

## Medicinal Plants

### Neem /Azadirachta Indica

#### Benefits:

- Treats Acne: neem has an anti-inflammatory property which helps reduce acne.
- Useful in detoxification: neem can prove useful in detoxification both internally and externally. Consumption of neem leaves or powder stimulates kidneys and liver increasing the metabolism and eliminating the toxins out of the body. Externally neem scrubs or paste can be used to remove germs, bacteria, dirt etc from your skin preventing rashes and skin diseases.
- Increases Immunity: neem is known for its antimicrobial and antibacterial effects. These properties play a huge role in boosting immunity. It is rich in vitamin E.

About: Azadirachta indica, commonly known as neem, nimtree or Indian Lilac, is a tree in the mahogany family Meliaceae. It is one of two species in the genus Azadirachta, and is native to

the Indian subcontinent and most of the countries in Africa. It is typically grown in tropical and semi-tropically regions. Neem trees also grow on islands in southern Iran. Its fruits and seeds are the source of neem oil.



## Tulsi / Ocimum Tenuiflorum

### Benefits:

- Reduces Cold, cough & other respiratory disorder: camphene, cineole and eugenol present in tulsi help reduce cold and congestion in the chest.

Juice of tulsi leaves mixed with honey and ginger is effective in bronchitis, asthma, influenza, cough and cold.

- Reduces Stress & Blood Pressure:

Tulsi contains compounds Ocimumosides A and B. These compounds reduce stress and balance the neurotransmitters serotonin and dopamine in the brain. The anti-inflammatory properties of Tulsi reduce inflammation and blood pressure.

- Anti-cancer properties: Phytochemicals present in Tulsi have strong antioxidant properties. Thus, they help in protecting us from skin, liver, oral and lung cancers.

- Good for Diabetes Patients:

Extract of Tulsi leaves has shown to lower blood glucose levels in patients with type 2 Diabetes.

About: Tulsi is cultivated for religious and traditional medicine purposes, and also for its essential oil. It is widely used as a herbal tea, commonly used in Ayurveda, and has a place within the Vaishnava tradition of Hinduism, in which devotees perform worship involving

holy basil plants or leaves. Tulsi is one of the best plants for purifying indoor air quality as it absorbs many toxic chemicals like xylene, formaldehyde and benzene.



### Aloe Vera / Aloe barbadensis Miller

#### Benefits:

- It reduces constipation: Aloe Vera may also help treat constipation. This time it is the latex, not the gel, that provides the benefits.

The latex is a sticky yellow residue present just under the skin of the leaf.

- It may improve skin and prevent wrinkles:

There is some preliminary evidence to suggest that topical aloe vera gel can slow aging of the skin.

- It lowers blood sugar levels: People sometimes use aloe vera as a remedy for diabetes. This is because it may enhance insulin sensitivity and help improve blood sugar management.

About: It is used in many consumer products, including beverages, skin lotion, cosmetics, ointments or in the form of gel for minor burns and sunburns. There is little clinical evidence for the effectiveness or safety of Aloe vera extract as a cosmetic or topical drug. The name derives

from Latin as aloe and Vera.



## Lemongrass / Cymbopogon citratus

### Benefits:

- Promotes healthy digestion: Lemongrass is prescribed to help tackle digestive issues, since it acts as a natural diuretic. It can help to ease nausea, constipation, bloating, and

soothe your stomach to keep the digestive system on track.

- [Aids weight loss:](#) Lemongrass tea is used as a detox tea to increase metabolism, which further aids in weight loss. According to a 2013 report published in the American Journal of Clinical Nutrition, the presence of polyphenol compounds and caffeine content of lemongrass increases energy expenditure and fat oxidation, thereby contributing to weight loss.
- [Helps to reduce anxiety:](#) Lemongrass is a herbal formula that can help to relieve anxiety and stress. The Memorial Sloan Kettering Cancer Center suggests smelling lemongrass to immediately reduce anxiety and stress.

[About:](#) Lemongrass might help prevent the growth of some bacteria and yeast.

Lemongrass also contains substances that are thought to relieve pain and swelling, reduce fever, improve levels of sugar and cholesterol in the blood, stimulate the

uterus and menstrual flow, and have antioxidant properties.



### Carrom Seeds / Trachyspermum

#### Benefits:

- May lower blood pressure: High blood pressure, or hypertension, is a common condition that increases your risk of heart disease and stroke. Traditional treatment involves the use of medications like calcium-channel blockers. These blockers prevent calcium from entering the cells of your

heart and relax and expand blood vessels, resulting in lower blood pressure.

