

HERBAL PARK

GOVT. COLLEGE FOR WOMEN,
SHEHZADPUR



ALOE VERA

Aloe vera is a succulent plant species of the genus Aloe. It is widely distributed, and is considered an invasive species in many world regions. An evergreen perennial, it originates from the Arabian Peninsula, but also grows wild in tropical, semi-tropical, and arid climates around the world.

Uses:- For Skincare, Medicinal, Cosmetic.



MINT

Mint, also known as *Mentha*, is a genus of flowering plants in the mint family, *Lamiaceae*.

Uses:-

Culinary: Mints are used in various dishes, drinks, and desserts for their flavor and aroma.

Medicinal: Mints have been used to treat digestive issues, nausea, and other health problems.

Aromatic: Mints are used in essential oils, perfumes, and fragrances for their refreshing scent.



MARUA

Marua, also known as Marjoram or Sweet Marjoram, is a perennial herb with a sweet, piney flavor and aroma. It's a cold-sensitive perennial herb that grows up to 1-2 feet in height. The leaves are smooth, simple, and ovate to oblong-ovate, with a sweet, spicy fragrance.

Uses-

Culinary: Marua is used as a seasoning in various dishes, such as soups, stews, salads, and sauces. It's also used in herbal teas and as a flavoring agent in sweets and drinks.

Medicinal: Marua has been used to treat various health issues, skin infections. It's also believed to have antioxidant, antibacterial, and anti-inflammatory properties.

Aromatherapy: Marua essential oil is used in aromatherapy to promote relaxation, reduce stress.



BAUCHI

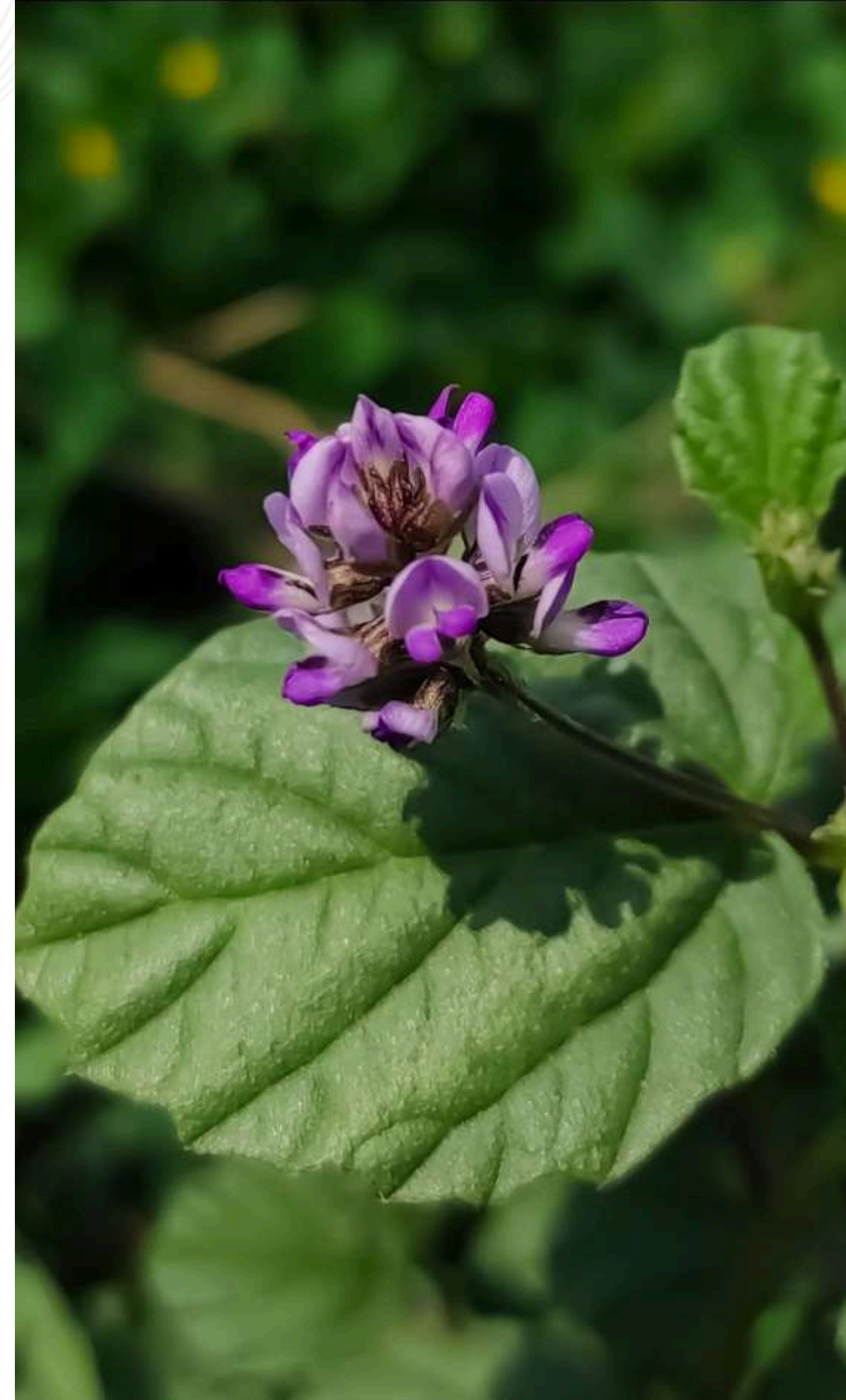
Bakuchi, also known as *Psoralea corylifolia* or Babchi, is a medicinal plant widely used in Ayurveda for its numerous health benefits.

