

Herbal Photos in power point- 1 to 200

One number is given to each herbal. See the file Herbal names in all languages number wise in HERBOLOGY, to get herbal name in Tamil, English, Botanical, Hindi, Malayalam, Telgu, Kannada, Sanskrit etc. HERBOLOGY book is available in AVG DVD1 Data files.

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தமிழில் மூலிகை வரிசை எண்களும் அதன் பெயர்களும்

1	அகக்கி	23	அல்லி	46	அற்றுக்காமட்டி	69	இலைக்கள்ளி
2	அகில்	24	அவரை	47	அற்றுநெட்டி	70	ஈச்சு
3	அக்காகாரம்	25	அவரி	48	ஆனைக்கற்றாழை	71	ஈசகாமுலி
4	அக்காப்பட்டை	26	அழவணம்	49	ஆனைத்தன்றிமணி	72	ஈழத்தலரி
5	அக்கரொட்டு	27	அழிஞ்சில்	50	ஆனைப்புளியமாம்	73	உகா
6	நாட்டு அக்கரொட்டுப் கொட்டை	28	அறுகம்பல்	51	இங்கிராம்	74	உதிலமாம்
7	அசோகு	29	அறுகீரை	52	இசங்க	75	உத்தாமணி
8	அதிமகாம்	30	அறுவதா	53	இசப்புக்கால்விதை	76	உப்பிலாங்கொடி
9	அதிவிடையம்	31	அன்னாசிப்பழம்	54	இஞ்சி	77	உருத்திரச்சடை
10	அத்தி	32	அன்னாசிப்பு	55	இண்டு	78	உருத்திராட்சம்
11	அந்தாக்காமரை	33	அகாசக்கருடன்	56	இக்தி	79	உருளைக்கிழங்கு
12	அந்திமல்லி	34	அடாதோடை	57	இம்புறல்	80	உளுந்து
13	அபினி	35	அடுகீண்டாப்பாளை	58	இரட்டைப்பேய்மருட்டி	81	ஊமத்தை
14	அமுக்கிராக்கிழங்கு	36	அடையொட்டி	59	இரத்தபோளம்	82	ஊமலாற்றி
15	அம்மான் பச்சரிசி	37	அதண்டம்	60	இருவாட்சி	83	எட்டி
16	அம்மையார் கூந்தல்	38	அமணக்கு	61	இரோவல்சின்னி	84	எரிசாலை
17	அரசு	39	அயில்	62	இலந்தை	85	எருக்கு
18	அரத்தகை	40	அரைக்கீரை	63	இலவங்கம்	86	எலிக்காதிலை
19	அரிவாள் முக்குப்பச்சிலை	41	அலமாம்	64	இலவங்கப்பட்டை	87	எலியாமணக்கு
20	அருநெல்லி	42	ஆல்பொகாடாப்பழம்	65	இலவங்கப்பக்கிரி	88	எலமிச்சை
21	அலரி	43	ஆவரை	66	முள் இலவ	89	எலமிச்சன்குளசி
22	அலிசி விதை	44	ஆளிவிரை	67	இலவமாம்	90	எழுக்காணிப்புண்டு
		45	ஆள்வள்ளிக்கிழங்கு	68	இலுப்பை		

தமிழில் மூலிகை வரிசை எண்களும் அதன் பெயர்களும்

91	எள்ளு
92	பெரிய ஏலம்
93	ஏழிலைப்பாலை
94	இவிரலி
95	ஒடுக்கன்
96	ஒதிமாம் அல்லது உதிமாம்
97	ஓமம்
98	தரோசாணி ஓமம்
99	அசமதா ஓமம்
100	ஓரிதழ்த்தாமரை
101	ஓரிதழ்த்தாமரை
102	கக்கரிக்காய்
103	கசகசா
104	கஞ்சா
105	கஞ்சாங்கோரை
106	கடம்பு
107	கடலழிஞ்சல்
108	கடலை
109	கடற்பாசி
110	கடற்பாலை
111	கடற்றேங்காய்
112	கடராநாதத்தை

113	கடுத
114	கடுதரோகனி
115	கடுக்காய்
116	கட்டுக்கொடி
117	கணப்புண்டு
118	கண்டங்கத்திரி
119	கண்டுபாங்கி
120	கத்தக்காம்பு
121	கத்தரி
122	கத்தாரிமஞ்சள்
123	கமுது
124	கமேலா
125	கம்பளிப் பூச்சிச்செடி
126	கம்பு
127	காந்தை
128	கரிசலாங்கண்ணி
129	கருங்காலி
130	கருணைத்தண்டு
131	கருப்தாவள்ளி
132	கரும்பு
133	கர்க்கடகசிங்கி
134	கர்ப்பூர்ப்பல்
135	கலப்பைக்கிழங்கு

136	கலியாணப்பூசவிக்காய்
137	கலியாணமுருக்த
138	கலமிச்சங்காய்
139	கல்லூவி
140	கவிந்தம்பை
141	கமந்திக்கொடி
142	கமுநீர்
143	களர்வா
144	களர்வா
145	களிப்பாத்த
146	களளி
147	கறிப்பாலை, நாயப்பாலை
148	கறிவேம்பு
149	கறிமுள்ளி
150	கற்றேகாவை
151	கற்பாசி
152	கற்றாமரை
153	கற்றாமை
154	கரியபோளம்
155	காக்கணம்
156	காக்கைக்கொல்லி
157	காசா

158	காசிரத்தளம்
159	காஞ்சொறி
160	காட்டத்தி
161	காட்டாமனத்த
162	காட்டு இருப்பை
163	காட்டு உளுந்து
164	காட்டு ஏலமிச்சை
165	காட்டு எள்ளு
166	காட்டுக்கடுத
167	காட்டுக் கருவை
168	காட்டுகருவாப்பட்டை
169	காட்டுக் கஸ்தூரி
170	காட்டுக் கிராம்பு
171	காட்டுக் கொள்ளு
172	காட்டுச் சததப்பை
173	காட்டுச் சாதிக்காய்
174	காட்டுத் தாமட்டி
175	காட்டுப் பாகல்
176	காட்டுப் பேய்ப்பூல்
177	காட்டு முள்ளங்கி
178	காட்டு வாவை
179	காட்டு வெங்காயம்
180	காப்பிக்கொட்டை

தமிழில் மூலிகை வரிசை எண்களும் அதன் பெயர்களும்

181	காய்ப்பங்கொட்டை
182	காய்வள்ளிக்கொடி
183	காராமணி
184	கானா
185	கார்போகரிசி
186	காவட்டம்பூல்
187	காளான்
188	காறாக்கருணை
189	காறுகருணை
190	கானாம் வாழை
191	கிச்சிலிக் கிழங்கு
192	கிச்சிலிப்பழம்
193	கிட்டிக் கிழங்கு
194	கிடைக்கி
195	கிரந்தி தகரம்
196	கிரந்தி நாயகம்
197	கிளியூஸ்
198	கிழங்குப்பை
199	கீரிப்பூண்டு
200	கீரை
201	முளைக்கீரை
202	கலவைக்கீரை
203	புளிப்புக்கீரை

204	இன்பம் விளைவிக்கும் கீரைகள்
205	சானாக்கீரை
206	சிறுகீரை
207	பசுரை கீரை
208	தயிலிக்கீரை
209	கொடிப்பசுளைக்கீரை
210	பன்னைக்கீரை
211	பருப்புக்கீரை
212	பறட்டைக்கீரை
213	பாற்சொரிக்கீரை
214	பின்னாக்குக் கீரை
215	புதிளா
216	புளிச்சிறு கீரை
217	புளியானை கீரை
218	மணலிக்கீரை
219	முத்துளிக்கீரை
220	முள்ளிக்கீரை
221	வங்காள வள்ளைக்கீரை
222	கீரைத்தண்டு
223	கீழ்க்காய்நெல்லி
224	செவ் கீழைநெல்லி

225	தங்கிலியம்
226	தங்கமப்பு
227	தடசப்பாலை
228	தடியோட்டிப்புண்டு
229	தகிலைக்குளம்படி
230	தத்துக்காற் சம்மட்டி
231	தந்திரிக்கம்
232	தப்பைமேனி
233	தமிழமரம்
234	தருக்கத்தி
235	தருவிச்சி
236	தருவேர்
237	தருட்டை
238	தரிஞ்சான்
239	தன்மக்கு டோரி
240	தன்றி
241	கத்தங்கதம்பை
242	கத்தற்பனை
243	கவைக்கிழங்கு
244	கேழ்வாறு
245	கொஞ்சி
246	கடற்கொஞ்சி
247	கொடிக்காக்கட்டான்

248	கொடிவேலி
249	கொட்டிக்கிழங்கு
250	கொத்தவரை
251	கொத்தான்
252	கொத்துமல்லி
253	கொய்யா
254	கொள்ளு
255	கொள்ளுகாவேளை
256	கொறுக்காய்ப்புளி
257	கொன்றை
258	கோடகசாலை
259	கோட்டம்
260	கோதுமை
261	கோபாந்தாங்கி
262	கோரை கிழங்கு
263	கோவை
264	கொளி வாற்பல்
265	சங்கன்
266	சடாமாஞ்சில்
267	சண்ப்பு
268	சண்பகம்
269	சததப்பை
270	சத்திச்சாரணை

தமிழில் மூலிகை வரிசை எண்களும் அதன் பெயர்களும்

271	சந்தனம்	294	பொற் சீந்தில்	317	சேவகனார்க் கிழங்க	339	திராட்சி
272	சவந்தமரம்	295	சீரகம்	318	சோளம்	340	திரிபலை
273	சவ்வரிசி மரம்	296	கருஞ்சீரகம்	319	தகரை	341	தில்லை
274	சன்னிநாயகம்	297	காட்டுச்சீரகம்	320	தகரை -பேயாவரை	342	திளை
275	சாதிக்காய்	298	கேக்குவிதை	321	தக்காளி	343	துத்தி
276	சாதிபத்திரி	299	பிளப்புச்சீரகம்	322	சீமைத்தக்காளி	344	தும்பிலிக்காய்
277	சாமந்திப்பு	300	பெருஞ்சீரகம்	323	மணத்தக்காளி	345	தும்பை
278	சாமை	301	கக்காள் காய்	324	தக்கோல்	346	துரிஞ்சிபன்
279	சாம்பிராணி	302	கக்காவ்னை	325	சதாவரி	347	துவரை
280	சாயமரம்	303	கக்கு	326	தண்ணீர்விட்டான்	348	துளசி
281	சாரணை	304	கண்டை	327	தமரத்தம்	349	துதுவரை
282	சாரப்பருப்பு	305	கரை	328	கா	350	தெந்தமரம்
283	சாலாமிசிரி	306	களுக்கநாயகம்	329	கருப்பை	351	தேக்கு
284	சிவதை	307	குரியகாந்தி	330	தவசமுருங்கை	352	தேட்கொடுக்கு
285	சிவனார்வேம்பு	308	குரை	331	கழுதாழை	353	தேவதாரு
286	சிறநாகப்பு	309	செப்புநெருஞ்சில்	332	காமரை	354	சாளதேவதாரு
287	சிறுபேயத்தி	310	செம்பாக்கை	333	காழை	355	தேற்றன்
288	சிறுநாமட்டி	311	செம்பருத்தி	334	காளிசுபத்திரி	356	தொட்டாற் சிணங்கி
289	பேராமட்டி	312	செம்பை	335	காளிப்பனை	357	நங்கை
290	சின்னி	313	செருப்படை	336	கான்றி	358	நஞ்சரப்பான்
291	சீக்காய்	314	செவ்வியம்	337	திப்பிலி	359	நக்கைச்சூரி
292	சீக்கா	315	சேம்பு	338	திப்பிலிவேர்	360	நந்தியாவட்டம்
293	சீந்தில்	316	சேரங்கொட்டை				

தமிழில் மூலிகை வரிசை எண்களும் அதன் பெயர்களும்

361	நாளை
362	நதிவிளா
363	நறுவிளி
364	நன்னாரி
365	நாகதாளி
366	நாகமல்லி
367	நாணல்
368	நாபி
369	நாயருவி
370	நாவல்
371	நிலக்கடம்ப
372	நிலக்குமிழ்
373	நிலப்பனை
374	நிலப்புசனி
375	நிலம்பூண்டி
376	நிலவாமணக்கு
377	நிலவேம்பு
378	நிலாவாசா
379	நின்றாற் சிணங்கி
380	நீமமுக்கு
381	நீலரி
382	நீப்பிரமி
383	நீப்புலா

384	நீமுள்ளி
385	நீமேல்நெருப்பு
386	நுணா
387	நெட்டிலிங்கம்
388	நெய்ச்சிட்டி
389	நெய்தற்கிழங்கு
390	நெருஞ்சில்
391	நெல்
392	நெல்லி
393	நேர்வாளம்
394	நொச்சி
395	பச்சிலை
396	பண்ணிமோந்தான் கிழங்கு
397	பப்பாளி
398	பயறு
399	பருக்கி
400	செம்பருக்கி
401	புலா
402	புலாக
403	புல்லிபிபுண்டு
404	புவளமல்லி
405	புறங்கிக்காய்

406	புறங்கிப்பட்டை
407	புற்பாடகம்
408	புனை
409	புன்னீப்பு
410	பாகல்
411	பாகம்பிசின்
412	பாகிரி
413	பார்லி
414	பாலை
415	பால்மரம்
416	பால்வள்ளி
417	பாவட்டை
418	பிசிற்பட்டை
419	பிடங்கநாறி
420	பிரண்டை
421	பிரப்பங்கிழங்கு
422	பிரமியவழுக்கை
423	பிராய்
424	பிலிம்பி
425	பிளவைக்கொல்லி
426	பீகரோகினி
427	பீநாறிமரம்
428	பீர்க்கு

429	பீளை
430	புகையிலை
431	புங்க
432	புடல்
433	புக்கிரசீவி விதை
434	புல்லாவி
435	புளி
436	புள்ளடி
437	புள்ளை
438	புவாக
439	புனைக்காலி
440	பெருங்காயம்
441	பொடுதலை
442	பொன்முகட்டை
443	பொன்னாங்காணி
444	மதிழ்
445	மங்குஸ்தான்
446	மஞ்சள்
447	மாமஞ்சள்
448	மஞ்சிட்டி
449	மணிப்புந்த
450	மதனகாமப்பு

தமிழில் மூலிகை வரிசை எண்களும் அதன் பெயர்களும்

451	மந்தாரை
452	மயிர்மானிக்கம்
453	மரகாரை
454	மரிமா
455	மருக்கொழுந்து
456	மருக மரம்
457	மருள்
458	மல்லி
459	முன்னா
460	மா
461	மாசிக்காய்
462	மாசிப்பச்சை
463	மாகளை
464	மாவலிக்கிழங்கு
465	மாவிலிங்கு
466	மாள்செவிக்கள்ளி
467	மிளகரணை
468	மிளகாய்
469	சீமைமிளகாய்
470	மிளகு
471	வெள்ளை மிளகு
472	வால்மிளகு
473	முசற்காதிலை

474	முகட்டை
475	முதமுதக்கை
476	முடக்கற்றான்
477	முந்திரி
478	முருங்கை
479	முலாம்
480	முள்ளங்கி
481	முன்னை
482	முத்திரட்டை
483	முங்கில்
484	மெருகு
485	மோதகவல்லி
486	வசம்பு
487	வண்டுக்கொல்லி
488	வரகு
489	வாம்பரிக்காய்
490	வல்லாரை
491	வள்ளி
492	சர்க்கரைவள்ளி
493	செவ்வள்ளிக்கொடி
494	வள்ளைக்கொடி
495	வள்ளி
496	வாகை

497	கருவாகை
498	வாகநாராயணன்
499	வாகுமை
500	வாய்விளங்கம்
501	வாலுநவை
502	வாலேந்திரபோளம்
503	வாழை
504	விடத்தேர்
505	விராவி
506	விலாமிச்சுவேர்
507	வில்வம்
508	விழலரிசி
509	விழுதி
510	விளாமரம்
511	விஷமுங்கில் (விடமுங்கில்)
512	விஷணுகிரந்தி
513	பெரியலவங்கப்பட்டை
514	பேய் அக்தி
515	வெங்காயம்
516	வெட்சி
517	வெட்பாலை
518	வெண்டைக்காய்

519	வெந்தயம்
520	வெள்ளிக்காய்
521	வெள்ளறுகு
522	வெள்ளிலோத்திரம்
523	வெள்ளள்ளி
524	வெற்றிலை
525	வேங்கை
526	வேம்பு
527	முலைவேம்பு
528	வேர்க்கடலை
529	வேல்
530	நல்வேளை
531	கைவேளை
600	அங்குபார்
626	அழகண்ணி
627	ஆற்றலரி
628	இடிக்கொள்ளை
629	இராக்காசிமடல்
630	இருவி
631	இளங்கொட்டைப்பாக்கு

H01-Sesbania Grandiflora(Bot)

Sesban Swamp(Eng), Agathi, Agastya Duk, Avise Guragu- அகத்தி H01



H01- Sesbania Grandiflora- Agathi keerai

All parts of *Sesbania grandiflora* are utilized for medicine in Southeastern Asia and India including preparations derived from the roots, bark, gum, leaves, flowers, and fruit.

In a number of cultures the root is applied as a poultice for application to inflammation and fever. Powdered roots of *Sesbania grandiflora* var. *coccinea* are mixed in water and applied externally as a poultice or rub to rheumatic swellings. The bark is considered astringent and is utilized for the treatment of smallpox, in the Philippines for the treatment of ulcers in the mouth and alimentary canal, in Java, for the treatment of thrush and infantile disorders of the stomach, and in Cambodia the pounded bark is applied to scabies.

The juice of the leaves is considered anthelmintic and tonic and is used to treat worms, biliousness, fever, gout, and itchiness, and leprosy. Malaysians apply crushed leaves to sprains and bruises. In Ayurvedic medicine the leaves are utilized for the treatment of epileptic fits and clinical research supports the anticonvulsive activity of Agathi leaves.

2. Aloe wood, Akil tree -

அகில்/ அகரு/ அகர்பத்தி / ஊதுபத்தி மரம்



2 Agar wood /Aquilaria agallocha/ Eagle wood, அகில்

•Agar wood is one of the best Ayurveda herbs for rejuvenation and vitality. When taken in routine a fellow will be benefitted with the best of skin complexion, vision and hearing abilities. **Parts Used & Dosage:-** Inner bark and oil; the dosage is 1-3 gm of stem powder and 1-5 drops of oil.

Agar wood Aquilaria agallocha or the Eagle wood/ aloe wood is one of the best aphrodisiac Ayurveda herbs.

It is often recommended in skin diseases. Agar wood also helps in maintaining the blood pressure in healthy limits. It promotes proper healing of the wounds and improves skin complexion.

Effect on Doshas: -Agar wood pacifies the Kapha Vata Dosha so it is generally used in Kapha Vata disorders.

Ayurvedic Pharmacology of Agar Wood

- The Local application of Agar wood is stimulant and fragrant. It is anti-inflammatory and analgesic. It helps in skin disorders. It is used in static condition, chronic ulcers and wounds, ringworm skin diseases and inflammatory and painful condition.**
- It benefits in rheumatoid arthritis and osteoarthritis. It also relieves itching in pruritus.**
- It is a mouth freshener; carminative and appetizer.**
- Agar Wood powder is given internally in rheumatoid arthritis, loss of appetite and other digestive ailments. Agar is a stimulant, improves blood circulation. It is used in gout.**
- It reduces cough and helps in bronchitis and asthma.**
- Agar wood is nerve stimulant and Vata pacifying in nature. It has been recommended in paralytic condition and Vata diseases. It relaxes the bladder, helps in preventing bedwetting and polyuria.**
- Because of its cooling effect, Agar wood is used in fevers associated with chills, both internally and externally. Oil massage with Agar wood oil is effective in rigors in fevers.**

3 Anacyclus pyrethrun /Akrakara

அக்கார/ அக்ராகாரம்.3.

Akkara -Akarkara Roots has been considered a tonic used in remedy since ancient times, to aid the nervous system. Removes dry mouth and create saliva. Cures cold cough. It has been reported to motivate intimate urge as well as assist in premature ejaculation and impotency in males. Kabam & Vadham reduces super.

Chemical Constituents : The roots contain anacyclin, pellitorine, enetriyne alcohol, hydrocarolin, inulin, traces of volatile oil and seasamin
Herb contains an essential volatile oil and an alkaloid, pellitorin or pyrethrin. It has alkamides, lignane (including sesamine), inulin (fructosan) and tannins. Alkamides includes deca-2,4-dien acid-isobutylamide, anacycline, and dehydroanacycline.



அக்கார பட்டை H4 is a bark called Akkara bark.
Image for 4 is not available.

5 Walnut/ Juglaus regia / அக்ரூட்



5 Walnut/ Juglaus regia / Medicinal uses

Walnuts reduce the risk of heart disease by improving blood vessel elasticity and plaque accumulation. Walnuts help in the lowering LDL cholesterol (the bad cholesterol) and the C - reactive protein (CRP). Walnut helps in weight loss (even though the caloric content is fairly high) and enhances overall health. Melatonin, a hormone produced by the pineal gland, which is involved in inducing and regulating sleep and is also a powerful antioxidant, has been discovered in walnuts, take it as a perfect evening food for a natural good night's sleep. Walnuts rich in Omega-3, helps in protect Bone Health and also Helps to Prevent Gallstones .It is also considered as brain food. Omega 3 also helps in anti aging. The extract from walnut leaves is an antioxidant, decreases the blood sugar level and has a positive impact on lipid metabolism. The extract suppresses functional insufficiency of liver, links synthethising enzymes, increases the antitoxic action of [hepatocytes](#) and improves the functional insufficiency of kidneys. The ethanolic extract from leaves has an antidiabetic effect on diabetes.. Bark and leaf crude extracts of walnut tree, showed *in vitro* activity against [Mycobacterium tuberculosis](#). It is used to treat diabetes mellitus symptoms in Austrian traditional medicine, whereby air-dried leaves are used as aqueous [decoction](#) or liquor preparation and are consumed on a daily basis

**H6 Bengal walnut/ Country Juglans Regia /
Aleurites triloba / நாட்டு அக்ரூட்**



**H7. Saraca Indica Asoca,(Bot), Whole Plant,
Ashoka Tree, Asogu, Gandapuspa, Asogam, அசோகா மரம்**



7 Saraca ashoka அசோகமரம்

Uses : The Ashoka tree bark contains tannins and some chemicals and is prescribed as a tonic. Its bark tea is a tonic for all uterus problems, painful periods, excess flow, solid flow and helps for the growth of uterus. Its bark tea will give energy & strength to all types of patients including males. When selecting trees for avenues or large gardens, it will be an excellent idea to choose Saraca asoka instead of the usual rusty shield bearer or the ubiquitous gulmohur. The dried flowers are used in diabetes and haemorrhagic dysentery and seeds are used for curing bone fractures, strangely and vesicle calculi. The flowers are considered to be a uterine tonic and is used in cases like burning sensation, dysentery, hyperdypsia, scabies in children and inflammation. It is also used in fever, dypsia, colic, ulcers and pimples. The seeds are strengthening and the ash of plant is good for external application in rheumatoid arthritis. It is considered as best female tonic.-

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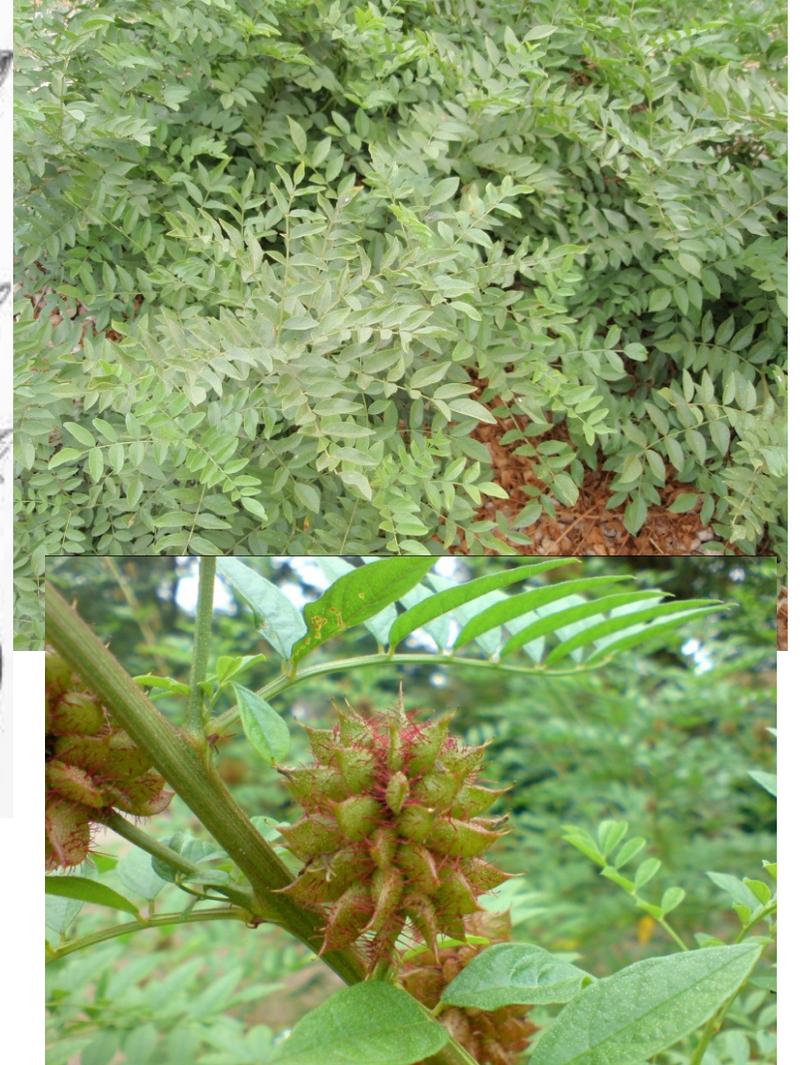


7 Saraca ashoka அசோகமரம்

One of the uses of the Ashoka bark tea is in the treatment of menstrual disorders associated with excessive bleeding, congestion, and pain. It helps to cure dysmenorrhoea, abdominal pain, and uterine spasms. It benefits the endometrium and uterine muscles and this makes it effective as a uterine tonic for irregular menstrual cycles and miscarriage. It is also effectively used for clearing congestion from the mass growth, especially when there may be leucorrhoea, endometriosis, cysts, and fibroids. It can be used externally by making paste on skin to treat wound, infection and to treat any kind of body pain etc. Can be used by making decoction with water or milk. Powder can be taken with honey. Ashokarishta can be made using fermentation. We can get Ashoka bark, flower powder in market and use them by making decoction with milk or water. Apply powder on skin problems by making paste. Its bark and flower tea is useful in management of all painful conditions., It improves complexion of the body., Ashoka improves digestion and assimilation., Ashoka alleviates excessive thirst., Ashoka alleviates burning sensation. , Ashoka kills all infectious agents., Ashoka is useful in management of all edematous conditions., Ashoka is useful in toxicities and all blood disease., It useful in management of inflammation of lymph nodes., It can be used to treat wounds, eye disease, insect bite, neurological disorder and fever. . Very good to treat uterine disorders and keeps menstruation clear and controls excessive bleeding. It cures ulcers, piles, haemorrhoids, menorrhagia, worms, fracture of bones. It can be used to treat tumours. Ashoka seeds can be used to treat cough.

