

ENUMERATION

1.ACANTHACEAE

Hemigraphis alternata (Burm.f.) T. Anderson, J. Proc. Linn. Soc., Bot. 7: 114. 1864.

Ruellia alternata Burm. f., Fl. Indica: 135. 1768.

Local name: Murivooti.

Herbs, Stem purplish especially at the nodes. Leaves opposite, hairy leaf blades are dark green on the top phase and purplish on the lower phase, flowers white, in terminal spike.

Habitat: Grown as garden plant.

Fl. & Fr.: February-May.

Distribution: Native of central america; Kerala: All districts.

Uses:

- Leaf extract is used to heal wounds

Specimen examined: Kerala, Kannur; Kariyad, 12.11.2023, Gopika T.

Hygrophila auriculata (K. Schum.) Heine, Kew Bull. 16:172. 1962, var. auriculata;

FCN: 338. 1988.

Local name: Vayalchulli.

Subshrubs, Leaves in whorls of 8, unequal, linear-lanceolate, apex acute, margins dentate and wavy, flowers in axillary whorls, bracts and bracteoles leafy, calyx lobes 4, corolla pink to blue, stamens 4.

Habitat: Paddy fields and other moist localities.

Fl. & Fr.: September-April.

Distribution: Tropical Africa, India, Myanmar and Indo-China; Kerala: All districts.

Uses:

- Seeds are ground and mixed with buttermilk and consumed. It will stop diarrhoea.

Specimen examined: Kerala, Kannur; Kariyad, 7.2.2024, Gopika T.

Justicia adhatoda L., Sp. Pl.: 15. 1753; FBI 4: 540. 1879; FCN: 340. 1988; FPK: 344. 2004. *Adhatoda zeylanica* medic., Hist. & Commen. Acad. Elect. Sci. Theod. Palat. 6: 393. 1790.

Local name: Adalodakam

Shrubs. Leaves simple, opposite, margins entire, hairy; flowers in compact, axillary, pedunculate spikes; calyx oblong-lanceolate, corolla white with red or yellow barred throats, fruit capsule.

Habitat: In the plains, often planted.

Fl. & Fr.: Throughout the year.

Distribution: Indo-Malesia; Kerala: All districts.

Uses:

- Boil the leaves in water. Then strain it and mix it with honey and consumed to relieve cough.
- The leaf extract along with honey is consumed to relieve jaundice.

Specimen examined: Kerala, Kannur; Kariyad, 12.11.2023, Gopika T.

Justicia gendarussa Burm. f., Fl. Ind. 10. 1768; FBI 4: 532. 1885; FPM: 1079(755). 1924; FPK: 345. 2004. *Gendarussa vulgaris* Nees in Wall., Pl Asiat. Rar. 3: 104. 1832.

Local name: Vathamkolli

Evergreen herb. Leaves simple, opposite, lanceolate or linear- lanceolate, acute at base; terminal or axillary spikes; flowers irregular, bisexual, sessile, white with pink or purple spots inside and red in the throat and lip.

Habitat: Moist deciduous forests, also in the plains.

Fl. & Fr.: November-january

Distribution: Tropical Africa; India: AS, GJ, KL; Kerala: KKD, KTM, TVM, KLM, PLK, MPM, TSR, IDK, KSD.

Uses:

- The kashayam prepared out from whole the plant is consumed along with honey to relieve menstrual pain.

Specimen examined: Kerala, Kannur; Kariyad, 12.11.2023, Gopika T.

Rhinacanthus nasutus (L.) Kurz, J. Asiat. Soc. Bengal 39: 79. 1870; FCN: 348. 1988; FPK: 349. 2004. *Justicia nasuta* L., Sp. Pl. 16. 1753.

Local name: Nagamulla.

Erect shrubs, Leaves 8-12 x 4-8 cm, elliptic, acute at both ends, cymes terminal, paniced, flowers sessile; bracts and bracteoles similar, sepals 5, stamens 2.

Habitat: Wet areas in moist deciduous forests, also in the pla

Fl. & Fr.: December-April.

Distribution: India, Sri Lanka, Java and Madagascar; Kerala: All districts.

Uses:

- Crushed leaves are applied over the snake bite.
- Root and leaves with lemon juice used for scabies and skin diseases.

Specimen examined: Kerala, Kannur; Kariyad, 12.11.2023, Gopika T.

2. AMARANTHACEAE

Achyranthes aspera L., Sp. Pl. 204. 1753; FBI 4: 730. 1885; FPM: 1176(823). 1925; FCN: 375. 1988; FPK: 378. 2004.

Local name: Kadaladi.

Large herbs, Leaves simple, opposite, broadly elliptic to obovate, petiole 5-8 mm long, flowers bisexual, tepals subequal, elliptic, acute, glabrous, green or violet. Stamens 5.

Habitat: Dry deciduous forests and forest plantations, also in the plains.

Fl. & Fr.: October-March.

Distribution: Paleotropics; Kerala: All districts.

Uses:

- Juice of the leaves is applied to get rid of toothache.
- Drinking a decoction made from its root is good for stomach ache, indigestion and constipation.

Specimen examined: Kerala, Kannur; Kariyad, 23.1.2024, Gopika T.

Aerva lanata (L.) Juss. Ann. Mus. Hist. Nat. 11: 131. 1808; FBI 4: 728. 1885; FPM: 1178. 1925; FCN: 376. 1988. *Achyranthes lanata* L., Pl. 204. 1753.

Local name: Cherula

Herbs. Leaves simple, alternate, orbicular to ovate, entire along the margins; spikes; flowers small, whitish or greenish- white, staminoides 5, filaments pale-yellow, stigma 2.

Habitat: waste lands, In the plains.

Fl. & Fr.: September-April

Distribution: Widespread in the tropics and subtropics; India:

Uses:

- Grind Cherula and Thazhuthama in to a smooth paste and is mixed with tender coconut water and consumed for 21 days to relieve urinary problems.