Uses:-

Skin Health: Bakuchi is renowned for its effectiveness in treating skin conditions like vitiligo, psoriasis, eczema, and acne due to its antioxidant, antimicrobial, and anti-inflammatory properties.

Digestive Health: It improves digestion, relieves constipation, and prevents ulcers due to its hot potency and anti-ulcer properties.

Respiratory Health: Bakuchi helps manage respiratory issues like asthma, bronchitis, and coughs by reducing inflammation and excess mucus. Bakuchi oil or powder externally can promote hair growth, reduce dandruff. It alleviates joint pain and inflammation, making it beneficial for arthritis and other joint-related issues.



ELACHI

Elachi, also known as cardamom or *Elettaria cardamomum*, is a spice native to India and Southeast Asia. It's a member of the ginger family (Zingiberaceae) and is widely cultivated for its aromatic seeds.

Uses:-

Adds flavor to various dishes, desserts, and beverages

Meicinal: Digestive aid, breath freshener, and potential health benefits

Aromatic: Essential oil used in perfumes and aromatherapy



PEPPERMINT

Peppermint is a hybrid species of mint, a cross between water mint and spearmint. Indigenous to Europe and the Middle East, the plant is now widely spread and cultivated in many regions of the world. It is occasionally found in the wild with its parent species.

Uses-

Culinary: Peppermint leaves can be used in teas, salads, desserts, and as a garnish for various dishes.

Medicinal: Like other mints, Peppermint may have digestive benefits and can be used to soothe nausea and headaches.

Aromatic: The essential oil extracted from Peppermint can be used in aromatherapy and perfumery.



NAGDAMAN

Nagadanti, also known as *Croton oblongifolius* or *Baliospermum montanum*, is a plant species with medicinal properties

Uses-

Medicinal Properties: Nagadanti is used in Ayurvedic medicine for its purgative, anti-inflammatory, and digestive properties.- Parts Used: Roots, seeds, and leaves are used for medicinal purposes. Treating constipation, fever, hepatomegaly, skin diseases, and snake poisoning.



ASHWAGANDHA

Ashwagandha, also known as *Withania somnifera*, is an evergreen shrub native to the Middle East, North Africa, and the Indian subcontinent. It's a member of the Solanaceae family and grows up to 35-75 cm tall with tomentose branches and dull green elliptic leaves.

Uses:-

Ayurvedic Medicine: Ashwagandha has been used for centuries to treat various health conditions, including stress, anxiety, insomnia, and fatigue.

Adaptogenic Properties: It's believed to help the body adapt to stress and promote overall well-being.

Rejuvenating Properties: Ashwagandha is considered a Rasayana, an herbal preparation that promotes physical and mental health.



LEMONGRASS

Lemongrass, also known as *Cymbopogon citratus*, is a tropical plant native to Asia, Africa, and Australia. It's a type of grass that grows up to 4 feet tall with long, narrow leaves and a citrusy scent.

Uses:-

Culinary: Lemongrass is used in many cuisines, particularly in Southeast Asian cooking, to add flavor to soups, curries, and teas.

Medicinal: It's used in traditional medicine for its anti-inflammatory, antimicrobial, and antioxidant properties.

Aromatherapy: Lemongrass essential oil is used in aromatherapy to promote relaxation and reduce stress.



MASALA TULSI

Masala Tulsi, also known as Holy Basil or *Ocimum sanctum*, is a sacred herb in Hinduism and a key component of Ayurvedic medicine. This aromatic plant is renowned for its numerous health benefits and spiritual significance.

Uses-

Used in teas, as a flavoring in dishes, and as a garnish

Medicinal: Used to treat various ailments, including respiratory issues, digestive problems, and stress

Skincare: Used to treat acne, wounds, and skin infections due to its antimicrobial properties.



