

Medicinal Plant

1.Aloe Vera

Botanical Name: Aloe vera

Vernacular Names: Ghritkumari (Hindi), Kumari (Sanskrit), Barbados Aloe

Geographic Location: Native to the Arabian Peninsula but cultivated worldwide

Therapeutic Uses: Skin conditions (e.g., burns, wounds), digestive health

Side Effects: May cause allergic reactions or gastrointestinal discomfort in some individuals

2.Turmeric

Botanical Name: Curcuma longa

Vernacular Names: Haldi (Hindi), Haridra (Sanskrit)

Geographic Location: Native to South Asia, cultivated in tropical regions worldwide

Therapeutic Uses: Anti-inflammatory, antioxidant, digestive aid

Side Effects: Generally safe when consumed in moderation, may cause gastrointestinal issues in some cases

3.Ginseng

Botanical Name: Panax ginseng (Asian Ginseng), Panax quinquefolius (American Ginseng)

Vernacular Names: Ashwagandha (Indian Ginseng, Hindi), Ren Shen (Chinese Ginseng)

Geographic Location: Native to East Asia (Asian Ginseng), North America (American Ginseng)

Therapeutic Uses: Adaptogen, energy booster, cognitive function improvement

Side Effects: May cause insomnia, headaches, or digestive issues in some individuals

4.Neem

Botanical Name: *Azadirachta indica*

Vernacular Names: Neem (Hindi), Nimba (Sanskrit)

Geographic Location: Native to the Indian subcontinent, also found in Southeast Asia

Therapeutic Uses: Antimicrobial, anti-inflammatory, skincare

Side Effects: Rarely, ingestion of neem oil may cause gastrointestinal upset or liver damage

5.Ginger

Botanical Name: *Zingiber officinale*

Vernacular Names: Adrak (Hindi), Ardraka (Sanskrit)

Geographic Location: Originated in Southeast Asia, now cultivated in tropical regions worldwide

Therapeutic Uses: Digestive aid, anti-nausea, anti-inflammatory

Side Effects: May cause heartburn or stomach upset in some individuals when consumed in large amounts

6.Echinacea

Botanical Name: *Echinacea purpurea* (Purple Coneflower), *Echinacea angustifolia*

Vernacular Names: Coneflower, Black Sampson

Geographic Location: Native to North America, primarily the central and eastern regions

Therapeutic Uses: Immune system support, cold and flu relief

Side Effects: May cause allergic reactions, gastrointestinal upset, or rashes in some individuals

7.Garlic

Botanical Name: *Allium sativum*

Vernacular Names: Lahsun (Hindi), Rasona (Sanskrit)

Geographic Location: Native to Central Asia, cultivated worldwide

Therapeutic Uses: Cardiovascular health, antimicrobial, immune system support

Side Effects: Can cause bad breath, gastrointestinal discomfort, or allergic reactions in some individuals

8. Peppermint

Botanical Name: *Mentha × piperita*

Vernacular Names: Pudina (Hindi), Piparmint (Sanskrit)

Geographic Location: Native to Europe and the Middle East, cultivated worldwide

Therapeutic Uses: Digestive aid, headache relief, respiratory support

Side Effects: Can cause heartburn or allergic reactions in some individuals, avoid in infants and young children due to potential choking hazard

9. Lavender

Botanical Name: *Lavandula angustifolia* (English Lavender), *Lavandula officinalis*

Vernacular Names: Sugandhavaluka (Sanskrit)

Geographic Location: Native to the Mediterranean region, cultivated worldwide

Therapeutic Uses: Relaxation, sleep aid, skin care

Side Effects: Generally safe when used topically or aromatically, may cause skin irritation in sensitive individuals

10. Chamomile

Botanical Name: *Matricaria chamomilla* (German Chamomile), *Chamaemelum nobile* (Roman Chamomile)

Vernacular Names: Babune ka Phal (Hindi)

Geographic Location: Native to Europe and Western Asia

Therapeutic Uses: Relaxation, sleep aid, digestive support

Side Effects: Rarely, allergic reactions may occur, avoid consumption if allergic to plants in the Asteraceae family

11. Ashwagandha

Botanical Name: *Withania somnifera*

Vernacular Names: Indian Ginseng, Winter Cherry

Geographic Location: Native to India, also found in parts of Africa and the Middle East

Therapeutic Uses: Adaptogen, stress relief, immune support

Side Effects: Generally well-tolerated, but high doses may cause gastrointestinal upset or drowsiness

12. Eucalyptus

Botanical Name: *Eucalyptus globulus*

Vernacular Names: Nilgiri (Hindi), Tailapatra (Sanskrit)

Geographic Location: Native to Australia, cultivated worldwide in temperate regions

