



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 th year	<i>Emblica officinalis</i> Euphorbiaceae	Fruit	Cough, Diabetes, Cold, Laxative, Hyperacidity
	Ashoka (T)/ 10 th years onwards	<i>Saraca asoca</i> F : Caesalpiniaceae	Bark Flower	Menstrual Pain, Uterine disorder, Diabetes.
	Aswagandha (H)/ One year	<i>Withania somnifera</i> F: Solanaceae	Root, Leaves	Restorative Tonic, Stress, Nerves Disorder, Aphrodisiac.
	Bael / Bilva (T) After 4 -5 year	<i>Aegle marmelos</i> F: Rutaceae	Fruit, Bark	Diarrhoea, Dysentery, Constipation.
	Bhumi Amla (H)/ within one year	<i>Hyllanthus niruri</i> F : Euphorbiaceae	Whole plant	Anemic, jaundice, Dropsy
	Brahmi (H)/ one year	<i>Bacopa monnieri</i> F: Scrophulariaceae	Whole plant	Nervous, Memory enhancer, mental disorder
	Guluch / Giloe (C)/ Within one year	<i>Tinospora Cordifolia</i> F: Menispermaceae	Stem	Gout, Pile, general debility, fever, Jaundice.
	Kalmegh (H)/ within one year	<i>Andrographis paniculata</i> F : Scrophulariaceae	Whole plant	Fever, weakness, release of gas.
	Long pepper , ippali (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"



GREENING CHANDIGARH ACTION PLAN 2013-2014

CHANDIGARH ADMINISTRATION

Plant	Common name/ Maturity period	Botanical Name & Family	Parts used	Medicinal Uses
	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, cough, cold.
	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: Apocyanaceae	Whole Plant	Leukemia, Antispasmodic , Antidote.
	Bhringraj (H)	<i>Eclipta alba</i> F: Compositae	Seed/whole	Anti-inflammatory, Digestive, hair tonic.
	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	Anti-inflammatory, Jaundice, Diuretic, Diarrhoea
	Stevia	<i>Stevia rebaudiana</i> F: Asteraceae	Leaf	Sugar substitute

"Silence is more eloquent than words"