LAHSUN BEL

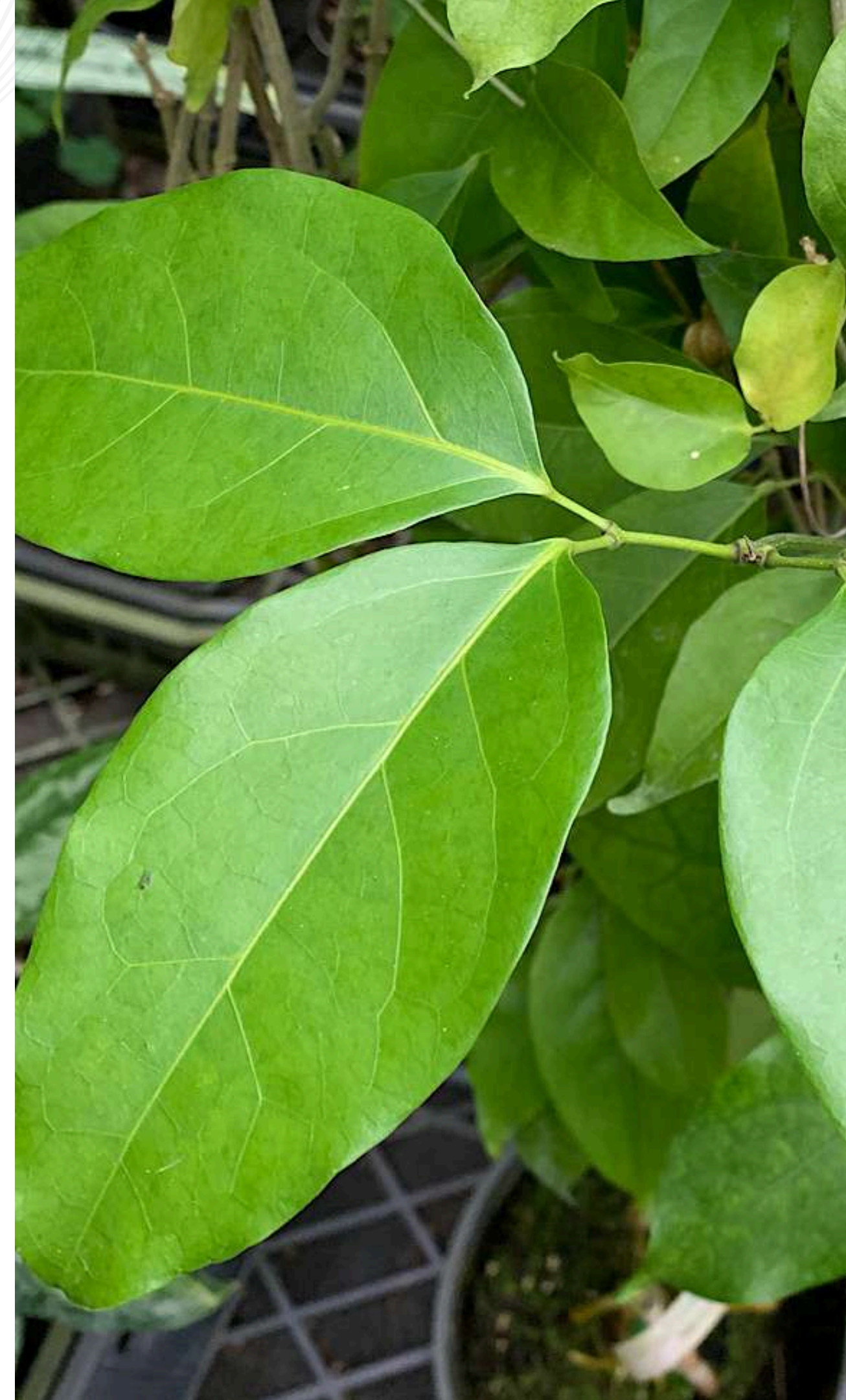
Lahsun Bel, also known as Garlic Vine or *Mansoa alliacea*, is a plant species belonging to the Bignoniaceae family.

Uses-

Medicinal: Used to treat various ailments, including respiratory issues, digestive problems, and skin conditions.

Ornamental: Popular for its beautiful flowers and fragrance, making it a great addition to gardens and landscapes.

Culinary: Not typically used as a food ingredient, but its leaves and flowers can be used in teas or as a garnish.



MAHNDI

The Mehndi plant, also known as Henna or *Lawsonia inermis*, is a flowering plant species in the Lythraceae family.

