**🔧 What to Do:**

* Sit with a notebook or open a document.
* Write down the core features your project must have.

**✨ Suggested Features:**

| **Feature** | **Description** |
| --- | --- |
| 🪴 List of Herbal Plants | Show all medicinal plants available in the virtual garden. |
| 📄 Detailed Info Page | Each plant should have its own page with description, benefits, origin, etc. |
| 🌀 3D Plant View | Use 3D models so users can rotate and view the plant. |
| 🎧 Audio Narration | Audio that reads plant information aloud (for visually impaired users). |
| 🎥 Videos | Short clips about how the plant is used or cultivated. |
| 🔍 Search & Filter | Let users search plants by name or filter by usage (e.g., digestion, cold). |
| ⭐ Bookmarking | Users can mark their favorite plants. |
| 🌐 Virtual Tour | A guided slideshow or journey through themed plant categories. |

**Plants data**

**🪴 Aloe vera**

* **Scientific name**: *Aloe vera* (also *Aloe barbadensis* Mill.) [Globe Plants](https://globeplants.com/products/aloe-barbadensis-aloe-vera-3d-model?utm_source=chatgpt.com)[Wikipedia](https://en.wikipedia.org/wiki/Aloe_vera?utm_source=chatgpt.com)
* **Uses**:
  + Topical soothing for burns, wounds, sunburn; hydrating and anti-inflammatory [Dimensions](https://www.dimensions.com/element/aloe-vera-aloe-vera?utm_source=chatgpt.com)[NIEHS](https://www.niehs.nih.gov/health/topics/agents/aloe?utm_source=chatgpt.com)
  + Oral laxative effect from latex (aloin), but caution needed [Wikipedia+2NIEHS+2Wikipedia+2](https://www.niehs.nih.gov/health/topics/agents/aloe?utm_source=chatgpt.com)
  + Cosmetic, pharmaceutical, and tissue‑engineering applications (healing, regenerative) [Wikipedia+3MDPI+3Wikipedia+3](https://www.mdpi.com/2079-4983/8/1/6?utm_source=chatgpt.com)
* **Description**:  
  A succulent with thick, lance-shaped rosette leaves containing clear gel. Grows up to 60–100 cm tall. Native to Arabian Peninsula; widely cultivated globally [NCCIH+10Dimensions+10Wikipedia+10](https://www.dimensions.com/element/aloe-vera-aloe-vera?utm_source=chatgpt.com). Contains acemannan and anthraquinones.
* **Region**:  
  Native to the southeast Arabian Peninsula; naturalized in Africa, Asia, Europe, Americas; thrives in tropical, subtropical, arid, and Mediterranean climates [Wikipedia+4Dimensions+4Wikipedia+4](https://www.dimensions.com/element/aloe-vera-aloe-vera?utm_source=chatgpt.com).
* **3D Model**:
  + High-poly model available (e.g., Sketchfab’s “Aloe Vera Plant #01”) [MDPI+9Sketchfab+9Sketchfab+9](https://sketchfab.com/3d-models/aloe-vera-plant-01-4efa3ed3a9f74c5080af32fb088af212?utm_source=chatgpt.com)
  + Low-poly optimized version available for real-time use [Globe Plants](https://globeplants.com/products/low-poly-aloe-barbadensis-aloe-vera-3d-model?utm_source=chatgpt.com)
* **Video**: You can source clips from herbal education channels or farming tutorials (e.g., skin treatment, Aloe gel extraction).
* **Audio**: Narration files describing benefits, cultivation, usage, e.g., “aloe\_audio.mp3”.

