



GOVERNMENT DEGREE COLLEGE – BODHAN

Department of Botany

(Jignasa Student Study Project)

Topic :- “ A Study on Medicinal Properties of Different Plant Parts
Used In Chyawanprash “



Submitted By :

Mentor:

- 1) Y.Navya charitha BZC –II Year
- 2) N.Mounika BZC –II Year
- 3) Adiba Sameen BZC –II Year
- 4) K.Soumya BZC –II Year
- 5) K.Megha BZC –I Year

G.Naveenkumar.
M.Sc,B.Ed,SET
Lecturer in Botany (Contract)
Govt.Degree College - Bodhan
Nizamabad Dist.(T.S)

CERTIFICATE

This is to certify that the student study project entitled “ A study on importance of the medicinal plant parts used in chyawanprash” is a genuine work carried out by the Botany students under the supervision of G. Naveen kumar, Lecturer in Botany.


PRINCIPAL
GOVERNMENT DEGREE COLLEGE
BODHAN - 503 185.

SIGNIFICANCE OF THE PROJECT

Chyawanprash is considered as an ayurvedic rasayana which helps to improve immunity and physical strength. Chyawanprash also helps to remove toxins from the body and improves heart health by lowering cholesterol levels. It is good for improving vigor, vitality and develops the aging process due to its antioxidant properties.

As different plant parts are used in the preparation of chyawanprash , it is need to know to the botany students that what are the plants and their parts used in chyawanprash as well as their medicinal value. This study may help to the students to understand the medicinal value of different plant parts. So that students can be kind and thankful towards mother nature.

OBJECTIVES

- To create awareness among the students, about the medicinal plants.
- To understand the value of different plant parts in improving physical and mental health of human.
- Providing an opportunity to the students to be kind and thankful towards nature.

BIBLIOGRAPHY

1. Medicinal Plants – S.G.Joshi
2. Identification Of Common Indian Medicinal Plants – V.N. Naik
3. Medicinal Plants, Cultivation And Their Uses – H.Panga.

KACHUR

Common Name : Kachur

Scientific Name: Curcuma Zedoaria

Family: Zingiberaceae

Parts Used: Rhizomes And Leaves

Medicinal Uses: Used To Cure Jaundice, Cough, Hiccups, Respiratory Disorders.

Distribution: Kerala, Karnataka, Tamilnadu



PIPPALI

Common Name: Pippali

Scientific Name: Piper Longum

Family: Piperaceae

Parts Used: Dried Spikes And Roots

Medicinal Uses: Roots Is Used As Carminative, Toxic To The Liver, Stomachic

Distribution: Khasihills, West Bengal, Eastern Uttarpradesh, Maharashtra, Kerala, Karnataka



Nagakesari

Common name: Nagakesari

Scientific name: Mesua Ferrea

Parts used: Stamens And Flowers

Family: Calophyllaceae

Medicinal uses: The Dried Flowers Are Used In Case Of Bleeding Piles ,Irritability Of The Stomach. Nagakesari Flowers Are Also Used For Snake Bite



Distribution: The Tree Is Native To Sri Lanka India ,Southern Nepal , Burma, Thailand

MULETHI

common name: Mulethi

scientific name: Glycyrhiza

family: Fabaceae

parts used: Roots

medicinal uses Indian Singers Consuming Mulethi To Improve Their Voice And Singing. It Can Also Relieve Cough, Cold, Sore Throat And Bronchitis.



Distribution: It Is Reported In Abundant In Western China, Parts Of Asia Minor, Persia.

Punarnava

Common Name: Punarnava

Scientific Name: Boerhaavia Diffusa

Family: Nyctaginaceae

Parts Used: Root

Medicinal Uses: The Various Formulations
Of Punarnava Showed Divertic And
Anti-Inflammatory Properties

Distribution: It Is A Perennial Creeping Herb
Found Throughout The Waste Land Of India



Kali mirch

Common Name : Kali Mirch

Scientific Name: Piper Nigrum

Family: Piperaceae

Parts Used: fruit

Medicinal Uses: It Aids In Digestion And Helps
In Weight Loss By Improving The Metabolism Of
The Body. Kali Mirch Is Beneficial For Cough And
Respiratory Problems.

Distribution: The Black Pepper Is Native To The
South Indian.



Aegle marmelos

Common Name: Bilva

Scientific Name: Aegle Marmelos

Family: Rutaceae

Parts Used: Fruit

Medicinal Uses: Aegle Marmelos Possess

Anti-Diarrhoeal, Anti-Microbial, Anti-Viral, Anti-Cancer ,
Ulcer Healing, Diuretic, Anti-Fertility Properties.

Distribution: Aegle Marmelos Is Native Across The
Indian Subcontinent And Southeast Asia And Is
Cultivated Throughout Sri Lanka And Malaysia.



Riddhi

Common Name: Riddhi

Scientific Name: Habenaria Intermedia

Family: Orchidaceae

Parts Used: tuber

Medicinal Uses: Riddhi Provides Strength And

Vitality To The Body, Pacify All Three Vitiated Doshas Has Guru Guna, Madhura Rasa
(Sweet Taste).

Distribution: The Species Is Well Distributed In Open Grassland At High Altitudes
1500-2800 Meter Above **MSL**.



Varahi kand

Common Name: Varahi Kand

Scientific Name: Dioscorea Bulbifera

Family: Dioscoreaceae

Parts Used: Herb, Root, Tuber

Medicinal Uses: It Is Used For Diarrhea, Dysentery, Conjunctivitis, Among Other Ailments And It Is Used In Syphills, Skin Diseases.

