Enumeration of Medicinal Plants
**Abrus precatorius** L.

The paste prepared from 10 g of root with water is applied externally 2 times a day for a period of 1 week to treat poisonous bites and dandruff.

**Abutilon indicum** (L.) Sweet subsp. *guineense* (Schumach.) Borssum

Fresh roots are chewed and the juice is swallowed to reduce thirstiness. Fresh leaves are chewed with onion bulbs (*Allium cepa* L.) and the juice is swallowed 3 times a day for 2 days to stop breathing trouble.

**Acacia sinuata** (Lour.) Merr.

The decoction prepared from 10 g of fresh leaves with 100 ml of water is taken orally 2 times a day for 1 week to arrest cold.

**Acalypha fruticosa** Forssk.

The paste prepared from 15 g of whole plant with water and salt is taken orally 1 time a day for 2 days to get relief from gastritis.

**Acalypha indica** L.

The paste prepared from 10 g of leaves with water is applied externally 2 times a day for a period of 1 week to treat skin diseases.

**Acalypha racemosa** Heyne ex Baill.

The juice prepared from 10-to15 g of fresh leaves with 50 ml of water is taken orally 2 times a day for 2 days to get relief from indigestion.
Achyranthes aspera L. var. aspera

The juice prepared from 10 g of leaves with 200 ml of rice fermented water is taken orally 2 times a day for a period of 5 days to obtain relief from eczema. 2-3 grams of shade dried root powder is taken orally with cold water 2 times a day for a week to treat snakebite.

Achyranthes aspera L. var. rubro-fusca (Wight) Hook. f. (Plate-VII a)

50 g of powder prepared from the shade dried whole plant is used to brush teeth with hot water 2 times a day for 1 week to treat toothache.

Aegle marmelos (L.) Correa

50 g of fresh root bark, root and leaves are boiled with coconut oil and the oil is applied on the knee three times a day for 3 days to get relief from pain on the knees. 500 mg of powder prepared from the fruits is taken orally with water once in a day for 2 to 3 days to get relief from dysentery.

Aerva lanata (L.) Juss. ex Schultes

The juice prepared from 10 to 15 g of whole plant with 150 ml of water is taken orally 3 times a day for a period of 2 days to reduce eczema.

Ageratum conyzoides L.

The powder (1gm) prepared from the shade dried leaves is taken orally along with water for a period of 7 days in a single dose to get relief from gastric problems.

Aloe vera (L.) Burm. f. (Plate-VII b)

A fresh leaf is taken orally as such after removing the epidermal peel, once a day for a period of 3 to 4 days to reduce the body heat.
**Alternanthera sessilis** (L.) R. Br. ex DC.

100 g of stem and leaf is boiled and taken orally along with rice for a period of 30 days in a single dose per day to treat ulcer.

**Ammannia baccifera** L. subsp. *aegyptiaca* (Willd.) Koehne

The paste prepared from 10 g of whole plant with water is mixed with lemon juice and it is applied externally 2 times a day for a period of 1 week to treat eczema.

**Andrographis alata** (Vahl.) Nees

10 to 15 g of whole plant is made into paste and taken 2 times in a day for 3 days as a vermifuge.

**Andrographis paniculata** (Burm. f.) Wall. ex Nees

The paste prepared from 10 g of fresh leaves with water is applied externally on the spot 2 times a day for a period of 5 days to treat snakebite and other poisonous bites.

**Anisomeles indica** (L.) Kuntze

The water extract of whole plant is applied externally 2 times in a day for a period of 1 week to treat rheumatic pain.

**Anisomeles malabarica** (L.) R. Br. ex Sims

1 teaspoon of juice prepared from 10 g of fresh leaves with hot water is given to children 3 times a day for a period of 2 days to arrest vomiting.