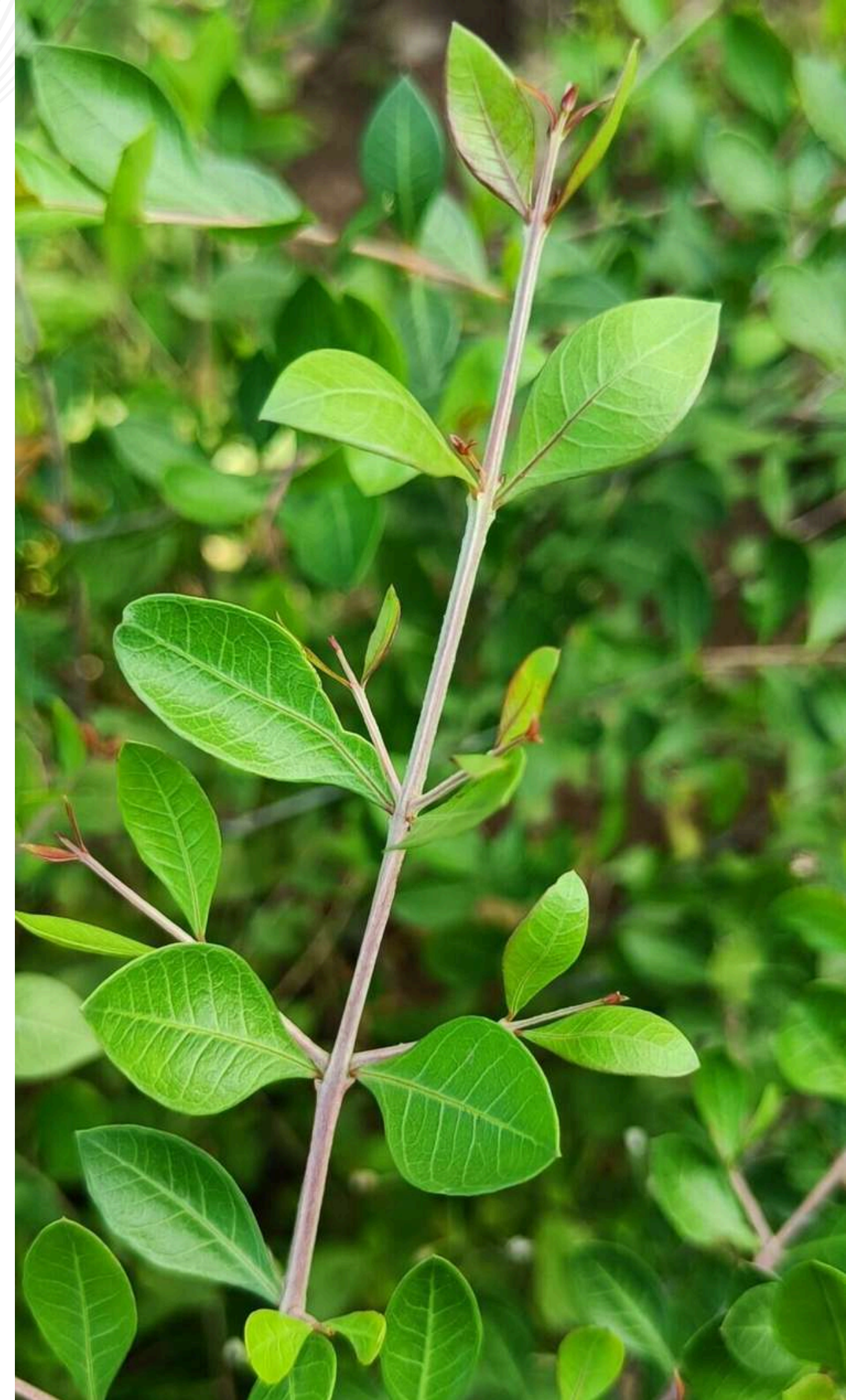
Uses-

Dye: Mehndi leaves are used to create a natural dye for coloring hair, skin, and fabrics

Medicinal: The plant has been used in traditional medicine for its antimicrobial, antifungal, and anti-inflammatory properties

Skincare: Mehndi is used to cool and soothe the skin, and to treat various skin conditions

Haircare: Mehndi is used as a natural conditioner and dye for hair.



SHATAVARI

Shatavari, also known as *Asparagus racemosus*, is a perennial plant native to the Indian subcontinent, particularly in the Himalayas. It's a renowned herb in Ayurvedic medicine, known for its medicinal properties and rejuvenating effects.

Uses:-

Women's Health: This herb is used to regulate menstrual disorders, promote hormonal balance, and support reproductive health.

Immune System: Shatavari's antioxidant properties help protect against infections and cell damage.

Digestive Health: It may alleviate digestive issues like diarrhea, heartburn, and gastrointestinal inflammation.



KALA BANSA

Kala Bansa, also known as *Barleria prionitis* or *Vajradanti*, is a plant species renowned for its medicinal properties.

Uses-

Dental Care: Leaves are used to strengthen teeth and gums, and to treat toothaches and bleeding gums.

Respiratory Issues: Effective in treating coughs, colds, and whooping cough.

Skin Problems: Used to treat skin allergies, eczema, itching, and fungal infections like ringworm.

Joint Pain: Helps alleviate rheumatic pain, arthritis, and gout.



