Benth. ex Hook.f., Apocynaceae,

*Paarisrilapatchilai Sirumarapatchilai* (MBV, EHPK & NR 2189 & 2210):

1. 1g paste made from equal quantity of leaves and flowers is consumed with honey 2 times a day for 4 days for rheumatism.

2. 5g leaf paste mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed and drunk 1 liter water daily in the morning. One km jogging and an exercise are advised for 3 days to cure sprain.


1. 5g paste made from equal quantity of leaves and flowers is consumed after 15 minutes 2 times a day for 4 days for rheumatism.
2. 1g paste made from equal quantity of leaves and flowers is mixed with honey and consumed 2 times a day for 5 days for gastric complaints, headache and toothache.

*Rostellularia procumbens* (L.) Nees, Acanthaceae, *Paarikalangipatchilai* (MBV, EHPK & NR 2327): 2g paste made from equal quantity of tender stem, leaves and flowers is mixed with honey and consumed once a day for 5 days to blood clot, chest pain and fever. Consumption of salt and *Capsicum frutescens* L., Solanaceae, *Kaantharimilagai/Kaattukaantharimilagai* (MBV, EHPK & NR 20122), is prohibited.

*Rungia apiculata* Bedd., Acanthaceae, *Neercheerahapatchilai* (MBV, EHPK & NR 1662): 2g plant paste mixed with ghee is consumed 2 times a day for 10 days for cold, to reduce body heat (refrigerant) and throat infection. Consumption of egg, fish and dry fish is prohibited

*Rungia latior* Nees, Acanthaceae, *Aathumilaichedipatchilai* (MBV, EHPK & NR 2052):

1. 2g plant paste is consumed once a day for 8 days for gastric complaints and nasal blockage. Consumption of egg, chewing of *Piper betle* L., Piperaceae, *Betel leaf*, *Vethilai* (MBV, EHPK & NR 20129), *Poilai* and smoking are prohibited.

2. Paste from a green plant is applied on the body and taken a bath after a half hour 2 times a day for 5 days for body pain and to reduce excessive body fluid. Consumption of salt, spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

1. Plant paste is applied on the body and taken a bath after a half-hour for 5 days as an antidote for scorpion bites and intermittent discharge of urine.

2. 1g paste made from equal quantity of roots, leaves and flowers is mixed with ghee and consumed 2 times a day for 10 days for cold, hydration, rheumatism and throat pain. Consumption of egg, fish, dry fish, *Solanum melongena* L., Solanaceae, *Brinjal* (MBV, EHPK & NR 1002), rhizome of *Amorphophallus paemiiifolius* (Dennst.) Nicolson var. *campanulatus* (Blume ex Decne.) Sivadasan, *Chenai* (MBV, EHPK & NR 1020), and having sex are prohibited for 10 days.

*Rungia wightiana* Nees, Acanthaceae, *Kaattupatchaikuringi* (MBV, EHPK & NR 1785 & 2099):

1. 1g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 7 days for chest pain. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), spicy food, egg and dry fish is prohibited.

2. 2g plant paste made from equal quantity of leaves and flowers is mixed with honey and consumed 2 times a day for 5 days for gastric complaints and giddiness.

*Salacia oblonga* Wall. ex Wight & Arn., Celastraceae, *Aathusirunavapatchilai* (MBV, EHPK & NR 1815): 1g paste made from equal quantity of flowers and tender fruits is consumed 2 times a day for 10 days for body pain and beaten swellings. Patient is advised to take a bath regularly.
Sansevieria roxburghiana Schult. & Schult. f., Agavaceae, Sadaimeni (MBV, EHPK & NR 20110): 3 leaves are warmed over flame, squeezed and extracted and poured 5 drops each in both the ears 2 times a day for 2 days for earache.

Saprosma corymbosum (Bedd.) Bedd., Rubiaceae, Karuthivelipatchilai (MBV, EHPK & NR 2043): One teaspoonful shade-dried leaf powder is mixed with honey and consumed daily in the morning for 8 days to purify blood. Consumption of Tamarindus indica L., Caesalpiniaceae, Tamarind, Puli (MBV, EHPK & NR 20112), and fish are prohibited.

