



## GREENING CHANDIGARH ACTION PLAN 2012-2013 CHANDIGARH ADMINISTRATION

### MEDICINAL PLANTS AND THEIR USES

Plant	Common name/ Maturity period	Botanical Name or family	Parts used	Medicinal use
	Amla ( T )After 4th year	Emblica officinalis Fam - euphorbiaceac	Fruit	Vitamin – C, Cough , Diabetes, cold, Laxativ, hyper acidity.
	Ashok ( T )10 years onward	Saraca Asoca Fam : Caesalpinaceac	Bark Flower	Menstrual Pain, uterine, disorder, Deiabetes.
	Aswagandha ( H ), One year	Withania Somnifera Fam: Solanaccac	Root, Leafs	Restorative Tonic, stress, nerves disorder, aphrodisiac.
	Bael / Bilva (T)After 4-5 year	Aegle marmelous Fam: Rutaccac	Fruit, Bark	Diarrhoea, Dysentry, Constipation.
	Bhumi Amla ( H ), with in one year	Phyllanthous amarus Fam : euphorbiaccac	Whole Plant	Aenimic, jaundice, Dropsy.
	Brahmi ( H ) Indian penny worth/one year	Bacopa, Monnieri Fam: Scrophulariaccac	Whole plant	Nervous, Memory enhancer, mental disorder.
	Guluchi / Giloe ( C )With in one year	Tinospora CordifoliaFam	Stem	Gout, Pile, general debility, fever, Jaundice.
	Kalmegh/ Bhui neem ( H ) with in one year	Andrographis PaniculataFam : scanthaccac	Whole Plant	Fever, weakness, release of gas.
	Long peeper / Pippali ( C ) after two to three years	Peeper longum Fam : Piperaccac	Fruit, Root	Appetizer, enlarged spleen , Bronchities, Cold, antidote.

*“When People Put the Environment First, Development Will Last”*



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	Sarpa Gandha (H) After 2 year	Ranwolfia Serpentina Fam: apocynaccac	Root	Hyper tension, insomnia.
	Satavari ( C )After 2-3 year	Asparagus Racemosus Family: liliaccac	Tuber, root	Enhance lactation, general weekness, fatigue, cough.
	Tulsi (perennial) Each 3 months	Ocimum sanclum Fam: Lamiaccac	Leaves/Seed	Cough, Cold, bronchitis,expectorand.
	Henna/Mehdi ( S ) 1/25 years	Lawsennia iermis Fam: lytharaceae	Leaf,Flower, Seed	Burning, Steam, Anti Imflamatary.
	Gritkumari ( H ) 2nd - 5th yr	Aloe Verra Fam: Liliaceae	Leaves	Laxative, Wound healing, Skin burns & care,Ulcer.
	Sada Bahar ( H ) Periwinkle/Nyantara	Vincea rosea/ catharanthusRoseus Fam :apocyanace	Whole Plant	Leaukamia, Hypotensiv, Antispasmodic , Atidot.
	Vringraj ( H )	Eclipta alba Fam: Compositae	Seed/whole	Anti-inflammatory, Digestive, hairtonic.
	Bahada (T)	TerminaliaBellerica Fam:comretaceae	Seed, Bark	Cough, Insomnia, Dropsy, Vomiting, Ulcer, Trifala.
	Neem ( T )	Azardirchata – indica Fam : Mahaceae	Rhizome	Sdedative, analgesic, epilepsy, hypertensive.
	Mandukparni ( H ) Indianpennywort	Centella asiatica Fam : Umdelliferae	Whole plant	Antiinflammatory, Jundice, Diuretic, Diarrhoea.
	Stevia	Roubidiana	Leaf	Sugar substitute

*(T- Tree, H- herb, C- climber, S-Shrub)*

*“There is no virtue so truly great and good like as justice”*





Principal of various schools celebrating Eco Friendly Tilak Holi with Herbal Colors of Mehendi, Haldi etc. at GMSSS, Sector 46-D, Chandigarh



School students anti cracker Rally before Diwali

***“Confidence is a thing that cannot be produced by compulsion”***





**Butterfly Park, Sector -26, Chandigarh**



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Please visit: [http://chandigarh.gov.in/dept\\_forest.htm](http://chandigarh.gov.in/dept_forest.htm)