Therapeutic Uses: Respiratory support, cough relief, topical analgesic

Side Effects: Inhalation of eucalyptus oil can be toxic if ingested, may cause skin irritation in some individuals

13. Tulsi (Holy Basil)

Botanical Name: *Ocimum sanctum*

Vernacular Names: Tulsi (Hindi), Tulasi (Sanskrit)

Geographic Location: Native to the Indian subcontinent, cultivated worldwide

Therapeutic Uses: Adaptogen, respiratory support, stress relief

Side Effects: Generally safe when consumed in moderation, may cause blood thinning in some individuals

14.Lemon Balm

Botanical Name: *Melissa officinalis*

Vernacular Names: Nimbu Ka Phool (Hindi)

Geographic Location: Native to Europe and the Mediterranean region, cultivated worldwide

Therapeutic Uses: Calming, sleep aid, digestive support

Side Effects: Generally safe when used in moderation, may cause drowsiness or skin irritation in sensitive individuals

15.Fenugreek

Botanical Name: *Trigonella foenum-graecum*

Vernacular Names: Methi (Hindi), Methika (Sanskrit)

Geographic Location: Native to the Mediterranean region, cultivated in South Asia and North Africa

Therapeutic Uses: Blood sugar regulation, lactation support, digestive health

Side Effects: May cause gastrointestinal upset or allergic reactions in some individuals

16.Arnica

Botanical Name: *Arnica montana*

Vernacular Names: Leopard's Bane

Geographic Location: Native to Europe, cultivated in North America

Therapeutic Uses: Pain relief, anti-inflammatory, wound healing

Side Effects: Should not be ingested, may cause skin irritation or allergic reactions when applied topically

17.Brahmi (Gotu Kola)

Botanical Name: *Centella asiatica*

Vernacular Names: Mandukaparni (Sanskrit)

Geographic Location: Native to Asia, Australia, and Africa

Therapeutic Uses: Cognitive function improvement, stress relief, wound healing

Side Effects: Generally well-tolerated, but may cause gastrointestinal upset or headaches in some individuals

18.Licorice

Botanical Name: Glycyrrhiza glabra

Vernacular Names: Mulethi (Hindi), Yashtimadhu (Sanskrit)

Geographic Location: Native to Europe and Asia, cultivated worldwide

Therapeutic Uses: Respiratory support, digestive aid, adrenal health

Side Effects: Prolonged use may cause hypertension or potassium imbalance, avoid with certain medical conditions

19.Guggul

Botanical Name: Commiphora wightii

Vernacular Names: Guggulu (Hindi), Mahishaksha (Sanskrit)

Geographic Location: Native to India, also found in Northern Africa and Arabia

Therapeutic Uses: Cholesterol management, joint health, weight loss

Side Effects: May cause gastrointestinal upset, skin rash, or allergic reactions in some individuals

20.Milk Thistle

Botanical Name: Silybum marianum

Vernacular Names: Silymarin (Hindi)

Geographic Location: Native to the Mediterranean region, now cultivated worldwide

Therapeutic Uses: Liver support, detoxification, antioxidant

Side Effects: Generally well-tolerated, but may cause gastrointestinal upset or allergic reactions in rare cases

21. Dandelion

Botanical Name: Taraxacum officinale

Vernacular Names: Dandelion

Geographic Location: Native to Europe and Asia, now naturalized worldwide

Therapeutic Uses: Liver support, digestive aid, diuretic

Side Effects: May cause allergic reactions, gastrointestinal upset, or interactions with certain medications

22. Valerian

Botanical Name: *Valeriana officinalis*

Vernacular Names: Tagar (Hindi)

Geographic Location: Native to Europe and Asia, cultivated worldwide

Therapeutic Uses: Sleep aid, anxiety relief, muscle relaxation

Side Effects: May cause drowsiness, headaches, or gastrointestinal upset in some individuals

23. Saffron

Botanical Name: *Crocus sativus*

Vernacular Names: Kesar (Hindi)

Geographic Location: Native to Southwest Asia, cultivated in Mediterranean regions

Therapeutic Uses: Mood enhancement, antioxidant, menstrual relief

Side Effects: May cause allergic reactions, gastrointestinal upset, or interactions with certain medications

24. Tea Tree

Botanical Name: *Melaleuca alternifolia*

Vernacular Names: Australian Tea Tree

Geographic Location: Native to Australia, cultivated in other parts of the world

Therapeutic Uses: Antimicrobial, acne treatment, skin care

Side Effects: Rarely, may cause skin irritation or allergic reactions in some individuals

25.Hibiscus

Botanical Name: *Hibiscus sabdariffa*

Vernacular Names: Gurhal (Hindi), Japa (Sanskrit)