Specimen examined: Kerala, Kannur; Kariyad, 24.9.2023, Gopika T.

Alternanthera sessilis (L.) R. Br. ex Dc., Cat. Pl. Hort. Monspel. 4: 77. 1813; FBI 4: 731. 1885; FPM: 1179. 1825; FCN: 377. 1988; FPK: 380. 2004. *Gomphrena sessilis* L., Sp. Pl. 225. 1753.

Local name: Ponnankanni

Herbs, stem glabrous, Leaves simple, opposite, base attenuate to petiole; spike sessile, solitary or 2-3 together; Flowers yellowish red; tepals equal, and stamens 3.

Habitat: Along sides of water courses and marshy areas.

Fl. & Fr.: Throughout the year.

Distribution: Pantropical; Kerala: All districts.

Uses:

- The leaf extract is consumed to cure kidney stones.

Specimen examined: Kerala, Kannur; Kariyad, 14.12.2023, Gopika T

Amaranthus spinosus L., Sp. Pl. 991. 1753; FBI 4: 718. 1885; FPM: 1170(819). 1925; FCN: 378. 1988; FPK: 381. 2004.

Local name: Cherucheera.

herbs, profusely branched, Leaves simple, ovate or elliptic-lanceolate, apex obtuse or subacute, flowers in terminal paniced spikes or in axillary, sessile clusters, bracts and bracteoles minute, stamens 5.

Habitat: Fallow lands and wastelands.

Fl. & Fr.: June-December.

Distribution: Originally from America; now found throughout the warmer regions of the world; Kerala: All districts.

Uses:

- Leaves are boiled and given for 2-3 days to treat jaundice, rheumatic pain and stomach ache.
- To control vomiting, root paste with equal quantity of honey is taken internally.

Specimen examined: Kerala, Kannur; Kariyad, 26.2.2024, Gopika T.

3. ANACARDIACEAE

Anacardium occidentale L., Sp. Pl. 583. 1753; FBI 2: 20. 1876; FPM: 260(185). 1918; FCN: 120. 1988; FPK: 110. 2004.

Local name: Kashumavu.

Tree, Leaves simple, obovate, rounded at apex, Inflorescence panicles, flowers in terminal panicles, bracts ovate. Calyx 5 partite, imbricate, deciduous. Petals linear - lanceolate, deflexed. Stamens about 9, fruit nut.

Habitat: Cultivated.

Fl. & Fr.: January-March.

Distribution: Native of South America; now widely cultivated in Asia and Africa; Kerala: All districts.

Uses:

- Mix 5 nuts and 1 tablespoon of amukuru powder in butter and eat it every day at night, the risk of uterine fibroids is eliminated.

Specimen examined: Kerala, Kannur; Kariyad, 16.2.2024, Gopika T.

Mangifera indica L., Sp. Pl. 200. 1753; FBI 2: 13.; FPM: 259(185). 1918; FCN: 117. 1988; FPK: 112. 2004.

Local name: Mavu.

Evergreen trees, Leaves simple, alternate, elliptic, flowers small, polygamous, bracteates, bracts ovate, small, sepals ovate, concave, stamens 1-5.

Habitat: Evergreen and semi-evergreen forests and also widely cultivated.

Fl. & Fr.: January-May

Distribution: Indo-Malasia; Kerala: All districts.

Uses:

- Leaves are boiled with water and take a bath to get rid of fatigue and tension and to regain freshness.
- Soak the leaves in a cup of water overnight. Strain and drink this water to relieve the symptoms of diabetes.

Specimen examined: Kerala, Kannur; Kariyad, 16.2.2024, Gopika T.

4. ANNONACEAE

Annona reticulata L., Sp. Pl. 537. 1753; FBI 1: 78. 1872; FPM: 20(14). 1915; FCN: 42. 1988; FPK: 16. 2004.

Local name: Parankichakka.

Tree, Leaves simple, alternate, margin entire, flowers bisexual, green, Sepals 3, Petals 6 (3 + 3), Stamens many, carpels many, fruit an aggregate of berry.

Habitat: Cultivated and often naturalised.

Fl. & Fr: May-August.

Distribution: Native of Central America and West Indies; Kerala: All districts.

Uses:

- Leaf juice is used to kill lice.
- Leaf juice can be used to destroy lice and fleas on the body of animals.

Specimen examined: Kerala, Kannur; Kariyad, 14.12.2023, Gopika T.

5. APIACEAE

Centella asiatica (L.) Urban in Mart., Fl. Brass. 11: 287. t78. f. 1879; FPM: 556(392). 1919; FCN: 205. 1988; FPK: 204. 2004. *Hydrocotyle asiatica* L., Sp. Pl. 234. 1753.

Local name: Muthil.

Prostrate herbs, rooting at nodes; Leaves simple, alternate; flowers sessile, pink, in 2-5 flowered umbels, calyx tube adnate to the ovary, petals pink; fruit ovoid.

Habitat: Wet places in plains.

Fl. & Fr.: Throughout the year.

Distribution: Tropical Asia & Africa; Kerala: All districts.

Uses:

- The leaves are crushed and applied on skin to relieve skin diseases.
- The leaf extract mixed with butter is consumed by children to increase .

Specimen examined: Kerala, Kannur; Kariyad, 12.11.2023, Gopika T

Eryngium foetidum L., Sp. Pl. 232. 1753; Ellis & Karthik., JBNHS 70: 597. 1973(1974); Mukherjee & Const., Umbel. India 19. 1993; FCN: 206. 1988; FPK: 204. 2004.

Local name: African malli.

Herb, Leaves oblanceolate-oblong in outline, 4-12 x 1-2.5 cm, base cuneate, sessile and glabrous, flowers greenish, in dense, rounded cymes, sepals erect, lanceolate, fruit globose or ovoid.

Habitat: Cultivated.