Sarcandra chloranthoides Gard., Chloranthaceae, Perukuringipatchilai (MBV, EHPK & NR 1746 & 1848):

1. 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed once a day for 5 days for nervous problems and rheumatism. The paste is also applied on the body and taken a bath. Consumption of egg, fish, dry fish and liquor is prohibited.

2. 2g paste made from equal quantity of leaves and tender fruits is mixed with ghee and consumed 2 times a day for 7 days to blood clot and fever. Consumption of fish, egg, dry fish, Piper betle L., Piperaceae, Betel leaf, Vethilai (MBV, EHPK & NR 20129), and having sex are prohibited for 8 days.

Sauropus androgynus (L.) Merr., Euphorbiaceae, Aathnerivalipatchilai (MBV, EHPK & NR 1561): 1g paste made from equal quantity of leaves, flowers and tender fruits is consumed 2 times a day for 5 days for giddiness and vomiting. Consumption of egg,
fish and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

*Scoparia dulcis* L., Scrophulariaceae, *Aathusirumalli/Kaattumalli* (MBV, EHPK & NR 2064 & 2983):

1. 2g plant paste mixed with cow milk is consumed 2 times a day for 3 days for gastric complaints, toothache and weakness. The patient is advised to take a bath 3 times a day.

2. 5g leaf paste mixed with fruit paste of *Cassia occidentalis* L., Caesalpiniaceae, *Oolanthuvarai* (MBV, EHPK & NR 2979), is consumed once a day for 5 days for liver complaints. Consumption of salt is prohibited.

*Scurrula cordifolia* (Wall.) G. Don, Loranthaceae, *Maraottipatchilai* (MBV, EHPK & NR 1860): 1 teaspoonful paste made from equal quantity of leaves and flowers is mixed with milk and consumed 2 times a day for 5 days for nervous problems. Consumption of fish, liquor and smoking are prohibited.

*Scutellaria violacea* Heyne ex Benth., Lamiaceae, *Boominilanoapatchilai* (MBV, EHPK & NR 2342): Plant paste mixed with Chunnambu (Calcium carbonate) is applied once a day for 3 days for pimples.

*Scutellaria wightiana* Benth., Lamiaceae, *Kaatuneipatchilai/Patchilai* (MBV, EHPK & NR 1621):

1. Plant paste is applied on the swelling 2 times a day for 5 days for measles. Chewing of *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), and *Poilai* is prohibited.
2. 10g paste made from aerial plant part is mixed with a pinch of common salt and applied 2 times a day for 3 days for boils.

*Securinega virosa* (Roxb. ex Willd.) Baill., Euphorbiaceae, *Kaattukadampupatchilai* (MBV, EHPK & NR 1576): A quarter teaspoonful paste made from equal quantity of stem, flowers and tender fruits is mixed with honey and consumed 2 times a day for 5 days for joint pain (hand and leg). Consumption of egg, dry fish, salt and smoking are prohibited.

*Selaginella tenera* (Hook. & Grew) Spring, Selaginellaceae, *Malaisurulipatchilai* (MBV, EHPK & NR 2185): 5g leaf paste mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed daily in the morning for 15 days for gastric complaints and tiredness. Consumption of salt, spicy food and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112) is prohibited.

*Senecio hawtensis* Hook. f., Asteraceae, *Aathusirukalangipatchilai* (MBV, EHPK & NR 1967): 2g paste made from equal quantity of leaves and flowers is mixed with honey and consumed 2 times a day for 7 days to blood clot and sore throat. Consumption of fish, egg and dry fish and smoking are prohibited.

*Sida acuta* Burm. f., Malvaceae, *Kurunthottipatchilai* (MBV, EHPK & NR 2062): A half teaspoonful plant extract is consumed once a day for 5 days for jaundice. Chewing of *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), and smoking are prohibited.
**Sida cordata** (Burm. f.) Borss., Malvaceae, *Ittalipoo/Kaattuaathusiruneerpatchilai* (MBV, EHPK & NR 1735):

1. 1g plant paste mixed with 100 ml milk is consumed 2 times a day for 5 days for urinary blockage.