8. glycyrrhiza glabra

8 அதிமதுரம்



8. glycyrrhiza glabra medicinal uses

Uses & Benefits of Liquorice

Liquorice is widely used in curing peptic ulcers. A particular form of the species, called DGL, is preferred for treating ulcers, as this form removes the glycyrrhizin from it. However, the presence of this compound may cause high blood pressure in some individuals.

The plant species has dermatological uses as well. Similar to hydrocortisone, it helps to fight eczema, psoriasis and dermatitis. It also hastens the healing process of cold sores and reduces the pain associated with them. Severe respiratory conditions, like asthma, sore throats, coughing and bronchitis, can be treated using liquorice.

The herb helps to maintain a balance in the estrogen levels in the body, as high levels of this hormone can cause menstrual problems.

Proper support to the adrenal glands is provided by liquorice, which is very essential to overcome the effects of stress and fatigue. The compound glycyrrhizic present in the plant species helps to block the breakdown of cortisol in the body. This helps to fight stress and combat the effects of chronic fatigue syndrome.

The herb is also used to treat hepatitis, in both chronic and acute stage and is particularly beneficial in the treatment of hepatitis B and C patients.

Recent research and studies have indicated that it can slow down the progression of HIV to AIDS, by triggering the chemical compound interferon aka the body's virus fighting agent.

Liquorice proves to be useful in irritable conditions of mucous membrane of the urinary organs. It has proved beneficial in treating sore throat, cough and anorexia and persistent low fever.

Caution

Pregnant women should keep their intake of liquorice less than what is usually prescribed as a medicine. Studies indicate that a high intake may lead to the sudden rise in blood pressure levels or cause hormonal imbalance that may, in turn affect the fetus.

Individuals with high blood pressure should use liquorice carefully. They also need to monitor their BP levels regularly, to check if there is any sudden elevation.

Precautions should be taken by people with heart conditions, while taking liquorice, as the potassium depletion caused by its consumption may prove hazardous for them. Individuals suffering from hypokalemia or low potassium levels should take necessary precaution while using the herb. Another high-risk group comprises of people with kidney conditions, particularly the elderly.

Women on oral contraceptives are also sensitive to liquorice consumption. Liquorice is strictly prohibited for those with cirrhosis and gallbladder disease

H 9- Aconitum heterophyllum , Indian Atis Root, H 9 Ati-Vidayam, Ativisha, Ati-Vasa, Bhangura upavisankan9 அதிவிடையம்



Medicinal uses and Warnings !
The dried root is analgesic, anti-inflammatory, antiperiodic, aphrodisiac, astringent, cholagogue, febrifuge and tonic. It is used in India in the treatment of dyspepsia, diarrhea and coughs. It is also used in Tibetan medicine, where it is said to have a bitter taste and a cooling potency. It is used to treat poisoning from scorpion or snake bites, the fevers of contagious diseases and inflammation of the intestines. The root is best harvested in the autumn as soon as the plant dies down and is dried for later use. This is a very poisonous plant and should only be used with extreme caution and under the supervision of a qualified practitioner.

அத்தி-10, Nattu Athi, ficus racemosa



Cluster Fig tree & fruits

அத்தி-10 ficus racemosa, Cluster Fig Tree

Traditional Medicinal uses of cluster fig tree:

It has long been used in Indian medicinal practice as astringent, carminative, stomachic, vermicide, etc. It is believed to be a good remedy for visceral obstructions and extract of the fruit is used in leprosy, diarrhea, circulatory and respiratory disorders and menorrhagia . Tender fruits are used as astringent, stomachic, refrigerant, in dry cough, loss of voice, diseases of kidney and spleen, astringent to bowel, styptic, tonic, useful in the treatment of leucorrhoea, blood disorder, burning sensation, fatigue, urinary discharges, leprosy, epistaxis, intestinal worms and carminative. They are also useful in miscarriage, spermatorrhoea, epididymitis, cancer, myalgia, scabies, hemoptysis, intrinsic hemorrhage, excessive thirst .

Roots are used in dysentery, pectoral complaints, diabetes, applied in mumps, other inflammatory glandular enlargements. They act as a powerful tonic. According to Ayurveda, roots are useful in hydrophobia . Bark is acrid, cooling, galactagogue and good for gynecological disorders. The stem bark is used to treat menorrhagia, leucorrhoea, gonorrhoea, urinary diseases, hemorrhage and skin diseases . The bark is also used for the treatment of dysentery . The bark is highly efficacious in threatened abortion and also recommended in urological disorders, diabetes, hiccough, leprosy, asthma and piles .

According to Unani system of medicine, leaves are astringent to bowels and good in case of bronchitis. The leaves are used to treat dysentery, bilious infection and as a mouthwash in spongy gum [16]. The tender leaf buds are applied on the skin, in the form of paste, to improve the complexion. A decoction of the leaves is a good wash for wounds and ulcers. The infusion of bark and leaves is also employed as mouth wash to spongy gums and internally in dysentery, menorrhagia, effective remedy in glandular swelling, abscess, chronic wounds, cervical adenitis and hemoptysis [3]. The latex (milky juice) is administered in hemorrhoids, boils, alleviates the edema in adenitis, par otitis, orchitis, traumatic swelling, toothache, vaginal disorders, diarrhea particular in children's and also aphrodisiac. Latex is applied externally on chronic infected wounds to alleviate edema, pain and to promote the healing [3]. The latex is reportedly used for treating piles . The root sap is used for treating diabetes . The sap of this plant is a popular remedy for mumps and other inflammatory enlargements . In Sri Lankan indigenous system of medicine, it is used in the treatment of skeletal fracture The Australian aborigines use this plant in the treatment of mumps, smallpox, hematuria, menorrhagia and inflammatory conditions . In siddha the bark, fruits and latex are used to treat constipation, anemia and dysentery

11 pistia stratiotes/ **ஆகாசத்தாமரை**
Akasa thamarai, ஆகாயத்தாமரை/ அந்தரத்தாமரை



11 pistia stratiotes/ Water Lettuce, ஆகாசத்தாமரை, Akasa thamarai,

Studies indicate that Pistia stratiotes, a monotypic genus, possesses diuretic, anti diabetic, anti dermatophytic, antifungal, and antimicrobial properties.

To treat abnormal accumulation of liquid in cellular tissue. Bladder complaints, kidney disease, diabetes, anemia and dysentery. As a laxative and softer of inflamed parts. Promotes the flow of urine. Treatment of piles, tumours, boils, and chronic skin diseases & good remedy for infectious venereal diseases.

Ayurveda Uses: Anti tubercular, emollient, diuretic, Whole plant and root—diuretic, used for dysuria. Leaf—antitussive, demulcent, anti dysenteric, externally applied to hemorrhoids, ulcers, skin diseases. Ash—applied to ringworm of the scalp.

Siddha uses: Azhukiranti, Karappan, Kuttam, Puzhuvurumakkoodu.

METHOD OF PREPARATION: Cooking more or less reduces the calcium oxalate. a little first, wait a few minutes to see if a burn develops. The usual method of cooking is boiling.

Aqueous and ethanol extracts of P. stratiotes have anti arthritic activity in rats with induced arthritis. The aqueous extract had better activity than the ethanol extract.

HOW TO USE: The leaves are used in infusion for treatment of abnormal accumulation of liquid s in cellular tissue, bladder complaints, diabetes, blood in urine, anemia and dysentery. The root is used as a laxative , softens inflamed parts and promotes the flow of urine. The pounded leaves can be eaten for all types of piles & are used as a poultice for piles, tumours and boils.

Mixed with coconut oil, the juice of the leaves is recommended for chronic skin diseases. The powdered dry leaves mixed with a little honey make a remedy for infectious venereal disease, taken in doses of 3 to 4 teaspoons a day.

12 அந்தி மந்தாரை 12 mirabilis jalapa / அந்தி மல்லி/



H13 – Herbal 13. அபின்

Opium, H 103- Poppy fruit bark
milk dried, Abini, Afynn,
Ahipehnam, Kasha-Kasha-Karappa,
Abhini, Nalla-Mandu, Aphimu,
Papaver Somiferum- 13
See H 103 for it plant images.

14 *withania somnifera*

அழகர்ரா



14 **withania somnifera, Indian Ginseng root, அமுகூரா**

Withania somnifera is a sexual tonic and is used for the treatment of nervous exhaustion, memory related conditions, insomnia, tiredness potency issues, skin problems and coughing. It improves learning ability and memory capacity. The traditional use of 'Ashwagandha' was to increase energy, youthful vigour, endurance, strength, health, nurture the time elements of the body, increase vital fluids, muscle fat, blood, lymph, semen and cell production. It helps counteract chronic fatigue, weakness, dehydration, bone weakness, loose teeth, thirst, impotency, premature aging emaciation, debility, convalescence and muscle tension. It helps invigorate the body by rejuvenating the reproductive organs, just as a tree is invigorated by the roots feeding. ESR -Erythrocyte sedimentation rate will decrease, sexual performance will increase heart will be protected. Hyper cholesterolemic patients were treated with a powder extract for 30 days. A decrease in blood glucose was observed. Significant increases in urine sodium, urine volume, and decreases in serum cholesterol, triglycerides, and low-density lipoproteins were also seen. Hypothyroidism: Ashwaganda has a thyrotropic effect. Studies show ashwagandha to be effective in the treatment of osteo arthritis, inflammation, stroke, antifungal activity and moderate antibacterial activity is also observed.

Dr AVG Reddy's PP for 500 Herbals

15 அம்மான்பச்சரிசி – 15 *euphorbia hiruta*



15 அம்மான்பச்சரிசி *euphorbia hiruta*, Amman Pacharisi

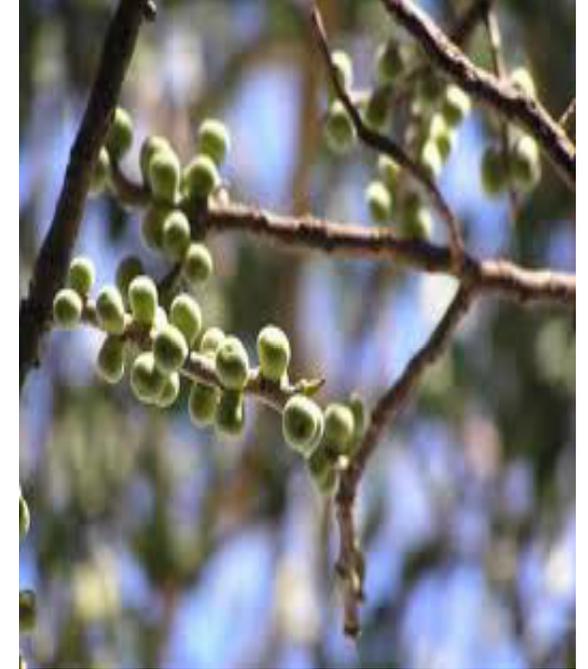
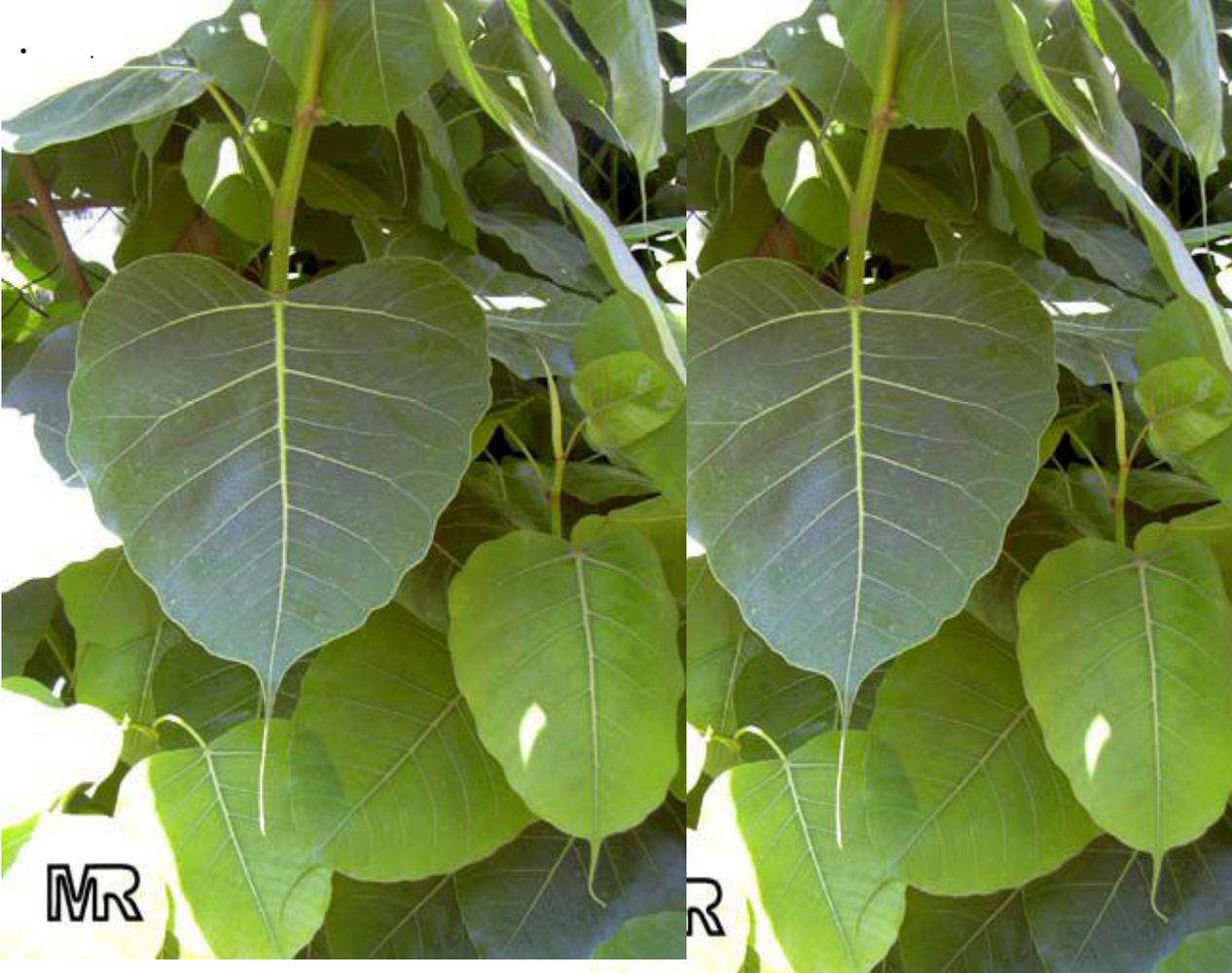
Euphorbia is used for breathing disorders including hay fever , dengue, asthma, chest congestion, [bronchitis](#), mucus in the nose, throat, throat spasms, and tumors. (sold as medicines for curing dengue. it is also used for treating worms, severe [diarrhea](#) (dysentery), gonorrhoea, and digestive problems. To cure cracked lips, take the milky latex of the plant and apply it on the lips & it cures skin infections like rashes, warts, swellings or Molluscum. Applying around the wart results in its fall when applied for a week. To cure white discharge, grind it till it becomes a paste and drink it along with butter milk. It cures a wide range of gastrointestinal disorders. Drink the **decoction of the herb to cure diarrhea**. It kills the intestinal parasites. Tawa tawa or **amman pachirisi tea** will increase the breast milk for lactating mothers. If your mouth gets infected with fungus resulting in whitish patches (thrush), gargle your mouth with decoction of the herb 2 times a day. The herb is very effective in reducing the sperm mobility and density. Consuming it regularly results in infertility. Discontinue consuming it for about 10 days to become fertile again. Another name of the herb is snake root. The decoction of the herb when consumed kills the germs and expels the toxic agents from the body. Precautions. Pregnant women should not consume the herb, since it induces miscarriage.

16 *Cuscutta reflexa*/ Ammayar Koonthal அம்மையார் கூந்தல்



17 The Peepul tree, 17 Ficus Religiosa

17அரசு / அரசமரம்



H17

17 The Peepul tree, 17 Ficus Religiosa, Arasu- arasa maram அரக

Parts used: Roots, leaves, seeds, bark, fruit, latex. - Roots used for gout & chewed to prevent gum disease. Leaves used for treating constipation, mumps, abscesses. Juice extracted from leaves or powdered leaves used for fevers, wounds, constipation, dysentery, bruises, boils and mumps. Apply paste of leaves on wounds and bruises. - Roots used to alleviate inflammation. Bark from roots are used for low back pain, stomach pains, and ulcers. Latex combined with juice of roots to treat various skin diseases, including ringworm, athlete's foot, and other fungal affections, gastric ulcers and indigestion. Bleeding disorders like hematemesis, hemoptysis, hematuria, menorrhagia, metrorrhagia, epistaxis, and bleeding hemorrhoids will get cure. In traditional medicine it is used to cure central nervous system, endocrine system, gastrointestinal tract, reproductive system, respiratory system and infectious disorders. It is antidiabetic, cognitive enhancer, wound healing, anticonvulsant, anti-inflammatory, analgesic, antimicrobial, antiviral, hypolipidemic, antioxidant, immunity increaser, antiasthmatic, estrogenic, antitumor, antiulcer apoptosis inducer and hypotensive.

அரத்தை – 18 alpinia officinarum



18 அரத்தை – 18 alpinia officinarum

Galangal warms the body and aids in digestion. Also like ginger, galangal is a powerful anti-nausea remedy. Aromatic Galangal is also a spice used frequently in East Asian **cooking**. Galangal is a well known root that has been used for thousands of years in traditional Chinese and Indian medicines. Galangal can ameliorate the symptoms of gastrointestinal distress and abdominal pain, while also providing relief from motion sickness and nausea. Best of all, galangal is relatively inexpensive and has no adverse side effects for most of the population. Galangal could sooth abdominal problems, but also found that it could treat symptoms like gas and vomiting. Also, Europeans discovered that galangal could effectively treat mouth ailments such as open sores and bleeding gums. As Europeans discovered that galangal, like ginger, was a potent herb that could help with sea sickness and nausea. Research has also shown that galangal may have cancer fighting properties. In studies, galangal was shown to kill cancer cells as well as prevent non-cancerous cells from becoming malignant.

19 *Sida acuta* / arival mooku pachilai

அரிவாள் மூக்குப் பச்சிலை / மலை தூங்கி/ கருஞ்சாரனை/

Sida acuta : The roots are used as a coolant, astringent, diaphoretic, antipyretic and a tonic useful in nervous and urinary diseases and in the disorders of the blood and bile. It is a bitter used as a febrifuge and stomachic in chronic bowel complaints, and to expel worms. Also considered as an aphrodisiac.



The leaves are a demulcent and diuretic. Boiled in gingelly oil, they are used on testicular swellings and elephantiasis and to hasten suppuration.

Extracts of *Sida acuta* and *Sida cordifolia* are used to relieve hay fever and asthma. They are also antibacterial and antiprotozoal.

In Africa the leaves are used as an abortifacient. Decoction of the leaves and roots is an emollient, used for haemorrhoids and impotence.

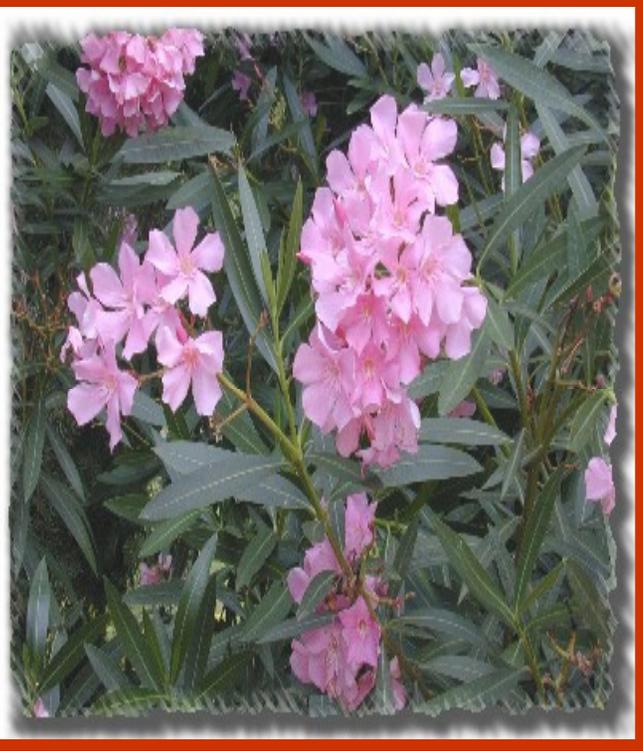
20 அருநெல்லி – 20 Phyllanthus Minima



21 Nerium oleander / Arali அலரி / அரளி

Roots and flowers are poison to eat. Only Dr can use correctly.

Red, white & Yellow Variety



சிவப்பு



வெள்ளை



மஞ்சள்

Flax seeds – 22 Lin seeds, *Linum usitatissimum* 22

22 அலிசி விதை- பெரிய ஆளி விதை



Golden (yellow) flax sseed



Red / Brown flax sseed



Linum usitatissimum
seed capsules,

Flax seeds – 22 Lin seeds **Linum usitatissimum 22**

Nutritional Value **Linum usitatissimum 22**

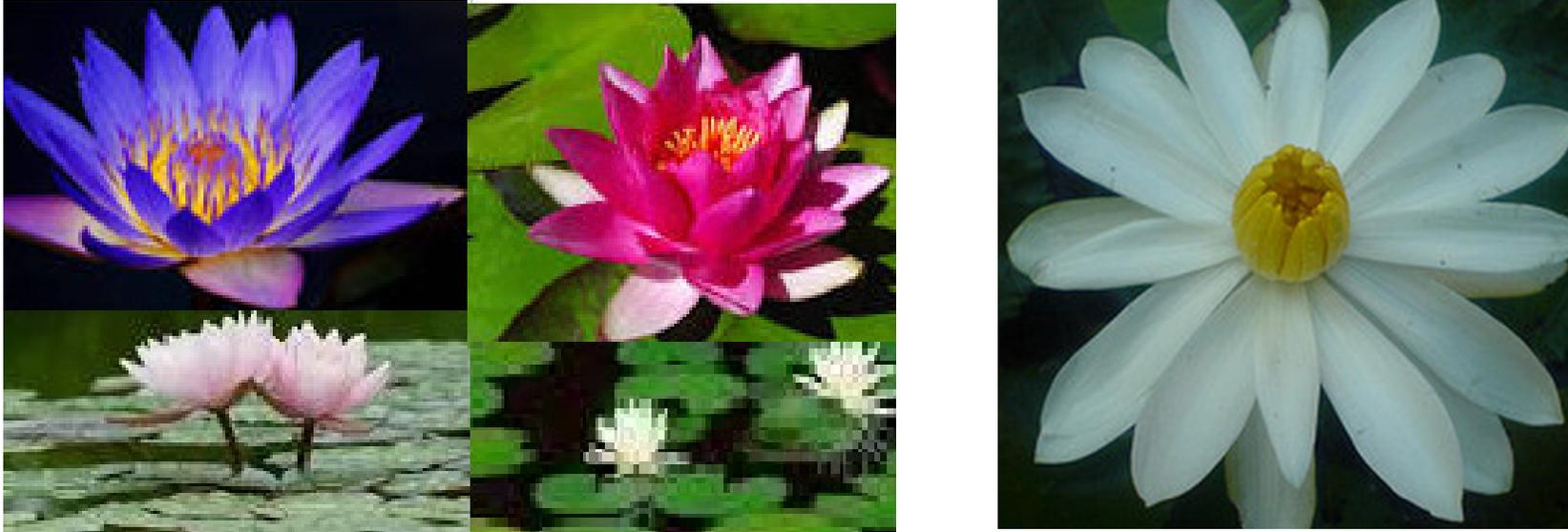
Flax seed 100 gram	
Nutritional value per 100g(3.5 oz)	
<u>Energy</u>	2,234 kJ (534 kcal)
<u>Carbohydrates</u>	28.88 g
- <u>Sugars</u>	1.55 g
- <u>Dietary fiber</u>	27.3 g
<u>Fat</u>	42.16 g
- <u>saturated</u>	3.663
- <u>monounsaturated</u>	7.527
- <u>polyunsaturated</u>	28.730
<u>Protein</u>	18.29 g
<u>Thiamine (vit. B₁)</u>	1.644 mg (143%)
<u>Riboflavin (vit. B₂)</u>	0.161 mg (13%)
<u>Niacin (vit. B₃)</u>	3.08 mg (21%)

Nutritional value	For 100 gm
<u>Pantothenic acid (B₅)</u>	0.985 mg (20%)
<u>Vitamin B₆</u>	0.473 mg (36%)
<u>Folate (vit. B₉)</u>	0 µg (0%)
<u>Vitamin C</u>	0.6 mg (1%)
<u>Calcium</u>	255 mg (26%)
<u>Iron</u>	5.73 mg (44%)
<u>Magnesium</u>	392 mg (110%)
<u>Phosphorus</u>	642 mg (92%)
<u>Potassium</u>	813 mg (17%)
<u>Zinc</u>	4.34 mg (46%)
Percentages are relative to USDA US recommendations for adults. Source: USDA Nutrient Database	

Flax seeds – 22 Lin seeds, *Linum usitatissimum*, Alisi seed.

Flax seed uses: It helps to prevent inflammation and helps to reduce free radicals. Flaxseed is a great source of heart healthy omega-3 fatty acids. The plant is particularly rich in alpha-linolenic acid (ALA). It helps to cure heart disease, inflammatory bowel disease, arthritis (rheumatism) as well as a variety of other health problems. Some studies show that flaxseed may help to lower the excess LDL cholesterol level as well as bad fats in the blood. Flaxseed is also an important source of fiber that lubricates the digestive tract, and helps to prevent the spikes in blood sugar that occur after eating. Flaxseed is not a laxative but one of the bulking and lubricating herbal agents that can address long term chronic constipation safely. One to two tablespoons of crushed seeds can be easily incorporated into the daily diet by adding to morning cereals, stewed fruits or smoothies. This is not a quick fix, but a long term nutritional therapy. There are no known side effects of using flaxseed as part of a health regime. In Ayurvedha it is used for Burns * Cancer Prevention * Constipation * Culinary/Kitchen * Eyes/Vision * Lupus * Nutrition * & Arthritis.