- [Fight bacteria and fungi:](#) Carom seeds have powerful antibacterial and antifungal properties.

This is likely attributed to two of its active compounds, thymol and carvacrol, which have been shown to inhibit the growth of bacteria and fungi.

- [Improve cholesterol levels:](#) Animal research indicates that carom seeds may lower cholesterol and triglyceride levels. High cholesterol and triglyceride levels are risk factors for heart disease.

[About:](#) Ajwain, ajowan, or *Trachyspermum ammi*—also known as ajowan caraway, omam, thymol seeds, bishop's weed, or carom—is an annual herb in the family Apiaceae. Both the leaves and the seed-like fruit of the plant are consumed by humans. The name "bishop's weed" also is a common name for other plants.



## Mint / Mentha

### Benefits:

- Rich in Nutrients: While not typically consumed in large quantities, mint does contain a fair amount of nutrients.
- May Help Relieve Indigestion: Mint may also be effective at relieving other digestive problems such as upset stomach and indigestion. Indigestion may occur when food sits in the stomach for too long before passing into the rest of the digestive tract.
- Subjectively Improves Cold Symptoms: Many over-the-counter cold and flu

treatments contain menthol, a primary compound in peppermint oil.

Many people believe menthol is an effective nasal decongestant that can get rid of congestion and improve airflow and breathing.

About: *Mentha* is a genus of plants in the family Lamiaceae. The exact distinction between species is unclear; it is estimated that 13 to 24 species exist. Hybridization occurs naturally where some species' ranges overlap. Many hybrids and cultivars are known



## Curry leaves / *Murraya koenigii*

### Benefits:

- Curry leaves for hair: Curry leaves are rich in antioxidants and proteins that neutralise the free radicals and keep the hair healthy and strong. From getting rid of an itchy scalp to reversing grey hair and from hair loss to combatting dullness, curry leaves have a myriad of benefits.

- Digestion: Consuming curry leaves on an empty stomach is especially linked with better digestive health. When consumed on an empty stomach, curry leaves stimulate digestive enzymes and supports bowel movement. It can also help you relieve constipation.
- Uses of Curry Leaves: Other than a strong distinctive smell and pungent flavor, curry leaves are a rich source of vitamin A, vitamin B, vitamin C, vitamin B2, calcium and iron. Adding curry leaves to ones meals aids in the treatment of dysentery, diarrhea, diabetes, morning sickness and nausea. Curry leaves also help flush out toxins and body's fat content.

About: The curry tree, *Murraya koenigii* or *Bergera koenigii*, is a tropical to sub-tropical tree in the family Rutaceae, and is native to Asia. The plant is also sometimes called sweet neem, though *M. koenigii* is in a different family to neem, *Azadirachta indica*, which is in the related family Meliaceae.



## Willow-leaved Justicia / Gendarussa vulgaris

### Benefits:

- It is said to be useful for the treatment of asthma, rheumatism and colics of children. Used as a treatment for skin problems like eczema.

- Medicinal ( Plant is traditionally used to treat chronic rheumatism, headache, earache, fever, cough, bronchitis, inflammation, bruises, paralysis of one side of the body and facial paralysis. The entire plant is emetic (an agent that induces vomiting) and febrifuge (an agent that lowers the body temperature and mitigates or removes fever). )



[White ginger lily / Hedychium coronarium,](#)

## Benefits:

- **Its rhizome is used in the treatment of diabetes.** Traditionally it is used for the treatment of tonsillitis, infected nostrils, tumor and fever. It is also used as antirheumatic, excitant, febrifuge and tonic.



Yellow bell orchid tree /Bauhinia tomentosa

## Benefits:-

- **Its root bark is used internally for conditions of the large intestine, while the flower is used as a remedy for dysentery and diarrhoea.**



## Turmeric / Curcuma longa

### Benefits:-

- **Curcuma longa is commonly used in the treatment of ringworm, obstinate itching, eczema, and other parasitic skin diseases. Turmeric is applied to**

facilitate the process of scabbing in chicken pox and small pox.



## Indian long pepper /Piper longum

### Benefits:-

It is most commonly used to treat chronic bronchitis, asthma, constipation,

gonorrhoea, paralysis of the tongue, diarrhoea, cholera, chronic malaria, viral hepatitis, respiratory infections, stomachache, bronchitis, diseases of the spleen, cough, and tumors.



Water hyssop /Bacopa monnieri

[Benefits:-](#)

- **Contains powerful antioxidants**
- **Helps in reducing inflammation**
- **Helps in boost brain function**
- **Helps in reduction of ADHD symptoms**
- **Prevents anxiety and stress**
- **Helps in lowering blood pressure levels**