Fl. & Fr.: February-November

Distribution: Cultivated in Tropical Africa and Tropical and Subtropical Asia; Kerala: KNR, TSR, MPM.

Uses:

- A decoction prepared from the leaves is a remedy for edema.
- Coriander tea can be used as a medicine against fever, vomiting and diabetes.

Specimen examined: Kerala, Kannur; Kariyad, 31.1.2024, Gopika T.

6. APOCYNACEAE

Catharanthus roseus (L.) G. Don, Gen. Hist. 4: 95. 1837-1838; FCN: 276. 1988; FPK: 281. 2004. *Vinca rosea* L., syst. (ed. 10): 944. 1759.

Local name: Nithyakalyani

Herb, stem erect, Leaves simple, exstipulate, opposite decussate, solitary axillary or dichasial cyme, ebracteate, complete, pentamerous, rosy- purple in colour, fruit follicle.

Habitat: Grown as ornamental plant

Fl. & Fr.: Throughout the year.

Distribution: Native of Madagascar; Kerala: All districts

Uses:

- juice of the leaves is squeezed and applied to the wound to stop the bleeding.

Specimen examined: Kerala, Kannur; Kariyad, 21.9.2023, Gopika T.

Rauvolfia serpentina (L.) Benth. ex Kurz, For. Fl. Burma 2: 171. 1877; FBI 3: 632. 1882; FPM: 807(567). 1923; FCN:279. 1988; FPK: 284. 2004. *Ophioxylon serpentinum* L., Sp. Pl. 1043. 1753.

Local name: Sarpagandha.

Perennial subshrubs, rootstock thick, sap watery, Leaves simple, whorled, flowers white, often tinged with pale violet in axillary and terminal, densely flowered corymbose cymes, fruit fleshy.

Habitat: Moist deciduous forests, also in the plains.

Fl. & Fr.: April-October.

Distribution: South and south east Asia, Also cultivated; Kerala: All districts.

Uses:

- The leaf extract is applied on the wounds to cure snake bites.

Specimen examined: Kerala, Kannur; Kariyad, 14.12.2023, Gopika T.

Tabernaemontana divaricata (L.) R. Br. in. Roem. & Schult., Syst. Veg. 4: 427. 1819; FBI 3: 647. 1882; FPK: 284. 2004. *Nerium divaricatum* L., Sp. Pl. 209. 1753.

Local name: Nambiyarvattam.

Shrubs, Leaves opposite; flowers fragrant, sepals pale green, corolla white, stamens from below mouth to corolla tube; fruit of 2 separate mericarps.

Habitat: Mostly cultivated as garden plant.

Fl. Fr.: Throughout the year.

Distribution: Native of Southern Himalayas; Kerala: All districts.

Uses:

- The juice of the flowers can be applied over eyes as eye drops for eye diseases.
- The roots are ground along with water and given internally for intestinal worms.

Specimen examined: Kerala, Kannur; Kariyad, 31.1.2024, Gopika T.

7. ARECACEAE

Areca catechu L., Sp. Pl. 1189. 1753; FBI 6: 405. 1893; FPM: 1555(1085). 1931; FCN: 491. 1988; FPK 2004.

Local name: Kavungu.

Tree, stem erect, unarmed. Leaves in a terminal crown, spadices several on the axils of fallen leaves, spikes flexuous or straight, spathes boat like; flowers monocious.

Habitat: Cultivated.

Fl. & fr.: Throughout the year.

Distribution: Cultivated from India to the Solomon Islands and less commonly in Africa and Tropical America; Kerala: All districts.

Uses:

- Kashayam prepared out of areca nut is consumed to cure mouth problems.

Specimen examined: Kerala, Kannur; Kariyad, 29.1.2024, Gopika T

Cocos nucifera L., Sp. Pl. 1188. 1753; FBI 6: 482. 1893; FPM: 1557(1086). 1913; FCN: 491: 2004.

Local name: Thengu.

A tall palm. Leaves forming a crown on the top, very large, pinnate, leaflets many linear-lanceolate, spadix, flowers monocious, sub sessile; fruit drupe.

Habitat: Cultivated.

Fl. & Fr.: Throughout the year.

Distribution: India to solomon Islands; India: KL, TN, AP;
Kerala: All districts.

Uses:

- Diseases like vomiting, diarrhea and other digestive problems can also be treated with coconut root water.

Specimen examined: Kerala, Kannur; Kariyad, 29.1.2024

Colocasia esculenta (L.) Schott in Schott & Endl., Melet, Bot. 1: 18. 1832; FCN: 493. 1988; FPK: 512. 2004. *Arum esculentum* L., Sp. Pl. 965. 1753.

Local name: Chembu.

A small perennial herb, Leaves radical, larger, peltate, Dark green or pale-greenish-yellow, Inflorescence spadix, flowers Spathes 25-40 cm long, pale-yellow or creamy-yellow, glabrous, spadix shorter than spathes.

Habitat: Waterlogged ditches and streamside.

Fl. & Fr.: August-October.

Distribution: Pantropical; Kerala: All districts.

Uses:

- Cooked taro roots are used as remedy for liver enlargement and piles.

Specimen examined: Kerala, Kannur; Kariyad, 29.1.2024

8. ASCLEPIADACEAE

Calotropis gigantea (L.) R. Br. In Ait. f., Hort. Kew (ed. 2) 2: 78. 1811; FBI 4: 17. 1883; FPM: 832(585). 1923; FPK: 286. 2004. *Asclepias gigantea* L., Sp. Pl. 214. 1753.

Local name: Erikku.

Shrub, stem erect, branched cylindrical contains milky latex; Leaves simple; umbellate cyme, flowers large, pale purple, stamens 5.

Habitat: Wastelands.

Fl. & Fr.: November- April

Distribution: Tropical Asia; Kerala: All districts.

Uses:

- Erikk' s stain is soaked in cotton and held on the painful tooth to relieve toothache.
- Grinde the ripe leaves and applied on head to relieve headache.

