



COMMON MEDICINAL PLANTS & THEIR USES

Plant	Common name/Maturity period	Botanical Name & Family	Parts used	Medicinal Uses
	Amla (T)/ After 4 th year	<i>Emblica officinalis</i> F- Euphorbiaceae	Fruit	Cough, Diabetes, Cold, Laxative, Hyperacidity.
	Ashok (T)/ 10 th years onward	<i>Saraca asoca</i> F : Caesalpiaceae	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, Dysentery, 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.
	Sarpa Gandha (H)/ After 2 year	<i>Rauvolfia serpentina</i> F: Apocynaceae	Root	Hyper tension, insomnia.

Save the nature to save the future.



	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 nd -5 th 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	Leaukamia, 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>Azardirchata indica</i> F : <u>Meliaceae</u>	Rhizome	Sedative, analgesic, epilepsy, hypertensive.
	Mandukparni (H)	<i>Centella asiatica</i> F : <u>Mackinlayaceae</u>	Whole plant	Antiinflammatory, Jundice, Diuretic, Diarrhoea.
	Stevia	<i>Stevia rebaudiana</i> F: <u>Asteraceae</u>	Leaf	Sugar substitute

If you have fear of God, Save the environment.



Nepli Forests in Sukhna Wildlife Sanctuary



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