2. Plant paste is applied 2 times a day for 2 to 3 days for boils.

**Smithia gracilis** Benth., Fabaceae, *Paarimani/vaatipatchali* (MBV, EHPK & NR 2483):

2g paste made from equal quantity of roots, leaves and flowers is mixed with ghee and consumed once a day for 3 days for leukemia and piles. Consumption of egg, fish and dry fish is prohibited.

**Solanum nigrum** L., Solanaceae, *Kurathakkali/Manathakkali* (MBV, EHPK & NR 1557 & 20105):

1. 2 drops each of leaf extract are poured into the ears once a day for 2 days for earache.

2. Leaf pieces are boiled with 200ml water and consumed 2 times a day for stomach pain.

3. Leaves are fried, extracted and consumed a quarter teaspoonful once a day for 4 days for stomach problems in infants.

**Sonerila tinneelensis** Fischer, Melastomataceae (Fig. 13.3), *Kalpuli* (MBV, EHPK & NR 1663 & 2220):

1. 2g plant paste mixed with honey is consumed 2 times a day for 3 days for rheumatism.
2. Leaves are mashed and applied on the body for 2 days for body itching.

*Spermacoce hispida* L., Rubiaceae, *Aathucheerahapatchilai/Aathukolingipatchilai* (MBV, EHPK & NR 2021 & 2048):

1. 10g paste made from equal quantity of leaves, flowers and tender fruits is consumed once a day for 3 days to blood clot and inner body pain. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food is prohibited.

2. 2g paste made from equal quantity of leaves and tender fruits is mixed with *Cocos nucifera* L., Arecaaceae (Fig. 5.2), tender Coconut water, *Thengai* (MBV, EHPK & NR 20102), and consumed once a day for 5 days for rheumatism. Consumption of egg, fish and dry fish is prohibited.

*Spermacoce pusilla* Wall., Ruhiaceae, *Kaatlusiruvanthanpatchilai* (MBV, EHPK & NR 1711): 2 g paste made from equal quantity of roots, stem and flowers is mixed with ghee and consumed 2 times a day for 3 days for back pain and body pain.

*Spilanthes calva* DC., Asteraceae, *Mulmulapatchilai/Palvalipoo* (MBV, EHPK & NR 1608):

1. 2g plant paste is consumed once a day for 3 days for gastric complaints. Consumption of fish, egg and dry fish is prohibited.

2. 5 flowers are munched and gargled for about 15 minutes 2 times a day and washed mouth using hot water for 4 days for toothache.

*Stenosiphonium russelianum* Nees, Acanthaceae, *Kaattuseenavelpatchilai* (MBV, EHPK & NR 1751): 5g paste made from equal quantity of stem, leaves and flowers is
mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed 2 times a day for 3 days to purify blood. The patient is advised to take a bath regularly.

**Stenosiphonium wightii** Bremek., Acanthaceae, *Kaausirukalangipatchilai/Oadaisirukalangipatchilai* (MBV, EHPK & NR 1585, 1855 & 2086):

1. 1 teaspoonful shade-dried plant powder is consumed 2 times a day for 5 days for giddiness. Consumption of salt and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.

2. Plant paste is applied on the bite site 2 times a day for 4 days as an antidote for honeybee and scorpion bites. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food is prohibited for 4 days.

3. 2g plant paste is consumed 2 times a day for 3 days for leukemia.

**Stephania japonica** (Thunb.) Miers, Menispermaceae, *Boominilathalipatchilai* (MBV, EHPK & NR 1718):

1. Leaves are mashed, extracted, left undisturbed for 15 minutes to solidify and consumed 25g 2 times a day for 5 days for cough.

2. Leaf paste is applied on the child head (considered to be equivalent for Sandal paste) to get cooling effect.

**Stephania wightii** (Arn.) Dunn, Menispermaceae, *Kaatukodimunthribatchilai* (MBV, EHPK & NR 2471): Paste made from equal quantity of leaves and tender fruits is
applied on the body and taken a bath after a half-hour to reduce body heat (refrigerant).

