



GOVERNMENT DEGREE COLLEGE KORUTLA
DEPARTMENT OF BOTANY

BEST PRACTICES

ON

**COLLECTION OF MEDICINAL PLANTS BY STUDENTS FROM THEIR
NATIVE PLACES AND ITS USES
IN DAILY LIFE**

ACADEMIC YEAR 2021-22

List of Participated students

S.NO	NAME OF THE STUDENT	HTNO	GROUP	YEAR
1	K.PREM SAI	21077046-4451006	BSC BZC	II Yr
2	S.PRANITHA	21077046-4451009	BSC BZC	II Yr
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BEST PRACTICES

1. TITLE: Collection of medicinal plants by students from their native places and its uses In daily life.

2. OBJECTIVES:

1. Promotion of conservation of Medicinal plants.
2. To create optimum awareness and interest amongst the students about Medicinal plants.
3. To conserve the bio-diversity of Medicinal plants.
4. To strength the research on Medicinal plants.
5. To increase public awareness about the efficacies of herbal drugs.
6. To identify rare/ endangered Medicinal plants.

3. THE CONTEXT:

1. Medicinal plants are used with the intention of maintaining health, to be administered for a specific condition, or both, whether in modern medicine or in traditional medicine.
2. Medicinal plants may provide three main kinds of benefit: health benefits to the people who consume them as medicines; financial benefits to people.

4. THE PRACTICE: The students of Botany have collected medicinal vegetable parts like leaves, stems, flower and seeds individually from their native places.

These collected medicinal plant vegetable parts have been stored in special covers. Which were also pasted on the thermacoal sheets? In Department of Botany thermacoal sheets displayed and explained to all students of our college about its advantages and uses of these medicinal plants in day to day life.

This program was also attended the principal along with staff.

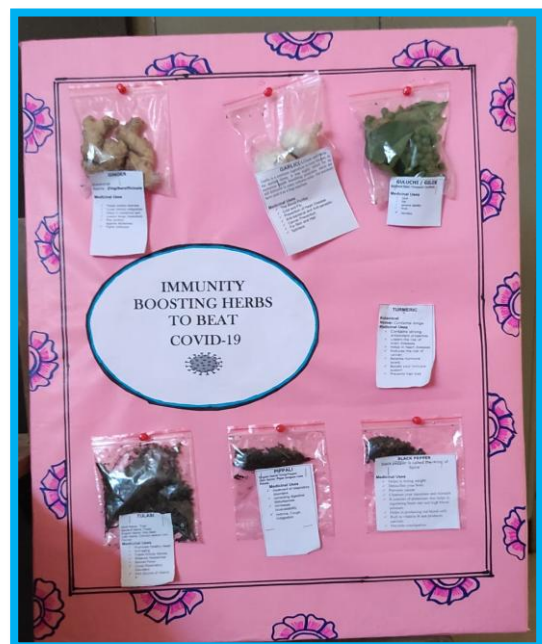
5. EVIDENCE OF SUCCES: All the students participated with their personal interest and gained knowledge about medicinal plants. They have also got awareness of these plants. It helps them to encourage towards research in future.

6. PROBLEM ENCOUNTERED AND RESOURCE REQUIRED:

We department of botany faced the following problems under the best practice.

- We were unable to display the live medicinal plants because the students are coming from faraway places.
- Some of these medicinal plants were damaged.