Geographic Location: Native to tropical regions, cultivated worldwide

Therapeutic Uses: Cardiovascular health, blood pressure regulation, antioxidant

Side Effects: Generally safe when consumed in moderation, may interact with certain medications

26.Moringa

Botanical Name: *Moringa oleifera*

Vernacular Names: Drumstick Tree, Sahjan (Hindi)

Geographic Location: Native to the Indian subcontinent, cultivated in tropical regions worldwide

Therapeutic Uses: Nutritional supplement, anti-inflammatory, antioxidant

Side Effects: May cause gastrointestinal upset or interactions with certain medications

27.Sage

Botanical Name: *Salvia officinalis*

Vernacular Names: Sefakuss (Hindi)

Geographic Location: Native to the Mediterranean region, cultivated worldwide

Therapeutic Uses: Digestive aid, sore throat relief, cognitive function improvement

Side Effects: Avoid large doses during pregnancy or breastfeeding, may cause allergic reactions in some individuals

28.Rosemary

Botanical Name: *Rosmarinus officinalis*

Vernacular Names: Rusmari (Hindi)

Geographic Location: Native to the Mediterranean region, cultivated worldwide

Therapeutic Uses: Cognitive function improvement, digestive aid, hair care

Side Effects: Avoid large doses during pregnancy, may cause allergic reactions or gastrointestinal upset in some individuals.

29. Adhimaduram - Liquorice

Botanical Name: Glycyrrhiza glabra

Vernacular Names: Mulethi (Hindi), Yashtimadhu (Sanskrit)

Geographic Location: Native to Europe and Asia, cultivated worldwide

Therapeutic Uses: Respiratory support, digestive aid, adrenal health

Side Effects: Prolonged use may cause hypertension or potassium imbalance, avoid with certain medical conditions

30. Nellikkai - Amla (Indian Gooseberry)

Botanical Name: Phyllanthus emblica

Vernacular Names: Amla (Hindi), Amalaki (Sanskrit)

Geographic Location: Native to the Indian subcontinent, also found in Southeast Asia

Therapeutic Uses: Rich in vitamin C, antioxidant, immune support, digestive health

Side Effects: Generally safe when consumed in moderation, may cause gastrointestinal upset in some individuals

Amla is highly valued in traditional Ayurvedic medicine for its numerous health benefits. It is commonly consumed fresh, dried, or in various forms such as juice or powder. However, excessive consumption should be avoided, especially by individuals with specific health conditions or those taking medications. Always consult with a healthcare professional before adding new supplements or herbs to your regimen.

31. Ashokam - Ashoka

Botanical Name: Saraca asoca

Vernacular Names: Ashoka (Hindi), Asoka (Sanskrit)

Geographic Location: Native to the Indian subcontinent, particularly India and Sri Lanka

Therapeutic Uses: Traditional Ayurvedic remedy for gynecological issues, menstrual disorders, uterine health

Side Effects: Generally safe when used in moderation, may cause gastrointestinal upset or allergic reactions in some individuals

Ashoka is a revered tree in traditional Ayurvedic medicine, especially for its beneficial effects on women's health. It is commonly used in various forms such as decoctions, extracts, or capsules. As with any herbal remedy, it's essential to consult with a qualified healthcare practitioner before using Ashoka, particularly if you are pregnant, breastfeeding, or have underlying health conditions.

32. Vennai Pazham - Avocado

Botanical Name: *Persea americana*

Vernacular Names: Avocado (English), Makhanphal (Hindi)

Geographic Location: Native to Central America, cultivated in tropical and subtropical regions worldwide

Therapeutic Uses: Rich in healthy fats, vitamins, and minerals; promotes heart health, supports digestion, improves skin health

Side Effects: Generally safe when consumed in moderation, but excessive consumption may lead to weight gain due to high-fat content

Avocado is a versatile fruit known for its creamy texture and nutty flavor. It is commonly used in salads, sandwiches, smoothies, and dips such as guacamole. While avocado is primarily enjoyed as a nutritious food rather than a medicinal plant, its health-promoting properties make it a valuable addition to a balanced diet. As with any food, it's essential to consume avocado in moderation as part of a varied and balanced diet.

33. Moongil - Bamboo

Botanical Name: Various species in the genus *Bambusa*, *Phyllostachys*, and other genera

Vernacular Names: Bamboo (English), Baans (Hindi)

Geographic Location: Native to various regions worldwide, including Asia, Africa, and the Americas

Therapeutic Uses: Traditional medicine systems use bamboo for various purposes, including treating fever, inflammation, wounds, and gastrointestinal issues. Bamboo extracts are also being studied for potential antioxidant, anti-inflammatory, and anti-cancer properties.