23 Water Lilly, Alli / அல்லி தாமரை Kanva Chhota, Kumudam, Allit-Tamara, Kalava, Nyadale Huvu, Nymphaea Stllata,



Traditional Uses: The leaves are boiled with touch me not- *Mimosa pudica* (Lajjaalu) in goat's milk to treat diarrhea ; the leaf paste is applied to the body in fever and inflammatory skin conditions; young leaves are taken with sugar to treat rectal prolapse . The stamens are mixed with ghee and jaggery and used in treating hemorrhoids. The leaves and flowers are both useful in many varieties of raktapitta, or bleeding disorders. The flowers are sometimes prescribed to promote conception. The petals alleviate thirst and inflammations. The seed powder mixed with honey is given in cough. The roots are said to be health for teeth. Taken with ghee, milk, and gold it is a general tonic said to promote strength, virility, and intellect.

Indications: bleeding disorders, menorrhagia, hemorrhoids

Formulations and Dosage: Seed powder : 5-8 g bid, Root powder : 5-8 g bid

24 Lablab Purpurens, hyacinth bean, dolichos bean, seim bean, lablab bean 24 அவரைக்காய், அவரைப்பருப்பு.



The fruit and beans are edible if boiled well with several changes of the water. Otherwise, they are toxic due to the presence of cyanogenic glycosides, glycosides that are converted to hydrogen cyanide when consumed. Signs of poisoning include weakness, vomiting, dyspnea, twitching, stupor, and convulsions.

The leaves are eaten raw or cooked like spinach. The flowers can be eaten raw or steamed. The root can be boiled or baked for food. The seeds are used to make tofu and tempeh

நீல அவ்ரி- -25 *indicofera tinctoria* 25 நீலி அவ்ரி



நீல அவரி-நீலி அவரி-25 *indicofera tinctoria*

Avuri, True Indigo, Black Henna

The Indigo Leaves are used to make hair dye and hair oil. Indigofera make your hair more manageable, moisturized, protected with radiant shine. The root is crushed and prepared into decoction, and given for abdominal disorders, leucorrhoea, all types of toxicities etc. The leaves are crushed, prepared into decoction and given for toxicities, fever, arthritis etc. The leaf juice is given in the dose of 10-20ml along with honey twice daily for jaundice, inflammation of liver etc.

Siddha Medicinal Uses : The leaves are dried in shade, powdered and given in dose of 1 to 5 grams for three times a day for any type of toxicity (herbal, metal or poison of any living creature), fever due to deranged vatham, kamalai (jaundice), mantham (indigestion) etc. The root is crushed and prepared into decoction, and given for gunmam (abdominal disorders), vellai (leucorrhoea), all types of toxicities etc. The leaves are crushed, prepared into decoction and given for toxicities, fever, arthritis etc. The leaf juice is given in the dose of 10-20ml along with honey twice daily for jaundice, inflammation of liver etc. For poisonous bites the samoolam or the whole plant is ground and applied as a paste over the bitten area. Also the leaf juice is given internally to the patient.

மருதோன்றி –26 அழுவணம் *Lawsonia inermis*



Seeds powdered mixed with honey, make peanut size ball & eat to cure dysentery. The bark one gm powder tea will cure jaundice & liver disorder. Flowers paste cure Head ache and gives good sleep. Boil 200 gm mustard oil with 50 gram henna leaves & apply the oil to cure baldness and hair falls. Excess vaginal bleeding and white discharge can be cured by leaves and seed paste application

மருதோன்றி –26 அழவணம் Lawsonia inermis

Health Benefits of Henna

Below are some of the medicinal properties of henna:

- Henna helps in the treatment of baldness. Mustard oil boiled with henna leaves, promotes healthy growth of hair. Two hundred and fifty grams of mustard oil is boiled in a tin basin. Sixty grams of the leaves are gradually added to the oil and heated. The oil is then filtered through a cloth and stored in a bottle. Regular massage with this oil produces abundant hair.
- The seeds of the **henna plant** are beneficial in the treatment of dysentery. They are powdered, mixed with ghee and made into small balls of the size of a betel nut. It is also very helpful in this condition, when taken with water.
- The bark of the plant is useful in the treatment of liver disorders like jaundice and enlargement of the liver. Either its powder is used in 1.25 to 5 decigram doses or its decoction in 30 to 60 grams doses in the treatment of these disorders.
- Henna flower cures headaches caused by the heat of the sun. The headache is relieved by a plaster made of henna flower in vinegar and applied over the forehead.
- A decoction of the **henna leaves** can be used as gargle in case of sore throat.
- Pessaries or vaginal suppositories made of the leaves and seeds can be used in the treatment of excessive menstruation, vaginal discharges and leucorrhoea or excessive white discharge.

- *27Alangium salviifolium*

Alingil / Akola அழிஞ்சில் Sage Leaved Alanginum



27 *Alangium salviifolium*

Alingil / Akola அழிஞ்சில் Sage Leaved Alanginum

Salvia and "sage" are derived from the Latin *salvere* (to save), referring to the healing properties long attributed to the various *Salvia* species. It has been recommended at one time or another for virtually every ailment by various herbals.

In traditional Tamil Siddha medicine, sage is used for respiratory ailments like asthma and alleviating nasal discharge associated with upper respiratory infections. Sage leaves are crushed in boiling water and the fumes are inhaled.

In the traditional Austrian medicine, *S. officinalis* herb has been used internally (as tea or directly chewed) for treatment of disorders of the respiratory tract, mouth, gastrointestinal tract, and skin.

Investigations have taken place into using sage as a treatment for Alzheimer's disease patients. Sage leaf extract may be effective and safe in the treatment of hyper lipidemia.

Common sage is grown in parts of Europe for distillation of an essential oil, though other species, such as *Salvia fruticosa* may also be harvested and distilled with it. The essential oil contains cineole, borneol, and thujone.

28 Cynodon Dactylon / Arugambul அருகம்புல்



28 Cynodon Dactylon / Arugambul Couch grass, green couch , அருகம்புல்

Bermuda grass, kabuta, dhoub grass (Bangladesh), Bahama grass, quick grass (South Africa), chepica brave, came de niño, pate de perdiz, gramilla blanca, hierba-fina (Cuba), griming, tigriston

A traditional use of Cynodon is for eye disorders and weak vision; the afflicted are advised to walk bare foot on dew drops spread over Cynodon plant each morning. According to Ayurveda, India's traditional pharmacopoeia, Cynodon plant is pungent, bitter, fragrant, heating, appetizer, vulnerary, anthelmintic, antipyretic, alexiteric. It destroys foulness of breath, useful in leucoderma, bronchitis, piles, ASTHMA, tumors, and enlargement of the spleen. According to Unani system of medicine, Cynodon plant is bitter, sharp hot taste, good odor, laxative, brain and heart tonic, aphrodisiac, alexipharmic, emetic, emmenagogue, expectorant, carminative and useful against grippe in children, and for pains, inflammations, and toothache (Agharkar 1991). Virus-affected discolored leaves of Cynodon are used for the treatment of liver complaints.. In Homoeopathic systems of medicine, it is used to treat all types of bleeding and skin trouble

29 Greens varieties கீரைகள் See 200

- [Spinach varieties in English, Tamil and Botanical names](#)
- [Drumstick leaves / Murungai keerai](#)
- [Palak keerai/Pasalai/Indian Spinach](#)
- [Thandu keerai / Amaranthus Caudatus / FoxTail Amaranth](#)
- [Kasini keerai/Chicory leaves/Cichorium intybus](#)
- [Mukkarattai Keerai/Boerhaavia/ Hogweed/Pigweed/Boerhavia diffusa](#)
- [Purple-fruited pea eggplant/Thuduvelai](#)
- [Fenugreek leaves/Venthiya Keerai](#)
- [MULAI KEERAI/ amaranthus blitum/ Amaranthus, Chinese spinach, PONNAKANNI KEERAI/Alternanthera sessilis/Dwarf copper leaf Sessile joyweed,Dwarft copperleaf, joyweed](#)
- [Siru keerai/Amaranthus tricolor /Tropical Amarnath](#)
- [Manathakkali keerai/ Solanum nigrum/Black nightshade](#)
- [Manjal karisalai Keerai/ false daisy](#)
- [CURRY LEAVES/KARUVEPPILLAI](#)
- [CORIANDER LEAVES/ KOTHAMILLI](#)
- [Raddish leaves / Mullangi keerai](#)

பாலாக்கீரை வகைகள்
முருங்கைக்கீரை
பாலாக்கீரை
தண்டுக்கீரை
காசினி
மூக்கரட்டை
தூதுவளை
வெந்தயக்கீரை
முளைக்கீரை
பொண்ணாங்கண்ணி
சீமை பொண்ணாங்கண்ணி
சிறுக்கீரை
மணத்தக்காளி
மஞ்சள் கரிசாலை
கருவேப்பிலை
கொத்தமல்லி
முள்ளங்கி

H 29 - Greens :Amaranthus aristis

அரைகீரை 29 A Variety Of Greens, Araikirai, Koia-Kura, Harivesappu



29 Spleen Amaranth/arai keerai / அரைகீரை

MEDICINAL USE OF SPLEEN AMARANTH / Araikkeerai / Amaranthus aristicus

Add pepper powder with arai keerai juice to cure Nervous weakness. **One gram of this powder** is more than enough to eat daily. Tincture made up of turmeric, pepper, ginger, dried ginger and amaranth is the medicine for **fits and fever related diseases**. (A medicine made by dissolving a drug in alcohol is called Tincture).

Root of the arai keerai helps to reduce **dental problems** and diseases, related to tooth and gums. Boil the Roots of spleen amaranth with turmeric powder & filter the boiled water. Gargle the filtered water alone for few seconds to make your mouth fresh and free from **gum and tooth aches**.

Arai keerai with cardamom seeds helps to **purify blood**.

To protect your body from **cold, cough** and other related lung problems, drink the juice of amaranthus aristicus stem with turmeric and pepper.

Anemia is a common disease that has been there for most of the women above the age of thirty. To **increase the blood level** in the body, take arai keerai with dal for about 21 days to realize the unbelievable increase of blood with high energy.

Arai keerai helps to **increase the growth of hair** and reduce the hair problems like **dandruff, lice, grey hair and split ends**. Soak fenugreek seeds in spleen amaranth juice, dry it & powder it. Apply it on your scalp & take head bath after few minutes to view the unbelievable results in hair problems. It has high digestive protein compared to other leafy vegetables. The unique medicinal properties in spleen amaranth **increases the RBC count in the blood**

30 Ruta chalepensis / Aruvatha

30 அறுவதா



31. Ananas Comosus / Annasi Palam அண்ணாசிப்பழம்



31

31 Pineapple (*Ananas comosus*) It is a tropical plant with edible [multiple fruit](#)

Raw pineapple is an excellent source of [manganese](#) 76% of [daily value](#) (DV) in one cup of serving and [vitamin C](#) (131% DV per cup serving). Mainly from its stem, pineapple contains a [proteolytic enzyme](#), [bromelain](#), which breaks down protein. Bromelain content in raw pineapple juice may be used as a meat [marinade](#) and tenderizer. Pineapple enzymes can interfere with the preparation of some foods, such as [jelly](#) and other [gelatin](#)-based desserts, but would be destroyed during cooking and [canning](#). The quantity of bromelain in the fruit is probably not significant, being mostly in the inedible stalk

Both the root and fruit may be eaten or applied topically as an anti-inflammatory or as a proteolytic agent. In some practices, it may be used to induce abortion or menstruation or as an anthelmintic agent.

Bromelain purified from pineapple stem or fresh juice, decreased the severity of colonic inflammation. Bromelain from pineapple has some potential against cancer mechanisms, as laboratory research showed that it causes autophagy in mammary carcinoma cells, stimulating turnover of MCF-7 cells through apoptosis.

32 *Illicium verum*

Star Anise அன்னாசிப்பு



32 *Illicium verum* / Star Anise / அன்னாசிப்பூ

Culinary uses: It is used as a spice in preparation of biryani and [*masala chai*](#) . **Medical use:**

Star anise has been used as a tea as a traditional remedy for rheumatism & for obesity. Star anise has carminative, stomachic, stimulant and diuretic properties. Star anise is the major source of the chemical compound [*shikimic acid*](#). In traditional Chinese medicine, star anise is prescribed as an digestive aid, promoting health of female reproductive organs and for lactating mothers to increase breast-milk secretion. It is used to promote appetite, to treat abdominal pain, digestive disturbances including colic, complaints caused by cold weather such as lumbago, and to relieve flatulence.

The anti-bacterial and anti-fungal properties of star anise is useful in the treatment of cancer, flu virus, asthma, bronchitis and dry cough.

Star anise can also be used as for its sedating properties to ensure a good sleep. The oil of star anise is useful in providing relief from joint pains and lower back pains.

Corrollocarpus epigasus 33 ஆகாச கருடன் கிழங்கு-

Akashagarudan, Akas-Gaddah, Mahamulam, Kollam-Kova-Kizhanna
Akasha-Garuda-Gaddalu, Akasha-Garuda-Gadde, Corallocarpus Epigaeus Benth Roots
– Tumour is poison. Purify this before using it as a medicine



Corrollocarpus epigasus 33 ஆகாச கருடன் கிழங்கு

விஷக்கடியை குணமாக்க தேள் கொட்டினால் ஆகாச கருடன் கிழங்கை வெற்றிலையில் வைத்து மென்று தின்றால் தேள் விஷம் இறங்கும். அதனால் ஏற்பட்ட நெறிகட்டுதலும் நீங்கும். கொட்டைப் பாக்களவு கிழங்கை மென்மையாக அரைத்து 50 மி.லி. தண்ணீரில் கலக்கி மூன்று நாள் காலையில் மட்டும் கொடுத்து மேற்ப்பூச்சாகவும் பூசி வர நாய், நரி, குரங்கு, பூனை முதலிய விலங்குகளின் கடி நஞ்சு தீரும். கிழங்கை தோல் நீக்கி உலர்த்திப் பொடித்து, ஒரு தேக்கரண்டிப் பொடியை சர்க்கரை கலந்து காலை மாலை சாப்பிட்டு, உப்பு, புளி நீக்கி சாப்பிட பாம்பு நஞ்சு, கீல் பிடிப்பு, மேக நோய்கள் தீரும். வாதநோய் குணமாகும் கிராம் கிழங்குப் பொடியை 100 மி.லி தண்ணீரில் கலந்து காய்ச்சிக் காலை மாலை சாப்பிட சீத பேதி தீரும். 100 கிராம் கிழங்குடன் 50 கிராம் 50 கிராம் வெங்காயம் 20 கிராம் சீரகம் சேர்த்தரைத்து விளக்கெண்ணெயில் வதக்கி இளஞ்சூட்டில் கீழ வாதத்துக்கு பத்துப்போட குணமாகும். சருமநோய்களை குணமாக்கும் தைலம் இக்கிழங்கில் இருந்து தைலம் இறக்குகின்றனர். இத்தைலத்தை மனிதர்களுக்கு வரும் சரும நோய்களுக்கு மேல்பூச்சாகப் போட ஆறும். கால்நடைகளுக்கு வரும் சரும நோய்களுக்கும் மேற்பூச்சாக பூச நோய்கள் குணமடையும்.

விஷக்கடியை குணமாக்க தேள் கொட்டினால் ஆகாச கருடன் கிழங்கை வெற்றிலையில் வைத்து மென்று தின்றால் தேள் விஷம் இறங்கும். அதனால் ஏற்பட்ட நெறிகட்டுதலும் நீங்கும். கொட்டைப் பாக்களவு கிழங்கை மென்மையாக அரைத்து 50 மி.லி. தண்ணீரில் கலக்கி மூன்று நாள் காலையில் மட்டும் கொடுத்து மேற்ப்பூச்சாகவும் பூசி வர நாய், நரி, குரங்கு, பூனை முதலிய விலங்குகளின் கடி நஞ்சு தீரும். கிழங்கை தோல் நீக்கி உலர்த்திப் பொடித்து, ஒரு தேக்கரண்டிப் பொடியை சர்க்கரை கலந்து காலை மாலை சாப்பிட்டு, உப்பு, புளி நீக்கி சாப்பிட பாம்பு நஞ்சு, கீல் பிடிப்பு, மேக நோய்கள் தீரும். வாதநோய் குணமாகும் கிராம் கிழங்குப் பொடியை 100 மி.லி தண்ணீரில் கலந்து காய்ச்சிக் காலை மாலை சாப்பிட சீத பேதி தீரும். 100 கிராம் கிழங்குடன் 50 கிராம் 50 கிராம் வெங்காயம் 20 கிராம் சீரகம் சேர்த்தரைத்து விளக்கெண்ணெயில் வதக்கி இளஞ்சூட்டில் கீழ வாதத்துக்கு பத்துப்போட குணமாகும். சருமநோய்களை குணமாக்கும் தைலம் இக்கிழங்கில் இருந்து தைலம் இறக்குகின்றனர். இத்தைலத்தை மனிதர்களுக்கு வரும் சரும நோய்களுக்கு மேல்பூச்சாகப் போட ஆறும். கால்நடைகளுக்கு வரும் சரும நோய்களுக்கும் மேற்பூச்சாக பூச நோய்கள் குணமடையும்.

Malabar Nut, Adatodai, Arusa, Vasaka, Ata-Lotakam, Addasaram, Adusogae, *Justicia adhatoda*, Adhatoda Vasica Leaves & roots,

Justicia adhatoda has a number of traditional medicinal uses in Indian systems for Asthma, cold and cough.

Vasicine, the active compound, has been compared to theophylline both in vitro and in vivo. Another, vasicinone, showed bronchodilatory activity in vitro but bronchoconstrictory activity in vivo.[6] Both the alkaloids in combination (1:1) showed pronounced bronchodilatory activity in vivo and in vitro. Both alkaloids are also respiratory stimulants. Vasicine has a cardiac-depressent effect, while vasicinone is a weak cardiac stimulant; the effect can be normalized by combining the alkaloids. Vasicine is reported to have a uterine stimulant effect. Vasicinone was shown to have an antianaphylactic action. Clinical trials of a commercial drug containing vasicinone and vasicinone have not revealed any side effects while treating bronchial asthma.

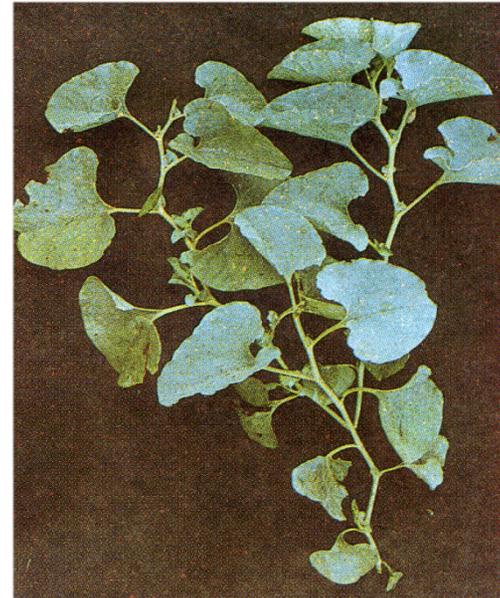
Adhatoda vasica Leaves, flowers and bark can be Used for treating bronchitis, asthma and dental ailments. It relieves cough and breathlessness. Its local use gives relief in pyorrhoea and in bleeding gums.



ஆடுதீண்டாபாளை 35

Aristolochia Bracteolata

Aristolochia Bracteolata 35, Worm-Killer, Indian Birthwort, Adutindapalai, Gandan, Ajaspurisaha, Atu-Tintap-Pala, Gadide-Gade-Para-Aku, Sanajali-Hullu, Whole Plant



36 Aadayyotti

herbal not available

37 Aathandam

-herbal not available

Aristolochia Bracteolata 35, Worm-Killer, Indian Birthwort, Adutheendapalai

Aristolochia bracteolata is an herbaceous plant belongs to family Aristolochiaceae. Aristolochia is a large plant genus with over 500 species. Aristolochia bracteolata is commonly called as Worm Killer (due to supposed anthelmintic activity).

Chemical Constituents

Leaves and Fruits yield ceryl alcohol, β -sitosterol and aristolochic acid.

Seeds give alkaloid, myristic, palmitic, stearic, lignoceric, oleic acid, aristolochic acid, Aristolactam a nitrogen containing compound and magnoflorine β -sitosterol. Roots contain aristolochic acid.

Aristolochia bracteolata is used in traditional medicines as a gastric stimulant, to treat nausea, vomiting, fever, constipation, bad cold, cough, parasitic worms. It is diuretic and digestive used in worm eradication (leaves) and to control abdominal pains (root extract). Antimalarial, antioxidant, anticancerous and anti-inflammation, analgesic, antivenom, vermicide, antitumour, antiarthritis activity, antiallergic activity, antibacterial activity.

38 ஆமணக்கு / Ricinus communis / Castor oil



38 ஆமணக்கு/ Ricinus communis- Castor oil plant -

Ricinus communis -[Castor oil](#) plant leaves , flowers and &vegetables equal grinded paste 3 gram with butter will cure jaundice and all liver problems and it gives loose motion also, increase or decrease the quantity maintain to the loose motion 3 to 4 times only. Its root tea will help to cure arthritis. Leaves & roots powder with keelanelli & honey cures kidney problems. **Sciatic nerv** - , the longest nerve that runs from your lower back to foot. [Castor oil](#) is an herbal treatment to the pain in your sciatic nerve. Almost all of its fatty acid content is made up of [ricin oleic acid](#), which triggers anti-inflammatory effects. This oil from castor oil plant naturally reduces the inflammation of sciatica, which is often due to a displaced joint or a slipped disc. [Castor oil](#) is a laxative that is “generally recognized as safe and effective.” This valuable oil is also used remarkably in the treatment of skin problems. It has anti-inflammatory effects. It is used to treat cuts, burns, abrasions, acne and eczema, ringworm, itch and sunburn. Further, castor oil helps in skin care and conditioning. One of its components, Isostearate Succinate, allows it to penetrate deep into the skin, causing an antioxidant effect. Because of this, the oil is used as an ingredient in lipstick and lip balm and other commercial skin care products that moisturize condition and hydrate the skin. Another medicinal use of castor oil is that it is a way to induce labor. This is done when pregnant women drink a blend of castor oil and juice in an attempt to prepare for childbirth.

39 Aayil, Indian Elm, Aayil tree bark, Chuckrassia Tobularis

Chukrassia tabularis -Bark used



Marsilea quadrifolia 40 ஆராக்கீரை

'Four Leaf Clover'; European waterclover (USA); *Sushni* in India; "aarak keerai" in Tamil and is in use for more than 3000 years as a green to cook & eat. A juice made from the leaves is diuretic and febrifuge. It is also used to treat snakebite and applied to abscesses etc. The plant is anti-inflammatory, diuretic, depurative, febrifuge and refrigerant. It removes excess heat from our body, it reduces the Pitha dosa. It is very good to treat excess urine passing diseases.



41 Banyan tree

41 *Ficus benghalensis* 41 ஆலமரம்

Useful Parts: Bark, root-fibers, leaves, seeds, milky juice (i.e. latex). It is astringent to bowels; useful in treatment of biliousness, ulcers, erysipelas, vomiting, vaginal complaints, fever, inflammations, leprosy. Leaves juice cures Diabetes. According to Unani system of medicine, its latex is aphrodisiac, tonic. It is useful in piles, nose-diseases, gonorrhoea etc. The aerial root is styptic, useful in syphilis, biliousness, dysentery, inflammation of liver etc.



Raw Fruits are used for cooking & Fruits to prepare Shurbuth traditionally. The bark and seeds can be used as a tonic to maintain body temperature and treat diabetes. The roots can be used to strengthen your teeth and gums by brushing with them. The sap treats external skin bruising and inflammation. Its raw fruits can be cooked as a vegetable to eat to get all the benefits of banyan tree.

42 Prunes fruit- Prunus Communis

-ஆல்பகோடா பழம் - உலர்ந்த கலிபோர்னியா பிளம்ஸ் பழம்



Prunes contain dietary fiber (about 7%,) hence it is a common home remedies for constipation . Prunes also have a high antioxidant contents.

Prunes can be enjoyed in moderation by both people on weight-loss diets and diabetics due to their unique composition. Daily intake of Prunes - the potassium in it helps lower blood pressure and reduces the risk of problems such as dizziness, heart disease, heart attack and stroke.

43 *Cassia auriculata* 43 ஆவாரம்பூ

43 The Tanner S Cassia, Aavaramboo, Tarvar, Telapotakam, Aavara , Thangedu , Tangadi-Gida, Cassia , uriculata Linn, Flower & Whole Plant



43 *Cassia auriculata* 43 ஆவாரம்பூ

Senna auriculata is commonly known by its local names ***ranawara*** or ***avaram***, (Kannada : ಆವರಿಕೆ, Telugu: తంగేడు, Tangedu, Tamil: ஆவாரை, **Avaram Senna-** *Cassia auriculata* is an evergreen shrub that grows in many parts of India. The flower, leaves, stem, root, and unripe fruit are used for treatment, especially in Ayurvedic medicine. People use *Cassia auriculata* for diabetes, eye infections (conjunctivitis), joint and muscle pain (rheumatism), constipation, jaundice, liver disease, and urinary tract disorders. How does it work?

Cassia auriculata might increase the body's production of insulin. This plant is said to contain a cardiac glucoside (sennapicrin) and sap, leaves and bark yield anthraquinones, while the latter contains tannins.

The root is used in decoctions against fevers, diabetes, diseases of urinary system and constipation. The leaves have laxative properties. The dried flowers and flower buds are used as a **substitute for tea** in case of diabetes patients. It is also believed to improve the complexion in women. The powdered seed is also applied to the eye, in case of chronic purulent conjunctivitis. In Africa the bark and seeds are said to give relief in rheumatism, eye diseases, gonorrhoea, diabetes and gout.

The plant has antibacterial activity.