*Stropanthes wightianus* Wall. ex Wight, Apocynaceae, *Aatusenguruthipatchilai/
Sirumarapatchilai* (MBV, EHPK & NR 1667 & 2152)

1. 20g plant paste mixed with 25ml milk is consumed once a day for 3 days for leg pain. The plant paste is also applied on the body and taken a bath in cold water.

2. 5g shade-dried powder made from equal quantity of leaves and flowers is mixed with honey and consumed 2 times a day for 3 days for body pain. Sexual life is also prohibited for 15 days.

*Strj'chnos potatorum* L. f., Loganiaceae, *Paarisirutilampadarthipatchilai* (MBV, EHPK & NR 1185): 2g shade-dried powder made from equal quantity of leaves and tender fruits is consumed once a day for 5 days for piles. Consumption of egg, fish, dry fish, *Tamarindus indic*a L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and spicy food is prohibited.

*Strj'chnos vanprukii* Craib, Loganiaceae, *Kaatusirukanjieramarapatchilai* (MBV, EHPK & NR 2429): 2g paste made from equal quantity of leaves, flowers and tender fruits is consumed once a day for 5 days for rheumatism. Consumption of egg, fish and dry fish is prohibited.


1. 2g paste made from equal quantity of leaves and flowers is mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127),
and consumed once a day for skin diseases. The paste is also applied on the body and taken a bath in hot water daily for 4 days.

2. 10g paste made from equal quantity of leaves and flowers is consumed once a day for 10 days for blood vomiting, piles and weakness. Consumption of fish, dry fish, egg and spicy food is prohibited for 10 days.

3. 2g paste made from tender leaves is mixed with \textit{Borassus flabellifer} L., Arecaceae, \textit{Palm-sugar, Karupetti} (MBV, EHPK & NR 20127), and consumed 2 times a day for 4 days for toothache and tooth worms. Consumption of egg, dry fish and liquor is prohibited.

\textit{Symplocos macrocarpa} Wight ex C.B. Clarke, Symplocaceae, \textit{Kaattupalipatchilai} (MBV, EHPK & NR 2973): 2g paste made from equal quantity of leaves, flowers and tender fruits is mixed with honey and consumed 2 times a day for 6 days for rheumatism. Consumption of fish, egg and oily food is prohibited.

\textit{Syzygium cumini} (L.) Skeels, Myrtaceae, \textit{Aathunaaval} (MBV, EHPK & NR 1179 & 2031):

1. 2g paste made from equal quantity of leaves, flowers and tender fruits is mixed with honey and consumed once a day for 4 days for rheumatism. Consumption of egg, fish and dry fish and having sex are prohibited for 4 days.

2. Bark is boiled with water, placed a hot stone, inhaled steam for 5 days for body pain and headache. Consumption of salt, \textit{Tamarindus indica} L., Caesalpiniaceae, \textit{Tamarind, Puli} (MBV, EHPK & NR 20112), and egg is prohibited.
**Syzygium mundagam** (Bourd.) Chithra, Myrtaceae, *Kaatuperumkaapipatchilai/Vaanapoopatchilai* (MBV, EHPK & NR 2008 & 2347):

1. 1g paste made from equal quantity of leaves and flowers is consumed once a day for 3 days for headache and to reduce excessive body fluid. Consumption of *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), and *Poilai* are prohibited.

2. 2g paste made from equal quantity of leaves and flowers is mixed with honey (Kombuthene) and consumed once a day for 5 days for body pain and breathing troubles.

**Syzygium rubicundum** Wight & Arn., Myrtaceae, *Marimulpitchilai* (MBV, EHPK & NR 2026): A half teaspoonful paste made from equal quantity of leaves and flowers is consumed 2 times a day for 2 days for body pain and gastric problems.


1. A half teaspoonful leaf extract is consumed 2 times a day for 5 days as an antidote for poisons. External application on the bite site has more effect.

2. 5g leaf paste is consumed once a day for 2 days for urinary disorders.

3. Fishes are placed on the leaves, fried and consumed taste enriched fishmeal.


1. 1g paste made from equal quantity of leaves and flowers is mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127),
and consumed 2 times a day for 5 days for rheumatism. Consumption of egg, dry fish and oily food is prohibited.