SINDURI

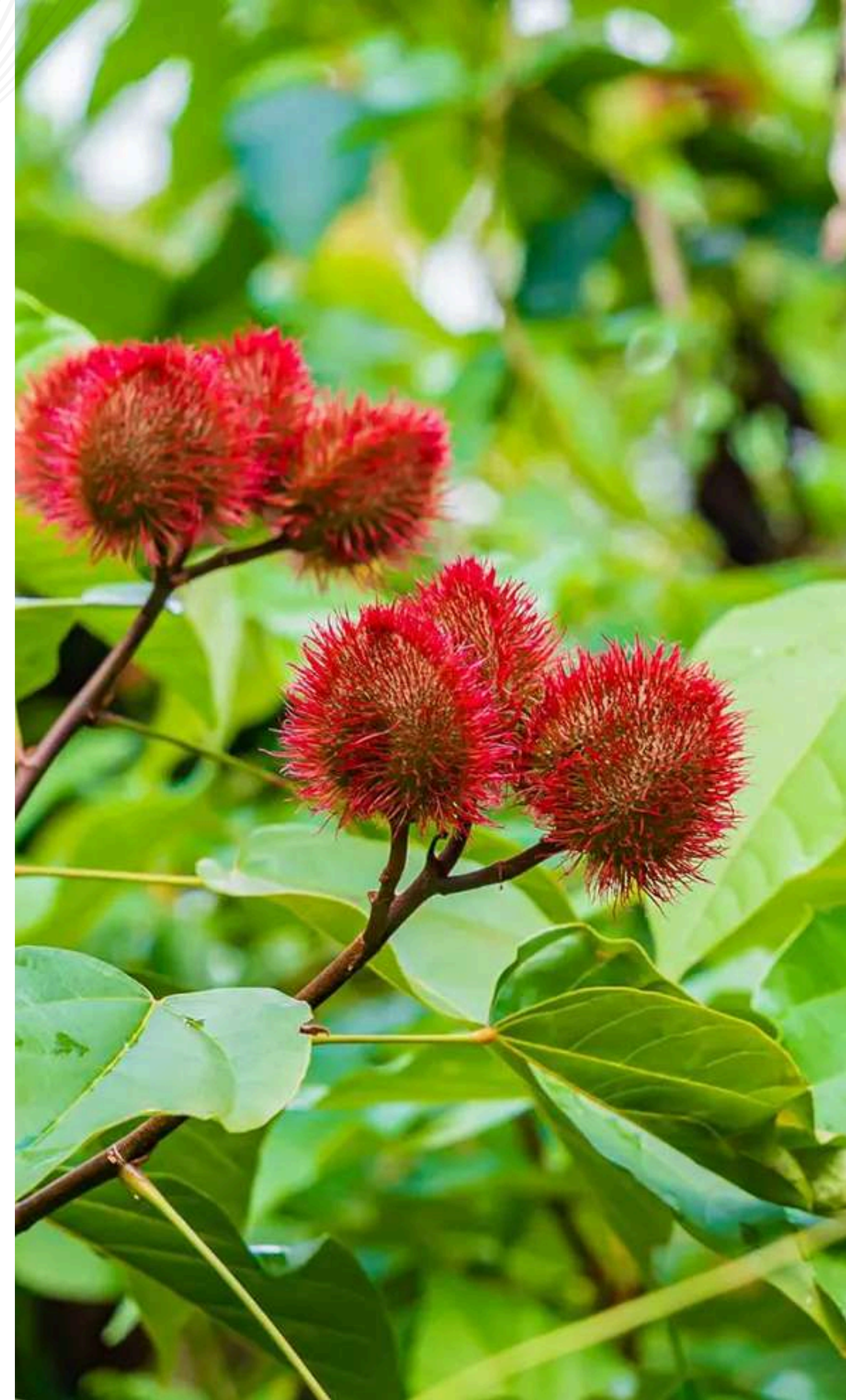
Sinduri, also known as *Bixa orellana*, is a plant species renowned for its medicinal properties and natural dye.

Uses-

Natural Dye: Seeds yield a red-orange pigment called annatto, used in food, cosmetics, and pharmaceuticals.

Culinary: Seeds are used as a spice in Latin American, Jamaican, Chamorro, and Filipino cuisines.

Traditional Medicine: Used to treat various health conditions, including fever, digestive issues, and skin problems.



MOGRA

Mogra, also known as Arabian Jasmine or *Jasminum sambac*, is a flowering plant native to the Indian subcontinent.

Uses-

Perfumery: Mogra flowers are used to extract essential oils for perfumes and fragrances. **Medicinal:** Mogra has antibacterial, anti-inflammatory, and antiseptic properties, making it useful for treating various health issues.

Culinary: Mogra flowers are used in teas and as a garnish.

Cultural Significance: Mogra is considered sacred and is used in worship, garlands, and traditional ceremonies.