44 *Lepidium sativum* / Small Flax seed

garden-cress, *lepidium-sativum* - Its greens are eatable

44 ஆளி - சின்ன ஆளிவிசை . அகன் கீரை செடி



[garden-cress](#)
[-lepidium-sativum](#)
[-is-a-fast-growing-edible-herb](#)

44 Small Flax Seeds, Aali vidhai ஆள்விதை

See 22 : for Flax seed, Flax seed plant , Flax fruits & Golden Flax seeds
garden-cress, lepidium-sativum



44 Small Flax Seeds, Aali vidhai சின்ன ஆளிவிதை garden-cress, lepidium-sativum

Garden cress are greens, it can be cooked as green, & it can be added to soups, sandwiches and salads for its tangy flavor. Garden cress can grow almost anywhere. Garden cress, known as chandrashoor, and the seeds, known as halloon in India, are commonly used in the system of Ayurveda to prevent postnatal complications. Garden cress seeds are bitter, thermogenic, depurative, rubefacient, galactagogue, tonic, aphrodisiac, ophthalmic, antiscorbutic, antihistaminic and diuretic.

They are useful in the treatment of asthma, coughs with expectoration, poultices for sprains, leprosy, skin disease, dysentery, diarrhea, splenomegaly, dyspepsia, lumbago, leucorrhoea, scurvy and seminal weakness..

Seeds have been shown to reduce the symptoms of asthma and improve lung function in asthmatics. The seeds have been reported as possessing a hypoglycemic property. The seeds are employed as poultice for removing pain, swelling etc. It can cure asthma, bronchitis bleeding piles.

Lepidium sativum seeds helps to cure indigestion and constipation

44 Small Flax Seed greens, Aali vidhai greens ஆளிவிதை கீரை

Garden cress, greens raw		
Nutritional value		per 100 g
Energy	134 kJ	(32 kcal)
Carbohydrates	5.5 g	
Sugars	4.4 g	
Dietary fiber	1.1 g	

Garden Cress leaves are not suitable for distribution in dried form, so it can be only partially preserved. Consumers commonly acquire cress from markets as boxes of young live shoots. Edible shoots are typically harvested in one to two weeks after planting, when they are 5–13 cm (2 - 5 inches) tall.



Vitamins in 100 gm greens % is for RDA per day	
Vitamin A -beta-carotene	(43%) 346 µg
lutein zeaxanthin	(38%)4150 µg
Thiamine (B1)	12500 µg
Riboflavin (B2)	0.08 mg, (7%)
Niacin (B3)	(22%), 0.26 mg
Pantothenic acid (B5)	(7%), 1 mg
Vitamin B6	(5%), 0.247 mg
Folate (B9)	(19%), 0.247 mg
Vitamin C	(20%) 80 µg
Vitamin E	(83%)69 mg
Vitamin K	(5%)0.7 mg
Trace metals	
Calcium	(516%)541.9 µg
Iron	(8%)81 mg
Magnesium	(10%)1.3 mg
Manganese	(11%)38 mg
Phosphorus	(26%)0.553 mg
Potassium	(11%)76 mg
	(13%)606 mg

Manihot Esculenta 45 / மரவள்ளி

Tapioca root, Cassava, Mandioca, kappa, Manioc root,



ஆள்வள்ளிக் கிழங்கு

45 மரவள்ளிக் கிழங்கு

45 Tapioca root, Cassava, Mandioca, kappa, Manioc root,

Tapioca, most commonly used in pudding, is a starch made from the root of the cassava plant. It can be purchased as granules, flakes and powders, although it's most commonly available in the form of little round balls. You can make savory and sweet dishes with tapioca, or simply use it as a thickening agent. Naturally low in fat and high in carbohydrates, tapioca can be used in place of arrowroot, cornstarch or flour to thicken sauces and soups. Tapioca is naturally low in sodium, containing only 2 milligrams per 1-cup serving. Excess salt will increase the risk for cardiovascular disease and high BP. The daily upper limit for sodium is 2,300 milligrams for adults. The limit drops to 1,500 milligrams if you are over 51, or if you have a history of heart disease and high BP, remember that tapioca is usually just one ingredient in your dish, so watch your added salt to keep the dish low in sodium. Tapioca is a Gluten-Free diet. The recommended amount of iron for adult r is 8 milligrams a day; women below 50 years should get 18 milligrams a day. One cup serving of tapioca contains 2.4 milligrams of iron, which supplies between 20 to 25 percent of your daily requirement

Citrullus colocynthis 46 ஆற்றுத்துமட்டி



46 *Citrullus colocynthis*, commonly known as the **colocynth, bitter apple**, Sanskrit: *Gavakshi* गवाक्षी, *Indarvaruni* इंद्रवारुणी), Tamil: பேய்க்கொம்மட்டி, **bitter cucumber, desert gourd, [egusi](#)**, or **vine of Sodom**

It resembles a common [watermelon](#) vine but bears small, hard fruits with a bitter pulp. It originally bore the scientific name *Colocynthis citrullus*, but is now classified as *Citrullus colocynthis*.

Aqueous and methanol extracts of colocynth showed high antimicrobial activity against *Escherichia coli*, *Staphylococcus aureus* and other bacteria. Extracts of fruits, leaves, roots and stems were also found to be potentially usable against many gram positive bacilli and fungi.

In addition, some of these extracts were found to have an insulin tropic effect and therefore an antidiabetic effect, which may make them relevant to the treatment of diabetes mellitus.

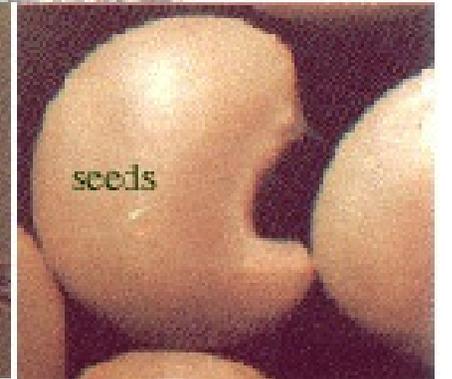
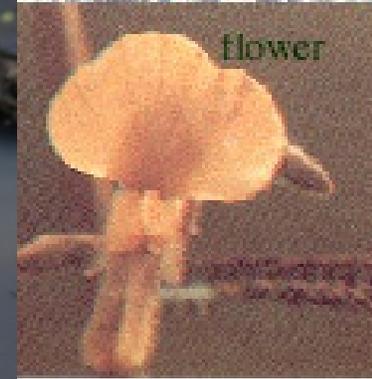
Cucurbitacin glucosides seem potentially important for therapy against breast cancer cells because of their ability to modify cell morphology and signaling, and to induce apoptosis and changes in mitochondrial membrane potential.

Another property of colocynth is hair growth stimulation: an experiment on rats demonstrated that hair growth initiation time was significantly decreased after treatment with colocynth petroleum ether extracts. The oil obtained from the seeds (47%) can also be used for medicinal and soap production. [Oleic](#) and [linoleic acids](#) isolated from *C.*

colocynthis petroleum ether extracts show [larvicidal](#) activity against [mosquitoes](#)

47 *Neptunia oleracea*

ஆற்றுநெட்டி



48 agave americana ஆனைக்கற்றாழை-
Its oil is world best for Lumbar & Cervical spondylitis.



48 agave americana

Antiseptic; Diaphoretic; Diuretic; Laxative; VD. - Oil for spondylitis.

Like rathabolam, the sap of agaves has long been used as binding agent for various powders used as poultices on wounds. The sap can also be taken internally in the treatment of diarrhea, dysentery etc. The sap is antiseptic, diaphoretic, diuretic and laxative. An infusion of the chopped leaf is purgative and the juice of the leaves is applied to bruises. The plant is used internally in the treatment of indigestion, flatulence, constipation, jaundice and dysentery. Water in which agave fibre has been soaked for a day can be used as a scalp disinfectant and tonic in cases of falling hair. Steroid drug precursors are obtained from the leaves. A gum from the root and leaf is used in the treatment of tooth ache.

The root is diaphoretic and diuretic. It and VD. All parts of the plant can be harvested for use as required, they can also be dried for later use. The dried leaves and roots store well. The plant contains saponins. An extract of the leaves is used as a soap. It is likely that the root is the best source of the saponins that are used to make a soap. Chop up the leaves or the roots into small pieces and then simmer them in water to extract the saponins. Do not over boil which will start to break down the saponins. There is a report that the plant has insecticidal properties. A very strong fibre obtained from the leaves is used for making rope, coarse fabrics etc.

49 Anaikundrimani,



No:	Name Eng	Name_ Tamil	Name_ Hindi	Name_ Sanskrit	Name Malayal	Name Telugu	Name Kannada	Name Botonical
49	Coral Wood tree, Red wood	Anaik- Kundrimani	Bari Gunchi	Gunja	Kunni-Kuru	Guri- Ginja	Gul-Ganji	Abrus Precatorius
50	Baodab	Anaippulia maram	Gorekh- Amlī	Gorakh- Chinch	Anapuli	Shima- Chinta	Brahamam lika	Adansonia Digitata

Next 50 Anaippuli

51Caesalpinia Coriaria / Ingimaram இங்கிமரம்



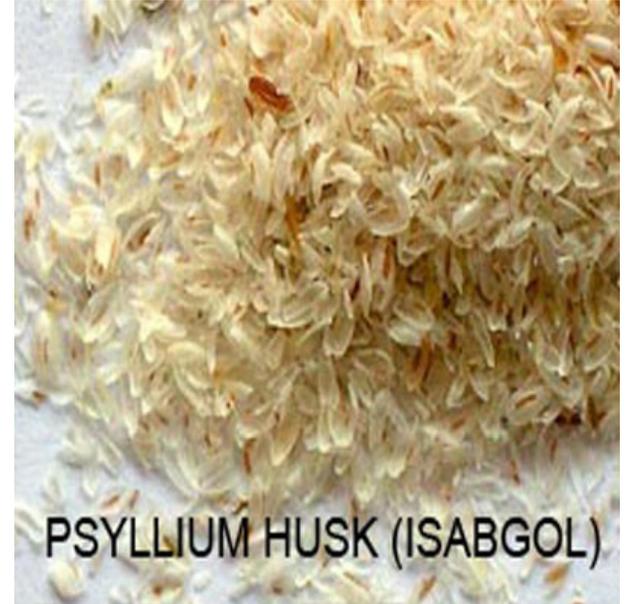
52 clerodendrum inerme, SANGAN KUPPI,
இசங்கு / பீச்சங்கு / சங்கன் குப்பி



52 clerodendrum inerme, SANGAN KUPPI,

Grind the Peenari sanghu leaves and eat the paste one to 2 gram to cure Cancer, and skin diseases. Boil Its juice with castor oil mixed in equal quantity . Drink 20 ml oil to cure aids, vettai, skin diseases, scabies, & intestine worms. Peenari Sanghu roots decoction is used as febrifuge and alterative. - Leaves are used in poultices as resolvent. -The root, boiled in oil, is applied like a liniment for rheumatism. The bitter root, leaves and wood are used as a remedy for intermittent fevers. - Poultices of leaves used for swellings to prevent suppuration. Leaves and roots, in tincture and decoction, used as substitute for quinine. Juice of leaves and root used as alterative in scrofulous and venereal diseases. Used for elephantiasis, asthma, topical urns. Poultices of leaves applied to resolve buboes. Leaf baths recommended for mania and for itches. Leaves, eaten with rice, used to increase the appetite. In traditional Indian medicine, leaves used for treating fever, cough, skin rashes, boils; also, for treating umbilical cord infection and cleaning the uterus. Plant is used in the treatment of urinary and heart related disorders. - In India, powdered leaves mixed with camphor, garlic, or pepper and used for edema, muscular and rheumatic pains. Roots used for venereal diseases. To 1 part of leaves, 8 parts of water is added, decoction is prepared and given in dose of 40-60ml for all types of fever including remittent and intermittent fevers. The juice of leaves can be given internally in the dose of 5-20ml for all muscular pains and stiffness even seen in tetany. It also strengthens the body. The powder of dried roots can be given internally in dose of 1 to 2 gm for toxicities, skin ailments like scabies, fever etc.

53 Isabgol seed
53 Psyllium seed & husk / 53 Plantago ovata
இசப்புகோல்விதையும் பொட்டும் ,



53 Psyllium seed & husks, also known as [ispaghula](#), [isabgol](#), or [psyllium](#), are portions of the [seeds](#) of the plant [Plantago ovata](#)

. Psyllium seed husk are a source of soluble [dietary fiber](#). They are used to relieve [constipation](#), [irritable bowel syndrome](#), and [diarrhea](#). They are also used as a regular [dietary supplement](#) to improve and maintain regular [GI transit](#). The inert bulk of the husks helps provide a constant volume of solid material irrespective of other aspects of the diet or any disease condition of the gut. Some recent research has shown they may be effective in lowering [cholesterol](#) and controlling certain types of [diabetes](#).

Possible adverse reactions include allergic reactions if taken with inadequate amounts of water. Other uses include gluten-free baking, where ground psyllium seed husks bind moisture and help make breads less crumbly. The husks are used whole in their natural state, or dried and chopped or powdered for easier consumption. Eat one to 2 gram husks with 250 ml of water. Don't eat without mixing water.

Psyllium seeds can be used for the same purpose at a lower cost. The standard dose is 3 gm dissolved in 250 ml of water. USA FDA has established a tangible benefit of psyllium seed husk intake and a decreased risk of coronary heart disease (CHD). Psyllium's soluble fiber thus has the potential to decrease the risk of CHD.

H54 *Zingiber officinale* - Ginger Zingiberaceae. Tamil: INJI 54.இஞ்சி



Healing Properties of Ginger

Inflammation is the body's natural healing response to illness or injury, and its pain, redness, heat, and swelling are attempts to keep you from moving a damaged area while it is being repaired.

Inflammation subsides as the body heals. However, in some conditions, including arthritis, diverticulosis, gallbladder inflammation, and heart disease, the inflammation does not go away. It becomes chronic and leads to many other problems.

Ginger is particularly useful in treating chronic inflammation because it partially inhibits two important enzymes (COX) and (LOX). that play a role in inflammation. Anti-inflammatory drugs block COX more strongly. Even worse, anti-inflammatory drugs can cause side effects, such as ulcers, because they block the beneficial effects that COX has on the digestive tract, including protecting the stomach. - contd in next slide-

54 *Zingiber officinale* - Ginger, Zingiberaceae. Tamil: - Ingi

Ginger does not cause stomach irritation; instead it helps protect and heal the gut. Ginger also treats a broader range of the inflammatory problem because it affects both the COX and the LOX enzymes. And because it doesn't shut down the inflammatory process entirely, ginger may actually allow it to work properly and then turn itself off, the way it does with an injury. Besides reducing inflammation, ginger has many other benefits. It helps relieve nausea, destroys a host of viruses, and it works as anticancer. Take at least 2gm three times per day. People often make the mistake of taking too little ginger and thus don't gain the full benefits.

Preparation and Dosage

To make a tea, cut a two-inch cube of rhizome into slices and simmer them in one cup of water on low heat for 10 minutes. Cover the pot while cooking to retain as many volatile constituents as possible. Remove the slices, and sip the remaining liquid before a meal. Eat the slices after drinking the tea. Drink three cups of tea per day, one before each meal. Put 100 gm crushed ginger in 500 ml water, boil it well and filter. Soak a cloth in this water & put around the hip to cure **kidney failure**.

Storage : Fill a pot by pure sand, washed in water well. Hide the ginger inside that sand. Ginger will remain fresh more than 3 months if the sand is slightly wet always. We can store fresh ginger rhizomes in a cool, dark, dry place upto 2 to 3 weeks. Do not keep them in the refrigerator. Be careful over heat will reduce the medicinal value of ginger,

See 303 for medicinal uses of Dried ginger:

55 *Acacia pennata* /Indu / இண்டு55



56 Ficus Virens (Or)56 Ficus Tsicla Tender Fruit/ இத்தி



57 Oldenlandia Umbellata / Impooral, / இம்பூரல்



Synonym: Hedyotis umbellata,
English: Indian Madder, Chay-Root./
Tamil: Inbooral. Telugu: Chiruveru చిరువేరు

Chiraval (Maharashtra) The plant gave anthraquinone derivatives. The root gave alizarin, rubichloric acid and ruberythric acid, also anthraquinones.

Uses: Leaves and roots—used in bronchitis, asthma, cough & blood vomiting.

H 57-Impooral root 10 gram and H 8-Athimaduram root 5 gram, add 500ml water boil filter & drink 100 ml 2 to 3 times per day to cure Cold, Cough, Asthma, TB & blood vomiting. With roots, leaves also can be added to prepare the above tea.

Next 58 & 59

58	Malabar-Cat-Mint	Rattaip-Pei-Marutti	Mogbire-Ka-Patta	Alamoola	Pey-Meratti, Peratumba	Moga-Bira, Mabheri	Anisomeles Malabarica
59	Indian Aloe Milk dried	Rattabolam	Musambar, Livis	Rakthabola m	Chenna-Nayakam	Mushambaram	Lala-Sara

60 *Jasminum sambuc*

இருவாட்சி மலர் / நவ மல்லிகை



61 Rheum Emodi
61இரேவல் சின்னி
Roots are used as purgative



61 Rheum Emodi fruits

62 Ziziphus Manuritiana, Elanthai (Tamil) இலந்தை 62



62 Ziziphus Manuritiana, Elanthalai

Elanthalai fruit is eaten raw, pickled or used in beverages. It is quite nutritious and rich in vitamin C. It is second only to guava and much higher than citrus, orange & apples. Ripe fruits are preserved by sun-drying and a powder is prepared for out-of-season purposes. It contains 20 to 30% sugar, up to 2.5% protein and 12.8% carbohydrates. Fruits are also eaten in other forms, such as dried, candied, pickled, as juice, or as syrup. The leaves juice is considered as very nutritious & good for infertility as a tonic.

The fruits are applied on cuts and ulcers; and are employed in pulmonary ailments and fevers; and, mixed with salt and chili peppers, are given in indigestion and biliousness. The seeds are very good for pregnant woman.

The seeds are sedative.

3 to 4 grinded seeds and are taken, with buttermilk, to halt nausea, vomiting, and abdominal pains in pregnancy. They check diarrhea, and poultice on wounds to get a cure. . Mixed with oil, they are rubbed on rheumatic areas. The leaves are applied as poultices and are helpful in liver troubles, asthma and fever and, together with catechu, are administered when an astringent is needed, as on wounds. The bitter, astringent bark decoction is taken to halt diarrhea and dysentery and relieve gingivitis. The bark paste is applied on sores. Powdered root is dusted on wounds to get a cure. Strong doses of the bark and root may be toxic. An infusion of the flowers serves as an eye lotion.

63 *Syzygium aromaticum*. Clove 63 இலவங்கம் / கிராம்பு



63 *Sygzium aromaticum* / Clove 63 / இலவங்கம் / கிராம்பு

Medicinal properties and health benefits of cloves: The active principles in the clove are known to have antioxidant, anti-septic, local anesthetic, anti-inflammatory, rubefacient (warming and soothing), carminative and anti-flatulent properties.

The spice contains health benefiting essential oils such as eugenol, which gives pleasant, sweet aromatic fragrances to the clove-bud. Eugenol has local anesthetic and antiseptic properties, hence; useful in dental care essentials as well as in head ache palm ointments.

The other important constituents in this spice includes methyl salicylate as a painkiller, The active principles in the clove may increase gut motility as well as improve the digestion power by increasing gastro-intestinal enzyme secretions. Thus, helps relieve indigestion and constipation problems.

The spice also contains a good amount of minerals like potassium, manganese, iron, selenium and magnesium. Potassium is an important electrolyte of cell and body fluids that helps control heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase.

Further, the spice buds contain very good amounts of vitamin A and beta-carotene levels. These compounds are known to have antioxidant properties. Vitamin A is also required by the body for maintaining healthy mucus membranes and skin in addition to essential for vision. It helps to protect the body from lung and oral cavity cancers. Additionally, this spice is a good source of vitamin-K, vitamin-B6 (pyridoxine), thiamin (vitamin B-1), vitamin-C and riboflavin. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful oxygen-free radicals.

64 cinnamomum zeylanicum

Cinnamon Bark thick bark and nice bark variety available.

64 இலவங்கப்பட்டை / சன்ன லவங்க பட்டை



thick bark

சுருள் பட்டை



Nice Bark



Ceylon cinnamin, also called “true cinnamon,” comes from crumbly inner bark of the *Cinnamomum zeylanicum* tree. It’s light brown, and has a sweet and delicate flavor. Cassia comes from the *Cinnamomum cassia* plant, and is also called “Chinese cinnamon.” Ceylon would be the better Cassia . It has blood-thinning effects Cinnamon works as an antifungal and antibacterial. It may be helpful in reducing ulcers, and studies are being done on cinnamon's efficacy to improve the action of insulin in people with diabetes. Its antibacterial properties is good, for diarrhea,ulcers, colic, indigestion, menstrual disorders, and rheumatism, It is not recommended in medicinal amounts during pregnancy or lactation

Health Benefits : Both types of cinnamon have health benefits, including the following.

1. Diabetes. *Diabetes Care* found that people with type 2 diabetes who took 1, 3, or 6 grams of cinnamon reduced their fasting blood glucose levels by 18–29 percent, and also reduced triglycerides by 23–30 percent. It also reduced LDL cholesterol by 7–27 percent, and total cholesterol by 12–26 percent.

2. Alzheimer’s Disease. Cinnamon inhibited the formation of the proteins and filaments that are the hallmark of Alzheimer’s disease. **3. Cancer.** Cinnamon extracts were directly linked with anti-tumor effects. **4. Anti-inflammatory.** A study from South Korea found that compounds from cassia cinnamon had promise as an anti-inflammatory agent, with potential in treating dyspepsia, gastritis, and inflammatory diseases.

5. Anti-microbial. Cinnamon has the ability to fight off bacteria with : Antitumor, cardiovascular, cholesterol-lowering, and blood-sugar-lowering properties.

6. It has antioxidant 100 times more than any fruits. Above 3 lakhs orac/ per 100 gm

65 *Cinnamomum tamala* / *tējapattā* or *tejpatta* (तेजपत्ता) Brinji ilai, இலவங்கப்பத்திரி/ பிரிஞ் இலை



65 Cinnamomum tamala /tējapattā or tejpatta (तेजपत्ता)

Bay leaf Nutritional value per 100 gram USDA National Nutrient data base)		
Principle	Nutrient Value	Percentage
Energy	313 Kcal	15.50%
Carbohydrates	74.97 g	57%
Protein	7.61 g	13%
Total Fat	8.36 g	29%
Cholesterol	0 mg	0%
Dietary Fiber	26.3 g	69%
Vitamins		
Folates	180 mcg	45%
Niacin	2.005 mg	12.50%
Pyridoxine	1.740 mg	133%
Riboflavin	0.421 mg	32%
Vitamin A	6185 IU	206%
Vitamin C	46.5 mg	77.50%
Electrolytes		
Sodium	23 mg	1.50%
Potassium	529 mg	11%
Minerals		
Calcium	834 mg	83%
Copper	0.416 mg	46%
Iron	43 mg	537%
Magnesium	120 mg	30%
Manganese	8.167 mg	355%
Phosphorus	113 mg	16%
Selenium	2.8 mcg	5%
Zinc	3.70 mg	33%

Health Benefits Of The Indian Bay Leaf: Indian bay leaf has analgesic, astringent, carminative, digestive, stomachic, emetic, diuretic, anti inflammatory, anti oxidant, antibacterial and anti fungal properties.

It is useful in the treatment of high blood sugar, migraine, headaches, gastric ulcers, rheumatism, colic, amenorrhea and a lot of other health conditions.

For problems like cough, cold, excess mucus, allergy and other respiratory problems etc, crush 3-4 bay leaves, add 1-2 tulsī (holy basil) leaves and boil this in about 250 ml water. Cool, strain and drink in tolerably warm.

For severe headache, boil a few bay leaves in water for a few minutes. Strain, cool a bit and drink while still hot. Also apply a paste of bay leaves on the forehead for relief from severe headache. Contd in next slide

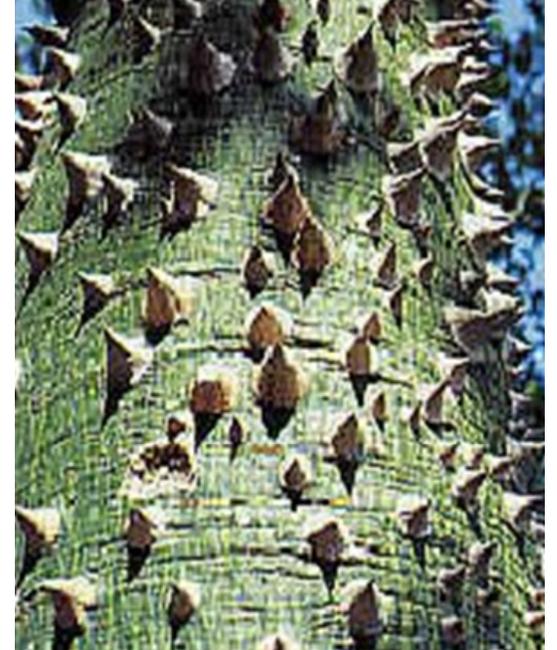
65 *Cinnamomum tamala* /*tējapattā* or *tejpatta* ([तेजपत्ता](#))

For getting rid of head lice, take about 50 grams of bay leaves and boil in 400 ml water reduce to 100 ml remaining. Filter and apply this on the hair roots. Let it remain for 3-4 hours then wash. This removes the lice. If **Bhringraj** is added to the bay leaves before boiling, it will make the hair black, lustrous and healthy. Add 2 grams **Mulethi (liquorice)** and 1 gram **Piplali** or dry ginger powder to 5 grams of bay leaves and boil in 200 ml water till 100 ml water remains. Strain and drink. It boosts body immunity and cures conditions like anemia, cough, asthma and other respiratory problems. For cough, take 1-2 grams of powdered dry bay leaves mixed with a tsp of **honey** twice a day. It is very effective in stopping cough.

Those who suffer can Take 5 grams of bay leaves, add a piece of ginger and boil this in 200 ml of water till 1/4 water remains. Add a spoonful of honey and consume twice a day for relief from indigestion and bloating – gastritis & any other digestive problem. It cures and stops formation of kidney stones & *kidney infections* also. It cures Repeated sneezing Thummal and nose bleeding. Boil with rose flowers & drink for heart disease and anxiety. If there is angina pain, add 2 **cloves** to the above and then boil the water. It stops angina pain.