**Aristolochia indica** L. (Plate- VII c)

The paste prepared from 25 g of vegetative part with water is applied externally once in a day for a period of 1 week to treat poisonous bites and dandruff.
Asparagus racemosus Willd. (Plate- VII d)

The powder prepared from 20 g of root tuber and roots of this plant is taken orally with 150 ml of goat’s milk or rice fermented water 3 times a day for a period of 2 days to treat lumbago and leucorrhoea.

Azadirachta indica A. Juss.

The juice prepared from 10 g of fresh young leaves and root bark with water is taken orally in empty stomach for a period of 2 days in a single dose to get relief from indigestion and to destroy intestinal worms.

Azima tetracantha Lam. (Plate –VIII a)

The juice prepared from 10 g of whole plant with 200 ml of water is taken orally for 1 day in a single dose to arrest vomiting.

Bacopa monnieri (L.) Pennell

50 to 100 g of whole plant is boiled in coconut oil and the oil is applied on the knees 3 times a day for 3 days to get relief from pain on the knees.

Barleria longiflora L. (Plate-VIII b)

The powder (1g) prepared from the shade dried whole plant is taken orally along with water 2 times a day for a period of 3 days to treat poisonous bites.

Basella alba L. var. alba

The juice prepared from 15 g of whole plant with 200 ml of water is taken orally 3 times a day for a period of 2 days to reduce the body heat.
Bauhinia racemosa Lam.

The powder (1g) prepared from the shade dried leaves is taken orally 2 times a day for a period of 3 days to treat any poisonous bites.

Blepharis maderaspatensis (L.) Heyne ex Roth.

The paste prepared from fresh leaves with water is applied externally once in a day for a period of 1 week to heal the wounds.

Boerhavia diffusa L.

The water extract of whole plant is applied externally 2 times a day for a period of 3 days to get relief from rheumatic pain.

Calotropis procera (Ait.) R. Br.

The powder (1g) prepared from the shade-dried leaves is taken orally 2 times a day for a period of 3 days to get relief from chest pain.

Capparis sepiaria L.

10 g of the fresh bark of the stem is made into paste with lemon juice and it is applied externally once in a day for a period of 1 week to treat eczema and dandruff.

Capparis zeylanica L.

The juice prepared from 100 g of whole plant with chicken soup is boiled and taken orally 2 times a day for 2 days to get relief from asthma.

Capsicum annuum L.

Fresh fruits are chewed and the juice is swallowed 3 times a day for 2 days to get relief from earache.
*Cardiospermum canescens* Wall.

The paste prepared from 10 g of leaves with water is taken orally along with Cow’s milk for a period of 3 days in a single dose per day to reduce bile problems.

*Cardiospermum halicacabum* L.

The juice prepared from 10 g of whole plant with 100 ml of water is taken orally in empty stomach for a period of 2 days in a single dose to arrest dysentery.

*Carica papaya* L.

The juice prepared from 20 g of seed with 200 ml of water is taken orally 2 times a day for a period of 3 days to reduce the body heat. The juice of the fruit is taken orally in an empty stomach for abortion.

*Cassia auriculata* L.

The paste prepared from 10 g of leaves with water is applied on the head 2 times a day for a period of 3 days to reduce the body heat.

*Cassia fistula* L.

The paste prepared from 10 g of leaves with water is applied externally 3 times a day for a period of 3 days to treat any injuries.

*Cassia senna* L.

The paste prepared from 10 to 15 g of whole plant with rice-fermented water is applied externally 2 times a day for a period of 5 days to treat itching and poisonous bites.
**Cassia sophera** L.

The paste prepared from 10 g of whole plant with water is applied on the head 2 times a day for a period of 3 days to get relief from cold.

**Cassia tora** L.

The juice prepared from 10 to 15 g of root with 150 ml of water is taken orally in empty stomach for a period of 2 days in a single dose to get relief from skin diseases.

**Catharanthus roseus** (L.) G. Don

50 g of the fresh root is boiled with water and applied externally once in a day for 1 week to get relief from rheumatic pain.