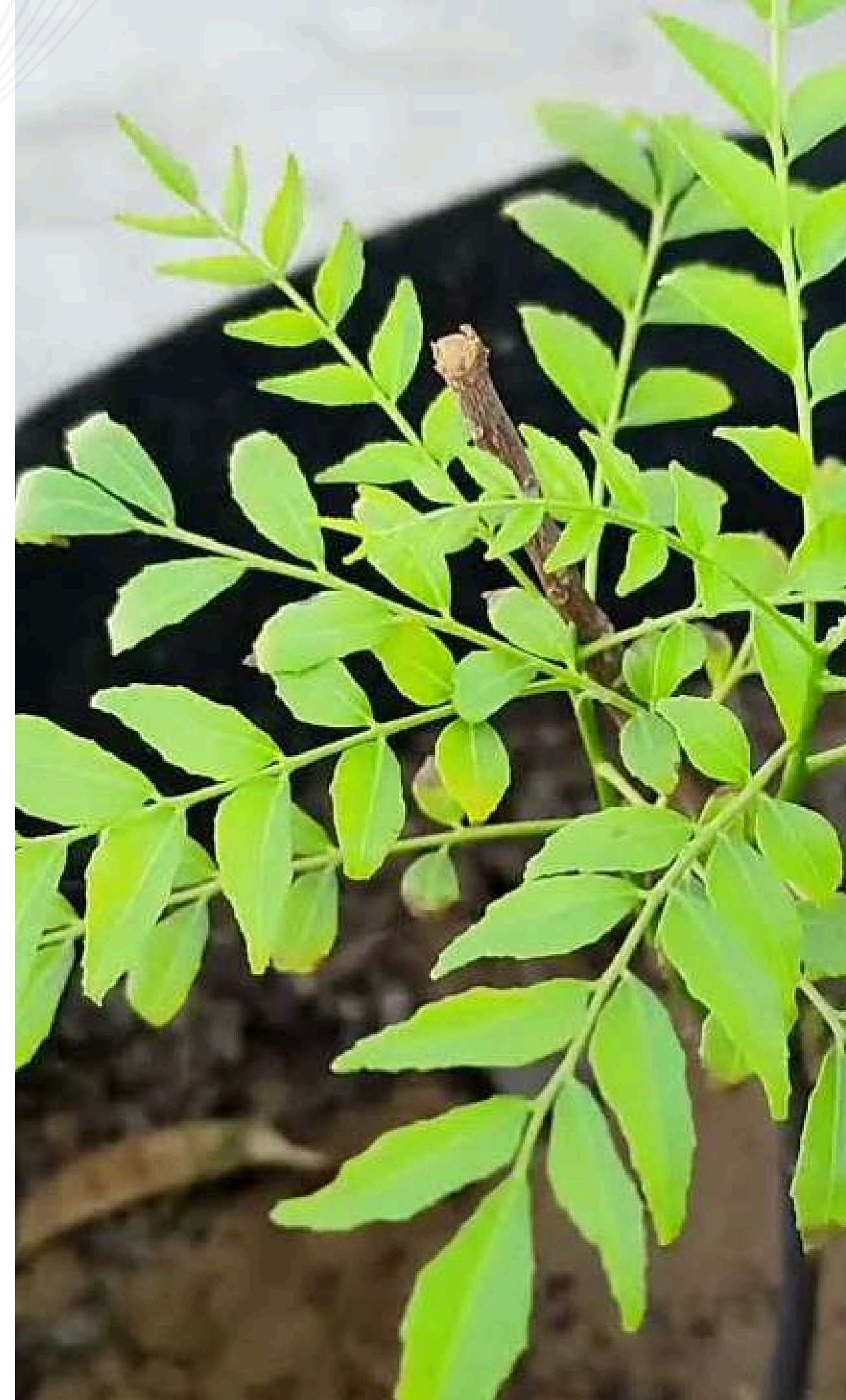
KARIPATTA

Kari Patta, also known as curry leaves or *Murraya koenigii*, is a plant species renowned for its aromatic leaves and medicinal properties.

Uses-

Culinary: Kari Patta leaves are widely used in Indian and Southeast Asian cuisine to add flavor and aroma to various dishes, particularly curries.

Medicinal: The leaves, bark, and roots are used in traditional medicine to treat various health issues, including digestive problems, fever, diarrhea, and skin conditions.



ADUSHA

Adusha, also known as *Justicia adhatoda* or Malabar Nut, is a medicinal plant with numerous health benefits.

Uses-

Leaves: Used to make paste, juice, or decoction for various health issues.

Roots and Flowers: Used in traditional medicine for respiratory disorders and other ailments.

Herbal Preparations: Adusha is used in Ayurvedic medicine to treat various health conditions.