For uterus problems like infection, etc, which mostly occur after childbirth, take a few grams each of the **bark** of the bay leaf tree, **bay leaf**, **carom seeds (Ajwain)** and **dry ginger** powder. Boil these in 200 ml water and drink twice a day. This clears the infection and tones the uterus. To relieve joint pains, make a poultice of ground bay leaves and arund (castor) leaves. Tie it around the inflamed joint. It relieves pain and swelling. For clean teeth, brush with powdered bay leaves once in 3 days. It will make the **teeth sparkle- good to add with tooth powder**

66 Red silk tree Bombax Malabaricum 66 முள் இலவு -இலவம் பஞ்சு மரம்



67 Bombax Ceiba White silk tree leaves இலவு மரம் / இலவம்பஞ்சு மரம் 67



68 Madhuca longifolia / 68 இலுப்பை



69 *euphorbia ligularia*/ இலைக்கள்ளி



70 Phoenix actilifera / small dates
tree/ ஈச்சு / சிற்றீச்சு



70

70 Phoenix dactilifera / Dates

70 பேரீச்சை / பேரீச்சம்பழம்



Date flesh is low in fat and protein but rich in sugars, mainly fructose and glucose. Date seeds contain higher protein (5.1 g/100 g) and fat (9.0 g/100 g) as compared to the flesh. It is a high source of energy, as 100 g of flesh can provide an average of 314 kcal. The consumption of 100 g of dates can provide over 15% of the recommended daily allowance from minerals as selenium, copper, potassium, and magnesium.

Date Fruits dried

70 Dates, பேர்ச்சை / பேர்ச்சம்பழம்

The water in which fresh dates are soaked is a drink given to relieve alcohol intoxication. Dates boiled with milk is a very nourishing and restorative drink to the children as well as adults to recover after fevers and smallpox. Date fruits are used as an ingredient in various aphrodisiac and tonic confections. They are also useful in asthma and dysentery. Date fruits help to cure cough, soothe the chest and prevent constipation. Dried fruit pounded and mixed with almonds, pistachio nuts, spices and honey forms a nutritious formulation. The liquid distillate obtained from Dates soaked water relieves abdominal gases and pain especially after heavy meal and claimed to have anti-spasmodic activity. Seeds roasted and ground into powder make a beverage like coffee called "date coffee". Paste made from ground seeds is said to be applied for opacity of cornea and to the head to relieve headache and hemicrania. The smoke produced from burning of the date seed powder is a useful for piles. The flower of the plant is used as a purgative⁵⁰. The pollen grains of date palm have been used in Egyptian local practice to improve fertility in women. It helps to cure diarrhoea, gastric ulcer, skin disorders, cardiovascular disorder, inflammatory ailments including liver and kidney disorders, microbial and viral infections, cancer, etc. Unripened dates dried are available in the market as Kajoor, which helps to cure diabetes & act as a tonic for all. Dates and peppers added to beer & drinks believed to make it less intoxicating.

ஈச்சுரமூலி – 71 *Aristolochia indica* ஈஸ்வரமூலி / உரிக்கொடி / தெராசுக்கொடி



நச்சுரமுலி – 71 *Aristolochia indica*

- ***Aristolochia indica*** is a creeper plant found in [Kerala](#) in [India](#) and also [Sri Lanka](#). This plant is critical to the survival of the [Southern Birdwing](#) and [Common Birdwing](#). It reaches a height of several metres on trees and cover the branches with thick foliage. It flowers once a year to produce seeds. It can also be propagated by roots. The plant has a number of historical medicinal uses. This plant contains [Aristolochic acid](#) is a rodent [carcinogen](#) found in [Aristolochia](#) and [Asarum](#), both in the [Aristolochiaceae](#) family of plants. Aristolochic acid is composed of a ~1:1 mixture of two forms, aristolochic acid I and aristolochic acid II.
- In addition to its carcinogenicity, aristolochic acid is also highly [nephrotoxic](#) and may be a causative agent in [Balkan nephropathy](#). However, despite these well-documented dangers, aristolochic acid still is present sometimes in herbal remedies (such as for weight loss), primarily because of substitution of innocuous herbs with *Aristolochia* species. The alcoholic extract is more toxic than the water extract.
- Apply the paste or powder of these plant for psoriasis or for any skin problems to get a cure. It can be mixed with other herbals like neem, turmeric etc.

72 Frangipani flower / Gulchin

72 ஈழத்தலரி (ஈழம்- துங்கம்)



73 *Salvadora persica*/ uka tree/ உகா மரம்

73 Tooth Brush Tree / the miswak tree



74 Albizia amara / usilai maram உசிலமரம்

74 Albizia odoratissima,



75 & 76 Next

75	Dogsabane, Whitelow	Uttamani	Utran	Phala Antaka	Velip-Parithi	Juttu-Paku	Hala Koratige	Pergularia Extensa	Vegetables
76	Uppilang Kodi	Uppilang Kodi	Uppilang Kodi	Vlauka	Uppilang Kodi	Uppilang Kodi	Uppilang Kodi	Uppilang Kodi	Whole Plant

77 Basil / *Ocimum basilicum* /
திருநீற்று பச்சிலை / உருத்திரச்சடை



78	Rosary Nut, Bead Tree	Rudraksha	Rudrak sham	Rudraksa	Rudraksa	Rudraksa	Rudratsa	Elaeocarpus Sphaericus	Whole	78
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78 உத்ராட்சம்.

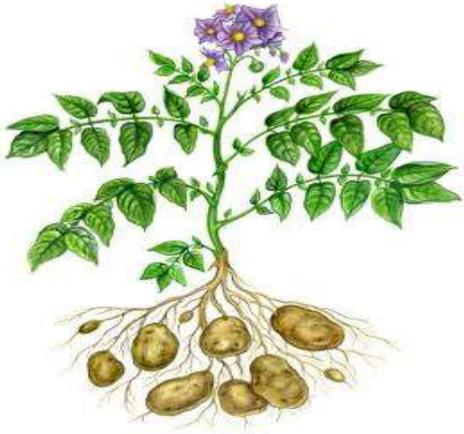
77 Basil / Ocimum basilicum/திருநீற்று பச்சிலை / உருத்திரச்சடை

Put basil leaves after finishing the cooking as cooking quickly destroys the flavor. The fresh herb can be kept for a short time in plastic bags in the refrigerator, or for a longer period in the freezer. Cures respiratory disorders : A juice mixture of the herb, with ginger and honey is a remedy for asthma, cough, cold, influenza and bronchitis. Simply boil it in a glass of water and drink.. The dried herb also loses most of its flavor, and what little flavor remains tastes very different.

Subja- Basil seeds: Soak 2 tsp. of basil seeds to 1 cup of warm water (not boiling) for 10 minutes for releasing antioxidants and digestive enzymes. Studies show that it provides a wide range of health benefits, from treating nausea to indigestion, diabetes, constipation, respiratory problems etc. Sweet basil seeds have the **capacity to expand to 30 times of their original size** making an excellent [natural diet supplement to kill hunger pains](#). A great way to relieve constipation & helps to **detox your body naturally**. It helps to reduce weight of our body and helps as below..

1. Aids in digestion: Basil seeds are commonly used to provide relief from stomach upset. Due to its carminative effects, it is effective for treating digestive disorders such as stomach cramps, flatulence, constipation, irregular bowel movements and indigestion.
2. Treats colds: Basil seeds provide relief from influenza, fever and cold, whooping cough, mental fatigue, nervous tension, mental, depression and migraine head ache.
3. Good for skin infections: Basil seeds are crushed into oil to help in treating infections such as wounds, cuts, bladder infections, skin infections etc.

79 Potato/ Solanum tuberosum உருளைக்கிழங்கு



Raw potato juice drinks cures rheumatism and gout.

In lumbago the acute pain is much relieved by fomentations of the prepared potato juice followed by an application of ointment. Sprains and bruises have also been successfully treated by the Potato-juice both by drinking and applying. fomentations to swollen and painful parts, as hot as possible. **Ripe potato juice is an excellent cleaner of silks, cottons and woolens.**

Potatoes are raw, boiled, peeled, or mashed all have medicinal and healing properties. Even the water that you used to boil them in can be used. When you are cooking potatoes, boil washed potatoes with the skins which is rich in fiber, iron, zinc, potassium, and calcium and B & C vitamins . That way you still have the benefits of these needed nutrients. Whilst mainly used as a staple food, potatoes do also have a number of medicinal virtues. A juice made from the tubers, when taken in moderation, can be helpful in the treatment of peptic ulcers, bringing relief from pain and acidity. This is applied as hot as can be borne to rheumatic joints, swellings, skin rashes, hemorrhoids etc. Uncooked potatoes have been pounded in a mortar and then applied cold as a soothing plaster to burns and scalds. Potato skins are used in India to treat swollen gums and to heal burns.

80 *Vigna mungo* / Black gram plant /See 398 for uses 80 உளுந்து செடி, விதை. 398 ஐ பார்க்க



81 ஊமத்தை / Datura metel

81 White flower variety



81 கரு ஊமத்தை Datura discolor black -81 Black colour variety



Next Herbal 82 ஊழலாற்றி
82 Uzhalatri - details not available for me. AVG Reddy

ശ്ലീഹ – 83 Strychnos nux-vomica: Leaves are used externally to cure all itching skin diseases. Seeds are poison, it should be purified before using it as a medicine for BP, nerves problems, and for arthritis.



Next Herbal 84 Erisalai is not available now.

85 Calotropis Gigantia / எருக்கு:



85 Calotropis Gigantia -white

- Blue variety

Grind its white flower with equal pepper, prepare pepper size balls & eat it for Cold and Asthma. Calotropis leaves, flowers and root powder is commonly used for treating **digestive disorders**, including stomach **pain, diarrhea, constipation**, stomach ulcers, **toothache, joint pain**, and **cramps** with mild or no side effects. Calotropis supplements are also used to treat parasitic infections, snakebites, muscle spasm, epilepsy, hysteria, and syphilis. The dry latex (DL) of Calotropis procera possessing potent anti-inflammatory activity was evaluated for its antioxidant and anti hyperglycemic effects. Daily oral administration of dry latex at 100 and 400 mg/kg wt of rates, produced a dose-dependent decrease in blood glucose and an increase in hepatic glycogen. The efficacy of dry latex as an antioxidant and as an anti-diabetic agent was comparable with that of the standard anti diabetic drug, glibenclamide. The dry latex (DL) was evaluated for its anti-diarrhoeal activity, & for its inflammatory effects – pedal oedema cure. The latex of Madar plant is used in Vamana (vomiting therapy) and Virechana (purgation therapy). It is capable of inducing vomiting and purgation.

86 Elikadhilai, merremia hederacea,

எலிக்காதிலை: Cook & eat this herbal as a green to cure all VD diseases



Next 87

87 Physic Nut, Purging Nut Eliyamanakku Jangli-Arandi Parvata-Yeranda

Kattavanakka Pepalamu Bettada-Haralu Jatropha Curcas

87 எலி ஆமணக்கு Kattavanakka, Pepalamu, Bettada-Haralu, Jatropha Curcas

Its leaves 20 grams can be cooked and eat to cure constipation.

Dr AVG Reddy's PP for 500 Herbs

88 Citrus lemon / எலுமிச்சை



88 Citrus lemon / எலுமிச்சை

Lemon juice, when consumed, leads to cleansing of oral cavity. Hence lemon juice is a good remedy for bad breath or tongue coating problems. It increases digestion power.– relieves abdominal colic pain. This is the reason, lemon juice is the first home remedy, used for gastritis pain . Lemon is extremely useful to relieve coughing. It soothes the mucus of the throat. It helps to relieve excessive accumulation of Kapha in stomach, leading to vomiting. Hence, lemon juice is drunk whenever one feels nausea, excessive salivation, vomiting etc. It relieves Amadosam - a product of indigestion and mal absorption. It Relieves bad breath. Hrutpeeda – relieves pain in chest region, due to gastritis. It promotes digestion. It Relieves excessive thirst. Krumihara – It relieves intestinal worms. Useful in abdominal colic caused to imbalance of Vata, Pitta and kapha.

Visha hara – It is a natural detoxifying herb. This is the reason, it is used in the purification procedure of many mineral ingredients, such as Iron pyrite. It helps to relieve constipation and gastro-enteritis. Lemon use in weight loss - Hot water lemon therapy is a famous home remedy for weight loss. Drinking a glass of hot water, mixed along with 1 – 2 spoons of lemon juice extract, early in the morning, on empty stomach decreases fat deposition. Obesity is related with Kapha dosha, and lemon decreases Kapha. Hence it helps. Lemon for vascular health - Regular use of lemon in diet helps to decrease cholesterol deposition in the blood vessels. Hence it lowers the risk of heart diseases.

89 Lemon Basil, *ocimum gratissimum*
இராம துளசி- எலுமிச்சை துளசி



90 Ehzuttanippundu
Launea Nudicaulis Hook.F.

Image not available

90 எழுத்தாணிப்பூண்டு

91 Sesamum - Indicum, / Gingelly / Sesame/ 91 எள்ளு



91 White seed

91 Black seeds

Medicinal use: Sesame seeds have been used as a medicine. They are considered to be antioxidant, anticancer, demulcent, emollient and laxative properties. Due to its lignans content, Sesame is very efficient in lowering cholesterol levels. One of its lignan components, sesamin, is proven to protect the liver from oxidative damage. As an excellent source of phytosterols, Sesame seeds are efficient immune enhancer. It is also believed that they can help as prevention against certain forms of cancers.

92 *Elettaria cardamomum* / Cardamon, Malabar Cardamom, Elachi

92 ஏலக்காய், 92 ஏலம்



Uses & Benefits of Cardamom

Cardamom is used internally for indigestion, nausea, vomiting and pulmonary disease with copious phlegm. It can be used with a laxative to prevent stomach pain, griping, as well as flatulence.

Cardamom seeds are chewed to sweeten the breath and to detoxify caffeine, in people taking excessive amounts of coffee. They are also used as a spice in cooking and as a flavoring in other medicines.

92 *Elettaria cardamomum* / Cardamon, Malabar Cardamom, Elachi

Uses & Benefits of Cardamom

Cardamom is used internally for indigestion, nausea, vomiting, **asthma, chronic respiratory disorders, piles, hemorrhoids**, stomachaches, constipation, dysentery, and pulmonary disease with copious phlegm. It can be used with a laxative to prevent stomach pain, griping, as well as flatulence. Cardamom seeds are chewed to sweeten the breath and to detoxify caffeine, in people taking excessive amounts of coffee. They are also used as a spice in cooking and as a flavoring in other medicines. The oil made from cardamom seeds is very good for digestive system. It functions as a laxative and soothes colic, wind, dyspepsia and nausea. It also works to warm the stomach and helps with heart burn. In South Asia, green cardamom is extensively used to treat infections in teeth and gums. It is also used to prevent throat troubles, congestion of the lungs, pulmonary tuberculosis and inflammation of eyelids. Cardamom is also brought in used to kidney stones and gall stones. **Cardamon helps to relieve burning sensation and gastritis, irritable bowel syndrome. Excessive usage of cardamon may harm fertility.**

93 Alstonia scholaris

93 ஏழிலைப்பாலை



TRADITIONAL PREPARATION: The seeds are the most potently psychoactive part of the dita tree, although many parts of the plant are medicinal. To prepare the seeds, 2 grams may be crushed and soaked in water overnight. The next day, the seed matter is filtered out and the liquid is consumed. To make a stronger brew, the seeds are soaked in boiling water. In order to appreciate the **aphrodisiac** properties of the plant, a dosage of 3 grams of seeds is good to start with. If this does not prove effective, the dosage may slowly be increased upto 5 grams.

MEDICINAL USE: The bark of the dita tree is used in Ayurvedic medicine to treat fever, malaria, troubles in digestion, tumors, ulcers, asthma, and so forth. The leaves and the latex are applied externally to treat tumors. The bark and roots are boiled with rice and eaten by girls daily for several weeks to treat excessive vaginal discharge. In Traditional Chinese Medicine, the dried leaves of the dita tree are used as an expectorant. Members of the Alstonia genus are used around the world to treat malaria.

94 ஐவேலி *Diplocyclos pamatus* / iveli / ivirali / ஐவிரலி 94



The whole plant of Lollipop Climber is used for cough, skin diseases, swelling, spleen, rheumatic pain, flatulence and oesophagus diseases

· All parts of the plant are toxic in large quantities, however the leaves are eaten in small quantities as a vegetable.

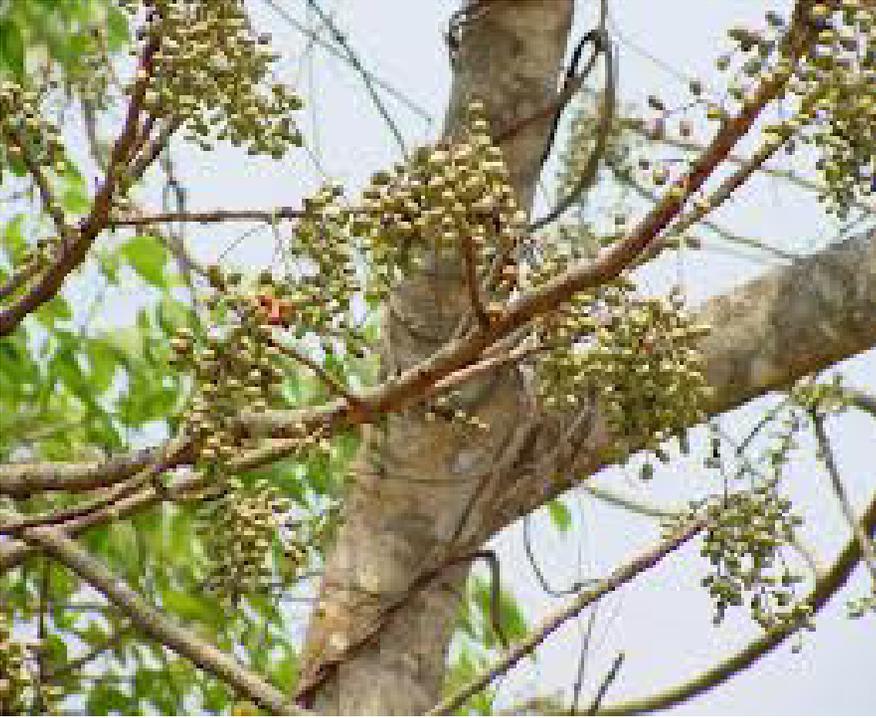
Next H95
Odukkan

ஒடுக்கன் தழை A poison herbal- Leaves will be eaten to
sucide. details not available now.

95 Odukku *Cliستانthus Collinus* (Roxb) Berths & Hook

96 *Lannea coromandlica*

96ஓதிமரம்- உதியமரம்



Next H 97
ஓமம்

The Bishops Weed, Ajwain –
Ajwon, Omum Seed. see99

Carum Copticum Benth ,
Omam: See 99

98 Hyoscyamus niger

குரோசாணி ஒமம்



Hyoscyamus niger
Foto: Egil Michaelsen



Hyoscyamus niger is poisonous in all its parts, and neither drying nor boiling destroys the toxic principle. The leaves are the most powerful portion, even the odour of them when fresh will produce giddiness. For children who, having eaten some of the capsules in mistake, exhibited all the symptoms of narcotic poisoning, continuing for two days and nights in a profound sleep. So in sleep giving medicines it can be added in small quantity.

USES: In addition to its ritual significance, Hyoscyamus niger has significant medicinal importance as well. The use of henbane & cigarette smoke to treat tooth aches and asthma is widespread. In Darjeeling and Sikkim, henbane is used for these purposes, as well as to treat nervous disorders. The plant has also been used since ancient times to heal bones, as an analgesic and antispasmodic, and as a sedative and narcotic

99 Trachyspermum ammi / Ajwain Seed , Ajwan, Ajwon A variety of ,
Trachyspermum roxburghianum (*Carum roxburghianum*) / ஓமம்/ அசமதா ஓமம்:
Known as **radhuni** in Bengali ([Bengali](#): রাধুনি, **wild celery** in English, **ajmod** in Hindi
([Hindi](#): अजमोद) and Urdu ([Urdu](#): اجمود ajamoda -[Sanskrit](#): अजमोद) or ajamodika (अजमोदिका),



**99 Trachyspermum ammi / Varieties of H 97 - அசமதா ஓமம்: / ஓமம்
& Trachyspermum roxburghianum (Carum roxburghianum)/Ajwain Seed , Ajwon,**

Digestion: Ajwain seeds are included in six spice combination, the other items are cumin seed, black cumin seed, fenugreek seed, fennel seed, and mustard seed. coriander seed, turmeric powder, black gram, black pepper and red chilleys are also added at choice.

Grind half a tsp of carom seeds to a powder and add a few drops of mustard oil to it. Massage the gums with this and gargle with warm water. Repeat at least twice a day for gingivitis and sore or bleeding gums. It is a good home remedy for tooth aches. Boil a tsp of Carom seed in a cup of water. Add half a tsp of turmeric powder. Have a quarter cup of this with a tsp of honey, 2 to -4 times a day -. This is an effective home remedy for respiratory infections, when there is a blockage of phlegm in the respiratory passage.

Grind together about 100g of omum, 100g of dry ginger, and 25g of rock salt and store in a bottle. When needed take a level tsp of the mixture with warm water. This is a home remedy for acidity, stomach pain, heart burn, chest pain, flatulence and belching. Another home remedy is drinking warm water with a tsp of crushed carom seeds, and a few drops of lime juice to cure indigestion. continued in next slide.

99 Trachyspermum ammi / Ajwain Seed , Ajwan, Ajwon , carom seed, / ஒமம்/ அசமதா ஒமம்:

For painful joints in arthritis, heat 2- to 4 tbsps of mustard oil. Fry 2- to 3 cloves of crushed garlic and pounded carom seeds in it. Cool to a bearable temperature. Filter and use it to massage painful joints. Boil it in water and inhale the vapour to relieve headaches. Avoid carom seeds for a common cold in summer, as it is a hot substance. Ajwain seeds yield an essential oil, which is obtained by distillation. The oil is used as a germicide and fungicide. It is known to be of use in the treatment of intestinal disorders. It inhibit the growth of undesired pathogens, not harming the beneficial good germs.

Carom seed oil is a very effective home remedy to cure pain caused by arthritis. Regular massage with the oil on the affected joint, gives immense relief from rheumatic pain. Since carom seed oil has anti-bacterial and anti-fungal properties, it is used in preparing eardrops for curing fungal or bacterial infections of ears. As carom seed oil is a decongestant, applying carom seed oil on nose and chest, when suffering from nasal or chest congestion, is a very popular home remedy to relieve cold and cough.

100 *ionidium suffruticosum* / Orithazhthamarai

ஓரிதழ் தாமரை/ இரத்தன்பருஸ் 100



Siddha Medicinal Uses :

A Siddha Medicine called Orithazhthamarai choornam is given in the dose of 2 to 4 grams twice a day with milk for Megham diseases or Gonorrhoeal diseases in ladies, leucorrhoea, increases sexual power or libido, improve the quality of semen. It helps to increase the mothers milk secretion. The samoolam is crushed squeezed well in water, and this extract is used to wash the eyes in the conditions like itching in the eyes, pain, conjunctivitis and applied in head to cure dandruff. This herb is a Kayakalpam and regular intake of this acts as a tonic and relieves ulcers and head ache when externally applied. An infusion or decoction of the roots is given for urinary infection.

101 ఓరిలైల/ 101 Desmodium giganteam /It is called a one leaf herbal



102 Cucumis sativus / Cucumber

102 வெள்ளரிக்காய்



Next H 103 Kasa Kasa கசு கசா

103 Opium Poppy, Poppy Casules, Khas-Khas, Kasha-Kasha,
Gasagasalu, Postakkai Papaver Somniferum Linn

103 Poppy seeds- Opium Poppy, Poppy Casules, കഷകഷ Kasha-Kasha, Postakkai Papaver Somniferum

Poppy seeds health benefits: These seeds are a good source of fatty acids, rich in omega-3 fatty acids. which are required for the body's good health.

2. Breast cancer: Poppy seed oil contains oleic acid. Studies conducted on this acid show that it is helpful in treating breast cancer. 3. Source of minerals: These seeds are also a source of iodine, zinc, copper, manganese, and magnesium. 4. Heart disease: Poppy seeds contain linoleic acid which is useful in prevent heart disorders and heart attacks. 5. Narcotics: Poppy seeds are also used as narcotics to treat pain related conditions.. For sleeplessness, you could take one teaspoon of poppy seed oil, before going to bed. Consuming poppy seeds, for insomnia, is to take 2 teaspoons of extracted milk of the poppy seeds, mixed with honey. This should also be consumed at bedtime to get good sleep. Poppy seeds have also been known to provide relief from whooping cough and asthma. It is often used for the treatment of stomach related disorders like diarrhea & indigestion . Due to its addictive properties, seeds contains 50 percent edible oil& it has rich use in cooking , cultivators today have increasingly begun producing poppy seeds more suited for everyday use. Poppy seed can be used to prepare tea also.