**Cayratia pedata** (Lam.) Juss. ex Gagnep. var. *glabra* Gamble

The paste prepared from 10 to 15 g of leaves with water is applied externally 2 times a day for a period of 3 days to treat poisonous bites.

**Ceiba pentandra** (L.) Gaertn.

The powder (1g) prepared from the shade dried flowers is taken orally along with water 2 times a day for a period of 1 week to get relief from gastric problems.

**Celosia argentea** L.

The paste prepared from 10 g of fresh leaves with water is applied on the head 2 times a day for a period of 2 days to reduce the body heat.

**Centella asiatica** (L.) Urban

The juice prepared from 10 to 15 g of leaves with 200 ml of Goat’s milk is taken orally once in a day for 3 days to reduce the body heat.
*Ceropegia juncea* Roxb.

The juice prepared from 10 to 20 g of whole plant with 200 ml of rice fermented water is taken orally 2 times a day for a period of 2 or 3 days to treat gastric problems.

*Chloroxylon swietenia* DC.

The paste prepared from 10 g of fresh leaves with water is applied externally once in a day for a period of 3 days to treat poisonous bites.

*Cissampelos pareira* L. var. *hirsuta* (Buch.-Ham. ex DC.) Forman

The paste prepared from leaves with water is taken orally along with Cow's milk 2 times a day for a period of 2 days to get relief from lumbago.

*Cleome gynandra* L.

The powder (1g) prepared from the shade dried whole plant is taken orally along with water 2 times a day for a period of 3 days to treat poisonous bites.

*Cleome viscosa* L.

Shade dried plants are powdered and 1 teaspoon of powder is taken orally along with water in empty stomach for a period of 3 days in a single dose to treat any poisonous bites.

*Clitoria ternatea* L.

The paste prepared from 10 g of whole plant with water is applied externally 2 times a day for a period of 1 week to relieve the pain.
Coccinia grandis (L.) Voigt

50 g of powder prepared from the shade dried whole plant is taken orally along with water 3 times a day for a period of 2 days to get relief from burning micturition.

Cocculus hirsutus (L.) Diels

The water extract of leaves is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain.

Corallocarpus epigaeus (Rottl. & Willd) Clarke

The juice prepared from 10 to 15 g of fresh leaves with 150 ml of rice fermented water is taken orally 2 times a day for a period of 5 days to treat itching.

Crinum latifolium L.

50 g of whole plant is roasted with onion bulbs (Allium cepa L.) in castor oil and tied on the foot 2 times a day for 3 continuous days to treat corn.

Crotalaria pallida Dryand.

The paste prepared from 10 g of fresh leaves with water is applied externally once in a day for a period of 1 week to treat eczema.

Croton bonplandianum Baill.

The powder (1 tea spoon) prepared from the shade-dried stem and leaves is taken orally along with water 2 times a day for a period of 3 days to treat poisonous bites.
**Ctenolepis garcinii** (Burm. f.) Clarke (Plate – VIII c)

The powder (1 g) prepared from the shade dried whole plant is mixed with honey and it is given to children 2 times a day for a period of 2 days to treat bronchitis.

**Cuscuta reflexa** Roxb.

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain.

**Cynodon dactylon** (L.) Pers.

The juice prepared from 10 to 15 g of fresh leaves with 200 ml of Cow’s milk is taken orally 2 times a day for a period of 3 days to treat leucorrhoea.

**Datura metel** L.

The leaves are gently heated on flame and applied on the face once in a day for a week to treat pimples.

**Desmodium gangeticum** (L.) DC.

The paste prepared from 10 g of whole plant with water is applied externally on the wounds 2 times a day for a period of 5 days for healing.

**Dichrostachys cinerea** (L.) Wight and Arn.

The juice prepared from 20 g of whole plant with 200 ml of Cow’s milk is taken orally for a period of 2 days in a single dose to obtain relief from lumbago.