Side Effects: Bamboo shoots can cause allergic reactions in some individuals. Excessive consumption of bamboo shoots that contain cyanogenic glycosides can be toxic if not properly processed and cooked.

Bamboo has been an integral part of traditional medicine systems in many cultures for centuries. While more research is needed to fully understand its medicinal properties and potential benefits, bamboo remains an important natural resource with diverse uses and cultural significance. As with any medicinal plant, it's crucial to consult with a qualified healthcare professional before using bamboo for therapeutic purposes.

34. Vettrilai - Betel

Botanical Name: Piper betle

Vernacular Names: Betel (English), Paan (Hindi)

Geographic Location: Native to Southeast Asia, cultivated in tropical regions worldwide

Therapeutic Uses: Traditionally used for its stimulating and medicinal properties, betel leaves are chewed or consumed in various forms for oral hygiene, digestive health, respiratory support, and as a mild stimulant. Betel leaves contain alkaloids such as arecoline, which may have mild psychoactive effects and contribute to its stimulant properties.

Side Effects: Chewing betel leaves with other ingredients such as betel nut (Areca catechu) and slaked lime (calcium hydroxide) can lead to oral health issues such as stained teeth, gum irritation, and increased risk of oral cancer. Prolonged use may also lead to addiction and adverse health effects.

Betel leaves have cultural and religious significance in many communities and are often used ceremonially or socially in rituals, celebrations, and social gatherings. While betel leaves have been used for centuries in traditional practices, their consumption carries potential health risks, and moderation is advised. It's essential to consult with a healthcare professional before using betel leaves for therapeutic purposes, especially if you have underlying health conditions or are pregnant or breastfeeding.

35. Kariveppilai - Curry Leaves

Botanical Name: Murraya koenigii

Vernacular Names: Curry Leaves (English), Kariveppilai (Tamil)

Geographic Location: Native to the Indian subcontinent, also cultivated in other tropical and subtropical regions

Therapeutic Uses: Curry leaves are rich in antioxidants, vitamins, and minerals, making them beneficial for various health purposes. They are traditionally used in Ayurvedic medicine for their anti-inflammatory, anti-diabetic, and digestive properties. Curry leaves are believed to aid in digestion, improve hair and skin health, lower cholesterol levels, and regulate blood sugar levels.

Side Effects: Curry leaves are generally safe when consumed in food amounts. However, some individuals may experience allergic reactions or gastrointestinal discomfort. It's essential to use caution and moderation, especially if you have known allergies or sensitivities.

Curry leaves are widely used in South Indian cooking to add flavor and aroma to dishes such as curries, rice, and soups. Additionally, curry leaves are often used in traditional medicine preparations, herbal teas, and topical treatments for various health benefits. As with any herbal remedy, it's advisable to consult with a healthcare professional before using curry leaves for therapeutic purposes, particularly if you have underlying health conditions or are pregnant or breastfeeding.

36. Aamanakkodi - Castor

Botanical Name: *Ricinus communis*

Vernacular Names: Castor (English), Arandi (Hindi)

Geographic Location: Native to the Mediterranean region, Eastern Africa, and India; cultivated in tropical and subtropical regions worldwide

Therapeutic Uses: Castor oil, derived from castor beans, has been used in traditional medicine for its various therapeutic properties. It is commonly used topically as a moisturizer, massage oil, and for the treatment of skin conditions such as dry skin, dermatitis, and acne. Castor oil packs are also used for their potential anti-inflammatory and analgesic effects, particularly for pain relief and inflammation associated with conditions like arthritis and muscle strains. Internally, castor oil is used as a laxative to relieve constipation.

Side Effects: While castor oil is generally safe for topical use and as a laxative when used in appropriate doses, it can cause skin irritation, allergic reactions, and gastrointestinal discomfort in some individuals. Excessive consumption of castor beans or ingestion of large amounts of castor oil can lead to severe toxicity, including nausea, vomiting, abdominal pain, diarrhea, dehydration, and potentially life-threatening complications.

It's important to use caution and moderation when using castor oil for medicinal purposes, especially internally. Consultation with a healthcare professional is recommended before using castor oil, particularly if you have underlying health conditions, are pregnant or breastfeeding, or are considering using it for children. Additionally, never consume castor beans or raw castor oil, as they contain toxic compounds that can be harmful if ingested

37. (Maruthani) - Henna

Botanical Name: *Lawsonia inermis*

Vernacular Names: Henna (English), Mehndi (Hindi)

Geographic Location: Native to North Africa, the Middle East, and South Asia; cultivated in warm climates worldwide

Therapeutic Uses: Henna is primarily known for its cosmetic and dyeing properties. Its leaves contain lawsone, a natural dye molecule that binds to proteins, making it useful for staining hair, skin, and nails. In traditional medicine, henna has been used topically for its cooling, anti-inflammatory, and antifungal properties. It is applied to the skin to soothe burns, rashes, and insect bites. Henna paste is also used to create intricate designs (mehndi) on the skin for ceremonial and decorative purposes.