കുശ്ശാ-104 cannabis sativus



105 Ocimum Album

காஞ்சாங்கோரை



106 Anthocephalus cadamba Kadambu / கடம்பு / கடம்பா



Next Herb 107
Ponkurandi

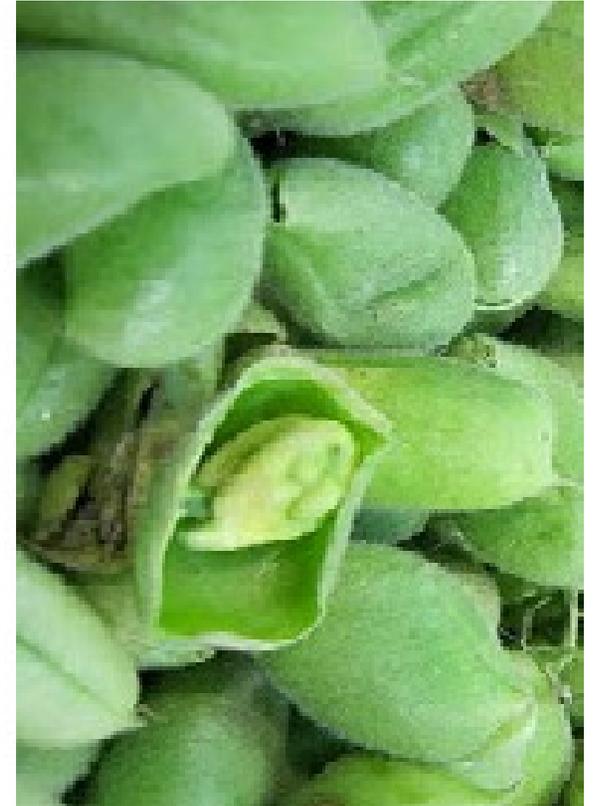
பொன்குறண்டி
Kadalazhinjil

Salacia Reticulata Wight

Roots

107

108, Bengal gram, Channa Dhal கொண்டை கடலை

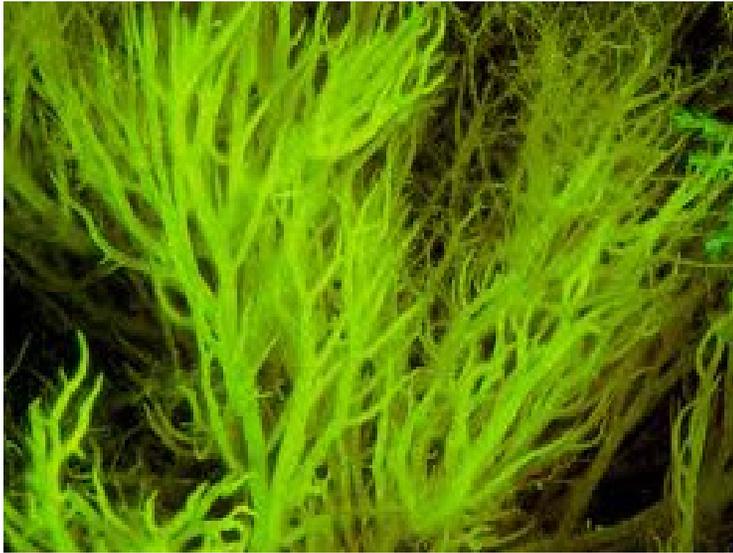


108, Bengal gram, Channa Dhal, கொண்டை கடலை

• **Chick Peas** are rich in saponins, prevent breast cancer, hot flushes in post menopausal women and osteoporosis. **Chick Peas** eliminate sulfites which can cause severe headaches, anxiety attacks and arrhythmia. The calcium in it is responsible for strong teeth and bone. Those with lactose intolerance can safely consume **Chick Peas** to meet their calcium requirement. Garbanzos the insoluble [fiber](#) in it keeps the colon cells optimally active and healthy & dietary [fiber](#) in it prevents colon and abdominal cancer. Soluble [Fiber](#) lowers the excess LDL cholesterol and eliminates it out of the body. Insoluble [Fiber](#) prevents chronic digestive disorders. [Protein](#) provides energy necessary for metabolic functions. It has good antioxidant values. High iron content in it is utilized for energy production, nutrient metabolism, [hemoglobin](#) synthesis, and transportation of [oxygen](#) from the [lungs](#) to individual cells. Regular consumption of **Chick Peas** prevents anemia, hair loss, and fatigue. Soluble [fiber](#) stabilizes blood glucose levels in hypoglycemic or diabetic patients. Dietary [fiber](#) controls appetite and aids in weight loss. Folate in it decreases the [homocysteine levels](#), and strengthens the blood vessels. **Chick Peas** decreases the risk of heart attack and stroke. **What are the Side-effects of Chick Peas?** People suffering from rheumatism, arthritis, or hyperacidity must avoid **Chick Peas** as they have high levels of oxalic acid. Over consumption creates gas - [flatulence](#) problem.

109 Kadalpasi/ Agar-Agar, China Grass, கடற்பாசி

Samudrapu-Pachi, Gracilaria Confervodies, Sea grass extract, 109



Agar Agar is a vegetarian gelatin substitute produced from a variety of seaweed from sea.. It is sold in health food stores in both flake and powder varieties, and can be used in a variety of dairy-free and vegan recipes as a stabilizing and thickening agent for custards, puddings, [sauces](#) and even , [vegetarian marshmallows](#). People take agar to lose weight, especially in Japan. Agar is also used to treat diabetes and constipation. In manufacturing processes, agar is used as an ingredient in emulsions, suspensions and gels. Agar is commonly used as a laxative. It has no calories, sugars, fats or carbohydrates. It is composed of 80% fiber. Agar absorbs glucose and is quickly digested, which may prevent the body from storing unnecessary fats and sugars, hence good for Diabetes.

109 Kadalpasi/ Agar-Agar, China Grass

World best low (RDA1% near zero %) calorie food.

Agar 100 gram contains

Nutrition name	RDA=DV	Nutrition name	RDA
Calories 26	1%	Vitamin A	0%
Total Fat 0 g	0%	Calcium	5%
Protein 0.5 g	<1%	Vitamin D	0%
Sugar 0.3 g	near 0%	Vitamin B-12	0%
(Carbohydrate)		Vitamin C	0%
Cholesterol 0 mg	0%	Iron	10%
Sodium 9 mg	0%	Vitamin B-6	0%
Potassium 226 mg	6%	Magnesium	16%
Total Carbohydrate 7 g	2%		
Dietary fiber 0.5 g	2%		
D V = Daily Value* = RDA= Recommended daily Allowance			

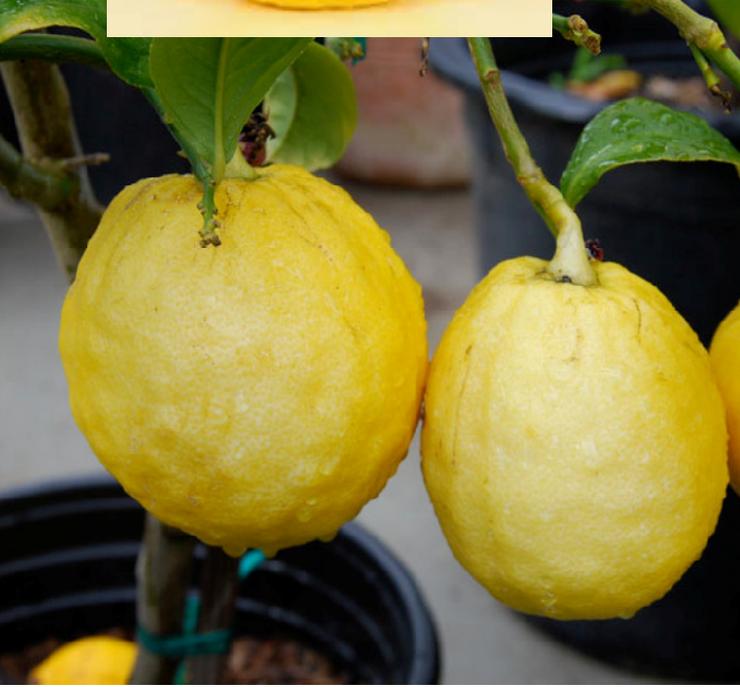
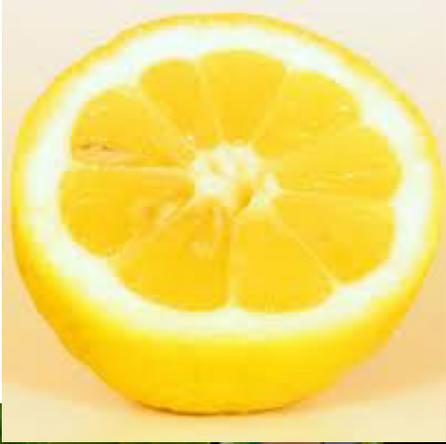
110 *argyria nervosa* / Kadarpalai கடற்பாலை / சமுத்திரப்பாலை



Argyria nervosa Fruit & Seeds
Photo by Zariat, © 2005 Erowid.org



நாரத்தை / நாரத்தை/ நார்த்தம்பழம்/
112 citrus medica/ Citron



112 நார்த்தை, citrus medica/ Citron 112 நார்த்தம்பழம்

The citron was used mainly for medical purposes: to combat [sea sickness](#), [pulmonary](#) troubles, [intestinal](#) ailments, and other disorders. The [essential oil](#) of the [flavedo](#) (the outermost layer of rind) was also regarded as an [antibiotic](#). Citron juice with [wine](#) was considered an effective [antidote](#) to [poison](#). In Ayurvedic system of medicine, the fruit juice is still used for treating conditions like nausea, vomiting, excessive thirst etc. The fruit juice has a high content of Vitamin C and used medicinally as an anthelmintic, appetizer, tonic, in cough, rheumatism, vomiting, flatulence, hemorrhoids, skin diseases and weak eye sight. It suppresses Kaba, Vata & Pitta. It is a good pain remover and swelling reducer. It increases digestion. It is a liver tonic. It prevents heart attack and helps to good blood circulation. It cures cough, rheumatism, vomiting, flatulence, haemorrhoids, skin diseases, weak eye sight and all types of uterus problems. It regulates the menses also. It can be used as a pickle to solve all indigestion problems. It gives very good taste for meals. . It is also useful to improve the breath more pleasant.

113, Black Mustard Seed, Sasive, Kadugu, Rajika, Sarashapa, Karuththa-Kaduga, Nalla-Avalu Brassica Juncea Czernc Coss



Black mustard is a plant. The seed and oil from the seed are used to make medicine. Black mustard oil is used for the painful joints , arthritis and for [common cold](#). Some people make a paste by mixing ground black mustard seed with warm water. They pack the paste in cloth and apply the cloth directly to the [skin](#) as a “mustard plaster.” This preparation is used for treating [pneumonia](#), pain and swelling (inflammation) of the lining of the lungs (pleurisy), arthritis pain, lower back pain (lumbago), and [aching feet](#). In foods, black mustard leaves (greens) are used in salads and other dishes. In foods, black mustard seed is used as a spice.

114 Katuka-Rohani, Black Hellebore, Katuku Rohini, Picrorhiza Kurroa Root



114 Katuku-Rohini, கடுகு ரோகிணி Black Hellebore, Picrorhiza Kurroa Root

Katuku-Rohini uses : Anti-pyretic, anti-malarial, useful in jaundice, carminative, hipatoprotecter. It is a highly potential medicinal herb extensively used in various ailments and diseases. Both white and black varieties are used in herbal medicines and drugs. The drug is useful in cases of dropsy. It is stomachic, cardiac and cerebral tonic, antipyretic, anthelmintic, laxative, antiemetic, useful in bilous fever, dyspepsia, urinary trouble, asthma, hiccough, blood circulation, burns, liver complaints, paralysis, epilepsy, ringworm infection, scabies and gout. Eat 2 gram powder with 10 gram palm jaggery to cure juandice

கடுக்காய் 115

115 terminalia chebula



white



Black Variety



Brown



கடுக்காய் 115 / Kadukkai, 115 terminalia chebula

1 – 6 grams of Kadukkai fruit powder along with required co-drink or ingredient, based on disease, once or twice a day. It is good to increase the appetite, as digestive aid, Liver stimulant, as stomachic, as gastrointestinal, and mild laxative. Haritaki has **proven gastro kinetic effect** i.e. it helps in moving the contents of stomach earlier. So it can be used after surgeries and as adjuvant with other drugs that interfere with gastric motility as anti histaminics, atropine like drugs. Base on its comprehensive properties, it **promotes appetite and helps in digestion.**

It stimulates the liver and protects it further by expelling the waste excretory products from the intestines. The powder of Haritaki has been used both in chronic diarrhea, and constipation with good results. It should be used as hot infusion in these disorders and **prolapse of rectum**. For persons with excessive gas in intestine, flatulence, it is a good herb that can be taken daily. it will relieve these conditions smoothly. Being a mild laxative, it is **a mild herbal colon cleanse**. With its other properties, it provides some help in conditions with Liver and Spleen enlargement and in Ascites. It is not a strong purgative like other herbs as Senna. It does the cleansing action very smoothly. Further it **can be taken for a long time without any ill effects.**

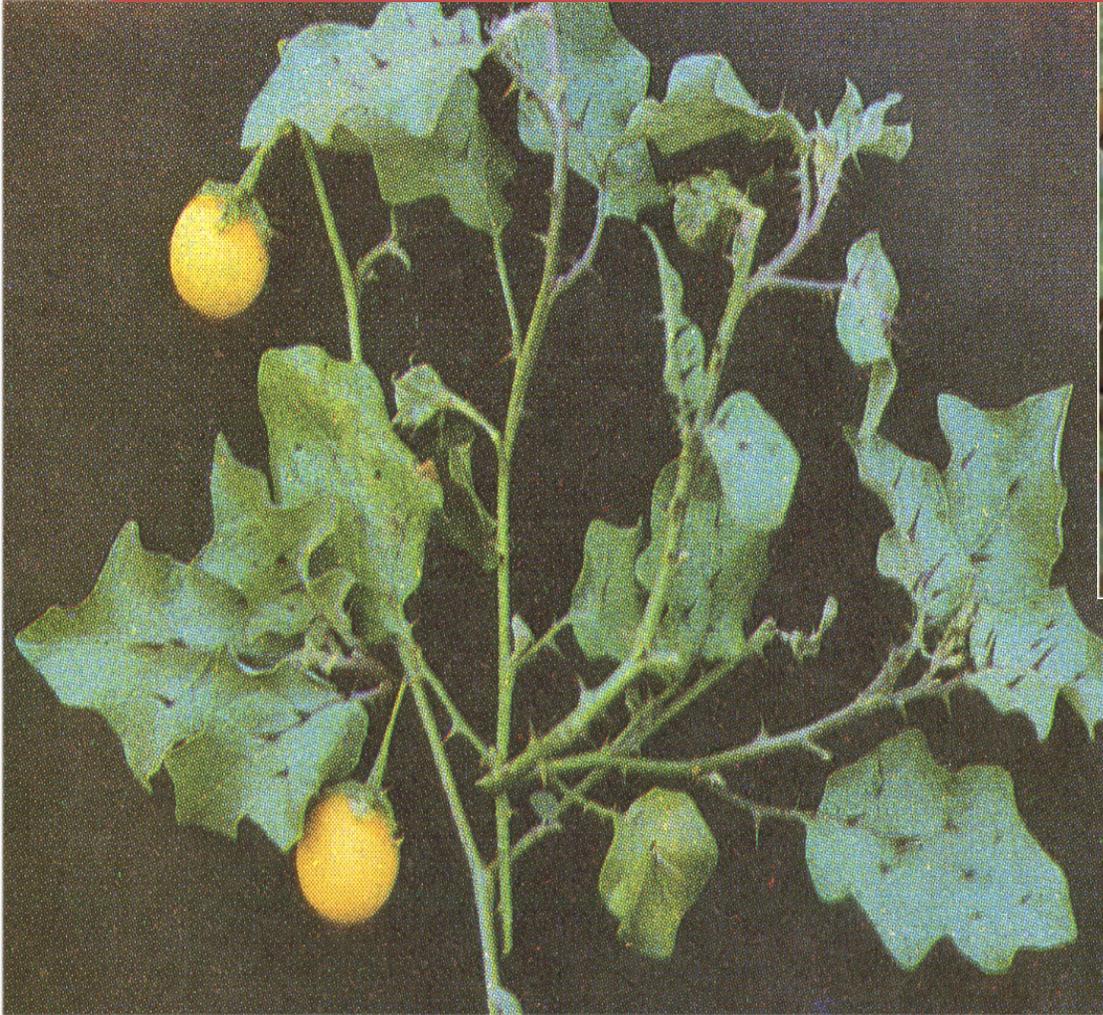
116 *Cocculus Hirsutus* / kattukkodi 116 கட்டுக்கொடி

Photo: D. Wursten



Next herbal 117 : Kanap Pundu / கணப்பூண்டு
Exacum Pedunculatum.Linn

118 Solanum Surattense/ kandankathiri 118கண்டங்கத்திரி



118 Solanum Surattense/ kandankathiri , கண்டங்கத்திரி

Wild eggplant is a rejuvenating Ayurveda herb for the respiratory system. It liquefies the deposited mucus and helps in its comfortable expulsion from the respiratory system. The root is used in fever, cough, asthma and inflammation and as a diuretic and antiemetic. It is often used in combination with other drugs; for example, a decoction prepared with chiretta and ginger is prescribed as a febrifuge, with black pepper to treat rheumatism and with *Tinospora cordifolia* as a tonic in fever and cough. The powdered fruit with honey relieves chronic cough in children. Juice extracted from the fruits is used to treat sore throats and the vapours of the burning seeds have been used to relieve toothache. The dried fruit powder is used as an internal medicine and the oil extracted is used for external application in the treatment of leucoderma. The root of Wild eggplant is used to make decoction and medicated gee that can cure the poison due to viper bite. The root paste is utilized by tribals of Rajasthan for the treatment of hernia. The root syrup is used to cure TB. The plant is reported to possess anti allergic activity. Like roots, seeds are also administered as an expectorant in asthma and cough. The plant is credited with diuretic properties and is used to cure dropsy. The juice of the leaves, mixed with black pepper, is prescribed in rheumatism. Extracts of the whole plant show antiviral activity against Ranikhet disease virus and also against Sarcoma .

**119, Beetle Killer, Kanduparangi root ,
Gant-Bharangi, Chirutekku, Gantu Bharag, Bhaarangi,
Clerodendron Serratum root, World best herbal for all diseases
சிறுதேக்கு என்ற கண்டுபாரங்கி வேர்**



Dr AVG Reddy's PP for 500 Herbals

119, Beetle Killer, Kanduparangi root சிறுதேக்கு என்ற கண்டுபாரங்கி

Roots tea of Kanduparangi will cure all Vata, Pitta and kafa diseases. It cures gastritis and Sinus. Medicinal uses of Bharangi: Prepare decoction of its root and drink twice a day for three days to get relief from cough, asthma, bronchitis and Liver problems. Tuberculosis: Prepare decoction of Bharangi panchang (all five part of plant) and take twice a day in ghee to cure TB. Migraine Headache: Grind roots of Bharangi and apply on forehead for few hours. This gives relief in headache. Thyroid problem, galgand rog (Mumps), goitre: . Wash and dry roots of Bharangi. Grind to make powder. Take thus prepared churna (3 gm) with trikatu churna (3 gm) twice a day with lukewarm powder. Cyst, fibroid in uterus: Prepare decoction of Bharangi panchang (3gm), add few drops of mustard oil in water. Take twice a day. Food poisoning, stomach infections, hiccups: Prepare decoction of Bharangi panchang and take twice a day. Skin diseases, boils, herpes: Apply Bharangi leaves juice on affected areas. Drink decoction of its Bharangi panchang. This helps to purify blood impurities.

120 Uncaria Gambir / 120 Gambier

120 கத்தக்காம்பு



120 Uncaria Gambir / 120 Gambier

120 கத்தக்காம்பு

Medicinal Uses: Gambier / catechu, There are two varieties of catechu: pale and black. Gambier is the pale variety, while black catechu is obtained from the tree Acacia Catechu.

Uses: Medicine: In India, gambier was used as skin lotions since, supposedly, remote times. The Malays also use gambier as a lotion and apply it to treat burns. In paste form, it is used to treat scurf. It has commonly been used by the Indians and Malays to treat diarrhoea and dysentery, and as a gargle for sore throat. In Borneo, gambier has been used in the treatment of sciatica and lumbago.

Other uses: Gambier Catechu yields a colour known as "Cutch Brown" which is used for dyeing and tanning cotton, wool and silk. It is also used on leather, such as calf and kip skins. The common 'khaki' colour is obtained from it.

121 Solanum melongena / egg plant

Brinjal/ கத்திரிக்காய்



122 கஸ்தூரிமஞ்சள் –curcuma aromatica



CURCUMA AROMATICA

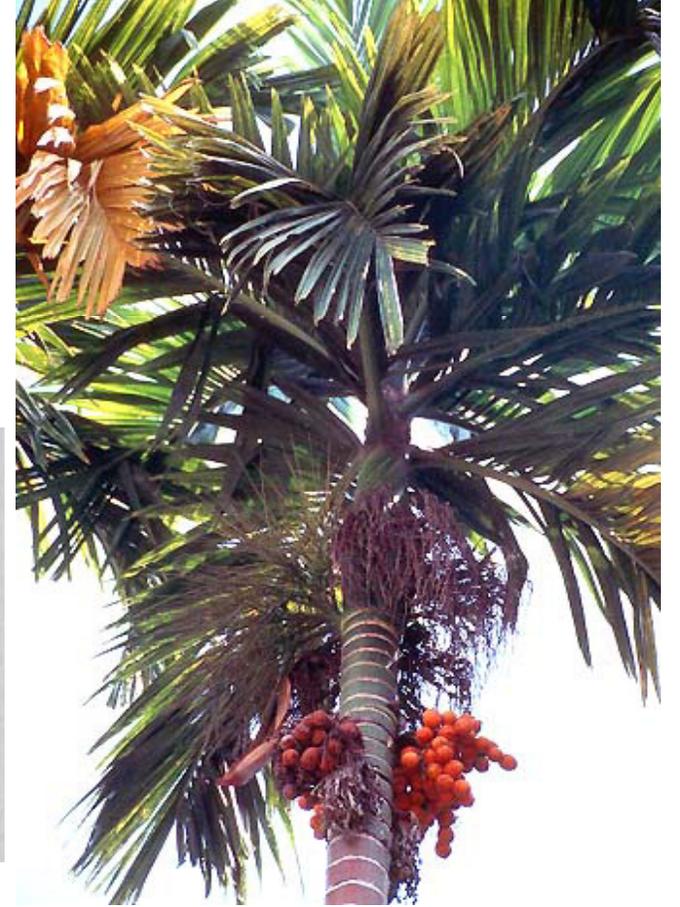


122 கஸ்தூரிமஞ்சள் –*curcuma aromatica*

Wild tumeric is an aromatic and pretty ginger with stout underground rhizomes. Rhizomes used in villages for flavouring curries. Wild turmeric is recognized as a medical herb with strong antibiotic & anti-bacterial properties. It is believed to play a role in preventing and curing cancer in chinese medicine. In an effort to remove cell accumulations such as a tumors, curcuma is often utilized. It contains aromatic volatile oils that help to remove excessive lipids from the blood, reduce aggregation of platelets (sticking of the blood cells to form masses), and reduce inflammation. *Curcuma aromatica* has vast ethnobotanical value, already known in India as tonic, carminative, antidote to snake bite, astringent and used for bruises, corns and sprains. Paste of rhizome with milk is used for blood dysentery and stomachache. Its Juice is given for curing indigestion, rheumatism and dysentery. Plant parts are also used for healing wounds and fractured bones. It is also used to remove stillborn baby from womb. Tribes of Meghalaya make a paste of its rhizome and take it with water to kill intestinal worms

123 areca catechu / Kamuku / Pakku,

பாக்கு என்ற கழுகு மரம் see 145 also



BETEL NUTS MOON CUT



124 Kamela, Kamala, Kampilla,
Kampillam, Vasare
Mallotus Phlippinensis Fruit



124, Sweet Orange / Kamala orange
124 Citrus sinensis



125 Morus Alba/ Musukkottai

125 முசுக்கொட்டை



**125 Silk worm
plant fruits**

125 பட்டு பூச்சி
செடி, பழம்

126, Pear Millet, Kambu, கம்பு Sajjalu, Penisetum Typhoides, bajra - grain



Benefits and Uses of Bajra

Bajra can be used after boiling or frying. Bajra's preparations made after its germination is useful in Typhoid. Even fumes of Bajra are useful in this fever. Bajra is wholesome in chronic fever. Bajra gives good result in diseases like asthma, bed wetting, diarrhea, dysentery, common cold etc. When a person suffers from excessive urination, use of bajra gives relief in it. Preparation made from bajra flour with butter milk is a delicious food used in Rajasthan. Bajra roti with curd is useful in loose motion. Bajra flour fried in pure ghee and cooked with water mixed with jaggery is useful in feeling of nausea . Flour of bajra is more energetic and should be used with ghee. Use of hot poultice made from bajra gives good relief in edema, headache, piles, abdominal pain, abdominal distension etc.

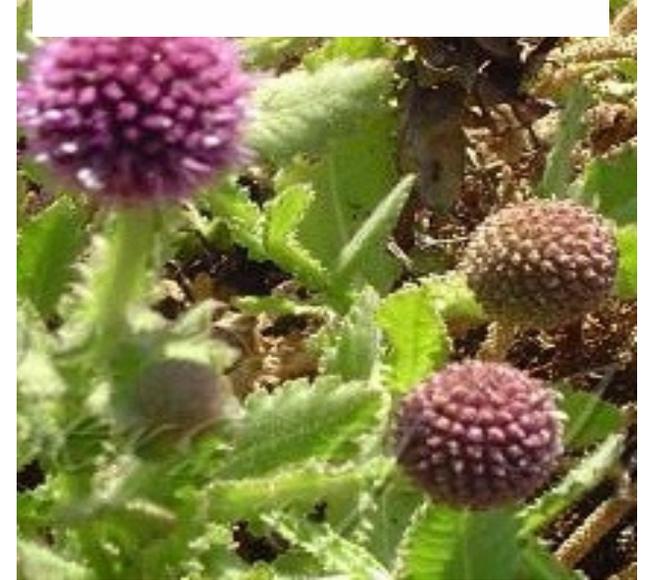
127 white spaeranthus indicus

வெண்காந்தை



Spaeranthus indicus127

127 கொட்டை கரந்தை



127 Sivakarantai சிவகரந்தை Sheoranthus amaranthoides



128 eclipta prostrata (white)

வெள்ளை கரிசாலை- கரிசலாங்கண்ணி -கையாந்தகரை



128 Eclipta prostrata & Eclipta alpa

128 கரிசாலை, - மஞ்சள் கரிசாலை

Eclipta prostrata white flower variety & Eclipta Alba yellow flower variety is known as '*Bhringraj*' in sanskrit/hindi and karisalankanni in Tamil. It grows commonly in moist places as a weed all over the world. In ayurvedic medicine, the leaf extract is considered a powerful liver tonic, rejuvenative, and especially good for the hair. It roots tea cures jaundice. A black dye obtained from Eclipta alba is used for dyeing hair and tattooing. Eclipta alba also has traditional external uses, like athlete foot, eczema and dermatitis, on the scalp to address hair loss and the leaves have been used in the treatment of scorpion stings. It is used as anti-venom against snakebite in China .

Bhringraj helps to improve hair growth and colour. In india, it is grown along side of rice fields and its leaves are used in preparing food. Infact eclipta alba extracts are known to grow hair faster than minoxidil.

Oil made with mixture of bhringraj's juice helps hair growth and prevents premature greying.

மஞ்சள் கரிசலை-

128 Yellow Karisalai - *Wedelia chinensis*

Eclipta alpa, Trailing *Eclipta*, Yellow Karisalankanni,
Bungrah, Bhringaraj



கருங்காலி- 129 diospyros ebenum tree



130, Elephant Foot Yam, / சேனை கிழங்கு
Karunaithandu, Survana-Guddah, Chenath=Thanda, Kanda-
Gaddha, Survana-Guddah, Amorpjophallus
Paeoniifolius Root, 130



130 Yam -*Amorphophallus paeoniifolius*

Medicinal use of Elephant Yam:

The root is carminative, restorative, stomachic and tonic. It is dried and used in the treatment of piles and dysentery. The fresh root acts as an acrid stimulant and expectorant, it is much used in India in the treatment of acute rheumatism. Yam is astringent, thermogenic, anodyne, anti-inflammatory, anti-haemorrhoidal, haemostatic, expectorant, carminative, digestive, appetizer, stomachic, anthelmintic, liver tonic, aphrodisiac, emmenagogue, rejuvenating and tonic. They are useful in vitiated condition of *Vata* and *Kapha*, arthralgia, elephantiasis, tumors, inflammations, haemorrhoids, haemorrhages, vomiting, cough, bronchitis, asthma, anorexia, dyspepsia, flatulence, colic, constipation, helminthiasis hepatopathy, splenopathy, amenorrhoea, dysmenorrhoea, seminal weakness, fatigue, anaemia and general debility

131 Karuppara-Valli, Coleus amboinicus, கற்பூரவல்லி

Ajapada, Chomara, Karupura-Valli, Dodda-Patri, Anisochilus Carnosus,



Karpuravalli (in Tamil) / "Plectranthus amboinicus" commonly known as Cuban oregano, Spanish thyme and *Mother of Herbs*. This fleshy leaves raw eatable leaves has various medicinal properties. Raw leaves can be taken for throat infection, cold and coughs, especially for children. It is used as cure for malarial fever, cough, chronic asthma. Karpura Valli is stimulant, expectorant, and diaphoretic. Its alcoholic extract is antibacterial. The Karpura Valli oil extracted from the plant possesses muscle relaxant action.

