

**FREQUENTLY USED MEDICINAL PLANTS IN THE COLLEGE CAMPUS**

SI NO	Name of the medicinal plant	Vernacular names	Target groups	Beneficial for	How to use
1	Boerhaavia diffusa	Thazhuthama	Nearby tribal colonies, Hostellers, Old age homes, Neighbouring households College students	Kidney stone, Constipation, Fatigue, Body pain	Decoction from leaf and root
2	Hemigraphis colorata	Murivootti		Wound healing, Hemorrhage, diarrhea ,dysentery, Kidney stone	Juice
3	Clitoria ternatea	Sangupushpam		Fatty liver, fever, pain, diabetes, Eye infection, brain tonic	Leaf juice , decoction
4	Phyllanthus amarus	Keezharnelli		Jaundice, Hepatitis, liver diseases	Extract from root
5	Centella asiatica	Kudangal		Boost memory power, Wound healing, diarrhoea, Psoriasis,Fever	Eaten raw
6	Azadirachta indica	Aaryaveppu		Inflammation, infections,fever, skin diseases and dental disorders	As powder, Juice etc
7	Commiphora caudata	idinjil		Arthritis, Pain, Healing wounds, Gynecological diseases	Taken as gruel
8	Solanum nigrum	Kadumudunga		Bacterial infections, cough and indigestion,Ulcers	Taken in the form of curries, Stir fry
9	Aloe vera	Kattarvazha		Wound healing, reduces dental plaque, Constipation, Improve skin and prevent wrinkles	As gel
10	Apium graveolens	Celery		Reduce cancer risk, Inflammation and blood pressure, Cardio vascular health	Taken as green veggie, salads and sandwiches
11	Vitex negundo	Karinochi		Ulcers, Back pain, Arthritis, Cough, Sprain	Decoction,
12	Calotropis procera	Erikku		Used to cure skin, digestive, respiratory, circulatory and neurological diseases, as an antidote for snake bite ,arthritis	Milky juice
13	Ruta graveolens	Arootha		Treatment of inflammation, eczema, ulcers, arthritis,fibromyalgia, and as an antidote for venoms	Leaf juice

14	Leucas aspera	Thumba		Snake bites ,reduce fever	Juice, Steam formed by crushing the samoolam can be inhaled
15	Indigofera tinctoria	Neelayamari		Stimulates hair growth, relieves cough and asthma, fever, cure indigestion	Taken in the form of oil, leaf and root extracts,powder, paste etc
16	Lawsonia inermis	Mayilanji		Decrease the growth of tumors, reduce spasms decrease inflammation and relieve pain	Taken in the form of powder, paste
17	Centrathium punctatum	Kesavardhini		Used to treat inflammation, tumor, depression and hypertension	Taken in the form of oil, paste etc.
18	Physalis angulata	Njottanjodiyam		Used to treat malaria, tooth ache, liver ailments including hepatitis, rheumatism, and used as a diuretic	Juice from the whole plant
19	Mentha piperita	Pudhina		Clean up toxins from the gut, cure indigestion, mouth wash	Whole plant extract, leaves can be taken raw
20	Eclipta alba	Kayyonni		Hair loss, body pain and diminision of vision	Plant extract
21	Coleus barbatus	Panikoorkka		Fix hair problems, Cold,headache, hiccups,skin infections, mouth ulcers,stomach upset etc	Leaf juice
22	Curcuma longa	Manjal		Control diabetes, detoxifies the liver, improve skin health, prevent arthritis, improve digestion, weight loss	Taken as dried powder and in raw form as well
23	Zingiber officinale	Inji		Boosts digestion, reduce inflammation, ease st	Taken as such and in dried form
24	Piper longum	Thippali		Improve vitality, stomachache, spleen diseases, stimulate appetite, indigestion, epilepsy	Taken as churna
25	Justicia adhathoda	Aadalodakam		For treating cough and cold, allergies and various other respiratory ailments	Taken in the whole plant in powdered form

26	Syzygium aromaticum	Karayambo		Promotes digestion, control diabetes, good for bones and joints, boosts immune system, reduce body pain and inflammation, prevents cancer and stimulates blood circulation	Flower buds can be taken as such, as oil, powder etc.
27	Phyllanthus emblica	Nellikka		Control cholesterol, diabetes, pain and swelling of pancreas, cancer , stomach upset, joint pain, obesity and osteoarthritis	Consumed as such, pickled form, dried form, powdered form.
28	Piper nigrum	Kurumulaku		Helps in losing weight, prevents cancer, cleanses intestine and stomach, prevents constipation	Consumed as such, dried form, powdered form, pickled form

Thazhuthama



Puthina



Murivootti



Keezharnelli



Kodangal



Kadumudunga



idinjil



Kattarvazha



Karinochi



Thumba



Arootha





Shankupushpam



Karayambo



Kesavardhini



Erikku



CELERY



Aaryaveppu



MayilANJI



Aadalodakam



Thippali



Neelayamari



Panikkorkka



Inji



Manjal



Njottanjodiyen



Nellikka



Kurumulaku





Kayyonni



  
**PRINCIPAL**  
**ST. MARY'S COLLEGE**  
**SULTHAN BATHERY**  
**WAYANAD-673 592**