Students active participation



COLLECTION OF MEDICINAL PLANTS BY STUDENTS NATIVE PLACES AND MEDICINAL PLANTS IN DAILY LIFE

<p style="text-align: center;">AMLA</p> <p>English Name: Indian Gooseberry</p> <p>Latin Name: Emblica officinalis Linn Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none">✓ Improves Immunity✓ Reduces Stress✓ Hair Care✓ Respiratory Health✓ Treats Anemia✓ Blood Purifie✓ Diuretic✓ Improve Digestion✓ Absorbs Calcium✓ Anti-aging✓ Improves Mental Functions✓ Weight Management✓ Skin Care	<p style="text-align: center;">DALCHINI</p> <p>English Name: Bark Cinnamon Latin Name: Cinnamomum zeylanicum Breyn Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none">✓ increase salivation✓ improve digestive functions✓ Antibacterial, Antiseptic	<p style="text-align: center;">PIPPALI</p> <p>English Name: Long Pepper Latin Name: Piper longum Linn Penne</p> <p>Medicinal Uses</p> <ul style="list-style-type: none">✓ treatment of respiratory disorders✓ correcting digestive disturbances✓ increases bioavailability✓ Asthma, Cough, Indigestion
<p style="text-align: center;">SENNA</p> <p>Sanskrit Name: Swarnapatri English Name: Indian Senna Latin Name: Cassia angustifolia Vahl Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none">✓ Treatment of constipation.✓ Maintain a harmonious peristalsis of large intestine.✓ Weight Loss	<p style="text-align: center;">ASHOKA</p> <p>Sanskrit Name: Ashoka English Name: Sorrow less tree Latin Name: Saraca indica Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none">✓ Menstrual Irregularities, Uterine Stimulant✓ stimulates the ovarian tissue	<p style="text-align: center;">CORIANDER</p> <p>Hindi Name: Dhaniya Sanskrit Name: Dhanyaka English Name: Coriander Latin Name: Coriandrum sativum Linn Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none">✓ Reduces Skin Inflammation✓ Controls Blood Pressure✓ Rich Source of Calcium✓ Controls Diabetes✓ Diuretic Properties✓ Treats Wounds & Mouth Ulcers✓ Treat Osteoporosis✓ Prevents Anemia✓ Prevents Arthritis

<p align="center">PUNARNAVA</p> <p>Hindi Name: Punarnava Sanskrit Name: Punarnava English Name: Spreading Hogweed Latin Name: Boerhaavia diffusa Linn Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Treat accumulation of fluids (Edematous conditions) in the body. ✓ Treatment of anemia and liver diseases ✓ Anti inflammatory and hepatoprotective agent 	<p align="center">TULASI</p> <p>Hindi Name: Tulsi Sanskrit Name: Tulasi English Name: Holy Basil Latin Name: Ocimum sanctum Linn Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Promotes Healthy Heart ✓ Anti-aging ✓ Treats Kidney Stones ✓ Relieves Headaches ✓ Relives Fever ✓ Cures Respiratory Disorders ✓ Rich Source of Vitamin K 	<p align="center">ELAICHI</p> <p>Hindi Name: Elaichi Sanskrit Name: Sookshma Ela English Name: Lesser Cardamom Latin Name: Elettaria cardamom Matron Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Used As A Mouth Freshener. ✓ Treatment of Disease of Oral Cavity. ✓ Treatment of Nausea, Vomiting, Dry cough and external piles.
<p align="center">ATIBALA</p> <p>Hindi Name: Kanghi Sanskrit Name: Atibala English Name: Country Mallow Latin Name: Abutilon indicum Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Increases Strength, Vigor and Vitality. ✓ Used In Facial Paralysis And Joint Disorders 	<p align="center">NEEM</p> <p>Hindi Name: Neem Sanskrit Name: Nimba English Name: Margosa Tree Latin Name: Azadirachta indica A. Juss Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Nourishes Skin ✓ Treats Fungal Infections ✓ Increases Immunity ✓ Prevents Gastrointestinal Diseases ✓ Treats Wounds ✓ Reduces Dandruff ✓ Reduces Joint Pain 	<p align="center">ONION</p> <p>Hindi Name: Pyaj Sanskrit Name: Palandu English Name: Onion Latin Name: Allium cepa Linn Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Body detox ✓ Better Immunity ✓ Controls Diabetes ✓ Hair Growth ✓ Anti-Aging Process
<p align="center">ALOE VERA</p> <p>Hindi Name: Ghee Kunwar Sanskrit Name: Ghritkumari English Name: Aloes Latin Name: Aloe vera Tourn ex. Linn Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Skin Conditioner and In the Treatment of Non-Healing Ulcers, ✓ burn injuries and in treating the liver diseases like jaundice ✓ Positive cosmetic value and wound healing properties. 	<p align="center">CENTELLA ASIATICA</p> <p>Hindi Name: Mandukparni Sanskrit Name: Mandukaparni English Name: Gotu Kola Latin Name: Centella asiatica Urban Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Treatment of Skin and Mental Ailments ✓ Sedative, Antibiotic, Detoxifier, Laxative 	<p align="center">BUTEAMONOSPERMA</p> <p>Hindi Name: Palasha Sanskrit Name: Palasha English Name: Bastard Teak Latin Name: Butea monosperma Kuntze Pennel</p> <p>Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Treatment of worm infestations. ✓ Complexion of Skin,