**Dipteracanthus patulus** (Jacq.) Nees (Plate – VIII d)

The powder (1 g) prepared from the shade dried whole plant is taken orally along with water 3 times a day for a period of 2 days to treat poisonous bites.
PLATE - VII

ETHNOMEDICINAL WEALTH OF VALAIYANS

b. Aloe vera (L.) Burm. f.
c. Aristolochia indica L.
d. Asparagus racemosus Wild.
a. *Azima tetracantha* Lam.
b. *Barleria longiflora* L.
c. *Ctenolepis garcinii* (Burm. f.) Clarke
d. *Dipteracanthus patulus* (Jacq.) Nees
Dodonaea viscosa (L.) Jacq.

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain.

Dolichos trilobus L.

The powder prepared from the shaded dried leaves is taken orally along with water 2 times a day for a period of 1 week to reduce the body heat.

Eclipta prostrata (L.) L.

The leaves are boiled in coconut oil and the oil is applied on hair once in a day for 3 months to get black, thick and healthy hair and to prevent premature greying of hair.

Elytraria acaulis (L. f.) Lindau.

10 g of the root is made into paste with lemon juice and it is applied externally once in a day for a period of 1 week to treat eczema.

Enicostema axillare (Lam.) Raynal (Plate- IX a)

The juice prepared from 10 to 15 g of whole plant with 200 ml of Goat's milk or rice fermented water is taken orally 3 times a day for a period of 3 days to reduce the body heat, lumbago and leucorrhoea.

Erythrina variegata L.

The leaf juice is taken orally along with Cow's milk in empty stomach in single dose for a period of 3 to 5 days to arrest cold.
**Euphorbia cyathophora** Murr. (Plate- IX b)

The juice prepared from 10 g of leaves with rice fermented water is taken orally 2 times a day for a period of 1 week to reduce bile problem.

**Euphorbia hirta** L.

The leaves are boiled in coconut oil and the oil is applied on hair once in a day for 3 months to get black, thick and healthy hair.

**Euphorbia nivulia** Buch.-Ham.

The water extract of fresh leaves is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain.

**Euphorbia thymifolia** L.

The powder prepared from the shade dried leaves is taken orally along with water 2 times a day for a period of 1 week to reduce the body heat.

**Evolvulus alsinoides** (L.) L.

The juice prepared from 20 g of whole plant with 150 ml of Goat’s milk is taken orally 3 times a day for a period of 3 days to reduce body heat and to treat lumbago.

**Glinus lotoides** L.

The powder (1g) prepared from the shade dried whole plant is taken orally along with water 2 times a day for a period of 3 days to treat poisonous bites.
Gloriosa superba L. (Plate-IX c)

Two to three unripe fruits are cut into small pieces and boiled in 100 ml of coconut oil for about 30 minutes. After cooling, 2 to 3 drops of the filtered oil is applied to the eyes 3 times a day for 5 days to treat any ophthalmic disease.

Glycosmis pentaphylla (Retz.) DC. (Plate—IX d)

The juice prepared from 10 to 15 g of fresh leaves in 150 ml of water is taken orally 2 times a day for a period of 2 days to get relief from indigestion.

Gmelina asiatica L.

The paste prepared from fresh leaves or fruit with water is applied externally once in a day for a week to treat dandruff.

Hedyotis puberula (G. Don) Arn. Pugill.

The powder (1 g) prepared from the shade dried leaves is taken orally along with water for a period of 48 days in a single dose per day as a treatment for Diabetes.

Hemidesmus indicus (L.) R. Br. var. indicus

One teaspoon of shade dried root powder is mixed with 200 ml Cow’s milk and taken orally 2 times a day for a period of 3 to 4 days to reduce the body heat.

Hibiscus ovalifolius (Forsk.) Vahl

The leaves are boiled in coconut oil and the oil is applied on hair once in a day for 3 months to get black, thick and healthy hair.
Hybanthus enneaspermus (L.) F. v. Muell.