ABNUS

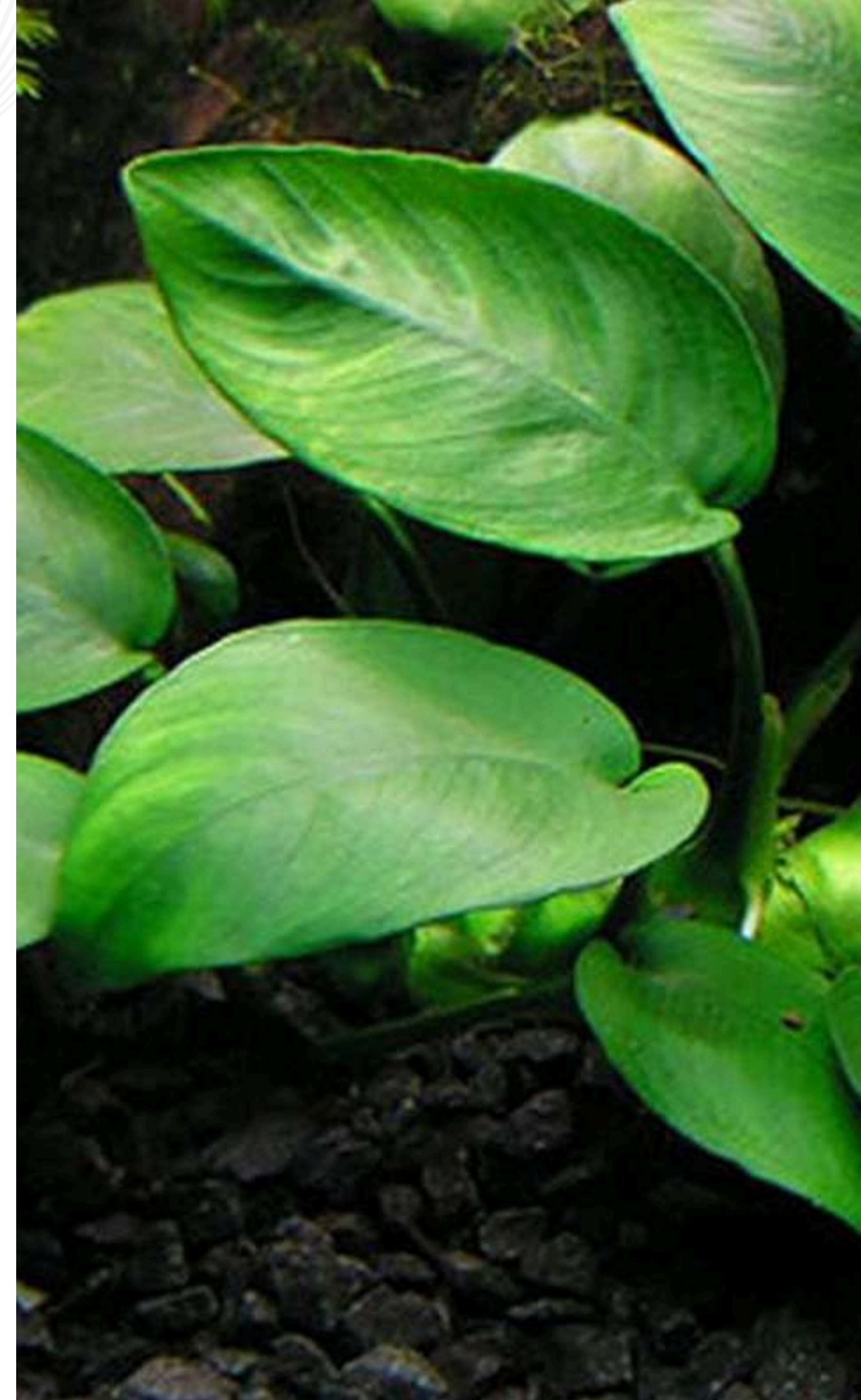
Abnus, also known as Ebony (*Diospyros ebenum*), is a plant species renowned for its medicinal properties and valuable wood.

Uses:-

Traditional Medicine: Ebony is used in Ayurvedic medicine to treat various health issues, including diarrhea, dysentery, and skin conditions.

Wood: The wood of the Ebony tree is highly valued for its black color and durability, often used for furniture making and musical instruments.

Other Uses: The plant is also used to treat eye diseases, cough, asthma, and diabetes in traditional medicine.



IMLI

Imli, also known as Tamarind (*Tamarindus indica*), is a multipurpose plant with various health benefits and uses.

Uses-

Culinary: Used as a souring agent in various dishes, chutneys, and sauces.

Traditional Medicine: Used to treat various health issues, including digestive problems, fever, and skin conditions.

Industrial: Used in the chemical, pharmaceutical, food, and textile industries

Nutritional Value.

Rich in Vitamins: Vitamin C, B vitamins (B1, B2, B3, B5, B6), and folate.

Minerals: Potassium, magnesium, calcium, phosphorus, and iron.



NIRGUNDI

Nirgun, also known as Nirgundi or Vitex negundo, is a medicinal plant with various health benefits.

Uses-

Leaves: Used to make paste, juice, or decoction for various health issues.

Roots and Bark: Used to treat digestive issues, fever, and rheumatism.

Oil: Used for massaging to relieve pain and inflammation.

Medicinal Preparations: Used in Ayurvedic medicine to treat various health conditions.