Specimen examined: Kerala, Kannur; Kariyad, 12.4.2024, Gopika T

9. ASTERACEAE

Chromolaena odorata (L.) King & Robins., Phytologia 20: 204. 1970; FCN: 247.1988; FPK: 244. 2004. *Eupatorium odoratum* L., Syst. Nat. (ed. 10) 1205. 1759; FBI 3: 244. 1881.

Local name: Communist pacha.

Shrubs, glandular hairy. Leaves simple, opposite; head inflorescence, in terminal corymbose cymes; flowers few to many; fruit achene.

Habitat: A weed in all terrestrial habitat.

Fl. & Fr.: November- May.

Distribution: Native of America, natuaralised in tropical Asia;
Kerala: All districts

Uses:

- The leaves are squeezed and the juice is applied to the wound for easy healing.

Specimen examined: Kerala, Kannur; Kariyad, 7.2.2024, Gopika T.

Eclipta prostrata (L.) L., Mant. Pl. 286. 1771; FCN: 249. 1988; FPK: 247. 2004.
Verbesina prostrata L., Sp. Pl. 902. 1753.

Local name: Kanjanni

Annual herb. Leaves sessile, usually oblong lanceolate, subentire, more or less hairy on both sides, heads in axillary peduncles, flowers white, sepals minute, ovate, corolla companulate; fruit achene.

Habitat: Paddy fields and moist localities.

Fl. & Fr.: Through out the year.

Distribution: Pantropical; Kerala: All districts

Uses:

- The oil is prepared out of the whole plant is applied on head to cure hair fall.

Specimen examined: Kerala, Kannur; Kariyad, 31.1.2024, Gopika T

Emilia sonchifolia (L.) Dc. In Wight, Contrib. 24. 1834; FBI 3: 336. 1881; FPM: 716(503). 1921; FCN: 250. 1988; FPK: 248. 2004. *Cacalia sonchifolia* L., Sp. Pl. 835. 1753.

Local name: Muyal cheviyan

Erect diffuse herbs, leaves radical and cauline, heads homozygous, florets bisexual, corolla pink, fruit achene.

Habitat: Dry and moist deciduous forests, also in the plains.

Fl. & Fr.: July-December.

Distribution: Tropical and subtropical Africa & Asia; Kerala: All districts.

Uses :

- The oil is prepared by using whole plant is used to cure sore throat.

Specimen examined: Kerala, Kannur; Kariyad, 8.2.2024, Gopika T.

Spilanthes ciliata HBK, Now. Gen. & Sp. Pl. 4: 621. 1836; FPK: 255. 2004. *Acmella ciliata* (HBK) Cass., Dict. Sc. Nat. 24: 331. 1822.

Local name: Palluvedana chedi.

Flowering herb; Leaves are broadly ovate- triangular, margins toothed, tip sharp; flower heads arise singly, containing primarily disc florets, disc florets are many, yellow orange.

Habitat: Wet or marshy areas.

Fl. & Fr.: August-December

Distribution: Neotropics of the world; now naturalised in Western peninsular India; Kerala: PAT, MPM, KLM, TSR, ALP.

Uses:

- The flower of the plant is used to relieve toothache.

Specimen examined: Kerala, Kannur; Kariyad, 8.2.2024, Gopika T.

Vernonia cinerea (L.) Less., Linnaea 4: 291. 1829; FBI 3: 233. 1881; FPM: 676(475). 1921; FPK: 257. 2004. *Conyza cinerea* L., Sp. Pl. 862. 1753.

Local name: Poovamkurunnila

Annual or perennial herbs, stem ribbed, smooth; Leaves simple, variable, ovate, thinly hairy below; flowers pinkish and purple, rounded or flat topped corymbs; fruit achene.

Habitat: Moist places.

Fl. & Fr.: Throughout the year.

Distribution: Pantropical; Kerala: All districts.

Uses:

- Take the whole plant, wash it, crush it, extract its juice and apply it on the scalp with coconut oil to relieve headache.
- The kashayam prepared out of the whole plant in water is consumed twice a day for continuously 3 days to relieve fever.

Specimen examined: Kerala, Kannur; Kariyad, 12.11.2023, Gopika T.

10. BROMELIACEAE

Ananas comosus (L.) Merr., Interpr. Rumph. Herb. Amboin. 133. 1917 var. *comosus*; *Bromelia comosa* L. in Stickman, Herb. Amboin. 21. 1754.

Local name: Kaithachakka.

Short-stemmed shrubs, Leaves radical, clustered in spirally arranged rosettes, margins spiny-serrate, inflorescence terminal on the leafy stem, capitate, crowned with tuft of leaves, flowers sessile, bisexual, stamens 6.

Habitat: Cultivated.

Fl. & Fr.: Throughout the year.

Distribution: Tropical America, widely cultivated in the Paleotropics; Kerala: All districts.

Uses:

- Eating pineapple daily can help reduce gout.
- Pineapple water helps digestion.

Specimen examined: Kerala, Kannur; Kariyad, 7.2.2024, Gopika T.

11. CAESALPINIACEAE

Cassia fistula L., Sp. Pl. 377. 1753; FBI 2: 201. 1878; FPM: 400(283). 1919; FCN: 164. 1988; FPK: 153. 2004. *Cassia rhombifolia* Roxb., Fl. Ind. 3: 334. 1832.

Local name: Kanikkonna

A small tree, Leaves alternate, stipules small, leaflets 4-8 pairs, large, ovate, long drooping racemes, flowers bracteate, pedicillate, complete, calyx made up of 5 sepals, stamens 10, fruit pod.

Habitat: widely planted as ornamental plant.

Fl. & Fr.: February- May

Distribution: Indo- Malesia; Kerala: All districts.

Uses:

- The kashayam prepared out of the bark of the plant in water is consumed twice in a day to relieve skin diseases.