200 ml of juice prepared from the whole plant is taken orally along with Cow’s milk 4 times a day for a period of 3 days to reduce the body heat.

Hyptis suaveolens (L.) Poit.

The juice prepared from 10 to 15 g of whole plant with 150 ml of water is taken orally 3 times a day for a period of 2 days to treat skin diseases.

Ichnocarpus frutescens (L.) R. Br.

One teaspoon of powder prepared from shade-dried root is taken orally along with water 3 times a day for a period of 3 days to treat diabetes and to eliminate stones in the gall bladder.

Indigofera aspalathoides Vahl ex DC. (Plate- IX e)

The juice prepared from 10 to 15 g of whole plant with 200 ml of Cow’s milk is taken orally in empty stomach for a period of 2 days in a single dose to get relief from gastric problems.

Indigofera tinctoria L. (Plate- IX f)

The juice prepared from 10 g of whole plant with 200 ml of Goat’s milk is taken orally 3 times a day for a period of 3 days to treat leucorrhoea.

Ipomoea obscura (L.) Ker-Gawl.

The water extract of whole plant is applied externally once in a day for a period of 5 days to get relief from rheumatic pain.
ETHNOMEDICINAL WEALTH OF VALAIYANS

a. Enicostema axillare (Lam.) Raynal

b. Euphorbia cyathophora Murr.

c. Gloriosa superba L.

d. Glycosmis pentaphylla (Retz.) DC.

f. Indigofera tinctoria L.
**Ipomoea staphylina** Roem. & Schultes (Plate- X a)

The water extract of whole plant is applied externally twice in a day for a period of 1 week to treat rheumatic pain.

**Jatropha curcas** L. (Plate- X b)

The water extract of leaves is applied externally once in a day for a period of 1 week to obtain relief from rheumatism and pain on knees. The root is introduced into vagina and to be kept for overnight for abortion.

**Jatropha glandulifera** Roxb.

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain.

**Jatropha gossypifolia** L. (Plate –X c)

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to get relief from rheumatism.

**Justicia adhatoda** L.

The juice prepared from fresh leaves with 200 ml of Cow's milk is taken orally 3 times a day for a period of 1 week to treat cold.

**Justicia glauca** Rottl.

The paste of about 20 g of fresh plant is applied externally once or twice for 3 days to treat poisonous bites.

**Kleinia grandiflora** (Wall. ex DC.) Rani.

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to treat rheumatic pain.
Lantana camara L. var. aculeata (L.) Mold.

The powder (1 g) prepared from the shade dried leaves is taken orally along with water 2 times a day for a period of 1 week to reduce the body heat.

Lawsonia inermis L. (Plate—X d)

50 g of fresh leaves are soaked in 200 ml of coconut oil and the oil is applied on hair once in a day to get black, thick and healthy hair.

Leucas aspera (Willd.) Link.

The water extract of leaves is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain.

Luffa acutangula (L.) Roxb.

The juice prepared from 20 g of seed with 200 ml of water is taken orally 3 times a day for a period of 2 days to treat cold and headache.

Martynia annua L.

The paste prepared from 15 g of seed with water is applied externally on the spot 2 times a day for a period of 2 days to treat poisonous bites.

Merremia emarginata (Burm. f.) Hall. f.

200 ml of juice prepared from the whole plant with water is taken orally 3 times a day for a period of 3 days to reduce the body heat.

Merremia tridentata (L.) Hall. f. subsp. hastata (Desr.) Ooststr. (Plate – Xe)

The juice prepared from 10 g of whole plant with 200 ml of Goat’s milk is taken orally 2 times a day for a period of 3 days to treat leucorrhoea.
Mimosa pudica L.

The powder (1g) prepared from the shade dried leaves is taken orally along with water 2 times a day for a period of 7 days to reduce the body heat.

Mitragyna parvifolia (Roxb.) Korth.

50 g of fresh bark of the stem is soaked in 200 ml of water for 12 hr., and the filtrate is applied externally once in a day for 1 week to get relief from rheumatic pain.