ALL SPICE PLANT

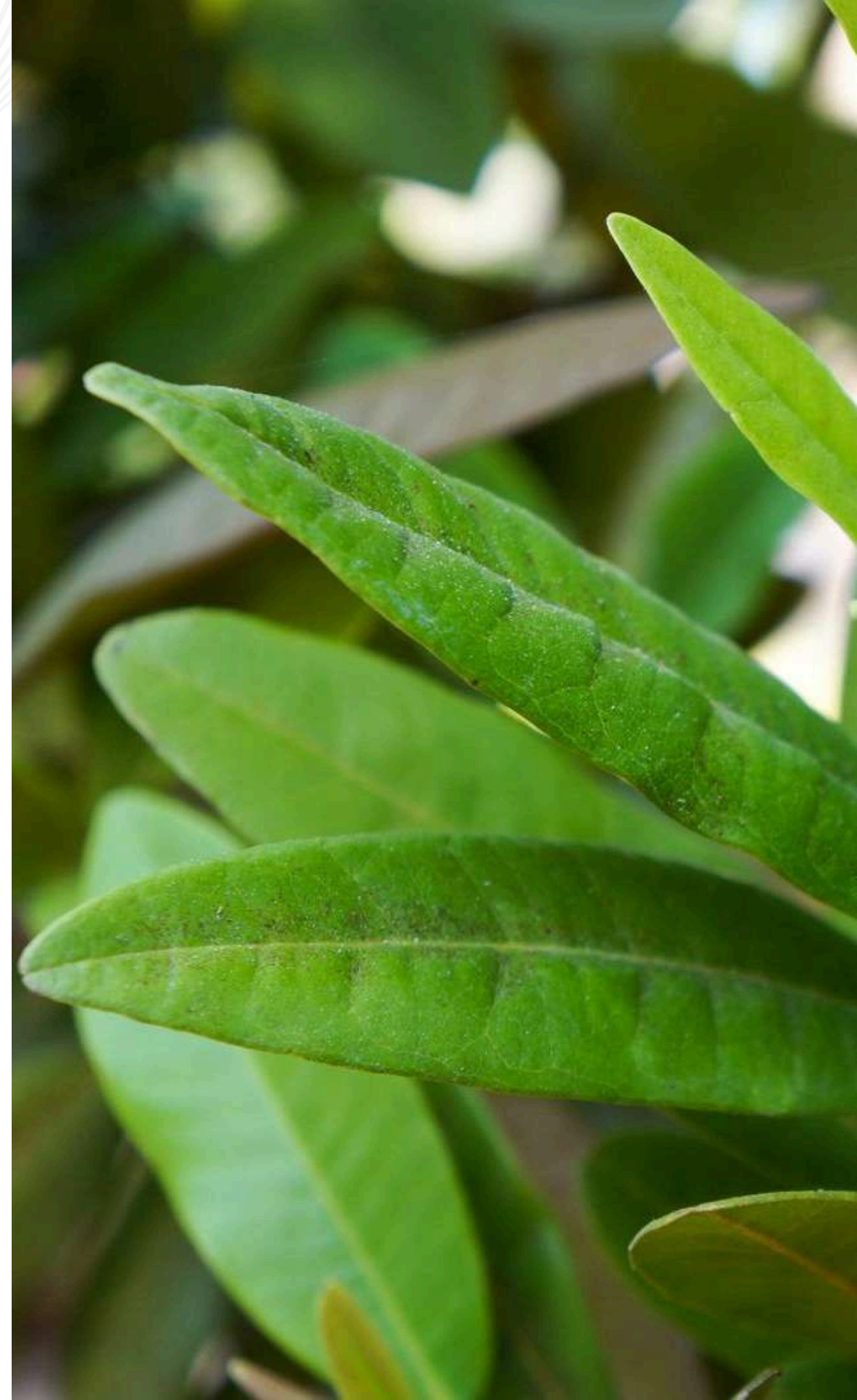
Allspice, also known as *Pimenta dioica*, is a tropical evergreen tree native to the Caribbean and Central America. It's renowned for its aromatic leaves and berries, which are used as a spice in various cuisines.

Uses-

Culinary: Allspice is used to flavor meats, vegetables, pickles, and desserts, particularly in Jamaican and Middle Eastern cuisine.

Medicinal: Traditionally used to treat various ailments, including colds, coughs, respiratory infections, and digestive issues.

Aromatherapy: Essential oil extracted from allspice is used to promote relaxation and reduce stress.



MORINGA

Moringa, also known as *Moringa oleifera*, is a plant native to India and widely cultivated in tropical and subtropical regions. It's a drought-resistant tree with various health benefits and uses.

Uses-

Culinary: Leaves, pods, and seeds are edible and used in various dishes.

Medicinal: Traditionally used to treat digestive issues, fever, and skin conditions. **Agricultural:** Used as a biomass tree in agroforestry systems, providing organic matter and fodder for animals.



KARHU

The "karhu plant" likely refers to *Strobilanthes callosa*, also known as Karvy or Karvi. This plant is a shrub native to the Western Ghats of India and is known for its unusual flowering behavior, often blooming in cycles of several years.

Uses:

Thatching:The leaves and stems are used for thatching roofs after the flowering season.

Traditional Medicine:The leaves are used to create a juice believed to be a remedy for stomach ailments.



JAL PIPLI

Jal Pipli, also known as *Lippia nodiflora* or *Phyla nodiflora*, is a medicinal plant with various health benefits.

Uses-

Medicinal: Used to treat various ailments, including blood disorders, wounds, and joint pain- Topical Application: Fresh plant poultice applied externally for boils, swollen cervical glands, and chronic ulcer.