A decoction of Karpura valli and tulsi help alleviate cold and cough. Dip the leaves in bhajji flour and make bhajjis. Karpuravalli. Adding this leaves to rasam during winter season helps us to recover from severe wheezing and bronchitis related issues. A decoction of Karpura valli and tulsi help alleviate cold and cough. Juice of fresh leaves is used in urticaria and other allergic conditions. Karpuravalli helps in eliminating toxins from the body and promotes perspirations. It also increases absorption of nutrients and helps regulate female menstruation. It helps in regenerating cells and tissues and promotes longevit. It prevents gas formation

132 *Saccharum officinarum* / 132 கரும்பு



133 The Galls, Karkadaga Shingi, kadukaipoo

Kakarasingi, Karkatashring, Karkada-Srungi, Karkataka-Srungi, Karkatakashrinngi

rhus sucedaneo dried nuts 133



Galls are caused by many organisms living on plants, including insects, mites, mistletoe, fungi and bacteria. When insects are biting the tree, a milk will come that forms galls. rhus sucedaneo dried nuts, Galls from Terminalia chebula

கற்கடசிங்கி / கடுக்காய் மரப்பூ- பூச்சிகள் துளைத்து கடுக்காய் மரத்தில் வரும் பால் உலர்ந்தது

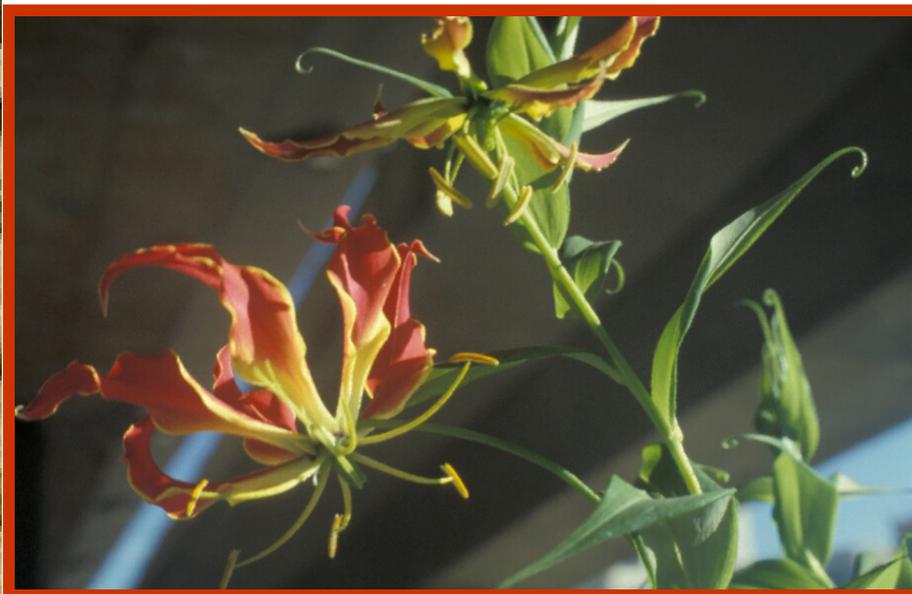
Oak galls are used in Chinese medicine as a bitter warm remedy called moshizi, used for dysentery, ulcers and hemorrhoids among other things, American Indians used poultices of ground gall nuts on sores, cuts and burns . Oak galls used as a tincture in cases of diarrhea, cholera and gonorrhoea.

1 3 4 . Cymbopogon Citratus / கர்ப்பூரப்புல்



135 கலப்பைகிழங்கு

135 *Gloriosa superba*

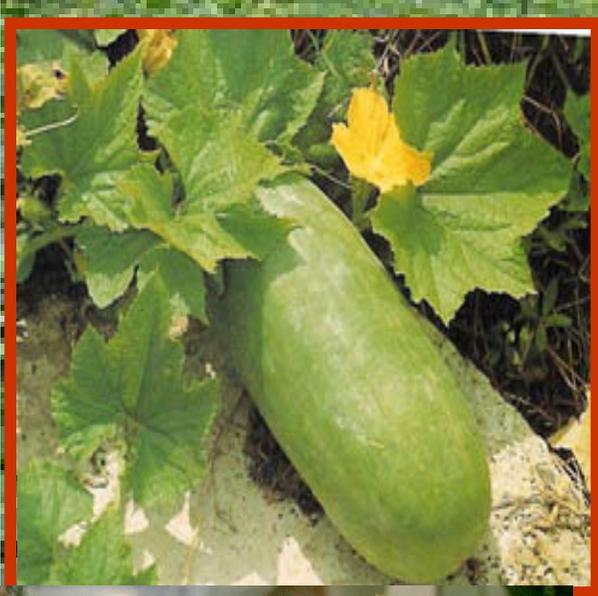


**135 Glorisa Superba –
plant, roots, flowers & fruits**

136 White Pumpkin / Benincasa Hispida (Thumb)

Kalyana Poosanikkai, Kushmandam, Budida Gummadi

136 வெண்பூசணி / கல்யாண பூசணி



136 White Pumpkin / Benincasa Hispida

Health benefits of ash gourd: Matured fruit balances all three doshas. Its pulp can be applied on burns and skin rashes. This reduces burning sensation and irritation. Ash gourd increase good sleep and very helpful in patients with insomnia. The seeds of ash gourd are very effective on intestinal parasites. Patients affected by tuberculosis of lungs are benefited by the use of this fruit. It strengthens the lungs and body. It helps persons who are recuperating from illness to gain back their lost energy and nutrients.

Home remedies : 1. Apply crushed pulp of ash gourd on skin which is affected by burns. It cools the burns and help to heal quickly. 2. The juice of leaves can be used in same way. 3. Grate pulp of fully matured ash gourd fruit. Squeeze it and extract its juice. Mix it with equal quantity of [water](#). Drink this juice in empty stomach daily. This helps to increase memory power, heal stomach ulcer and reduce acidity. It also acts as a brain tonic. 4. Cut the matured fruit's pulp into big cubes and boil them in water, till they are half cooked. Use this water for soups and consume the cooked fruit. This helps to [relieve the constipation](#). 5. Including cooked pulp in diet or consumption of juice helps in condition like [bleeding piles](#). 6. Regular consumption of slices of ash gourd treated with sugar syrup help to [increase body weight](#) in patients affected with tuberculosis. 7. Regular consumption of this fruit helps to increase quality and quantity of semen. 8. When heat boils appear on skin, mix juice of this fruit with besan flour and apply as pack on affected skin.

137 Erythrina variegata

137 கலியாணமுருங்கை



Next 138 Kalumichchankai. It is a fruit like lemon. Use it like lemon. Image and details not available now.

139 Bilstering Ammania, Kallurivi, கல்ஸுருவி

Dad-Mari, Agni-Garba,
Kalurvanchi,
Agni-Vendra-Paku, Ammania
Baccifera **139**



139

Below 140

140 Stooping Toombay Flower
Trichodesma indicum,
Kavizhthumbai - Tamil
140 கவிழ்தும்பை
Ch-hota-Kulpa, Gusva Gutte,
Kowri-Bootee, Lahana Kalpa,



141 Caesalpinia bonduc கழற்சிக்காய்



Fever: The powder of the kernel mixed with black pepper in equal parts and is given three times a day in a dosage of 15-30 grains for adults and 3-4 grains for children. The medicine promotes perspiration and fever comes down. **Liver disorder:** The powder of the kernel mixed with goat milk and sugar is used to treat disorders related to liver. **Asthma:** The kernels are roasted and a decoction is made to treat asthma. **Infant disorders:** small children who are unable to digest mother's milk can be given an extract of the kernel along with salt, honey and ginger. **Boils and inflammation:** A paste made with the kernel and applied on boils, piles and testicle & other swellings gives positive results. **Toothache:** A paste made from the leaves and twigs is useful in reducing toothache. **Elephantiasis and smallpox:** The juice extract of the leaves are used in controlling elephantiasis and smallpox. The roasted seeds are made into a kind of coffee for diabetics. its oil stops the discharge from ears. the plant is used for treatment of skeletal fractures. The seeds and leaves are reported to be used in skin diseases and rheumatism

142 Nymphaea alba, Water lilly, Chengaluneer, Nirucancha -செங்கமுநீர் பூ



Water lilly White



Water lilly Fruit



Water lilly Blue

143 Kalarva / Salvadora persica -

களர்வா see 73 for images

Tooth Brush tree small and big, Darakhte misvak, Chinna
vara gogu, Pedda vara gogu, Chhota pillu, Bara pillu
சிறுகளர்வா / பெருங்களர்வா

For image see 73 Uga Tree / Misvak
உகா மரம் / மிஸ்வாக் பல் குச்சி

Kala 144 *Carissa carandas* / Bengal Currants

Karaunda/ Karamarda/ Kallvi, Kila/ Kalakkai

களாக்காய் / சிறு களா / பெருங்களா



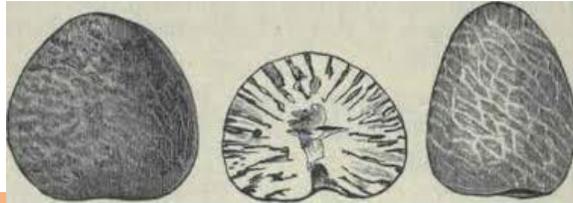
Kala 144 Carissa carandas / Bengal Currants

Karaunda/ Karamarda/ Kallvi, Kila/ Kalakkai

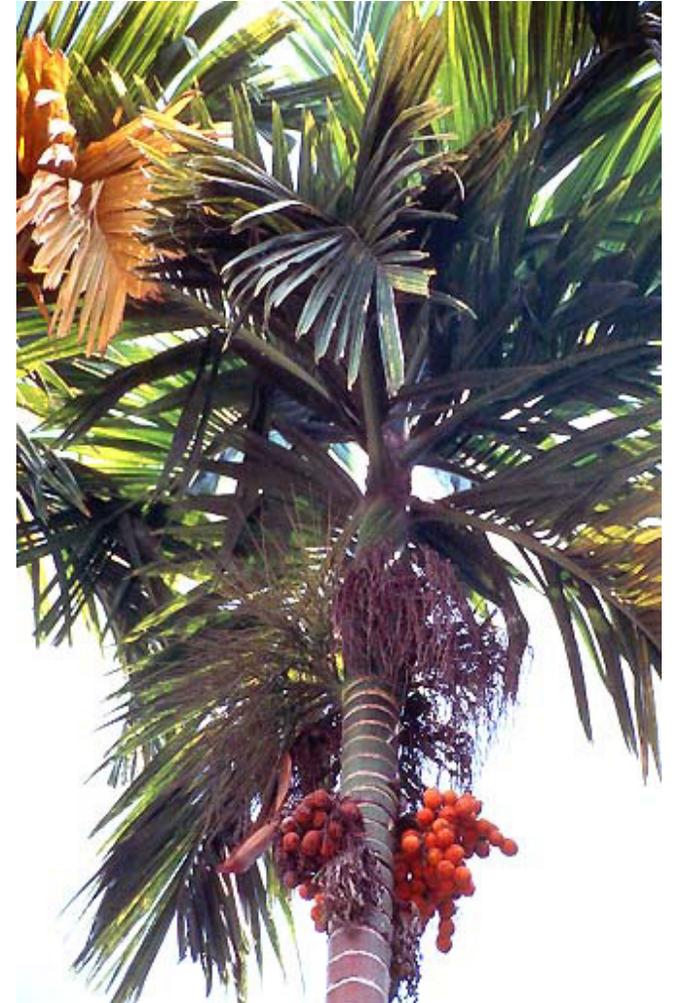
கலாக்காய் / சிறு கலா / பெருங்களா

Kalakkai fruit is a rich source of iron, so it is used in treatment of anaemia. used as a blood sugar stabilizer and as a guard against liver damage. The fruit is used as a remedy to biliousness, anemia, parasites, worms, fungal infections, diarrhea, microbes, wounds, skin infections, fevers, and ear infections. Karonda Recipe Ideas and Uses: -- Place the cut fruit in a food processor with red chilies, coriander leaves, salt and cumin to prepare chutny. Make pickled karonda by cutting the fruit into small pieces and boiling in water. After 5 minutes, remove the mix and dry. Place the dried fruit in a jar with oil, salt, Chillies and masala and store in a cool, dark place. --Make karonda jam using a standard jam recipe. Use 2 cups of sugar for every 1 cup of fruit. --Substitute karonda instead of all berries & cranberries. . Most of the “cherries” that appear on desserts in India are, in fact, karondas.If sweetened sufficiently in brown sugar, clove, and cinnamon, karondas make an adequate apple substitute for tarts and pies.

145 Areca catechu / Pakku/ – Betel nut - களிப்பாக்கு See123 also



BETEL NUTS MOON CUT



146 Kalli, *Euphorbia ligularia* / கள்ளி 5 வகை:
திருகு, சதுரம், கொம்பு, கொடி, கள்ளிமுலையான் /
Euphorbia has 5 Varieties: 1 ligularia, 2 Sarcosemma
3 Brevistigma, 4 Kalli Mulaiyan, 5 Stapelia Virgata



147 tylophora indica – நாய்ப்பாலை

Vomitting swallow wort, Vallipal, Adumuttoda, Kirumanji, Kukka pala
Pandhana, Jungli pikwan



148 Curry leaves
148 *Murraya koenigii*
148 கருவேப்பிலை

148



148 Curry Leaves benefits:

Fight bacterial & fungal infections

Cure gastrointestinal problems

Help control diabetes

Help protect liver

Stop diarrhea

Fight cancer

Improve eyesight

Facilitate hair growth

Lower bad cholesterol levels

Paste of leaves treats burns, bruises & insect bites



148 Curry leaves, கருவேப்பிலை

Wash and dry curry leaves and powder it. Use this to instantly spice your buttermilk, yogurt, salads and curries. Use curry leaves when you make your chutneys. They go well with coconut, coriander and mint. Helps keep anaemia at bay. Packed with vitamins, Curry leaves are a rich source of iron and folic acid. Folic acid is mainly responsible for carrying and helping the body absorb iron, and since kadi patta is a rich source of both the compounds it is your one-stop natural remedy to beat anaemia. Fights diabetes: If you suffer from diabetes, kadi patta is the best natural method to keeping your blood sugar levels in check. Improves digestion, Lowers cholesterol, Prevents greying of hair, Stops Diarrhea & hair loss, helps to cure Gastritis and Cancer

149 Kari Mulli- Solanum anguivi
கறிமுள்ளி/ பாப்ர முள்ளி Indian night shade,
Cheruchunda, Kiriguligida, Brihati, Barahanta



150 Karkovai- Melothria heterophylla / கற்கோவை , Cures urine block



151 *Parmelia perlata*, kalpasi



1 5 2 . Kalthamarai, கல்
தாமரை
Smilax zeylanica



151 kalpasi, 151கற்பாசி

Stone flower is used as food and medicine. It contains no fat, carbohydrates and protein of 1-5% are present. It is eaten as soup and in salads. It is kapha and pitta suppressant. It is a good pain reliever and also promotes early healing of wounds due to its bitter taste. It helps in treating the skin related problem due to its cold potency. It acts as expectorant, antibiotic and astringent. It helps in avoiding the calculi and it helps in maintaining the normal body temperature. It is also used as anti-fungal and anti-viral agent. It is helpful in relieving from pain when applied on head. It also helps in itching and skin related problems. It helps in reducing any kind of inflammation in the body. It shows antibacterial activity and is fairly effective against Protozoans. Its decoction is given for laryngitis. It helps against boldness, period aches, worms and lice.

153- aloe vera / Katralai / Kumari கற்றாழை 153 குமரி



154 Kariabolam, Aloe littor
Dried Milk of Aloe vera
154 கரியபோளம்.



154

153- aloe vera / Katralai / Kumari

For more major kitchen mishaps like fire burns, a scald, mix some aloe gel and vitamin E oil into a little jar for a homemade burn healer. It heals sun burns also. Aloe contains cooling properties similar to menthol.

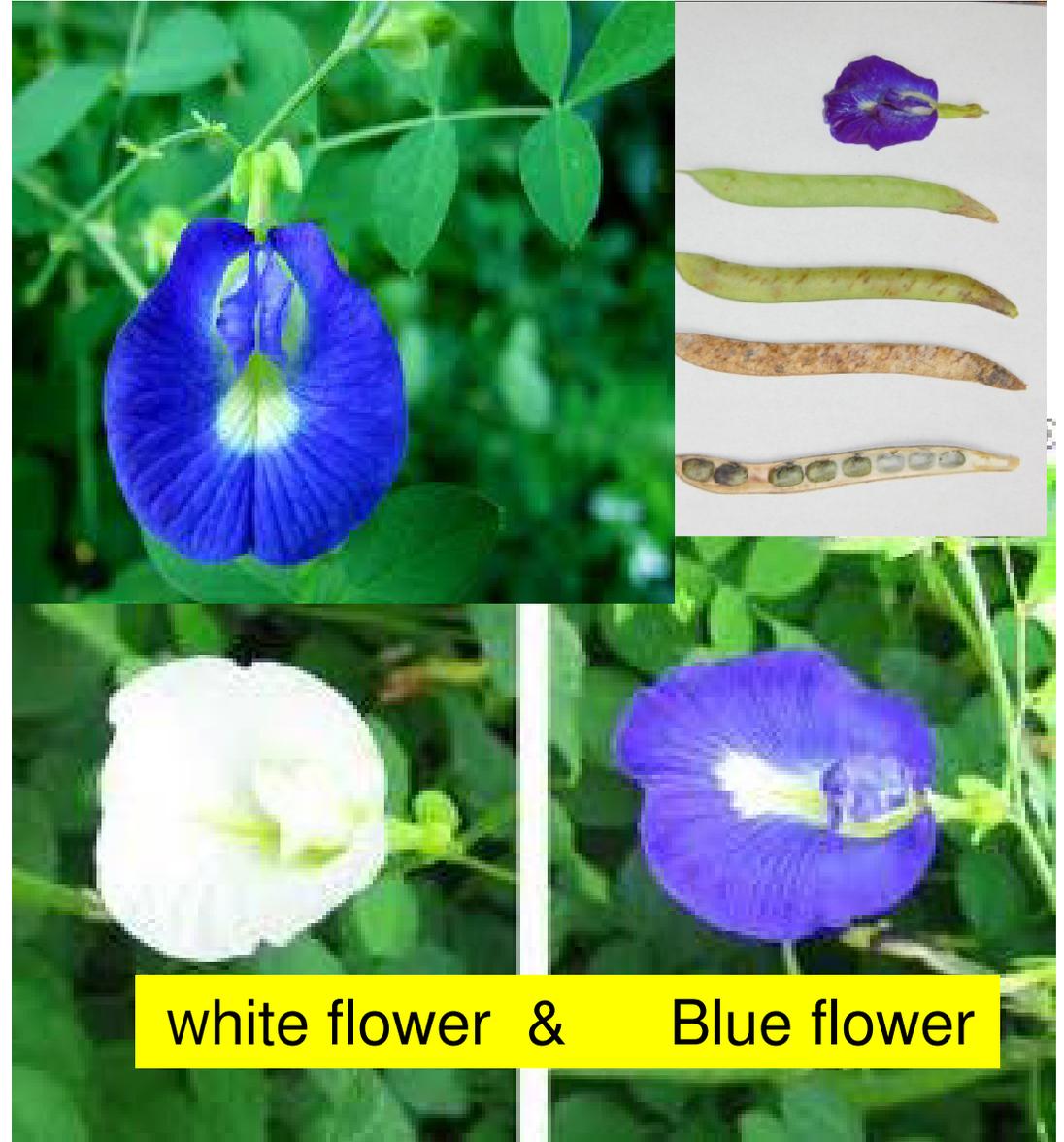
Reduce tissue damage and alleviate mysterious rashes. Helps to heal herpes outbreaks. Fight Athlete's Foot. apply over blisters for quick relief. Use as an antidote to allergic skin reactions. Replace creams and lotions as a general moisturizer for dry skin. Prevent & cures pimples and acne. Soothe Psoriasis. Prevent scarring and stretch marks. Help rid of Rosacea. Shrink warts. Reverse signs of aging skin and wrinkles. Cleopatra did it. Help eliminate Eczema. Brighten skin. Aloe can decrease pigmentation and dark spots. Speed up hair growth by massaging aloe into the scalp, letting it sit for 30 minutes, and rinsing. Reduce hair dandruff by mixing aloe vera juice with coconut milk and wheat germ oil. Massage into scalp and rinse for silkier, smoother hair. Treat minor vaginal irritations. Drink aloe vera juice to relieve gastrointestinal disorders like indigestion & constipation. Take aloe orally to relieve heartburn, arthritis and rheumatism pain. Drink to lower blood sugar levels—especially for diabetics.

Drink to help ease congestion, stomach ulcers, colitis, hemorrhoids, urinary tract infections and prostate problems. Take orally to reduce cholesterol and triglycerides for a healthy heart. Apply its flesh above the eyes to cure eye problems.

155 சங்குப்பூ clitoria ternatea, காக்கணம்/ காக்கரட்டான்

The flavonol quercetin in **Butterfly pea's** flower improves eyesight, treat ophthalmitis & eye infections, nourishes hair & skin, provides antioxidants and boosts body immunity. Clinical research in butterfly pea indicates that it has potential health effects against eye degeneration caused by diabetes, glaucoma, cataract and other eye related problems. It is said that the butterfly pea flower is one of the most valuable natural herbal plants in Thailand.

Benefits: Natural anti-oxidant, improves blood circulation. helps prevent hair loss and graying hair. Cleanses blood, & improves night vision, revitalizes skin & hair.



155 சங்குப்பு Clitoria ternatea, காக்கணம்/ காக்கரட்டான்
Root extracts of Clitoria Ternatea are capable to cure whooping cough, mental disorders, stress, useful to improve memory and intellectual power & to increase sleep if taken orally. The white flower extract is used to cure goiter. Blue pea [flowers](#) can be used to arrest uterine hemorrhage. The herb root is antidote to poisonous insect bites -used during cobra bites. Ethanolic extract from this herb reduces total serum cholesterol & triglycerides, It is used in common cold, cough, asthma as it acts as an expectorant. Its Dosage is Roots powder 1-3gm, seed powder 1-2 gm. Urinary system : It increases urination. Decoction is used in dysuria. Reproductive system : Being spermatogenic, its flower tea is given in semen debility. *Its* Bitter taste is the best for fever. It alleviates symptoms like vomiting, thirst and burning sensation caused by vata and kapha in fever. The whole plant is used for cigarette smoking to cure asthma, cold & cough. The herb is antipyretic. Blue pea [flowers](#) can be used to arrest uterine hemorrhage. It flower tea is used in treating ulcer, dysentery, lymph node enlargement, nervous debility, syphilis, and scrofula. Its seed roasted powder 1 gm will give loose motion & cures constipation.

Anamirta cocculus 156

காக்கைக கொல்லி 156



157 *Mesua nagassarium*, 157 കാഴ്ച



158 Quamoclit pennata bojer

158 காசிரத்தனம்



159- Indian Stinging-Nettle, Kanchori, Duralabha, Dula Gondi, Akurabaru, *Tragia Involucrata* / காஞ்சொரி / செந்தட்டி



160 காட்டாத்தி – 160 Woodfordia fruticosa



160 கார்ட்டாத்தி – 160 Woodfordia fruticosa

•The astringent properties of the herb are effective in treating skin disorders, superficial wounds and cuts. As a nervous system stimulant, Fire flame Bush relieves depression and lethargy. Powder of *dhataki* flowers with honey helps to check loose motion. Persons who make use of opium regularly when become a victim of diarrhoea it is the use of *dhataki flowers* and its extract with butter milk that helps. Its flower powder with honey or rice water is useful in white discharge in females. When there is bleeding from nose, use of *dhataki* flower drops helps in it. Neem leaves with *dhataki* flowers are helpful in skin disorders. **External application of *dhataki*** : *Dhataki* flower powder relieves burning sensation on the skin when applied locally. Similarly sprinkling of powder of flowers of *dhataki* on abscess helps in their early relief. Its flower tea is useful locally for the patients of prolapsed of anus. When there is burn on the body application of paste of flowers with coconut oil or sesame oil helps in it. In dental diseases gargling with decoction of *dhataki* flowers helps in it. In case of prolapsed of vagina use of local application of decoctions of *dhataki* flowers and ashoka tree helps a lot.

161 jatropa curcas – White வெள்ளை காட்டாமணக்கு



White jatropa curcas plant gives milk when the leaves are plugged. This milk 3 drops with one cup rice wine or kumari aristam will cure jaundice, fevers and all liver problems

161 *Jatropha curcas* காட்டாமணக்கு

Gargle *Jatropha curcas*
juice to cure all tooth
problems.