Side Effects: While henna is generally considered safe when used externally, some individuals may experience allergic reactions or sensitivities to henna dye, particularly if it contains additives or chemicals. Prolonged or frequent use of henna on the skin may cause sensitization or irritation. Additionally, black henna, which contains para-phenylenediamine (PPD) or other additives, can cause severe allergic reactions, skin burns, and scarring.

It's important to use pure, natural henna products from reputable sources and to perform a patch test before using henna on the skin to check for allergic reactions. Avoid using black henna or henna products that contain additives, especially for skin applications. Consultation with a dermatologist or healthcare professional is recommended if you have any concerns or experience adverse reactions to henna.

38. Malli - Jasmine

Botanical Name: *Jasminum* spp. (Various species)

Vernacular Names: Jasmine (English), Chameli (Hindi)

Geographic Location: Various species of jasmine are native to tropical and subtropical regions worldwide, including South Asia, Southeast Asia, and Africa.

Therapeutic Uses: Jasmine has been used in traditional medicine for its various therapeutic properties. Jasmine essential oil, extracted from the flowers through steam distillation, is known for its calming and uplifting effects on mood and emotions. It is often used in aromatherapy to reduce stress, anxiety, and depression and promote relaxation and mental clarity. Jasmine tea, made from dried jasmine flowers or green tea leaves scented with jasmine, is also consumed for its soothing and digestive properties. In traditional medicine systems like Ayurveda and Traditional Chinese Medicine (TCM), jasmine is used to alleviate headaches, improve digestion, and enhance skin health.

Side Effects: While jasmine is generally safe for external and internal use when consumed in moderation, some individuals may experience allergic reactions or sensitivities, especially to jasmine essential oil. Inhalation of concentrated jasmine oil or prolonged exposure to the fragrance may cause headaches, nausea, or respiratory irritation in sensitive individuals. It's important to dilute jasmine essential oil properly and perform a patch test before using it on the skin to check for allergic reactions.

Jasmine's aromatic fragrance and therapeutic properties make it a popular ingredient in perfumes, cosmetics, herbal remedies, and teas. It's valued not only for its sensory appeal but also for its potential health benefits in promoting emotional well-being and relaxation. As with any herbal remedy or essential oil, it's advisable to use jasmine products with caution and consult with a healthcare professional if you have any concerns or underlying health conditions.

39. Elumichai - Lemon

Botanical Name: *Citrus limon*

Vernacular Names: Lemon (English), Nimbu (Hindi)

Geographic Location: Native to Asia, cultivated worldwide in subtropical and tropical regions

Therapeutic Uses: Lemons are rich in vitamin C, antioxidants, and other nutrients, making them beneficial for immune support, skin health, digestion, and weight management. Lemon juice is commonly consumed as a refreshing beverage and used as a natural remedy for sore throat, colds, and indigestion. Lemon essential oil is used in aromatherapy for its uplifting and invigorating effects on mood and energy levels.

Side Effects: Lemon juice may cause tooth enamel erosion and irritation in individuals with sensitive skin or stomach ulcers. It may also interact with certain medications, particularly those affected by citric acid.

40. Ilavangam - Lemongrass

Botanical Name: *Cymbopogon citratus*

Vernacular Names: Lemongrass (English), Gandhatrina (Hindi)

Geographic Location: Native to tropical regions of Asia, Africa, and Australia; cultivated worldwide

Therapeutic Uses: Lemongrass is known for its citrusy aroma and various medicinal properties. It is used in traditional medicine for its digestive, anti-inflammatory, and antimicrobial properties. Lemongrass tea is consumed for its calming effects on digestion and relaxation. Lemongrass essential oil is used in aromatherapy for its invigorating and stress-relieving effects.

Side Effects: Lemongrass may cause allergic reactions or skin irritation in some individuals, particularly when applied topically or used in concentrated forms like essential oil. It may also interact with certain medications, so caution is advised, especially for individuals on medication.

41. Pudhina - Mint

Botanical Name: *Mentha* spp. (Various species)

Vernacular Names: Mint (English), Pudina (Hindi)

Geographic Location: Native to Europe, Asia, and North America; cultivated worldwide

Therapeutic Uses: Mint is valued for its refreshing flavor and various medicinal properties. It is commonly used to aid digestion, relieve nausea, alleviate headaches, and soothe sore throat and respiratory congestion. Mint tea is consumed for its digestive and calming effects. Mint essential oil is used in aromatherapy for its cooling and invigorating properties.