2. Leaf paste is applied on the injuries by plant thorns once a day for 3 days.

*Tabernaemontana heyneana* Wall., Apocynaceae, *Kaattusirumaanthapatchilai* (MBV, EHPK & NR 1824). 1g leaf paste is consumed 2 times a day for 3 days for fever and headache.

*Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112):

5ml leaf extract is poured on a hot iron plate, boiled and collected. Seenkaaram (stone having crystal) is rubbed with the leaf extract and smeared over the eyelid with slight warm once a day for 2 to 3 days. Face is washed with leaf extract in the morning for eye pain.


1. 1g paste made from equal quantity of leaves and flowers is mixed with honey and consumed 2 times a day for 4 days for earache and headache.

2. 2g paste made from equal quantity of leaves and flowers is mixed with *Borassus flabellifer* L., Arecaeae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), and consumed 2 times a day for 3 days for fits and nervous problems.

3. 20g paste made from equal quantity of leaves, flowers and tender fruits is mixed with water and consumed 2 times a day for 3 days to increase general health.
**Tarenna lucens** (Hook. f.) Tirven., Rubiaceae, *Paathalanilamarapatchilai* (MBV, EHPK & NR 2197): 5g paste made from equal quantity of leaves, flowers and tender fruits is consumed 2 times a day for 10 days as a health tonic for pregnant ladies.

**Tarenna monosperma** (Wight & Arn.) Raju, Rubiaceae, *Nilavarapatchilai* (MBV, EHPK & NR 2031): 5g paste made from equal quantity of leaves and flowers is mixed with ghee and consumed 2 times a day for 4 days for blood vomiting. Consumption of salt, spicy food, egg and dry fish and having sex are prohibited for 12 days.

**Terminalia chebula** Retz., Combretaceae, *Kadukai* (MBV, EHPK & NR 20109): Seeds are shade-dried, mashed, and collected fleshy epicarp portions, which are powdered, stored and consumed one teaspoonful in empty stomach in the morning for 41 days to create sterility in males.

**Tiliacora acuminata** (Lam.) Hook. f. & Thoms., Menispermaceae, *Malaiyetalapatchilai* (MBV, EHPK & NR 1198): 2g paste made from equal quantity of leaves and flowers is mixed with honey and consumed once a day for 8 days for body pain, giddiness and nervous sprain. Consumption of salt, *Tamarindus indica* L., Caesalpiniaceae, *Tamarind. Puli* (MBV, EHPK & NR 20112), and *Capsicum frutescens* L., Solanaceae, *Kaantharimalag Kaattukaantharimalagai* (MBV, EHPK & NR 20122), is prohibited.

**Toddalia asiatica** (L.) Lam., Rutaceae, *Kaattuvalipatchilai* (MBV, EHPK & NR 1678): 3g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 15 days for intestinal problems. Consumption of egg, fish, dry fish and liquor and having sex are prohibited for one month.
Trema orientalis (L.) Bl., Ulmaceae, Raathi (MBV, EHPK & NR 2974): Plant is boiled with 3 litre water in an air-tightened earthen vessel for 12 hours, extracted and consumed once as an antidote for poisons.

Trichilia connaroides (Wight & Arn.) Bentvelzen, Meliaceae, Ellutimooligai/ Ellutripattai (MBV, EHPK & NR 1971):

1. Mashed bark is boiled with water and consumed 100ml extract 2 times a day for 5 days to set fractured bones.

2. 100ml bark extract is consumed 2 times a day and a cotton cloth partly immersed in the extract is applied on the affected parts as poultice for 7 days to set fractured bone.

3. 100ml bark extract mixed with white albumen of 3 eggs and 25ml Brandi is consumed 2 times a day for 2 days for nervous problems.

Trichopus zeylanicus Gaertn. subsp. travancoricus (Bedd.) Burkill, Dioscoreaceae, Arockiapatchilai (MBV, EHPK & NR 1356): 2g paste made from equal quantity of leaves and tender fruits is consumed once a day for 6 days for body pain, fever and whooping cough. Consumption of egg, fish and dry fish and having sex are prohibited for 6 days.