**🌸 Lavender**

* **Scientific name**: *Lavandula* (often *Lavandula angustifolia*) [Iowa Digital Collections+2Chestnut School of Herbal Medicine+2Herbal Plant Lexicon+2](https://chestnutherbs.com/lavenders-medicinal-and-aromatherapy-uses-and-lavender-truffles/?utm_source=chatgpt.com)
* **Uses**:
  + Aromatherapy and supplements for anxiety relief, stress, sleep support [Wikipedia+2NCCIH+2Verywell Health+2](https://www.nccih.nih.gov/health/lavender?utm_source=chatgpt.com)
  + Topical application for headache, muscle/joint pain; wound healing; menstrual cramps; mild antiseptic [Verywell Health](https://www.verywellhealth.com/healing-herbs-5180997?utm_source=chatgpt.com)[Verywell Health](https://www.verywellhealth.com/lavender-benefits-7377185?utm_source=chatgpt.com)
  + Culinary uses: flavoring baked goods, jellies, teas, vinegars [New Crops & Organics](https://newcropsorganics.ces.ncsu.edu/herb/lavender-history-taxonomy-and-production/?utm_source=chatgpt.com)
* **Description**:  
  Evergreen with fragrant narrow leaves and spikes of purple flowers; belongs to mint family Lamiaceae [pmc.ncbi.nlm.nih.gov+2Encyclopedia Britannica+2Wikipedia+2](https://www.britannica.com/plant/lavender?utm_source=chatgpt.com). Name derives from Latin "lavare" (to wash) [Iowa Digital Collections+4NCCIH+4Better Homes & Gardens+4](https://www.nccih.nih.gov/health/lavender?utm_source=chatgpt.com).
* **Region**:  
  Native to Mediterranean regions (France, Spain, Italy), also Middle East, North/East Africa, Southwest Asia, Southeast India; widely cultivated for essential oil production [pmc.ncbi.nlm.nih.gov](https://pmc.ncbi.nlm.nih.gov/articles/PMC10079719/?utm_source=chatgpt.com).
* **3D Model**:  
  Search Sketchfab or agricultural 3D repositories for “Lavandula 3D model”.
* **Video**:  
  Look for educational videos on lavender uses, harvesting, essential oil extraction (e.g., YouTube tutorials).
* **Audio**:  
  Narration such as “lavender\_audio.mp3” describing therapeutic benefits and historical background

Here are the detailed, structured profiles for the remaining medicinal plants from your image, including scientific names, uses, descriptions, regions, and media suggestions:

**🌱 Peppermint**

* **Scientific name**: *Mentha × piperita* — a hybrid of watermint and spearmint ([Plant Toolbox](https://plants.ces.ncsu.edu/plants/mentha-x-piperita/?utm_source=chatgpt.com))
* **Uses**:
  + Treats irritable bowel syndrome and digestive issues like nausea and bloating ([Wikipedia](https://en.wikipedia.org/wiki/Peppermint?utm_source=chatgpt.com))
  + Provides topical relief for muscle pain, headaches, and itching via menthol's cooling effect ([Wikipedia](https://en.wikipedia.org/wiki/Peppermint?utm_source=chatgpt.com))
  + Flavoring in foods, beverages, oral care, and cosmetic products ([Drugs.com](https://www.drugs.com/npp/calendula.html?utm_source=chatgpt.com))
* **Description**:  
  A strongly aromatic perennial herb from the mint family (Lamiaceae) with a cool aftertaste due to menthol ([Encyclopedia Britannica](https://www.britannica.com/plant/peppermint?utm_source=chatgpt.com" \o "Peppermint | Plant, Leaves, Aromatic Herb, Medicinal Uses, Oil ...))
* **Region**:  
  Native to Europe and North America; widely cultivated globally ([HerbaZest](https://www.herbazest.com/herbs/peppermint?utm_source=chatgpt.com" \o "Peppermint | HerbaZest))
* **3D Model**: Consider searching "peppermint plant 3D model"
* **Video**: Tutorials on making peppermint tea or essential oil extraction
* **Audio**: Narration file like peppermint\_audio.mp3 describing its digestive and soothing properties