<p>BHUMI AMLA Botanical Name or Family : Phyllanthous amarus Fam : Euphorbiaceae Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Anemic ✓ jaundice ✓ Dropsy. 	<p>GULUCHI / GILOE Botanical Nam: Tinospora Cordifolia Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Gout ✓ Pile ✓ general debility ✓ fever, ✓ Jaundice. 	<p>PERIWINKLE/NYANTARA Botanical Name or Family vincea rosea/ catharanthusroseus Fam :apocyanace Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Leukemia ✓ Hypotensiv, ✓ Antispasmodic ✓ Atidot.
<p>METHI Botanical Name: Trigonella foenum-graecum Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Encourage weight gain (take note, anorexics) ✓ Inhibit cancer of the liver ✓ lowerblood cholesterol levels ✓ treat inflammation and ulcers of the stomach and intestines ✓ drain off sweat ducts ✓ for body building ✓ for late onset diabetes ✓ poor digestion ✓ insufficient lactation ✓ painful menstruation 	<p>GINGER Botanical Name: <i>Zingiberofficinale</i> Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Treats motion sickness ✓ Cures chronic indigestion ✓ Helps in menstrual pain ✓ Lowers blood cholesterol ✓ May protect against Alzheimer ✓ Fights Infection 	<p>TURMERIC Botanical Name: <i>Curcuma longa</i> Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Contains strong antioxidant properties ✓ Lowers the risk of brain diseases ✓ Helps in heart diseases ✓ Reduces the risk of cancer ✓ Balance hormone levels ✓ Boosts your immune system ✓ Prevents hair loss
<p>CALOTROPIS GIGANTEA Botanical Name: Calotropis procera Common Names: <i>Giant Milkweed, Crown Flower, Giant Calotrope, Swallow-wort</i> Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Cures digestive disorders ✓ Helps relieve a toothache ✓ May help with snakebites ✓ On an inhalation, cures a cough ✓ Calotropis in unsafe to 	<p>AERVA LANATA Group : Amaranthaceae Name in Malayalam : CHEROOLA Name in Sanskrit : Bhadra English : Wool Plant Medicinal Uses</p> <ul style="list-style-type: none"> ✓ Used in treatment of urinal system. ✓ It destroys the urine stone. ✓ It is used in the treatment of blood-sugar. ✓ The paste made with the entire plant diluted in curd cure blood sugar. 	

ACALYPHA INDICA

Family :- *Euphorbiaceae*.

Habitat :- Occurs throughout the plains of India, ascending the hills in Orissa up to 200 m.

English :- Indian Acalypha.

Ayurvedic :- Kuppi, Muktavarchaa, Haritamanjari

Medicinal Uses

- ✓ used in bronchitis, asthma, pneumonia
- ✓ Tincture of fresh plant is used in homoeopathy for incipient phthisis with bloody expectorations, emaciation and arterial hemorrhage.

VITEX NEGUNDA

Commonly known as the five-leaved chaste tree, is a large aromatic shrub with quadrangular, densely whitish, tomentose branchlets.

Medicinal Uses

Key therapeutic benefits:

- ✓ Because of its anti-inflammatory, antibacterial and antifungal properties, the plant is useful in treating sores and skin infections.
- ✓ Five-Leaved Chaste Tree relieves muscle aches and joint pains.
- ✓ The herb is effective in treating vaginal discharge.

PEPPERMINT

Common Name: Peppermint

Mentha (Botanical) name

Medicinal Use:

- ✓ To relieve a tension headache, apply a compress of mint leaves to your forehead
- ✓ Peppermint oil has a wide usage base
- ✓ It is used for dental care as it is a powerful antiseptic
- ✓ It treats bad breath and is useful for treating toothaches
- ✓ It is also a good bronchodilator, helping to relieve nasal congestion, cold and cough
- ✓ It provides relief from stress and mental exhaustion
- ✓ It is also a good immunity-booster, blood circulator and cooling hair- tonic for dandruff and lice
- ✓ Add a drop of peppermint to a glass of cold water to curb appetite, freshen breath, and boost energy
Make a peppermint foot scrub to cool achy feet

FENNEL(SAUNF)

Fennel or saunf is a flavorful and aromatic plant which is useful for a wide variety of health problems. In India, people are accustomed to chewing fennel seeds after every meal. It can be grown easily in your garden and does not require much care. Take a look at the many benefits of fennel seeds:

Medicinal Uses

- ✓ Treats cough
- ✓ Controls cholesterol
- ✓ Improves eyesight
- ✓ Cure acidity
- ✓ Prevents bad breath
- ✓ Improves breast milk supply in lactating women

CURRY LEAVES

Curry Leaves also known as Kadai Patta is every kitchens delicacy. The leaves of Curry trees are used as a seasoning and flavoring agents in almost all Indian foods and literally found in all tropical and subtropical regions of the country. Every part of the plant: leaves, roots and the bark are quite largely used for various medicinal applications

Medicinal Uses

- ✓ Curry leaves are rich in minerals, fibers and also helps in boosting immunity
- ✓ It helps in relieving **Ameania, Diabetes, Indigestion problems, cholesterol, and helps maintain healthy liver conditions**

ARGEMONE MEXICANA LINN

English name: Mexican prickly poppy

Hindi: Shialkanta, Satyanashi

Gujrati: Darudi

Danarese: Balurakkisa, Datturi, Pirangi, datturi

Marathi: Daruri, Firangi-kote-pavola, dhotara.

Sanskrit: Brahmadandi, Pitopushpa, Srigalkanta, Svarnakshiri.

Malyalam: Ponnummattu, Kantankattiri

Tamil: Kutiyotti, Ponnummuttai

Telugu: Brahmadandicettu

Family: Papaveraceae

Useful Parts: Roots, leaves, seeds and yellow juice

Medicinal Uses

- ✓ According to Ayurveda the plant is diuretic. purgative and destroys worms. It cures lepsory, skin-diseases, inflammations and bilious fevers.
- ✓ Roots are anthelmintic. Juice is used to cure ophthalmia and opacity of cornea.
- ✓ Seeds are purgative and sedative. Seeds resemble mustard seeds and in India it is used to adulterate mustard seed. Seed yield non edible toxic oil and causes lethal dropsy when used with mustard oil for cooking.

BRYOPHYLLUM PINNATUM

Kalanchoe pinnata, formerly known as Bryophyllum pinnatum, also known as the air plant, cathedral bells, life plant, miracle leaf, and Goethe plant is a succulent plant native to Madagascar, which is a popular houseplant and has become naturalized in tropical and subtropical areas.

Medicinal Uses

- ✓ The leaves are astringent, antiseptic, diuretic and febrifuge
- ✓ They are also used as a counterirritant against poisonous insect bites
- ✓ The leaf-juice, combined with salt, is used as a treatment for colds, coughs, grippe, loose bowels and teething babies
- ✓ The leaves and leaf-juice are mixed with coconut oil and Carapa oil and then rubbed on the head to treat violent and persistent headache
- ✓ The dried leaves can be applied as a powder on bad ulcer
- ✓ The juice, used on its own or mixed with lard, is used in the treatment of bilious diarrhoea, diarrhoea, dysentery, cholera, acute nephritis, lithiasis and phthisis

TRIGONELLA FOENUM-GRÆCUM

Fenugreek is an herb similar to clover that is native to the Mediterranean region, southern Europe, and western Asia. The seeds are used in cooking, to make medicine, or to hide the taste of other medicine. Fenugreek seeds smell and taste somewhat like maple syrup. Fenugreek leaves are eaten in India as a vegetable.

Medicinal Uses

- ✓ **Medications for diabetes (Antidiabetes drugs)**
- ✓ **Medications that slow blood clotting**
- ✓ **For painful menstruation (dysmenorrhea)**
- ✓ **For increasing interest in sex**
- ✓ **For improving sexual performance**
- ✓ **Breast milk production.**
- ✓ **Ovarian cysts (polycystic ovary syndrome)**

CAROM SEEDS (AJWAIN)

Medicinal Uses

- ✓ Fight bacteria and fungi. Carom seeds have powerful antibacterial and antifungal **properties**. ...
- ✓ Improve cholesterol levels. ...
- ✓ May lower blood pressure. ...
- ✓ Combats peptic ulcers and relieves indigestion. ...
- ✓ May prevent coughing and improve airflow. ...
- ✓ Has anti-inflammatory effects.