Specimen examined: Kerala, Kannur: Kariyad, 14.11.23, Gopika T.

Tamarindus indica L., Sp. Pl. 34. 1753; FBI 2: 273. 1878; FPM: 409(290). 1919; FCN: 168. 1988; FPK:158. 2004.

Local name: Puli.

A large tree, Leaves paripinnate compound, leaflets 10-20 pairs, oblong, obtuse, stipules linear, caducous, flowers in few flowered terminal racemes pedicels articulated below the calyx, stamens 10, fruit a pod.

Habitat: Cultivated.

Fl. & Fr.: May - July

Distribution: Native of Tropical Africa; introduced and widely grown in India; Kerala: All districts.

Uses:

- A drink made from tamarind leaves can regulate insulin levels in the body.
- Adding cumin seeds to tamarind water prevents heat related problems and cools the body.

Specimen examined: Kerala, Kannur: Kariyad, 14.12.23, Gopika T.

12. Capparaceae

Cleome viscosa L., Sp. Pl. 672. 1753; FBI 1: 170. 1872; FPM: 41(29). 1915; FCN: 47. 1988; FPK: 29. 2004. *Polanisia icosandra* Wight & Arn., Prodr. 22. 1834.

Local name: Kattukaduku.

Annual herb, Leaves alternate, 3-5(-7)-foliolate; leaflets subsessile, racemes terminal, lax, few-flowered, corymbiform, sepals 4, Petals 4, yellow, stamens 12-18.

Habitat: Weed among cultivated plants, wastelands, roadsides, etc.

Fl. & Fr.: March-July.

Distribution: Pantropical; Kerala: All districts.

Uses:

- The leaves are applied externally to cure wounds and ulcers, ease rheumatism.
- A decoction of the seeds is applied as a wash to treat piles.

Specimen examined: Kerala, Kannur: Kariyad, 7.2.24, Gopika T.

13. CARICACEAE

Carica papaya L., Sp. Pl. 1036. 1753; FBI 2: 599. 1879; FPM: 525(371). 1919; FPK: 193. 2004.

Local name: Pappaya.

Small tree with soft stem and white milky juice, Leaves alternate, blade 30-60 cm long, flowers in clusters, sessile, stamens 10, fruit fleshy.

Habitat: Cultivated for edible fruits.

Fl. & Fr.: Throughout the year.

Distribution: Native of Tropical America; Kerala: All districts.

Uses:

- The leaves are well steamed and used as medicine for various urinary diseases and jaundice.
- The extract of the leaves is consumed to relieve menstrual pain.

Specimen examined: Kerala, Kannur: Kariyad, 11.11.2023, Gopika T.

14. COMBRETACEAE

Terminalia catappa L., Syst. Nat. (ed. 12) 2: 674. 1767 & Mant. Pl. 2: 519. 1771; FBI 2: 444. 1878; FPM: 463(328). 1919; FPK: 172. 2004.

Local name: Badham

A small tree, Leaves alternate, exstipulate, axillary solitary spikes, flowers greenish-white, small, lanceolate, calyx-tube ovoid, teeth 4-5 triangular, stamens 8-10, fruit drupe.

Habitat: Grown as ornamental tree.

Fl. & Fr.: August-september.

Distribution: Malaysia to North Australia; Kerala: All districts.

Uses:

- Eating soaked almonds daily improves brain health.
- Almonds are a great remedy for premature graying and hair loss.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.2023, Gopika T.

15. CUCURBITACEAE

Benincasa hispida (Thunb.) Cogn. in A. & C. DC., Monogr. Phan 3: 513. 1881; FPK: 193. 2004. **Cucurbita hispida** Thunb., Fl. Jap. 332. 1784.

Local name: Kumbalam

Climber, stems are angular, Leaves are simple, alternate, without stipules, flowers are simple, axillary, and showy, calyx consists of five linear, 8mm long and hispid sepals, corolla consists of five yellow, orbicular, very thin petals.

Habitat: Cultivated.

Fl. & Fr.: June-October.

Distribution: Wild in Java; now widely naturalised in Tropical Asia;
Kerala: All districts.

Uses:

- An oil is prepared by boiling the powdered seeds in coconut oil is useful for baldness, dandruff and headaches.

Specimen examined: Kerala, Kannur: Kariyad, 14.11.23, Gopika T.

Coccinia grandis (L.) Voight, Hort. Suburb. Calc. 59. 1845; FCN: 198. 1988; FPK: 194. 2004. *Bryonia grandis* L., Mant. 1: 126. 1767.

Local name: Kovakka

Climber, Leaves palmately 5-lobed, base cordate, solitary axillary, flowers ebracteate, pedicillate, pentamerous, calyx made up of 5 fused sepals, corolla made up of 5 fused petals, fruit pepo ovoid.

Habitat: Dry deciduous forests and wastelands also cultivated.

Fl. & Fr.: July-September.

Distribution: Peninsular India and Sri Lanka; Kerala: All districts.

Uses:

- Grinding the leaves and applied on the skin to cure skin diseases like Eczema, Psoriasis etc.
- The root is made into a paste and given in a dose of 3-5 g daily to control bed wetting in young children.

Specimen examined: Kerala, Kannur: Kariyad, 14.11.23, Gopika T.

16. CYPERACEAE

Cyperus rotundus L., Sp. Pl. 45. 1753; FBI 6: 614.1893; FPM: 1641(1140). 1931; FCN: 511. 1988; FPK: 530. 2004.

Local name: Muthanga

Erect, non-tufted, rhizomatous perennials; Leaves few, basal, linear gradually acuminate; inflorescence simple or compound; spikelets linear, acute at apex, compressed, brown, glumes ovate-elliptic, keeled.

Habitat: In the plains, fallow lands & agricultural fields.

Fl. Fr.: August-December.

Distribution: Pantropical; Kerala: All districts.