**🦠 Echinacea**

* **Scientific name**: *Echinacea purpurea* (purple coneflower) ([Encyclopedia Britannica](https://www.britannica.com/plant/peppermint?utm_source=chatgpt.com" \o "Peppermint | Plant, Leaves, Aromatic Herb, Medicinal Uses, Oil ...), [Wikipedia](https://en.wikipedia.org/wiki/Ocimum_tenuiflorum?utm_source=chatgpt.com), [Gardenia](https://www.gardenia.net/plant/mentha-piperita-peppermint?utm_source=chatgpt.com), [PubMed](https://pubmed.ncbi.nlm.nih.gov/10825459/?utm_source=chatgpt.com))
* **Uses**:
  + Taken to shorten duration and relieve symptoms of colds, coughs, and respiratory infections ([PubMed](https://pubmed.ncbi.nlm.nih.gov/10825459/?utm_source=chatgpt.com))
  + Used topically for skin conditions like eczema and wounds ([NCCIH](https://www.nccih.nih.gov/health/echinacea?utm_source=chatgpt.com), [Verywell Health](https://www.verywellhealth.com/healing-herbs-5180997?utm_source=chatgpt.com))
* **Description**:  
  Purple flowering herb in the daisy family, native to eastern and central North America ([Verywell Health](https://www.verywellhealth.com/healing-herbs-5180997?utm_source=chatgpt.com" \o "Health Benefits of 10 Healing Herbs))
* **Region**:  
  Native to North America; now grown in herbal gardens worldwide ([MedicineNet](https://www.medicinenet.com/calendula/article.htm?utm_source=chatgpt.com" \o "Calendula: Benefits, 13 Uses, Warnings, Side Effects, Dosage))
* **3D Model**: Use query "echinacea flower 3D model"
* **Video**: Guides on echinacea tea preparation and immune benefits
* **Audio**: echinacea\_audio.mp3 discussing immune support

**🌿 Tulsi**

* **Scientific name**: *Ocimum tenuiflorum* (Holy Basil) ([Wikipedia](https://en.wikipedia.org/wiki/Ocimum_tenuiflorum?utm_source=chatgpt.com))
* **Uses**:
  + Reduces stress, anxiety, respiratory ailments, inflammation, and digestive issues ([Washington College](https://www.washcoll.edu/learn-by-doing/lifelong-learning/plants/lamiaceae/ocimum-tenuiflorum.php?utm_source=chatgpt.com))
  + Used in herbal teas and religious rituals ([Wikipedia](https://en.wikipedia.org/wiki/Ocimum_tenuiflorum?utm_source=chatgpt.com))
* **Description**:  
  Aromatic perennial of the mint family, with green or purple leaves and pungent taste; sacred in Hinduism ([Wikipedia](https://en.wikipedia.org/wiki/Ocimum_tenuiflorum?utm_source=chatgpt.com))
* **Region**:  
  Native to tropical Asia; now cultivated broadly across Southeast Asia, Africa, and the Americas ([Wikipedia](https://en.wikipedia.org/wiki/Ocimum_tenuiflorum?utm_source=chatgpt.com))
* **3D Model**: Search "holy basil 3D model"
* **Video**: Tutorials on tulsi tea benefits and plant care
* **Audio**: tulsi\_audio.mp3 narrating its spiritual and medicinal significance

**🌼 German Chamomile**

* **Scientific name**: *Matricaria recutita* (German Chamomile) ([Washington College](https://www.washcoll.edu/learn-by-doing/lifelong-learning/plants/lamiaceae/ocimum-tenuiflorum.php?utm_source=chatgpt.com), [Planet Ayurveda](https://www.planetayurveda.com/library/tulsi-ocimum-sanctum/?srsltid=AfmBOooPUuiQ2YGC_j7N8FcTQWM9JDO-WEgImq3T-8pa4uMq5sITC464&utm_source=chatgpt.com), [Verywell Health](https://www.verywellhealth.com/the-benefits-of-chamomile-89436?utm_source=chatgpt.com))
* **Uses**:
  + Treats colds, digestive discomfort, anxiety, insomnia, colic in infants, and menstrual cramps ([WebMD](https://www.webmd.com/vitamins/ai/ingredientmono-951/german-chamomile?utm_source=chatgpt.com))
  + Topical use for skin healing and inflammation ([Verywell Health](https://www.verywellhealth.com/the-benefits-of-chamomile-89436?utm_source=chatgpt.com" \o "German Chamomile: Uses, Safety, & More))
* **Description**:  
  Annual herb with sweet-smelling apple-like flowers used in teas and topical applications ([Penn State Extension](https://extension.psu.edu/2025-herb-of-the-year-german-chamomile/?utm_source=chatgpt.com), [Verywell Health](https://www.verywellhealth.com/the-benefits-of-chamomile-89436?utm_source=chatgpt.com))
* **Region**:  
  Originally European; widely cultivated globally ([Penn State Extension](https://extension.psu.edu/2025-herb-of-the-year-german-chamomile/?utm_source=chatgpt.com), [Verywell Health](https://www.verywellhealth.com/the-benefits-of-chamomile-89436?utm_source=chatgpt.com))
* **3D Model**: Query "chamomile plant 3D model"
* **Video**: Videos on making chamomile tea or skincare uses
* **Audio**: chamomile\_audio.mp3 about its calming effects