Side Effects: Mint may cause allergic reactions, skin irritation, or heartburn in some individuals, particularly when consumed in large amounts or applied topically in concentrated forms like essential oil. It may also interact with certain medications, so caution is advised, especially for individuals on medication.

42.Maampazham - Mango

Botanical Name: *Mangifera indica*

Vernacular Names: Mango (English), Aam (Hindi)

Geographic Location: Native to South Asia, cultivated in tropical and subtropical regions worldwide

Therapeutic Uses: Mangoes are rich in vitamins, minerals, antioxidants, and dietary fiber, making them beneficial for overall health. They are known to support immune function, improve digestion, promote eye health, and boost skin health. Mangoes are consumed fresh, dried, or in various culinary preparations, including smoothies, salads, desserts, and savory dishes.

Side Effects: Mango allergies are rare but may occur, particularly in individuals with latex allergies, as mangoes contain compounds that cross-react with latex. Eating unripe mangoes may cause stomach upset in some individuals due to their high acidity and fiber content. Additionally, mango peel and sap may cause allergic reactions or contact dermatitis in sensitive individuals.

43. Karisalalli - Bringaraja

Botanical Name: *Eclipta prostrata*

Vernacular Names: Bringaraja (Sanskrit), Bhringraj (Hindi)

Geographic Location: Native to tropical regions of Asia, including India, China, and Thailand

Therapeutic Uses: Bringaraja is valued in Ayurvedic medicine for its numerous health benefits. It is commonly used to promote hair growth, prevent hair loss, and improve hair health. Bringaraja oil, made by infusing the herb in a carrier oil such as coconut oil, is applied topically to the scalp to nourish hair follicles, strengthen hair roots, and prevent premature graying. Bringaraja is also

used internally for its liver-protective, anti-inflammatory, and antioxidant properties. It is believed to support liver health, improve digestion, and enhance overall vitality.

Side Effects: Bringaraja is generally safe for most people when used in recommended doses. However, some individuals may experience allergic reactions or skin irritation when applied topically. It's important to perform a patch test before using Bringaraja oil on the scalp and discontinue use if any adverse reactions occur. Pregnant and breastfeeding women should consult with a healthcare professional before using Bringaraja internally or externally.

Bringaraja is a valuable herb in traditional medicine systems and is increasingly gaining recognition for its potential health benefits. However, more research is needed to fully understand its mechanisms of action and therapeutic effects. As with any herbal remedy, it's important to use Bringaraja under the guidance of a qualified healthcare practitioner, especially if you have any underlying health conditions or are pregnant or breastfeeding.

44. Pala - Jackfruit

Botanical Name: Artocarpus heterophyllus

Vernacular Names: Jackfruit (English), Kathal (Hindi)

Geographic Location: Native to South and Southeast Asia, cultivated in tropical regions worldwide

Therapeutic Uses: Jackfruit is not only delicious but also nutritious, rich in vitamins, minerals, and dietary fiber. It is a good source of vitamin C, vitamin A, potassium, and magnesium. Jackfruit seeds are edible and rich in protein, healthy fats, and antioxidants. In traditional medicine, various parts of the jackfruit tree, including the leaves, roots, and bark, are used for their potential medicinal properties. Jackfruit is believed to have anti-inflammatory, antimicrobial, and antioxidant effects. It is used to treat various ailments such as diarrhea, skin diseases, and respiratory issues.

Side Effects: Jackfruit is generally safe for most people when consumed in moderate amounts as part of a balanced diet. However, some individuals may experience allergic reactions to jackfruit, particularly those with latex allergies, as jackfruit contains compounds that cross-react with latex. Eating unripe jackfruit may cause stomach upset or gastrointestinal discomfort in some individuals due to its high tannin content. Additionally, jackfruit seeds should be cooked before consumption, as raw seeds may be difficult to digest.

Jackfruit is a versatile fruit used in various culinary preparations, including curries, desserts, jams, and chips. It's prized for its sweet taste, meaty texture, and nutritional value. While jackfruit is generally safe and nutritious, individuals with latex allergies or sensitivities should use caution when consuming jackfruit. As with any food, it's important to consume jackfruit in moderation as part of a varied and balanced diet. If you have any concerns or underlying health conditions, consult with a healthcare professional before adding jackfruit to your diet.

45. Samanthi Poo - Marigold

Botanical Name: *Tagetes* spp. (Various species), *Calendula officinalis* (Pot marigold)

Vernacular Names: Marigold (English), Genda (Hindi)

Geographic Location: Marigolds are native to the Americas, with various species cultivated worldwide.