Uses:

- The whole plant is grated and mixed with a small amount of honey is a first aid for diarrhea in children.

- Muthanga boiled in goat's milk and given as a milk decoction is useful for all types of diarrheal diseases.

Specimen examined: Kerala, Kannur: Kariyad, 14.11.23, Gopika T.

17. EUPHORBIACEAE

Phyllanthus amarus Schum. & Thonn., Kongel. Danske Vidensk. Selsk Skr. 4: 195. 1829; FPK: 426. 2004. *Phyllanthus niruri* sensu Hook. f., FBI 5: 298. 1887.

Local name: Keezharnelli

Erect herbs, Leaves simple, oblong, apex obtuse to acute, yellow small flowers, hidden below the leaves; tepals 5; fruit capsule.

Habitat: Moist places.

Fl. & Fr.: July-October.

Distribution: Tropics; Kerala: All districts.

Uses:

- Whole plant is ground into paste, 10 ml of the extract is mixed with 1 glass of milk and consumed early morning and evening for seven days to cure jaundice.
- Mix two teaspoon of Gingelly oil, roots of Keezharnelli, cumin seeds and cow milk, grind them together and drink the filtrate to relieve headache.

Specimen examined: Kerala, Kannur: Kariyad, 14.11.23, Gopika T.

Phyllanthus emblica L., Sp. Pl. 982. 1753; FBI 5: 289. 1887; FPK: 426. 2004. *Emblica officinalis* Gaertn., Fruct. 2: 122. 1791.

Local name: Nelli.

A small, deciduous tree, Leaves small, linear, obtuse, appear like pinnate leaves, stipule ovate, flowers greenish-yellow, in axillary fascicles, sepals 6, stamens 3 on a short central column, fruit indehiscent berry.

Habitat: Dry and moist deciduous forests, also cultivated in the plains.

Fl. & Fr.: July-February.

Distribution: Throughout the tropics; Kerala: All districts.

Uses:

- Consuming a glass of gooseberry juice in the morning will cure rheumatism.
- One glass of goosberry juice is consumed daily on an empty stomach to maintain sugar and cholesterol level.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

Tragia involucrata L., Sp. Pl. 980. 1753; FBI 5: 465. 1888; FPM: 1332(931). 1925; FCN:427. 1988.

Local name: Thoova.

Slender, twining herbs with stinging hairs, Leaves simple, alternate, margin serrate, spikes axillary, monoecious, male flowers above, female flowers 1-2, at the base.

Habitat: Wastelands

Fl. & Fr.: July-December

Distribution: Indian Subcontinent; Kerala: All districts.

Uses:

- Leaves are boiled in water and mixed with honey. Consumed to get rid of gas and acidity problems.

Specimen examined: Kerala, Kannur: Kariyad, 7.2.24, Gopika T.

18. FABACEAE

Bauhinia acuminata L., Sp. Pl. 376. 1753; FBI 2: 276. 1878; FPM: 408(289). 1919; FPK: 151.2004.

Local name: Mantharam.

A small erect, shrub, Leaves divided less than half way down into usually two subacute lobes, flowers large, showy, pure white, fragrant, fruit a pod.

Habitat: Cultivated as ornamental plant.

Fl. & Fr.: Throughout the year.

Distribution: Indo-Malesia; Kerala: KLM, KTM, TVM, MPM, KKD, ALP.

Uses:

- Leaves and bark are used to treat asthma.

Specimen examined: Kerala, Kannur: Kariyad, 30.1.24, Gopika T.

Clitoria ternatea L., Sp. Pl. 753.1753; FBI 2: 208. 1876; FPM: 365(258). 1918; FPK: 119. 2004.

Local name: Sankupushpam.

Herb, Leaves imparipinnate, stipules linear, leaflets 5-7, elliptic, flowers axillary, bracteate, corolla bright or light blue or white, fruit pod.

Habitat: Grown in the gardens, also runs wild.

Fl. & fr.: July-October.

Distribution: Widely cultivated in the tropics; Kerala: All districts.

Uses:

- The leaves are grounded and mixed with salt for applying over swellings.

- Root of the plant is ground into paste with ghee or butter and consumed two to three times daily to increase memory and intelligence.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

Saraca asoca (Roxb.) de Wilde. Blumea 15: 393. 1968; FCN: 167. 1988; FPK: 156. 2004. ***Jonesia asoca*** Roxb., Asiat. Res. 4: 365. 1799.

Local name: Ashokam.

A small evergreen tree, Leaves paripinnate, leaflets 4-6 pairs, opposite; axillary corymbs, flowers fragrant, pedicillate, stamens 7-8, fruit pod.

Habitat: Grown as ornamental tree in the plains.

Fl. & Fr.: February-August.

Distribution: India and Myanmar; Kerala: All districts.

Uses:

- Flowers can be crushed and mixed with coconut oil and applied to the scalp is good for hair health.
- Kashayam prepared out of the bark of the plant is consumed to reduce stomach ache during menstruation.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

Senna tora (L.) Roxb., Fl. Ind. 2:340.1832; V. Singh, Monogr. Indian Subtribe Cassiinae 222. 2001; FPK.158.2004. *Cassia tora* L., Sp. Pl. 376. 1753; FBI 2: 263. 1878; FPM: 401(284). 1919.

Local name: Thavara.

Annual, glabrous subshrubs up to 1 m tall. Leaves to 15 cm long, leaflets 2-4 pairs, inflorescence raceme, sepals 5, petals 5, yellow, stamens 10.

Habitat: Moist deciduous forests, also in the plains

Fl. & Fr.: August-December

Distribution: Native of South America; Kerala: All districts.

Uses:

- Dried and powdered leaves are consumed to relieve stomach ache.
- Juice of the leaf is mixed with honey is effective for lung diseases.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

19. LAMIACEAE

Leucas aspera (Wild.) Spreng., Syst. Veg. 2: 743. 1825; FBI 4: 690.1885; FPM: 1150(803). 1924; FPK: 368. 2004. *Phlomis aspera* Wild. in Link. Enum. Hort. Berol. 2: 621. 1809.