**🌼 Calendula**

* **Scientific name**: *Calendula officinalis* (Pot marigold) ([Verywell Health](https://www.verywellhealth.com/the-benefits-of-chamomile-89436?utm_source=chatgpt.com" \o "German Chamomile: Uses, Safety, & More), [MedicineNet](https://www.medicinenet.com/calendula/article.htm?utm_source=chatgpt.com))
* **Uses**:
  + Used for wound healing, skin inflammation, rashes, mouth sores, and as an antimicrobial ([WebMD](https://www.webmd.com/vitamins/ai/ingredientmono-235/calendula?utm_source=chatgpt.com), [Verywell Health](https://www.verywellhealth.com/health-benefits-of-calendula-4582641?utm_source=chatgpt.com), [gardenplanner.almanac.com](https://gardenplanner.almanac.com/guides/the-many-uses-of-calendula/?utm_source=chatgpt.com), [Drugs.com](https://www.drugs.com/npp/calendula.html?utm_source=chatgpt.com))
  + Also consumed in teas and salads; preserves as anti-spasmodic ([gardenplanner.almanac.com](https://gardenplanner.almanac.com/guides/the-many-uses-of-calendula/?utm_source=chatgpt.com), [Drugs.com](https://www.drugs.com/npp/calendula.html?utm_source=chatgpt.com))
* **Description**:  
  Bright yellow-orange daisy-like flower with astringent and regenerative properties ([MedicineNet](https://www.medicinenet.com/calendula/article.htm?utm_source=chatgpt.com" \o "Calendula: Benefits, 13 Uses, Warnings, Side Effects, Dosage), [Zen Maitri](https://zenmaitri.com/blogs/herb-encyclopedia/calendula-calendula-officinalis?srsltid=AfmBOoonMYdGLZbRZrOvBDm0OuPlAKVVatnpUu2RHw97l8Flen7c7aVo&utm_source=chatgpt.com))
* **Region**:  
  Native to southern Europe and Asia; widely cultivated as medicinal/ornamental ([MedicineNet](https://www.medicinenet.com/calendula/article.htm?utm_source=chatgpt.com" \o "Calendula: Benefits, 13 Uses, Warnings, Side Effects, Dosage), [MedlinePlus](https://medlineplus.gov/druginfo/natural/235.html?utm_source=chatgpt.com))
* **3D Model**: Search "calendula flower 3D model"
* **Video**: DIY calendula salve or healing remedy tutorials
* **Audio**: calendula\_audio.mp3 narrating its skin-healing benefits

**🌿 Ashwagandha**

* **Scientific name**: *Withania somnifera* (Indian Ginseng) ([gardenplanner.almanac.com](https://gardenplanner.almanac.com/guides/the-many-uses-of-calendula/?utm_source=chatgpt.com), [Healthline](https://www.healthline.com/nutrition/ashwagandha?utm_source=chatgpt.com), [mskcc.org](https://www.mskcc.org/cancer-care/integrative-medicine/herbs/ashwagandha?utm_source=chatgpt.com))
* **Uses**:
  + Reduces stress, anxiety, and improves sleep, cognitive performance, and mood ([Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/Ashwagandha-HealthProfessional/?utm_source=chatgpt.com))
  + Boosts testosterone in men, supports metabolic health, heart, and thyroid function ([Healthline](https://www.healthline.com/nutrition/ashwagandha?utm_source=chatgpt.com), [frontiersin.org](https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2024.1439294/full?utm_source=chatgpt.com), [nutritionandmetabolism.biomedcentral.com](https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/s12986-025-00902-7?utm_source=chatgpt.com), [dabur.com](https://www.dabur.com/ayurveda/ayurvedic-medicinal-plants/ashwagandha?utm_source=chatgpt.com))
* **Description**:  
  Evergreen shrub in the nightshade family; roots contain withanolides with adaptogenic effects ([Office of Dietary Supplements](https://ods.od.nih.gov/factsheets/Ashwagandha-HealthProfessional/?utm_source=chatgpt.com))
* **Region**:  
  Native to India, Africa, and the Middle East; cultivated in similar climates ([Cleveland Clinic](https://health.clevelandclinic.org/what-is-ashwagandha?utm_source=chatgpt.com), [mskcc.org](https://www.mskcc.org/cancer-care/integrative-medicine/herbs/ashwagandha?utm_source=chatgpt.com))
* **3D Model**: Search "ashwagandha plant 3D model"
* **Video**: Clips on how to use ashwagandha powder or supplements
* **Audio**: ashwagandha\_audio.mp3 describing its adaptogenic and tonic benefits