Tridax procumbens L., Asteraceae, Kaatunilampadarthipatchilai/Karappan' Nilampadarthi (MBV, EHPK & NR 1612 & 20133):

1. A quarter teaspoonful plant paste mixed with honey is consumed 2 times a day for 4 days to giddiness, nervous dislocations and tiredness.
2. 10g leaves boiled with 100ml *Cocos nucifera* L., Arecaaceae (Fig. 5.2), Coconut oil, Thengaiennai (MBV, EHPK & NR 20102), is applied for itching, scabies and skin infections.

*Triumfetta annua* L., Tiliaceae, *Kaattunilasarisarivupatchilai* (MBV, EHPK & NR 1849): 10g plant paste mixed with old rice meal water is consumed 2 times a day for 5 days to reduce body heat (refrigerant). Consumption of fish, egg, dry fish and liquor is prohibited.

*Urginea indica* (Roxb.) Kunth, Liliaceae, *Vehuvengayam* (MBV, EHPK & NR 1611): Paste of a bulb is applied daily for 3 days on the burns.

*Utricularia graminifolia* Vahl, Lentibulariaceae (Fig. 14.4), *Visapul* (MBV, EHPK & NR 1992): Whole plant is mashed, rubbed on the body and taken a bath for 2 days for itching of hands and legs.

*Uvaria narum* (Dunal) Wall. ex Wight & Arn., Annonaceae (Fig. 14.2), *Kaattusiruvelamarapatchilai* (MBV, EHPK & NR 2345): 10g paste made from equal quantity of stem, flowers and tender fruits is consumed once a day for 10 days for rheumatism. Consumption of egg, fish, dry fish and oily food is prohibited.

*Vaccinium neilgherrense* Wight, Vacciniaeae, *Kaattuthuvaranipatchilai* (MBV, EHPK & NR 1645): 1g plant paste mixed with 25 ml milk is consumed once a day for 4 days for body pain, cough, joint pain and nervous problems. Consumption of *Piper betle* L., Piperaceae, *Betel leaf, Vethilai* (MBV, EHPK & NR 20129), and smoking are prohibited.
**Ventilago gamblei** Suesseng., Rhamnaceae (Fig. 14.1), *Kaattusiruvengaikodi* (MBV, EHPK & NR 1933): Paste made from equal quantity of stems, leaves and flowers is applied on the body and taken a bath after a half-hour for 3 days for skin diseases.


1. One teaspoonful plant paste mixed with honey is consumed 2 times a day for 3 days for gastric complaints. Consumption of salt and spicy food is prohibited.
2. Plant paste is applied on the body and taken a bath after a half-hour for 4 days to skin diseases. Consumption of liquor and smoking Beedi are prohibited.
3. Plant paste is applied 2 times a day for 2 days for boils.

**Vernonia divergens** (Roxb.) Edgew., Asteraceae (Fig. 14.5), *Kaattupanithumbai* (MBV, EHPK & NR 1960):

1. 1 teaspoonful plant paste mixed with ghee is consumed 2 times a day for 8 days to control blood discharge and to reduce body heat (refrigerant). Consumption of salt, spicy food and dry fish and having sex are prohibited for 15 days.
2. 1 teaspoonful shade-dried leaf powder is consumed 2 times a day for 3 days for asthma of infants.

**Vernonia peninsularis** (C.B.Clarke) C.B.Clarke ex Hook.f. var. *kodayarensis* Gopalan & A.N. Henry, Asteraceae, *Kaatupoilachedi* (MBV, EHPK & NR 1840): 2g paste made from equal quantity of leaves and flowers is consumed 2 times a day for 4 days to gastric complaints.
1. Leaves of *Ventilago gamblei* of Rhamnaceae cure skin diseases; 2. Fruits of *Uvaria narum* of Annonaceae used to cure rheumatism; 3. Flattened stem of *Viscum ramosissimatum* of Loranthaceae used to cure asthma and gastric complaints; 4. Pink flowers of *Utricularia graminifolia* of Lentibulariaceae cure itching of hands and legs; 5. Leaves and flowers of *Vernonia divergens* of Asteraceae control blood discharge, reduce body heat (refrigerant) and asthma in infants; and 6. *Visakal* - a herbal stone used to suck poison from bitesite.
Vernonia ramaswamii Hutch., Asteraceae, *Kaatsirumallipatchilai* (MBV, EHPK & NR 1668): 5g paste made from equal quantity of leaves and flowers is mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), and consumed 2 times a day for 3 days for giddiness and skin infections between fingers and toes. Consumption of salt and spicy food is prohibited.