162 Butter Trees / Kattuiluppai / Jangli-Mohva

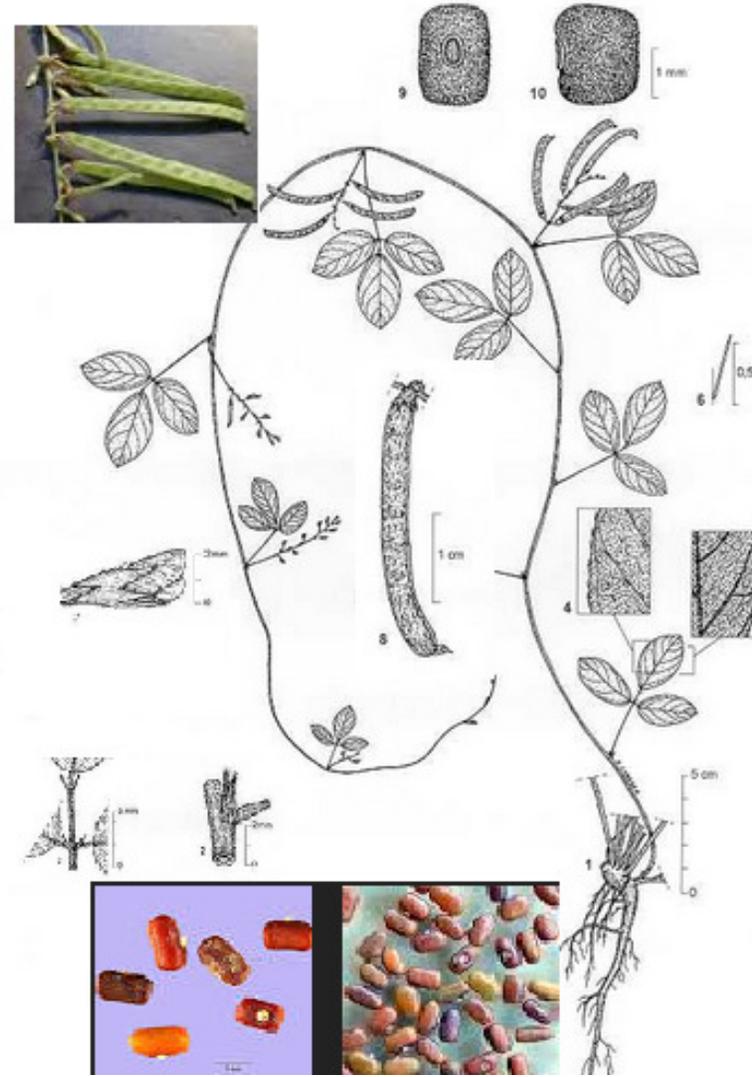
162 காட்டு இலுப்பை

Adavi-Ippe-Chettu, Madhuca Indica

See herbal 68 also- Iluppai



163 *Teramnus labialis* காட்டு உளுந்து



163

Wild Lemon *Atalantia monophylla* 164
164 காட்டு எலுமிச்சை

164



165 Gingeli Oil Plant(Wild), Kattu Ellu,

Jangli Til, Oummatto Tilaha, Kattellu, Rri Nuvulu, Adavi Yallu

காட்டு எள்ளு **Sesamum *Trifoliatum***



166 Wild, Dog Mustard

Kattukkadugu, Jangli Hurhur, Vana-Sarashapa, Nayvela,
Nela Vaminta, Hucha-Sasavi, [Cleome Viscosa](#)

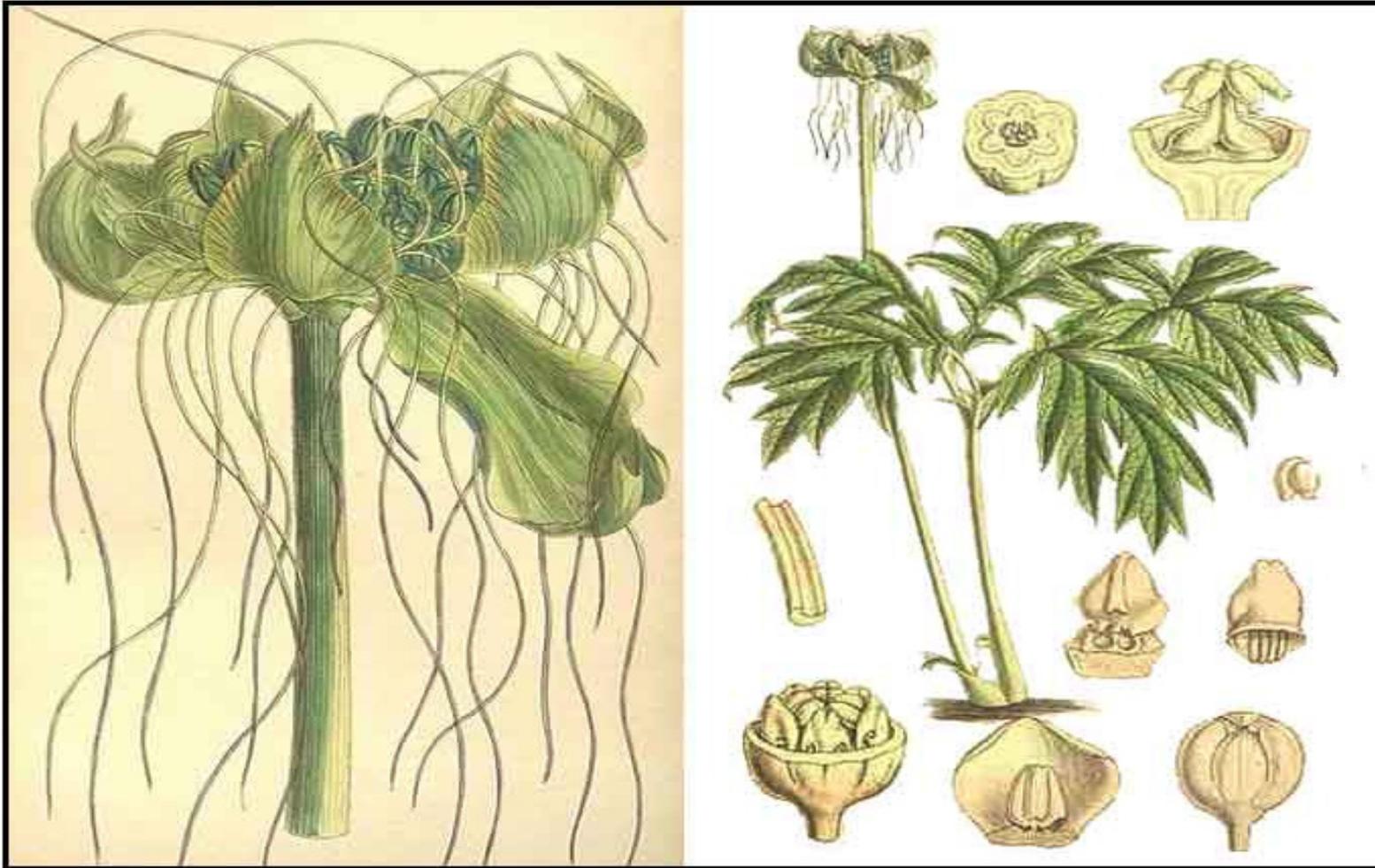
நாய்க்கடுகு / காட்டுக்கடுகு



167 Tacca Pinnatifida /Kattu karunai

காட்டுக்கருணை

Wild Amorphophalas, Kattukkarunai, Varahikand, Vana-Surana, Kattu-Chena



Cinnamomum iners 168

168 கார்ட்டுக் கருவாப்பட்டை

Bark Of Wildcinnamon, Adavi-Lavanga-Patte
Jangli-Dar-Chini

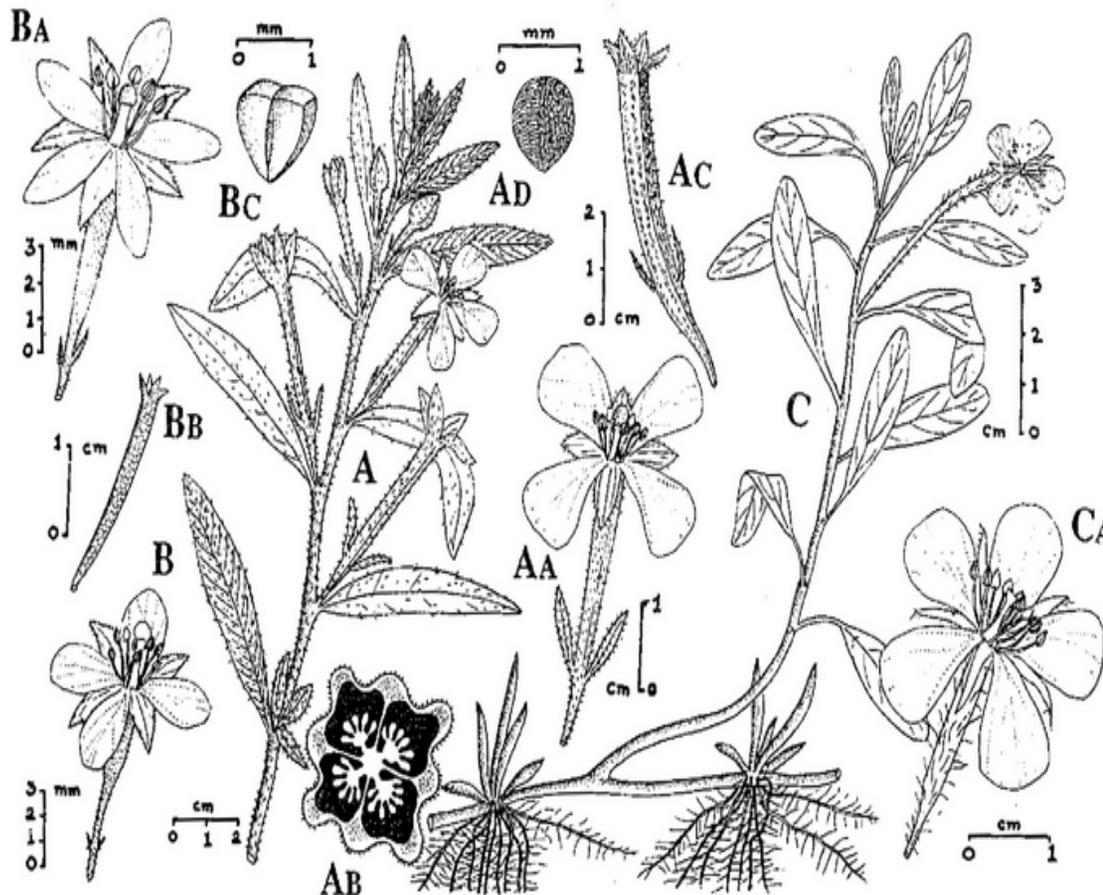


169 The Musk-Mallow, Kattuk-Kasturi,
Mushk-Danah, Latakasturika, Kattu-Kasturi, Katuri-Benda
Kadu-Kasturi, Abelmoschus Moschattus Medikus
169 காட்டு கஸ்தூரி வெண்டை



170 *Ludwigia octovalvis*, Wild Clove/ காட்டுகிராம்பு

170 *Ludwigia octovalvis* – Mexican Primrose-



A. *Ludwigia octovalvis*: flowering branch; Aa, flower; Ab, section of ovary; Ac, fruit; Ad, seed. B. *Ludwigia hyssopifolia*: tetramerous flower; Ba, pentamerous flower; Bb, fruit; Bc, seed. C. *Ludwigia adscendens*: flowering branch; Ca, flower.



171 Black Horse Gram, Kattukkollu, Chaksu
Vana-Kuluthia, Karin-Kolla, Chanu-Palavottulu,
Kaduhurlulf, Cassia Absus – காட்டுக்கொள்ளு

•**172** Kattu Sathakuppai, - காட்டுசதைகுப்பை

•**173** Wild Nutmeg, Kattu-Chathikkai, Kamuk,
Jangli-Jae-Phal, Kattu-Jathik-Kaya, Adavi-Jaji-Kaya,
Kanagi, Myristica Malabarica - காட்டு ஜாதிக்காய்

174 Cucumis trigonus/ Bitter gourd (Non Edible)

வரி/ காட்டுத்தும்மட்டி Kattuthumatti, Vari Thumatti,



**175 Kattuppakal, Momordica Dioica, Wild Bitter
Gourd, Dhar-Karela, Kagi-Gala, Vempvaal, Karkotaki,
175 காட்டுப்பாகல்**



176 Peipudal, *Trichosanthes lobata* Wild Variety of *Trichosanthes Cucumerina*



176 பேய்ப்புடல்,
காட்டு பேய்ப்புடல்

177 Jungle Raddish, Jangli-Kasmi, Kuhuradru, Kattu-Mullangi,
Adavi-Mullangi, Kadumullangi, Blumea Lacera, 177 —
காட்டுமுள்ளங்கி



178 Albizia lebeck / kattu vagai

Sirissa Tree, Kaattu Vakai, Sufed Kilkar, Shirish Sahasraki, Velu Vaka, Tella-Dirisana Chettu, Bagemara, காட்டு வாசை 178



179 *urgaenia indica* /poison onion, விசுவெங்காயம் /
நரி வெங்காயம், காட்டு வெங்காயம்

Bulb Of Indian Squill, Kattuvengayam, Jangli-Pilyx, Vanapaland,
Kaatulli, Nakka-Vulli-Gadda, Adavi-Neerulli, *Urginea Indica* Kunth



180 Coffea arabica- 180 காபி



Next Herbal 181 Ignatius Beans

**181 Strychnos Ignati . Berg, Ignatius Beans
Papitah, Kayappangkottai , Kayapaankuru**

182 *Dioscorea alata* /Greater yam, Zamin kand, வெற்றிலை வள்ளி கிழங்கு, 182 காய்வள்ளிக்கொடி கிழங்கு



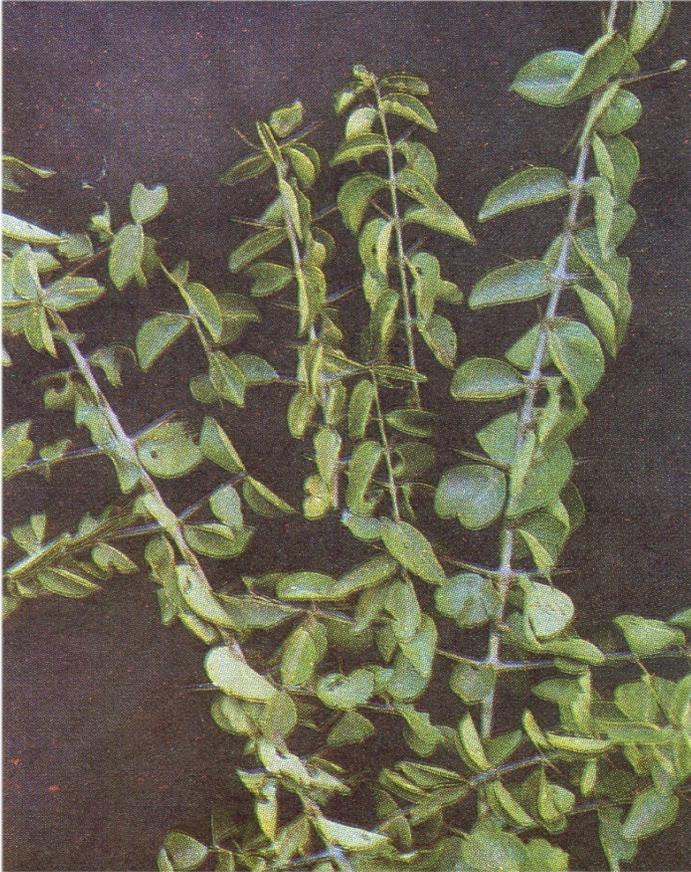
183 *Vigna unguiculata*, 183 காராமணி



183 *Vigna unguiculata*, 183 காராமணி

Well known to be edible: the cow pea leaves are eaten as vegetable. Cowpea leaves can produce 9 times the calories, 15 times the protein, 90 times the calcium, and thousands of times more vitamin C and beta-carotene more than the cowpea seed. It produces edible immature beans and dried beans that have commercial value. -- Cowpeas can be grown as a green manure crop and turned into the ground just before flowering. This adds nitrogen and organic matter and improves soil structure. Black-eyed peas are a great source of fiber. A one-cup serving of black-eyed peas contains 11 grams of dietary fiber. The daily recommended dietary fiber intake for men and women are 38 grams and 25 grams, respectively. which is helpful in lowering cholesterol and improves performance of insulin in the body. Dietary fiber can help prevent constipation, making one's bowel movement more regular. Deficient amount of dietary folate can increase the homocysteine levels, which can be a dangerous precursor to neurodegenerative diseases like Alzheimer's disease and Parkinson's disease. One cup of black-eyed peas contains 89 percent of the recommended value of folate & 23 percent of thiamin which helps the smooth functioning of the brain and helps to improve memory power, and helps to strengthen the nerves system. It helps in neural tube formation and red blood cell formation in prenatal babies. A deficiency of folic acid in pregnant women can lead to the birth of underweight infants and may also result in neural tube defects in newborns. Black-Eyed Peas are high in potassium and low in sodium, which lowers the high blood pressure. .tent in black-eyed peas One cup of black-eyed peas contains 24 percent of the recommended value for both iron and copper which are essential for the new red blood cell formation

കുറുമാറ്റ-184 *randia dumentorum*



**185 Psoralea corylifolia, Karbog seed,
கார் போக் அரிசி, பாகுசி, வாகுசி
Babchi seeds, Bavanchiyan seeds**



185 Psoralea corylifolia, Karbog seed, Babchi seeds, Bavanchiyan seeds கார் போக் அரிசி, பாசூசி, வாசூசி

•The fruit of the psoralea corylifolia plant are believed to have aphrodisiac properties and can be applied to the genital organs, as a tonic. It cures Premature ejaculation, [bed wetting](#), frequent urination, impotence and lower backaches also. The plant can also yield a potent medicinal oleoresin which can treat certain kidney disorders, as well as conditions like lumbago. The plant can be used externally or it can be taken internally. People take babchi seeds orally below one gram per time, for curing various diseases. Its oil can help to cure several skin diseases, scabies, ringworm and psoriasis. People also use babchi oil for vitiligo treatment. Fruit is diuretic, and causes biliousness. It is useful in treatment of vomiting, piles, bronchitis, inflammation, anaemia etc. It improves **hair growth and complexion**. Seeds are refrigerant, alternative, laxative, antipyretic, anthelmintic, and good for **heart troubles**. Seed oil is used externally in treatment of **elephantiasis**. According to Unani system of medicine, its seed is purgative, stomachic, anthelmintic, vulnerary, stimulant, aphrodisiac and cures blood related troubles. It is applied externally in treatment of skin related troubles. It can be given to eat for white skin, in the capsule form also. Put 2 parts of seed powder (50%) with one part dried ginger powder 25% and one part black cumin seed seed powder 25%. Prepare capsule. Eat two capsule two times per day with pomengrante juice which removes the side effects in it.

186 Citronella oil grass, Kavattambul,
***Cymbopogon martini*, 186 காவாட்டம்புல்/ Roosoagrass, Ganjini-Ka,**
Kamakship-Pulla, Kamakshi-Kasuvu



187 Mushroom, *Agaricus campestris* காளான்



**188 Yam / Elephant yam காராக்கருணை, சேனை
கிழங்கு, Arsaghna Kanda, Chenak Kizhanna, Kanda Gadda,
Suvarna Guddah, Amorphophalus Campanulatus
See 130 for uses**



See 130 for uses

Dr AVG Reddy's PP for 500 Herbals



188 Yam tubers uses: see 130 also

Yam composed of complex carbohydrates and soluble dietary fiber. Yam is good for constipation, decreases excess cholesterol levels by binding to it in the intestines and lower colon cancer risk by preventing toxic compounds in the food from adhering to the colon mucosa. Yam is recommended as a low glycemic index healthy food. The tuber is an excellent source of B-complex group of vitamins. Fresh root also contains good amounts of anti-oxidant vitamin; **vitamin-C**. Yam contains small amounts of vitamin-A, and beta-carotene levels. Both these compounds are strong antioxidants. Vitamin A has many functions like maintaining healthy mucus membranes and skin, night vision, growth and protection from lung and oral cavity cancers. Yam tuber is indeed one of the good sources of minerals such as copper, calcium, potassium, iron, manganese, and phosphorus. 100 g provides about 816 mg of **Potassium**. Potassium is an important component of cell and body fluids, which helps controlling heart rate and blood pressure by countering hypertensive effects of sodium. **Copper** is required in the production of red blood cells. Manganese is used by the body as a co-factor for the antioxidant enzyme, *superoxide dismutase*. **Iron** is required for red blood cell formation.

189 Typhonium Trilobatum root

காறும் கருணை / பிடி கருணை

Durada-kanda-gadda, Karach- Chena



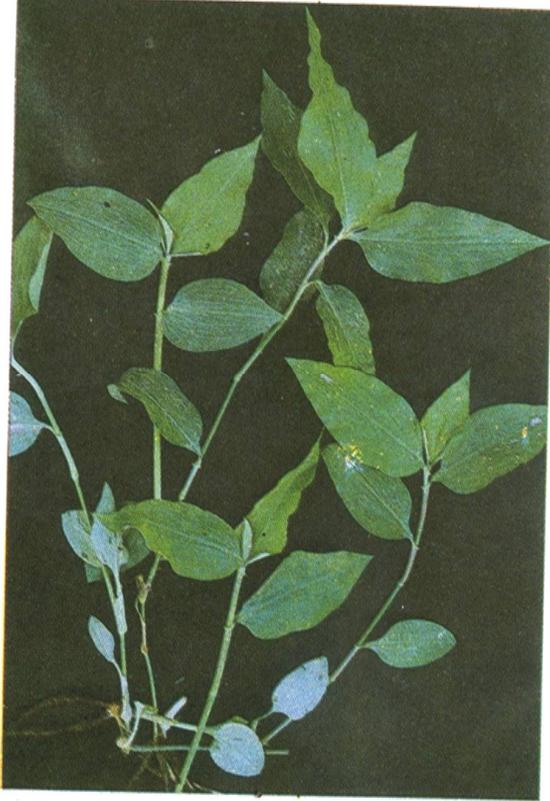
Typhonium Trilobatum root is very useful in the treatment of Piles and constipation.

190 கானாம்வாழை

190 Commelina benghalensis

கானாம்வாழை

Commelina benghalensis, Linn.: *Commelinaraceae*



191 curcuma zeodaria, Kachur

கிச்சலிக் கிழங்கு



191 curcuma zeodaria, கிச்சலிக் கிழங்கு

Since zedoary is anti-inflammatory, its paste is used on inflammation, wounds, skin ailments and pain. The herb serves as a body stimulant and purifies blood. It is very effective in treating respiratory disorders, tones up uterus and works as an aphrodisiac agent, improves digestion & improves liver condition. The herb, when taken in powdered form, helps in regularizing menstruation. In the juice form, it is used to treat urine-related disorders and urinary tract infections, used as a gastro-intestinal stimulant in flatulent colic and prevents stress ulceration as well. It helps in curing dyspepsia, colic, vomiting and cough. The herb proves useful in case of abdominal cramps, amenorrhea-abdominal pain and rheumatic pain. It is also used in anti-periodic pills. Zedoary is used as anti-venom for the Indian Cobra. It is used in the manufacture of liquors, stomach essences, bitters, perfumes and cosmetics. In India, the herb is used either in fresh cooking or used in preparing pickles. In Indonesia, it is ground to paste and used in curries. Zedoary is used for [colic](#), spasms, loss of appetite, and [indigestion](#). Some people also use it for [anxiety](#), stress, [fatigue](#), and pain and swellings. It is sometimes applied directly to the [skin](#) to keep mosquitoes away. Prepare tea by using 1 tablespoon of the finely chopped kachur root to 1 pint of boiling water. Allow it to steep for 30 mins and drink it two or three times a day. It is an antioxidant and is said to help sexual problems in both men and women. It is said to strengthen the uterus muscles and so help in childbirth and to cure male erectile dysfunctions, as well as being an aphrodisiac. Kachur is also used to treat colds, flatulence, digestive disorders, ulcers, gastro-intestinal problems. It has also been used to clean and purify the blood and detoxifies the body. It helps in cell regeneration and is good for the immune system. It regulates body temperature and is used in cases of fever. It can be made into a paste and applied directly for the skin complaints. It is included in creams to prevent ageing and wrinkles. It is supposed to be extremely effective as an anti ageing agent.

192 Citrus aurantifolia
கிச்சலிப் பழம்

192



See 112

Uses is
same as
northambal
am.112

நார்த்தை

193 *Acalypha fruticosa*/ chinni
கிட்டி கிழங்கு / சின்னி கிழங்கு

▪

- Image and details not available now

194 *Aeschynomene indica*, Kidaichi, A Watery Plant, கிடைச்சி / சடை / கிடை / நெட்டி



seeds

195 *Tabernaemontana divaricata*, See 360

commonly called *Pinwheel Flower*, *Crape Jasmine*, *East India Rosebay* and *Nero's Crown*. Also see 360

195 கிரந்தி துகரம் / நந்தியா வட்டம்



The [roots](#) are used as an [anthelmintic](#) for [ascariasis](#) and a treatment for [scabies](#). The young stems are also good for the teeth, the latex being applied, on a cotton pellet, to treat [Dental caries](#). An infusion of the roots is used as an [antipyretic](#). A sweetened infusion of the leaves is used as a [cough medicine](#), the pounded roots are applied externally for [eye diseases](#). Its flower tied in a cloth and soaked in mothers milk can be used as eye drops to treat all eye diseases. Squeeze the mothers milk from that cloth in the affected eyes.

196 RUELLIA PATULA

Kiranthi Nayagam, கிரந்தி நாயகம்



196 Eat the Herbal juice to cure tooth pain, Diabetes, cancer, Snake bite, wounds and scabies. Also Just apply the leaf paste in the body for wounds and scabies.

Next 197 Kilyural கிளியூரல், Details not available now.

198 Kilu kiluppai / *Crotalaria retusa* நரிமிரட்டி, பேய்மிரட்டி, வட்ட கிலுகிலுப்பை



Powdered seeds mixed with milk used for increasing body strength; also used for skin diseases. Plant is used in the treatment of eczema. - In Tamil Nadu, India, plant is used for cough, dyspepsia, fever, cardiac disorders, stomatitis, diarrhea, scabies, impetigo. In Nigeria, powdered plant mixed with roasted black caraway, taken in small quantities for stomach coli and flatulence. Flowers and leaves reportedly eaten as vegetable. - In Vietnam, seeds are roasted and eaten.

199 Keerippoondu

Ophiorrhiza mungos

கீரிச்செடி, கீரி புரண்டான்



200 -222 Greens / கீரைகள்

From 201 to 222 Many types of Greens are explained

201 முளை கீரை, 202 கலவை கீரை, 203 புளிப்பு கீரை,
204 இன்பம் தரும் கீரைகைகள், 205 சாணாக்கி கீரை,
206 சிறுகீரை. 207பசலை கீரை,
208 துயிலி கீரை, 209 கொடிப்பசலை, 210 பண்ணை
கீரை, 211 பருப்பு கீரை, 212 பறட்டை கீரை, 213
பாற்சொறி கீரை, 214பிண்ணாக்கு கீரை, 215புதினா
கீரை, 216 புளிச்சிறுகீரை, 217புளியாரை,
218 மணலிக்கீரை, 219 முக்குளி கீரை
220 முள்ளி கீரை, 221 வங்கார வள்ளை கீரை
222 தண்டு கீரை