**🍋 Lemon Balm**

* **Scientific name**: *Melissa officinalis* ([mskcc.org](https://www.mskcc.org/cancer-care/integrative-medicine/herbs/ashwagandha?utm_source=chatgpt.com), [Bon Appétit](https://www.bonappetit.com/story/ashwagandha-root?utm_source=chatgpt.com))
* **Uses**:
  + Calms anxiety, improves sleep, digestion, relieves PMS, and treats cold sores ([WebMD](https://www.webmd.com/vitamins/ai/ingredientmono-437/lemon-balm?utm_source=chatgpt.com), [Cleveland Clinic](https://health.clevelandclinic.org/lemon-balm-benefits?utm_source=chatgpt.com), [examine.com](https://examine.com/supplements/lemon-balm/?srsltid=AfmBOooxO5gMBVFZA197Gg2NQz7J7ZaaqjauwK2tyJUN-L_PGQa6s1PE&utm_source=chatgpt.com), [ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov/books/NBK600583/?utm_source=chatgpt.com))
  + Used in cosmetics due to its fragrance and antimicrobial properties ([herbsociety.org](https://www.herbsociety.org/file_download/inline/21327a7a-7166-42ed-914e-df28ee42c31b?utm_source=chatgpt.com))
* **Description**:  
  Lemon-scented perennial shrub of the mint family; used in teas, balms, and culinary dishes ([herbsociety.org](https://www.herbsociety.org/file_download/inline/21327a7a-7166-42ed-914e-df28ee42c31b?utm_source=chatgpt.com), [Cleveland Clinic](https://health.clevelandclinic.org/lemon-balm-benefits?utm_source=chatgpt.com))
* **Region**:  
  Native to the Mediterranean and West Asia; now grown worldwide ([ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov/books/NBK600583/?utm_source=chatgpt.com))
* **3D Model**: Search "lemon balm 3D model"
* **Video**: How to prepare lemon balm tea or its cosmetic usages
* **Audio**: lemonbalm\_audio.mp3 explaining its calming and skincare benefits

**3D models narators**

[](https://3dmodels.org/3d-models/lavender/)

Sure, Aakarsh! Here's a refined set of **actual 3D model files**, **sample videos**, and **audio narration scripts** for the medicinal plants you listed:

**🧩 3D Model Files (.glb)**

* **Aloe vera**
  + Low‑poly FBX/OBJ/GLB available on CGTrader ([CGTrader](https://www.cgtrader.com/free-3d-models/plant/pot-plant/aloe-vera-plant-dcc07e32-ba23-4674-af4c-a52d6f608b91?utm_source=chatgpt.com" \o "ALOE VERA PLANT free VR / AR / low-poly 3D model | CGTrader))
  + High‑resolution photogrammetry GLB version free on Sketchfab ([Sketchfab](https://sketchfab.com/3d-models/aloe-vera-plant-66c6699e50ab4863989777f920a981dd?utm_source=chatgpt.com" \o "Aloe vera plant - Download Free 3D model by matousekfoto))
* **Lavender**
  + Free model by “chocolatemoth” on Sketchfab (CC‑BY) ([Sketchfab](https://sketchfab.com/3d-models/lavender-model-99251e71291548f9ba5a76b909db776e?utm_source=chatgpt.com" \o "Lavender model - Download Free 3D model by chocolatemoth))
  + Paid GLB/FBX set with textures on A23D ([A23D](https://www.a23d.co/3dmodel/lavender-036666A?utm_source=chatgpt.com))
* **Peppermint / Echinacea / Chamomile / Calendula / Tulsi / Ashwagandha / Lemon Balm**
  + Similar free and paid 3D assets (OBJ/FBX) exist on platforms like Free3D, TurboSquid, CGTrader—search directly using plant names + “3D model GLB”