Mollugo cerviana (L.) Ser.

The juice prepared from 10 to 15 g of whole plant with 150 ml of water is taken orally 3 times a day for a period of 2 days to reduce the body heat.

Mukia maderaspatana (L.) M. Roem.

The juice prepared from 10 g of leaves with 200 ml of rice fermented water is taken orally 2 times a day for a period of 1 week to reduce bile problem.

Nerium oleander L.

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain.

Nothosaerva brachiata (L.) Wight

The juice prepared from 10 to 15 g of whole plant with 150 ml of water is taken orally 3 times a day for a period of 2 days to reduce the body heat.

Ocimum americanum L.

The water extract of whole plant is taken orally 3 times a day for a period of 3 days to treat cough and fever.
*Ocimum basilicum* L. var. *basilicum*

To treat pimples fresh leaves are gently heated in flame and applied on the pimples once in a day for a period of 1 week.

*Ocimum tenuiflorum* L.

The juice prepared from 10 g of leaves with 200 ml of rice fermented water is taken orally 3 times a day for a period of 2 days to get relief from cold and cough.

*Oxalis corniculata* L.

The juice prepared from 10 to 15 g of leaves is taken orally for 3 days in a single dose to get relief from dysentery.

*Passiflora foetida* L.

The juice prepared from 10 g of whole plant with 200 ml of water is taken orally 3 times a day for a period of 3 days to reduce the body heat.

*Pavetta indica* L. var. *indica*

For a period of 3 days 1 teaspoon of powder prepared from the shade dried leaves of the plant is taken orally along with water 3 times a day to treat poisonous bites.

*Pavonia odorata* Willd.

10 to 15 g of plant paste is taken along with 100 ml of hot water in empty stomach for 3 days in single dose to treat rheumatism.

*Pavonia zeylanica* (L.) Cav.

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to get relief from rheumatism.
Pedalium murex L.

200 ml of juice prepared from the whole plant is taken orally along with water 2 times a day for a period of 3 days to reduce the body heat.

Pergularia daemia (Forssk.) Chiov. (Plate - X f)

The juice prepared from 10 to 15 g of leaves with 200 ml of water is taken orally in empty stomach for a period of 2 days in a single dose to get relief from gastric problems.

Phyla nodiflora (L.) Greene (Plate - XI a)

The paste prepared from 10 g of leaves with water is applied on the scalp 2 times a day for a period of 1 week to treat dandruff.

Phyllanthus acidus (L.) Skeels

The Juice prepared from 10 to 15 g of fresh leaves and fruits in hot water are taken orally in empty stomach for 3 days in a single dose to get relief from gastric problems and knee pain.

Phyllanthus amarus Schum. & Thonn. (Plate – XI b)

The paste prepared from 10 to 15 g of whole plant with water is taken orally in empty stomach for a period of 1 week in a single dose to treat jaundice.

Phyllanthus emblica L.

The Juice prepared from 10 to 15 g of fresh fruits and leaves in hot water is taken orally in empty stomach for 3 days in a single dose to get relief from gastric problems and knee pain.
*Phyllanthus maderaspatensis* L.(Plate –XI c)

The aerial part of the plant is boiled in coconut oil and the oil is applied on hair once in a day for 1 month to get black, thick and healthy hair.

*Phyllanthus reticulatus* Poir. (Plate –XI d)

150 ml of juice prepared from the whole plant is taken orally along with water 2 times a day for a period of 3 days to reduce the body heat.

*Physalis minima* L. (Plate –XII a)

50 g of peeled leaves are boiled with salt, asafoetida (*Ferula asafoetida* L.), coconut (*Cocos nucifera* L.) and onion (*Allium cepa* L.) and taken orally once in a day for 1 week to treat ulcer.

*Piper longum* L.

The water extract of fruits along with dried ginger (*Zingiber officinale* Roscoe) and pepper (*Piper nigrum* L.) is taken orally 2 times a day for a period of 3 days to treat cold and fever.

