



**GREENING CHANDIGARH ACTION PLAN 2013-2014**  
**CHANDIGARH ADMINISTRATION**

**COMMON MEDICINAL PLANTS AND THEIR USES**

Plant	Common name/ Maturity period	Botanical Name & Family	Parts used	Medicinal Uses
	Amla ( T )/ After 4 <sup>th</sup> year	<i>Emblica officinalis</i> Euphorbiaceae	Fruit	Cough, Diabetes, Cold, Laxative, Hyperacidity.
	Ashok ( T )/ 10 <sup>th</sup> years onward	<i>Saraca asoca</i> F : Caesalpiniaceae	Bark Flower	Menstrual Pain, Uterine disorder, Diabetes.
	Aswagandha ( H )/ One year	<i>Withania somnifera</i> F: Solanaceae	Root, Leafs	Restorative Tonic, Stress, Nerves Disorder, Aphrodisiac.
	Bael / Bilva (T) After 4 -5 year	<i>Aegle marmelos</i> F: Rutaceae	Fruit, Bark	Diarrhoea, Dysentry, Constipation.
	Bhumi Amla ( H )/ with in one year	<i>Phyllanthus niruri</i> F : Euphorbiaceae	Whole Plant	Aenimic, jaundice, Dropsy.
	Brahmi ( H )/ one year	<i>Bacopa monnieri</i> F: Scrophulariaceae	Whole plant	Nervous, Memory enhancer, mental disorder.
	Guluchi / Giloe ( C )/ With in one year	<i>Tinospora Cordifolia</i> F: Menispermaceae	Stem	Gout, Pile, general debility, fever, Jaundice.
	Kalmegh ( H )/ with in one year	<i>Andrographis paniculata</i> F : Scanthaceae	Whole Plant	Fever, weakness, release of gas.
	Long peeper , Pippali (C)/ after 2 -3years	<i>Piper longum</i> F: Piperaceae	Fruit, Root	Appetizer, enlarged Spleen, Bronchitis, Cold, Antidote.

*“Knowledge is a treasure but practice is the key to it”*



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	Sarpa Gandha ( H )/ After 2 year	<i>Rauvolfia serpentina</i> F: Apocynaceae	Root	Hyper tension, insomnia.
	Satavari ( C )/ After 2-3 year	<i>Asparagus racemosus</i> F: Liliaceae	Tuber, root	Enhance lactation, general weakness, fatigue, cough.
	Tulsi (perennial)/ Each 3 months	<i>Ocimum sanctum</i> F: Lamiaceae	Leaves/Seed	Cough, Cold, bronchitis, Expectorant.
	Grit kumari ( H )/ 2-5 yr	<i>Aloe vera</i> F: Liliaceae	Leaves	Laxative, Wound healing, Skin burns & Ulcer.
	Sada Bahar ( H )	<i>Vinca rosea</i> F-Apocyanace	Whole Plant	Leukemia, Antispasmodic , Antidote.
	Bhringraj ( H )	<i>Eclipta alba</i> F: Compositae	Seed/whole	Anti-inflammatory, Digestive, hairtonic.
	Baheda (T)	<i>Terminalia bellerica</i> F: Combretaceae	Seed, Bark	Cough, Insomnia, Dropsy, Vomiting, Ulcer.
	Neem ( T )	<i>Azadirachta indica</i> F: Meliaceae	Rhizome	Sedative, analgesic, epilepsy, hypertensive.
	Mandukparni ( H )	<i>Centella asiatica</i> F : Mackinlayaceae	Whole plant	Antiinflammatory, Jundice, Diuretic, Diarrhoea.
	Stevia	<i>Stevia rebaudiana</i> F: Asteraceae	Leaf	Sugar substitute

*“Silence is more eloquent than words”*