Distribution: It Is Native To Africa ,Southern Asia India, Maldives, China, Japan, Phillipines ,Indonesia Northern Austrelia.



LEAF CINNAMOMUM

Common Name: Leaf Cinnamomum

Scientific Name: Cinnamomum Tamala

Family: Laurels

Parts Used: Leaves

Medicinal Uses: Treatment Of Black spots On The Face, Dental Caries.

Distribution: North- Western Himalayas, Sikkim.



Cinnamomum

Common Name: Cinnamomum

Scientific Name : Cinnamomam Zeylanicum

Family: Laurels

Parts Used: Stem Bark

Medicinal Uses: Used For Gastrointestinal

Upset, Diarrhea, Gas

Distribution: Srilanka, Malabar, Cochin- China



Indian kudju

Common Name: Indian Kudju

Scientific Name: Puerkria Tuberosa

Family: Fabaceae

Parts Used: Root Tuber

Medicinal Uses: Muscle Pain, Measles,

Dysentery

Distribution: Alabama, Georgia, Florida,

South India.



Winter cherry

Common Name: Winter Cherry

Scientific Name: Withania Somnifera

Family: Solanaceae

Parts Used: Root

Medicinal Uses: Asthama, Diabetes, Arthritic ,
Cancer

Distributions: Canary Islands And The
Mediterranean Regions , Sri Lanka



Asparagus

Common Name: Asparagus

Scientific Name: Asparagus Racemosus

Family: Asparagaceae

Parts Used: Roots

Medicinal Uses: Upset Stomach, Constipation,
Stomach Spasms.

Distributions: The Tropical And Sub Tropical Regions,
Central India Bengal quince



Cashmere tree

Common Name: Cashmere Tree

Scientific Name: Gmelina Arborea

Family: Ebenaceae

Parts Used: Root

Medicinal Uses: Used For Chronic Fever And Gut

Distribution: Tamilnadu, Kumbil



Sal leaf bush

Common Name: Sal Leaf Bush

Scientific Name: Desmodium Gangeticum

Family: Dipterocarpaceae

Parts Used: Root

Medicinal Uses: Antibacterial, Analgesic, Antioxidant

Distribution: Himalaya, Myanmar, Nepal, Bangladesh



Indian trumpet

Common Name: Indian Trumpet

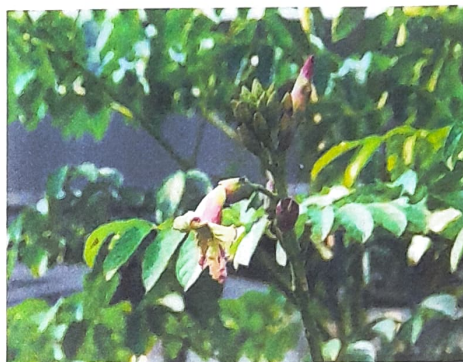
Scientific Name: Oroxylen Indicum

Family: bignonaceae

Parts Used: Root

Medicinal Uses: Jaundice, Arthritic And Tumors

Distribution: Himalayan Foothills, Bhutan, China



True cardamom

Common Name: True Cardmom

Scientific Name: Elettaria Cardmomum

Family: Zingiberaceae

Parts Used: Seeds Of Several Different Plants That Belong To Same Family As Ginger

Medicinal Uses: Antioxidant, Help In Digestive Problems,

Including Ulcers

Distribution: Distributed From India To Malaysia



clove

Common Name: Clove

Scientific Name: Syzygium Aromaticum

Family: Myrtaceae

Parts Used: Flower Buds

Medicinal Uses: Respiratory Ailments Like
Bronchitis,

Colds, Sinusitis

Distribution: Tanzania, Pemba, Madagascar



Long pepper

Common Name: Long Pepper

Scientific Name: Piper Longum

Family: Piperaceae

Parts Used: Fruit, Root

Medicinal Uses: Lung Problems, Arthritis,

Distribution: Plant Is Distributed From Central
Himalayas To Assam, Bengal, Nepal



Air potato

Common Name: Air Potato

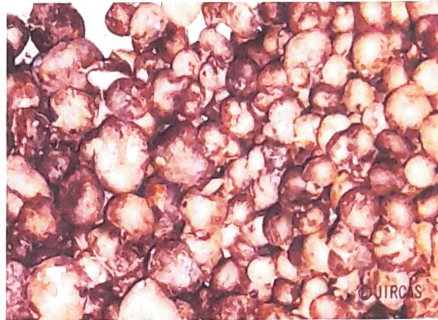
Scientific Name: Dioscorea Bulbifera

Family: Dioscoreaceae

Parts Used: Corms And Tubers

Medicinal Uses: Used In The Treatment
Of Piles ,Cancer

Distribution: Africa, Asia, America



Sesame indicum

Common Name: Sesame

Scientific Name: Sesame Indicum

Family: Pedaliaceae

Parts Used: Seeds, Fresh Leaves

Medicinal Uses: It Is Mildly Laxative

Distribution: Andhra Pradesh,
Uttar pradesh , Himachal pradesh



Indian gooseberry:

Common Name: Indian Gooseberry

Scientific Name: Phyllanthus Emblica

Family: Phyllanthaceae

Parts Used: Including The Fruit, Leaves And Seeds

Medicinal Uses: Heartburn, Anti-Aging, Cancer, Heart Health

Distribution: A Moderate- Sized Deciduous Tree Found Tropical India.