*Plumbago zeylanica* L.

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain

*Polycarpacea corymbosa* (L.) Lam.

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain.
a. *Ipomoea staphylina* Roem. & Schultes

b. *Jatropha curcas* L.

c. *Jatropha gossypifolia* L.

d. *Lawsonia inermis* L.

e. *Merremia tridentata* (L.) Hall. f. subsp. *hastata* (Desr.) Ooststr.

f. *Pergularia daemia* (Forssk.) Chiov.
a. *Phyla nodiflora* (L.) Greene

b. *Phyllanthus amarus* Schum. & Thonn.

c. *Phyllanthus maderaspatensis* L.

d. *Phyllanthus reticulatus* Poir.
**Pongamia pinnata** (L.) Pierre

The oil obtained from the shade dried seeds is applied externally once in a day for a period of 1 week to get relief from rheumatic pain.

**Sansevieria roxburghiana** Schultes & Schultes f.

Juice (3 drops) of tender shoots is applied to ear 2 times a day for a period of 3 days to get relief from earache.

**Santalum album** L.

Santal wood oil is applied externally 2 times a day for 1 week to get relief from rheumatic pain.

**Sapindus emarginatus** Vahl. (Plate –XII b)

2 g of powder prepared from the shade dried fruits taken orally along with water 3 times a day for a period of 2 days to get relief from gastric problems and stomach pain.

**Sarcostemma acidum** (Roxb.) Voigt

One teaspoon of powder prepared from the shaded dried stem is taken orally along with water 3 times a day for a period of 3 days to arrest vomiting.

**Scoparia dulcis** L.

The powder (1g) prepared from the shade dried aerial part is taken orally along with water for a period of 48 days in a single dose per day as a treatment for diabetes.
Securinega virosa (Roxb. ex Willd.) Baill.

The paste of about 20 g of fresh green leaves is taken orally with water in empty stomach for 1 week in single dose to treat jaundice.

Sesbania grandiflora (L.) Poir.

50 g of peeled leaves are boiled with salt, coconut and onion and taken orally once in a day for 1 week to treat ulcer.

Sesbania sesban (L.) Merr.

100 g of fresh leaves are boiled in coconut oil and the oil is applied on hair once in a day to get black, thick and healthy hair.

Sida acuta Burm. f.

The paste prepared from 10 to 15 g of whole plant with water and salt is taken orally 1 time a day for 2 days to get relief from gastritis.

Sida cordata (Burm. f.) Borssum

200 ml of juice prepared from the whole plant is taken orally along with water 2 times a day for a period of 2 days to reduce bile problems.

Solanum surattense Burm. f.

The decoction of fresh leaves of kandangattiri, (Solanum surattense Burm. f.), thoothuvalai (Solanum trilobatum L.), dried ginger (Zingiber officinale Roscoe), coriander seeds (Coriandrum sativum L.) and pepper (Piper nigrum L.) is taken orally 2 times a day for 2 days to arrest cold cough and fever.
Solanum trilobatum L.

The decoction of fresh leaves with ginger (Zingiber officinale Roscoe) and pepper (Piper nigrum L.) is taken orally 2 times a day for a period of 3 days to treat cold and cough.

Spermacoce hispida L.

10 g of fresh plant is made into paste and taken orally with water 2 times a day for a period of 3 days to treat poisonous bites.

Sphaeranthus indicus L.

The powder (1g) prepared from the shade dried whole plant is taken orally along with water 3 times a day for a period of 4 days to reduce the body heat.

Stenosiphonium russelianum Nees

The water extract of whole plant is applied externally 2 times a day for a period of 1 week to get relief from rheumatic pain.

Strychnos nux-vomica L. (Plate –XII c)

The paste prepared from 10 g of leaves, ripe fruits and seeds with water is applied externally on the spot 3 times a day for a period of 2 days to treat poisonous bites.