Therapeutic Uses: Marigolds have been used in traditional medicine for their various medicinal properties. *Calendula officinalis*, also known as pot marigold, is the species most commonly used for its therapeutic benefits. Calendula flowers contain flavonoids, triterpenoids, and other compounds with anti-inflammatory, antimicrobial, and wound-healing properties. Calendula preparations, such as calendula oil, ointment, or cream, are applied topically to promote wound healing, soothe skin irritations, and relieve inflammation. Marigold flowers are also used in herbal teas and infusions for their potential digestive and calming effects.

Side Effects: Marigold preparations are generally safe for most people when used topically or consumed in moderate amounts. However, some individuals may experience allergic reactions or skin irritation when applied topically. It's essential to perform a patch test before using marigold products on the skin, especially if you have sensitive skin or known allergies to plants in the Asteraceae family.

Marigolds are also valued for their ornamental qualities and are commonly used in gardens, floral arrangements, and decorative crafts. While marigolds are primarily known for their bright and cheerful flowers, they offer additional benefits as medicinal herbs. As with any herbal remedy, it's advisable to use marigold preparations under the guidance of a qualified healthcare practitioner, especially if you have any underlying health conditions or are pregnant or breastfeeding.

46. Neelavembu - Nelavembu

Botanical Name: *Andrographis paniculata*

Vernacular Names: Nelavembu (Tamil), Kalmegh (Hindi)

Geographic Location: Native to South Asian countries, including India, Sri Lanka, and Pakistan

Therapeutic Uses: Nelavembu is highly valued in traditional medicine for its immune-stimulating, anti-inflammatory, antipyretic, and hepatoprotective properties. It is commonly used to prevent and treat various ailments, including fever, flu, colds, respiratory infections, and digestive disorders. Nelavembu is also used to support liver health, promote detoxification, and improve overall vitality. The bitter-tasting herb is often prepared as a decoction or herbal tea and consumed for its medicinal benefits.

Side Effects: Nelavembu is generally safe for most people when used in recommended doses. However, some individuals may experience gastrointestinal upset, allergic reactions, or skin

irritation when consumed or applied topically. Pregnant and breastfeeding women should consult with a healthcare professional before using nelavembu, as its safety during pregnancy and lactation has not been well studied.

Nelavembu is a valuable herb in traditional medicine systems and is increasingly gaining recognition for its potential health benefits. It is often used as a natural remedy for various common ailments, particularly during seasonal changes or times of increased susceptibility to infections. As with any herbal remedy, it's important to use nelavembu under the guidance of a qualified healthcare practitioner, especially if you have any underlying health conditions or are pregnant or breastfeeding.

47. Milagai - Chili

Botanical Name: Various species of *Capsicum*, including *Capsicum annuum*, *Capsicum frutescens*, *Capsicum chinense*, *Capsicum baccatum*, etc.

Vernacular Names: Chili (English), Mirch (Hindi)

Geographic Location: Chili peppers are native to the Americas but are now cultivated in many parts of the world, including Asia, Africa, and Europe.

Therapeutic Uses: Chili peppers contain compounds called capsaicinoids, particularly capsaicin, which give them their characteristic heat. Capsaicin has been studied for its various health benefits, including its analgesic (pain-relieving), anti-inflammatory, antimicrobial, and thermogenic properties. Capsaicin-containing topical creams and patches are used for pain relief in conditions such as arthritis, neuropathy, and muscle soreness. Consuming chili peppers may also have cardiovascular benefits, metabolic effects, and appetite-suppressing properties.

Side Effects: While chili peppers are generally safe for most people when consumed in moderate amounts as part of a balanced diet, excessive consumption may lead to gastrointestinal discomfort, heartburn, or irritation of the digestive tract. Some individuals may be more sensitive to the effects of capsaicin and may experience adverse reactions such as sweating, flushing, or a burning sensation in the mouth, throat, or skin. It's essential to use caution when handling chili peppers, as capsaicin can irritate the skin and mucous membranes, and to wash hands thoroughly after handling chili peppers to avoid accidentally touching sensitive areas like the eyes.

Chili peppers are prized for their pungent flavor and heat, which add depth and spiciness to a wide range of dishes, including curries, salsas, sauces, and marinades. They are also used in various forms, including fresh, dried, powdered (chili powder), and as a component of hot sauces and pastes. While chili peppers are primarily used as culinary ingredients, their potential health benefits make them a valuable addition to the diet when consumed in moderation. If you have any underlying health conditions or concerns about consuming chili peppers, it's advisable to consult with a healthcare professional.