**🎥 Sample Videos (.mp4)**

While direct video downloads aren’t accessible via search, here are ideal sources:

* **YouTube/Facebook Tutorials**:
  + “How to extract aloe vera gel for skin care”
  + “Lavender essential oil distillation process”
  + “Peppermint tea benefits and preparation”

You can use tools like yt-dlp to download openly licensed clips or embed them.

**🎙️ Audio Narration Scripts**

You can record these with tools like Audacity or online TTS. Here's a sample script for each plant:

**Aloe vera**

“Hello! This is Aloe vera, a succulent known for its soothing gel. Native to the Arabian peninsula, it’s widely used for healing burns, moisturizing skin, and aiding digestion. In Ayurvedic tradition, its acemannan compound helps boost immunity. Enjoy rotating the 3D model to explore its leaves!”

**Lavender**

“Meet Lavender (*Lavandula angustifolia*), from the mint family. This fragrant purple flower, native to the Mediterranean, is famed for easing stress, improving sleep, and aiding digestion. Its calming essential oils work wonders in aromatherapy. Browse the virtual garden to discover its soothing petals!”

**Peppermint**

“Here is Peppermint (*Mentha × piperita*), a refreshing hybrid herb. Its menthol‑rich leaves help ease digestive pain, relieve headaches, and freshen breath. Native to Europe and North America, it’s now cultivated worldwide. Rotate the plant to admire its lush foliage.”

**Tulsi**

“This is Tulsi, or Holy Basil (*Ocimum tenuiflorum*), sacred in India. It’s known to reduce stress, support immunity, and improve respiratory health. A staple in herbal teas and rituals, its leaves also help balance digestion. Explore its vibrant profile in 3D!”

**German Chamomile**

“Behold German Chamomile (*Matricaria recutita*), with gentle daisy‑like flowers. Native to Europe, it’s a natural remedy for anxiety, colic, menstrual cramps, mild skin inflammation, and insomnia. Sip soothing chamomile tea and spin the 3D model to examine its blooms.”

**Calendula**

“Calendula (*Calendula officinalis*), or pot marigold, is native to Southern Europe and Asia. Its bright orange flowers are used to treat wounds, rashes, mouth sores, and inflammation. It also enriches teas and salads. Admire its radiant petals in full 3D view.”

**Echinacea**

“Here is Echinacea (purple coneflower, *Echinacea purpurea*) from North America. It’s widely used to shorten colds and support the immune system, as well as soothe skin conditions like eczema. Rotate its colorful coneflower head in the 3D model.”

**Ashwagandha**

“This plant is Ashwagandha (*Withania somnifera*), also known as Indian Ginseng. Native to India and Africa, its roots help reduce stress, enhance mental performance, and improve sleep. It’s a key adaptogen in Ayurvedic medicine—rotate its leaves in the model to explore!”

**Lemon Balm**

“Finally, Lemon Balm (*Melissa officinalis*), native to the Mediterranean. With its citrus fragrance, it calms anxiety, aids sleep, supports digestion, relieves PMS, and helps heal cold sores. Browse its textured leaves and blossoms in 3D.”

**🛠️ Next Steps**

1. **Download 3D models** from Sketchfab, CGTrader, or Free3D in GLB format for React Three Fiber.
2. **Script video clips** for each plant and embed them or link in your app.
3. **Record voice‑over** audio files (approx. 20–30 sec each) for interactive narration.

Let me know if you want:

* **Direct download links** for specific models
* Help in **automatically embedding videos** or
* Audio file formatting & tech tips!