

Ocimum sanctum

Common Name – Holy Basil (Tulsi)

Family - Lamiaceae

Medicinal Value – Anti Bacterial

Aloe barbadensis mill.

Common Name - Aloe Vera (Ghritkumari)

Family - Asphodelacea

Medicinal Value – Heals wounds

Cymbopogon flexosus

Common Name – Lemongrass (Nimbu ghas)

Family - Poaceae

Medicinal Value – Anti oxidant

Mentha arvensis.L.

Common Name – Mint (Podina)

Family - Lamiaceae

Medicinal Value - Cures Stomach-ache

Rauwolfia serpentine

Common Name – Snakeroot (Sarpagandha)

Family - Apocynaceae

Medicinal Value - Reduces High Blood Pressure

Carica papaya

Common Name – Papaya(papita)

Family - Caricaceae

Medicinal Value - Cures Constipation

Curcuma longa

Common Name – Turmeric (Haldi)

Family - Zingiberaceae

Medicinal Value - Anti Inflammatory

Cannabis sativa

Common Name - Hemp

Family - Cannabaceae

Medicinal Value - Anti Asthma

Zingiber officinale

Common Name – Ginger (Adrak)

Family - Zingiberaceae

Medicinal Value - Anti oxidant

Bryophyllum pinnatum

Common Name – Stonecrops (Patterchatta)

Family - Crassulaceae

Medicinal Value - Cures Cough

Mentha piperita

Common Name –Peppermint (sthaayee)

Family - Lamiaceae

Medicinal Value - Digestive

Achyranthes aspera Linn.

Common Name – Prickly Chaff flower (Apamarga)

Family - Amaranthaceae

Medicinal Value - Anti Inflammatory

Stevia rebaubiana

Common Name – Sweet Leaf (Stevia)

Family - Asteraceae

Medicinal Value - Anti diuretic

Perilla frutescens

Common Name –Perilla (Bhangira)

Family - Lamiaceae

Medicinal Value- Anti oxidant

Mimosa pudica

Common Name – Touch me not (Chui-Mui)

Family - Fabaceae

Medicinal Value - Cures Urogenital disorder

Solanum melongena

Common Name –Brinjal (Bagaen)

Family - Solanaceae

Medicinal Value - Anti oxidant

Plumbago zeylanica

Common Name –Wild Leadwort (Jangalee seesa)

Family - Plumbaginaceae

Medicinal Value - Anti Haemorrhoids

Moringa oleifera

Common Name –Drumstick (Aamatee)

Family - Moringaceae

Medicinal Value - Anti inflammatory