Viscum ramosissimum Wight & Arn., Loranthaceae (Fig. 14.3), *Kaatunilamarapatchilai* (MBV, EHPK & NR 2314): 2g paste made from equal quantity of leaves and flowers is mixed with honey (Kombuthene) and consumed once a day for 10 days for asthma and gastric complaints. Consumption of egg, fish, dry fish, and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), and having sex are prohibited for 10 days.

Vitex altissima L.f., Verbenaceae, *Kaatumylaipatchilai* (MBV, EHPK & NR 2476): 1g paste made from equal quantity of leaves and tender fruits is consumed once a day for 5 days for giddiness and leukemia. Consumption of egg and *Tamarindus indica* L., Caesalpiniaceae, *Tamarind, Puli* (MBV, EHPK & NR 20112), is prohibited.


1. 5g paste made from equal quantity of leaves and flowers is mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed once a day for 7 days to weakness (debility). Consumption of egg, *Poilai* and liquor is prohibited.
2. 20g paste made from equal quantity of leaves and tender fruits is mixed with ghee and consumed once a day for 10 days for piles. Consumption of egg, fish, dry fish and oily food and having sex are prohibited for 10 days.

*Vitex negundo* L., Verbenaceae, *Nochi* (MBV, EHPK & NR 20150): A cotton cloth containing 50g leaf pieces and 100g rice brawn is steam-boiled and fomented for 1 day for body pain.

*Walsura trifoliata* (A. Juss.) Harms, Meliaceae, *Kaatusirvelamarapatchilai* (MBV, EHPK & NR 2309): 2g paste made from equal quantity of leaves and tender fruits is mixed with ghee and consumed once a day for 10 days for cancer and fits. Consumption of egg, fish, dry fish and oily food and having sex is prohibited for 10 days.

*Xanthium indicum* Koen., Asteraceae, *Kaakatheri* (MBV, EHPK & NR 2003): 1 teaspoonful paste made from equal quantity of roots, leaves and flowers is mixed with water and consumed 2 times a day for 3 days to reduce excessive body fluid and leg ulcers. The paste is also applied on head and toes for a quick cure.

*Xanthophyllum flavescens* Roxb., Xanthophyllaceae, *Perianangai* (MBV, EHPK & NR 1552 & 1694):

1. 1 teaspoonful plant paste mixed with *Borassus flabellifer* L., Arecaceae, *Palm-sugar, Karupetti* (MBV, EHPK & NR 20127), is consumed 2 times a day for 4 days to reduce body heat (refrigerant), throat pain and swelling. Patients are advised to consume bread and milk only.
2. Plant paste is applied on the body and taken a bath after 15 minutes for 5 days for skin diseases.

3. 2g paste made from aerial portion is consumed 2 times a day for 4 days for back itching and chest pain.

*Zehneria maysorensis* (Wight & Arn.) Arn., Cucurbitaceae, *Kaattuthupatchilai* (MBV, EHPK & NR 1570): Plant paste is applied on the body and taken a bath after 10 minutes once a day for 8 days for body pain. Consumption of egg, fish and dry fish is prohibited.

*Ziziphus xylopyrus* (Retz.) Willd., Rhamnaceae, *Kaaltuu,mijxilchilai* (MBV, EHPK & NR 1902): 1 teaspoonful plant paste is consumed 2 times a day for 3 days for dysentery and to clean stomach.

*Visakal*: means poisonous stone (Fig. 14.6). Mr. Poovendrankani, a Kani medical practitioner, has a Visakal acquired as an ancestral property made up of several plant extracts. He did not know the names of the plants. When the Visakal is placed at the bite-site it adsorbs on the surface and sucks poison. When the sucking is over it falls down. It is treated with cow milk to facilitate release of poison. When it releases poison the milk turns into black. Then it is collected by decanting, washed thoroughly with water, dried and again used. This procedure is repeated time and again to remove poison from the bitesite.