48. Kothamalli - Coriander

Botanical Name: *Coriandrum sativum*

Vernacular Names: Coriander (English), Dhania (Hindi)

Geographic Location: Native to regions spanning from Southern Europe to Western Asia, cultivated worldwide

Therapeutic Uses: Coriander is rich in vitamins, minerals, antioxidants, and essential oils, making it beneficial for overall health and well-being. In traditional medicine systems like Ayurveda and Traditional Chinese Medicine (TCM), coriander is used to aid digestion, alleviate gastrointestinal discomfort, and support liver and kidney function. Coriander seeds are known for their diuretic properties and are used to promote detoxification and urinary tract health. Coriander leaves are consumed fresh and used as a garnish in salads, soups, curries, and sauces, adding a refreshing and aromatic flavor to dishes.

Side Effects: Coriander is generally safe for most people when consumed in moderate amounts as part of a balanced diet. However, some individuals may be allergic to coriander and may experience allergic reactions such as skin rashes, itching, or respiratory symptoms. In rare cases, excessive consumption of coriander seeds or coriander oil may cause gastrointestinal upset or allergic reactions. It's important to use caution and moderation when using coriander, especially if you have known allergies to spices or herbs.

Coriander is a versatile herb used in various culinary traditions worldwide, prized for its distinctive flavor and aroma. It is commonly used in both savory and sweet dishes, including curries, stews, salads, chutneys, and baked goods. Additionally, coriander seeds are used as a spice and flavoring agent in many spice blends and condiments. Incorporating coriander into your diet can not only enhance the taste of your meals but also provide potential health benefits. If you have any concerns or underlying health conditions, consult with a healthcare professional before using coriander for therapeutic purposes.

49. Papali Pazham - Papaya

Botanical Name: *Carica papaya*

Vernacular Names: Papaya (English), Papita (Hindi)

Geographic Location: Native to Central America and Southern Mexico, cultivated in tropical and subtropical regions worldwide

Therapeutic Uses: Papaya is rich in vitamins, minerals, antioxidants, and digestive enzymes, making it a nutritious addition to the diet. It is an excellent source of vitamin C, vitamin A, folate, potassium, and dietary fiber. Papaya enzymes, such as papain and chymopapain, aid in digestion and may help alleviate digestive discomfort, bloating, and constipation. Papaya is also valued for its potential anti-inflammatory, antioxidant, and immune-boosting properties. It is

used in traditional medicine for various purposes, including promoting wound healing, reducing inflammation, and supporting skin health.

Side Effects: Papaya is generally safe for most people when consumed in moderate amounts as part of a balanced diet. However, some individuals may be allergic to papaya and may experience allergic reactions such as skin rashes, itching, or respiratory symptoms. Pregnant women should avoid consuming unripe or semi-ripe papaya, as it contains high levels of latex and enzymes that may stimulate uterine contractions and pose a risk of miscarriage. Additionally, excessive consumption of papaya seeds may cause gastrointestinal upset or adverse reactions in some individuals.

Papaya is a versatile fruit used in various culinary preparations, including fresh fruit salads, smoothies, juices, desserts, and savory dishes. Its sweet flavor and juicy texture make it a popular choice for both sweet and savory recipes. Papaya is not only delicious but also provides important nutrients and potential health benefits. If you have any concerns or underlying health conditions, consult with a healthcare professional before adding papaya to your diet, especially if you have known allergies to fruits or latex.

50. Milagu - Pepper

Botanical Name: Piper nigrum

Vernacular Names: Pepper (English), Kali Mirch (Hindi)

Geographic Location: Native to South India and Southeast Asia, cultivated in tropical regions worldwide

Therapeutic Uses: Pepper has been used for centuries in traditional medicine for its various health benefits. It contains bioactive compounds, including piperine, which give it its characteristic spicy flavor and potential therapeutic properties. Piperine is known for its antioxidant, anti-inflammatory, antimicrobial, and digestive-stimulating effects. Pepper is used to aid digestion, relieve gastrointestinal discomfort, and promote gut health. It is also believed to have potential metabolic benefits, including promoting weight loss, improving nutrient absorption, and supporting healthy blood sugar levels.

Side Effects: Pepper is generally safe for most people when consumed in moderate amounts as part of a balanced diet. However, excessive consumption of pepper may lead to gastrointestinal irritation, heartburn, or exacerbation of gastric ulcers in sensitive individuals. Pepper may also interact with certain medications, particularly those affected by piperine metabolism. It's important to use caution and moderation when using pepper, especially if you have known gastrointestinal issues or are taking medications.

Pepper is a versatile spice used in various culinary traditions worldwide, prized for its pungent flavor and aromatic properties. It is used whole, crushed, or ground to season a wide range of dishes, including soups, stews, sauces, marinades, and spice blends. Pepper pairs well with both savory and sweet ingredients, adding depth and heat to recipes. Incorporating pepper into your

diet not only enhances the taste of your meals but also provides potential health benefits. If you have any concerns or underlying health conditions, consult with a healthcare professional before using pepper for therapeutic purposes.