Local name: Thumba.

Annual herbs, stem quadrangular, Leaves simple, opposite; inflorescence verticillaster, flowers bisexual, corolla white.

Habitat: Wastelands.

Fl. & Fr.: September-January.

Distribution: Indo-Malasia; Kerala: All districts.

Uses:

- The leaves are ground in to a paste and applied on wounds.
- Consuming the juice extracted from thumba is good for stomach related problems.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

Mentha arvensis L., Sp. Pl. 577. 1753. *Calamintha arvensis* (L.) Garsault, Fig. Pl. Méd. t. 190. 1764.

Local name: Pothina.

Perennial herbs from creeping rhizomes, Leaves simple, opposite, 2-6 x 1-3 cm, narrowly ovate or elliptic-ovate, obtuse to subcordate at base, acute at apex, serrate along the margins.

Habitat: Cultivated.

Fl. & Fr.:

Distribution: Native of Europe; Kerala: IDK, PKD, WND.

Uses:

- Mix half a teaspoon of mint juice in a cup of lukewarm water and drink it to get rid of acidity problem.
- Put 10-12 mint leaves in a cup of water and boil until the water reduces by half. Now filter this water and add some honey and drink it to relieve sore throat.

Specimen examined: Kerala, Kannur: Kariyad, 7.2.2024, Gopika T.

Ocimum tenuiflorum L., Sp. Pl. 597. 1753; FPK: 372. 2004. *Ocimum sanctum* L., Mant. Pl. 1: 85. 1767.

Local name: Thulasi

Herb, Leaves petiolate, aromatic, ovate or elliptic-oblong; Inflorescence verticillaster, flowers in axillary and terminal racemes of compact whorls, floral axis as long as calyx slender, simple.

Habitat: Grown as sacred plant, elsewhere as an escape.

Fl. & Fr.: Throughout the year.

Distribution: Palaeotropics; Kerala: All districts.

Uses:

- The fresh juice of Tulsi taken with black pepper powder cures periodic fevers.
- Water boiled with tulsi leaves are consumed to cure throat ache.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

Plectranthus amboinicus (Lour.) Spreng., Syst. Veg. 2: 690. 1825; FPK: 373. 2004.
Coleus amboinicus Lour., Fl. Cochinch. 372. 1790.

Local name: Panikkoorka.

Herbaceous plant, Leaves simple, opposite, broadly ovate or triangular in shape, inflorescence spikes, flowers pedicillate, sepals bell shaped, corolla purple coloured.

Habitat: Grown in homesteads.

Fl. & Fr.: January-March.

Distribution: Widely cultivated throughout the tropics; Kerala: All districts.

Uses:

- One teaspoon of leaf extract is consumed by children to relieve cold and cough.
- 3 Leaves are warmed and the extract is mixed with honey is consumed early morning to cure fever.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

20. LILIACEAE

Aloevera (L.) Burm. f. Fl. Ind. 83. 1768; FPM: 1520(1062). 1928; FPK: 493. 2004. *Aloe perfoliata* var. *vera* L., Sp. Pl. 320. 1753.

Local name: Kattarvazha.

Perennial herbs, Leaves radical, aggregated, fleshy, spinous on margins; racemes terminal; flowers reddish.

Habitat: Widely cultivated as medicinal plants.

Fl. & Fr.: September-November.

Distribution: Mediterranean canaryislands; naturalized in Florida, West Indies, central America and Asia.

Uses:

- Leaf is cut into pieces and the gel inside the leaf is taken out, then washed with water. Later the gel is directly applied on scalp as well as hair for hair growth and to avoid dandruff.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

21. LOGANIACEAE

Strychnos nux-vomica L., Sp. Pl. 189. 1753; FBI 4: 90. 1883; FPM: 868(610). 1923; FCN: 289. 1988; FPK: 296. 2004.

Local name: Kanjiram.

Trees, bark thin, yellowish or blackish-grey, Leaves simple, opposite, elliptic, margin entire, Flowers bisexual, greenish-white, in terminal sessile cymes, sessile, corolla greenish-yellow, stamens 4, fruit a berry.

Habitat: Moist and dry deciduous forests, also in the plains.

Fl. & Fr.: March-December.

Distribution: Indo-Malesia; Kerala: All districts.

Uses:

- A paste made by mixing its seed along with cow milk and apply it on the face before going to bed at night.

Specimen examined: Kerala, Kannur: Kariyad, 30.9.23, Gopika T.

22. LYTHRACEAE

Lawsonia inermis L., Sp. Pl. 349. 1753; FPM: 514(363). 1919; FCN: 195. 1988; FPK: 188. 2004. *Lawsonia alba* Lam., Encycl. 3: 106. 1789; FBI 2: 573. 1879.

Local name: Mylanchi.

A much branched shrub, Leaves, Opposite, elliptic acute mucronate, entire, base narrow, Flowers many, fragrant, white or rose-coloured, in large, terminal paniced cymes, petals 4, stamens 8.

Habitat: Grown as hedge plant.

Fl. & Fr.: December-May.

Distribution: Central Asia and India; Kerala: All districts.

Uses:

- soak leaves well and add vinegar to it and rub it. This will help reduce headaches.

Specimen examined: Kerala, Kannur: Kariyad, 24.1.24, Gopika T.

23. MALVACEAE

Hibiscus rosasinensis L., Sp. Pl. 694. 1753; Hook. f., FBI 1: 334. 1874; FPK 1: 420.2005.

Local name: Chembarathi.

Shrubs, stem woody & glabrous, Leaves alternate, ovate to ovate-lanceolate., flowers axillary, solitary; epicalyx lobes 5-8, connate at base, lanceolate, calyx campanulate lobes connate to middle, corolla infundibular, fruit capsule.