BLACK PEPPER

black pepper is called the 'King of Spice'

Medicinal Uses

- ✓ Helps in losing weight
- ✓ Detoxifies your body
- ✓ Prevents cancer
- ✓ Cleanses your intestines and stomach
- ✓ It consists of potassium that helps in regulating heart rate and high blood pressure
- ✓ Helps in producing red blood cells
- ✓ Rich in vitamin B and produces calcium
- ✓ Prevents constipation

GARLIC(Allium sativum)

Garlic is a common ingredient in every kitchen, in the ancient times, it was highly valued for its numerous health benefiting properties, which are still followed in many cultures today. Our ancestors have used it as a bug-repellant

Medicinal Uses

- ✓ The Blood Purifier
- ✓ Cold and Flu
- ✓ Prevention of Heart Disease
- ✓ Anti-bacterial and Anti-parasitic
- ✓ Cancer Prevention
- ✓ For Skin and Hair
- ✓ Splinters

TRIDAX PROCUMBENS

Tridax procumbens, commonly known as coat buttons or tridax daisy, is a species of flowering plant in the daisy family. It is best known as a widespread weed and pest plant. It is native to the tropical Americas but it has been introduced to tropical, subtropical, and mild temperate regions worldwide.

Medicinal Uses

- ✓ The leaves are antiseptic, haemostatic and parasiticide
- ✓ They are used as a treatment against bronchial catarrh, dysentery, and diarrhea
- ✓ A fine paste of the leaves is applied externally to reduce swelling of haemorrhoids and to stop bleeding
- ✓ The leaf sap is applied topically to sores and ulcers

BIBHITAKI (TERMINALIABERECILLA)

is a large deciduous medicinal tree and holds a great value in traditional medicines like Ayurveda and Unani. It is known as baheda in Hindi, tanikaya in Telugu and tanri in Tamil and in Sanskrit it is called as Vibheeta which means one which destroys the fear of disease.

Medicinal Uses

Bibhitaki fruit is dried, powdered and consumed by mixing with water or honey

- ✓ Treats Ulcer
- ✓ Alleviates Stress
- ✓ Prevents Metabolic Disorder
- ✓ Promotes Liver Health
- ✓ Heals Wounds
- ✓ Enhances Digestion
- ✓ B Remedies Hair Problems
- ✓ Boosts Immunity

TERMINALIA CHEBULA

Terminaliachebula (family: Combretaceae) is widely used in the traditional medicine of India.

- ✓ Terminaliachebula is a main ingredient in the Ayurvedic formulation Triphala which is used for kidney and liver dysfunctions
- ✓ The dried fruit is also used in Ayurveda as a purported antitussive, cardiogenic, homeostatic, diuretic, and laxative.

**LAVANGA-
(SYZYGIUM AROMATICUM)**

Medicinal Uses

- ✓ Contain important nutrients. ...
- ✓ High in antioxidants. ...
- ✓ May help protect against cancer. ...
- ✓ Can kill bacteria. ...
- ✓ May improve liver health. ...
- ✓ May help regulate blood sugar. ...
- ✓ May promote bone health. ...
- ✓ May reduce stomach ulcer

MORINGA OLEIFERA

It's traditionally been used as a remedy for such conditions as

Medicinal Uses

- ✓ Diabetes
- ✓ Long-lasting inflammation
- ✓ Bacterial, viral, and fungal infections
- ✓ Joint pain
- ✓ Heart health
- ✓ Cancer

JEERA (CUMIN)

Medicinal Uses

- ✓ Promotes Digestion. ...
- ✓ Is a Rich Source of Iron. ...
- ✓ Contains Beneficial **Plant** Compounds. ...
- ✓ May Help With Diabetes. ...
- ✓ May Improve Blood Cholesterol. ...
- ✓ May Promote Weight Loss and Fat Reduction. ...
- ✓ May Prevent Food-Borne Illnesses. ...
- ✓ May Help With Drug Dependence.

PIPER BETEL LEAF

From using it in prayers and religious ceremonies to eating it in the form of a 'paan', betel leaves contain many curative and healing health benefits. The leaves are full of vitamins like vitamin C, thiamine, niacin, riboflavin and carotene and are a great source of calcium. Since betel is an aromatic creeper.

Medicinal Uses

- ✓ Helps in treating diabetes
- ✓ Aids in weight-loss
- ✓ Prevents carcinogens that lead to cancer
- ✓ Cures headache
- ✓ Heals wounds