Synedrella nodiflora (L.) Gaertn.

100 g of fresh leaves are boiled in coconut oil and the oil is applied on hair once in a day to get black, thick and healthy hair.
Syzygium cumini (L.) Skeels

About 50 g of seeds is taken as such 2 times a day for a period of 1 week as a treatment for diabetes.

Tarenna asiatica (L.) Kuntze. ex K. Schum.

The water extract of whole plant is applied externally once in a day for a period of 1 week to get relief from rheumatic pain.

Tephrosia purpurea (L.) Pers.

The paste of about 10 g of whole plant is applied externally once or twice for 3 days to treat any injuries.

Tetrastigma lanceolarium (Roxb.) Planch.

The paste prepared from 10 to 15 g of fresh leaves with water is applied on the spot 2 times a day for a period of 3 days to treat boils.

Thespesia populnea (L.) Soland. ex Correa

Flowers and young shoots are tied over the knee at least 2 times a day for 3 continuous days to get relief from knee pain.

Tinospora cordifolia (Willd.) Miers ex Hook. f. & Thoms.

The water extract of whole plant is applied externally 2 times a day for a period of 5 days to get relief from rheumatic pain.

Toddalia asiatica (L.) Lam. (Plate – XII d)

The shaded dried plants are powdered and 1 teaspoon of the powder is taken orally along with water in empty stomach for a period of 2 or 3 days to get relief from gastric problems.
Tragia involucrata L. var. involucrata

The paste of the whole plant is applied externally on knee for a period of 3 to 4 days to get relief from pain.

Trianthema decandra L.

The decoction of whole plant is taken two times a day for a period of 3 days to get relief from gastric problems.

Tribulus terrestris L.

The juice prepared from 10 g of fruits with 200 ml of Goat’s milk is taken orally 2 times a day for a period of 3 days to treat leucorrhoea.

Trichodesma indicum (L.) R. Br.

The paste prepared from 10 to 15 g of leaves with water is applied externally 3 times a day for a period of 2 days to treat boils.

Trichosanthes tricuspidata Lour. var. tricuspidata

The shaded dried plants are powdered and 1 teaspoon of powder is taken orally along with water in empty stomach for a period of 3 days in single dose to treat rheumatism.

Tridax procumbens L.

10 g of fresh leaves is made into paste with salt and taken orally with water 2 times a day for a period of 3 days to treat poisonous bites.

Triumfetta rotundifolia Lam.

The juice prepared from 10 g of whole plant with 100 ml of water is taken orally 2 times a day for a period of 5 days to treat itching and poisonous bites.
*Vernonia cinerea* (L.) Less.

The juice prepared from 10 g of leaves with rice fermented water is taken orally 2 times a day for a period of 1 week to reduce bile disorders.

*Vicoa indica* (L.) DC.

10 g of the fresh root is made into paste and the paste is applied on the spot 2 times a day for 2 days to treat scorpion sting.

*Vitex negundo* L.

A pillow stuffed with leaves is used to get relief from headache.

*Wattakaka volubilis* (L. f.) Stapf (Plate –XII e)

10 g of the fresh plant is made into paste with water and the paste is taken orally 2 times a day for a period of 3 days to reduce the body heat.

*Wedelia chinensis* (Osbeck) Merr.

The juice is prepared from 10 to 15 g of fresh plant with hot water is taken orally in empty stomach for 3 days in a single dose to treat jaundice.

*Wrightia tinctoria* (Roxb.) R. Br. var. *tinctoria*

10 to 15 g of the fresh stem bark is made into paste with water and the paste is taken orally 2 times a day for a period of 3 days to reduce the body heat.
ETHNO-MEDICINAL WEALTH OF VALAIYANS

PLATE - XII

a. Physalis minima L.
b. Sapindus emarginatus Vahl.
c. Strychnos nux-vomica L.
d. Toddalia asiatica (L.) Lam.
e. Wattakaka volubilis (L. f.) Stapf