Habitat: Grown as ornamental plant.

Fl. & Fr.: Throughout the year.

Distribution: Native of pacific Islands; cultivated in Tropical and Subtropical countries; Kerala: All districts.

Uses:

- Thali prepared out of the leaves and flowers is applied on hair for hair growth.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

Sida acuta Burm. f., Fl. Ind. 147. 1768; FPM: 90(64). 1915; FCN: 63. 1988. *Sida lanceolata* Retz., Obs. Bot. 4: 119. 1786.

Local name: Kurunthotti

Shrub, Leaves glabrous or nearly so on both sides, lanceolate, base rounded, serrate, inflorescence axillary, Flowers yellow in colour, close by noon, calyx short, corolla nearly twice as long as calyx, stamens monadelphous.

Habitat: Common along roadsides and wastelands.

Fl. & Fr.: Throughout the year.

Distribution: Pantropical; Kerala: All districts.

Uses:

- Wash and clean whole plant and extract the juice of the roots and leaves by grinding or crushing. Drink 30 ml daily. It is a good remedy for rheumatism.

Specimen examined: Kerala, Kannur: Kariyad, 14.10.23, Gopika T.

Triumfetta rhomboidea Enum. Syst. Pl. 22. 1760; FBI 1: 395. 1874; FPM: 120(86). 1915; FCN: 72. 1988; FPK: 64.2004. *Triumfetta angulata* Lam., Encycl. 3: 421. 1789.

Local name: Ooram.

Erect, much-branched undershrubs, stem hairy, Leaves simple, alternate, margins irregularly serrate, flowers in terminal or leaf-opposed cymes, petals yellow, Stamens 8-15.

Habitat: Degraded deciduous forests, also in the plains.

Fl. & Fr.: August-January

Distribution: Paleotropics; Kerala: All districts.

Uses:

- Root is crushed and kashayam is prepared. It consumed continuously to get rid of cracked heels.

Specimen examined: Kerala, Kannur: Kariyad, 14.12.23, Gopika T.

Urena lobata L. subsp. *Sinuata* (L.) Borss.Waalk., *Blumea* 14: 142. 1966; FCN: 65. 1988; FPK: 55. 2004. *Urena sinuata* L., *Sp. Pl.* 692. 1753; FBI 1: 329. 1874.

Local name: Oorpanam.

Erect annual herbs. Leaves alternate, palmately deeply lobed, flowers axillary, usually solitary, sometimes 2 or 3 in a cluster, pedicels 3-8 mm long, Corolla pink with dark center.

Habitat: Moist deciduous forests and in the plains

Fl. & Fr.: August-December

Distribution: Pantropical; Kerala: All districts.

Uses:

- The juice of the leaves or roots is used widely to treat bowel complaints, especially colic, stomach ache, diarrhoea and dysentery.
- A decoction from the leaves and roots is drunk to relieve pains all over the body due to excessive exertion.

Specimen examined: Kerala, Kannur: Kariyad, 7.2.24, Gopika T.

24. MARANTACEAE

Maranta arundinaceae L., *Sp. Pl.* 2. 1753; FPM: 1495(1045). 1928; FPK: 485. 2004.

Local name: Koova.

Rhizomatous herbs, Leaves lanceolate, leaf stalk often winged; sheath open, flowers white in pairs, on long, axillary peduncles.

Habitat: Cultivated.

Fl. & Fr.: March-April.

Distribution: India and Sri Lanka; Kerala: KSD, KTM, KLM, TVM, MPM, KKD.

Uses:

- Koova powder is added to goat's milk and consumed to restore lost water in the body.

Specimen examined: Kerala, Kannur: Kariyad, 7.2.24, Gopika T.

25. MELIACEAE

Azadirachta indica A. Juss., Mem.Mus. Hist. Nat. Paris 19: 221. 1830. FBI 1: 544. 1875; FPM: 177(127). 1915; FPK: 89. 2004. ***Melia azadirachta*** L., Sp. Pl. 385. 1753.

Local name: Veppu.

A tall tree, Leaves alternate, exstipulate, compound, imparipinnate; 7 - 15 shortly stalked pinnae are lanceolate, inflorescence axillary panicle, flowers bracteate, actinomorphic, corolla made up of 5 petals, fruit drupe.

Habitat: Widely planted.

Fl. & Fr.: February-September.

Distribution: Indo-Malesia; Kerala: All districts.

Uses:

- Applying neem oil on the skin helps to clean the skin and nails.
- Neem bark extract can be used for dental diseases and as a toothpaste.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

26. MIMOSACEAE

Mimosa pudica L., Sp. Pl. 518. 1753; FBI 2: 291. 1878; FPM: 421(298). 1919; FCN: 171. 1988; FPK: 163. 2004.

Local name: Thottavadi.

Straggling herbs, Leaves sensitive, digitate, stipules linear-lanceolate, leaflets 12-20 pairs, inflorescence globose head, flowers Pink, peduncles prickly, calyx very small, corolla pink, lobes 4, ovate oblong, stamens 4,

Habitat: Weed along roadsides.

Fl. & Fr.: July-January.

Distribution: Native of south America; now pantropical; Kerala: All districts.

Uses:

- Leaves are made into paste and applied on the effected area.
- Make a paste of the leaves and apply it on the forehead. Along with migraines, it is also effective for problems like stress and depression.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

27. MORACEAE

Artocarpus heterophyllus Lam., Encyl. 3: 209. 1789; FCN: 430.1988; FPK: 437.2004. ***Artocarpus integrifolius*** Wight. Icon. Pl. Ind. Orient.t. 678. 1840.

Local name: Plavu.

Tree, Leaves simple, alternate, stipulate, petiolate, thick, dark green, leathery, flowers male and female flowers are borne separately but on the same plant (tree) from the tip of the branches or from the trunk.

Habitat: Evergreen and semi-evergreen forests, also cultivated.

Fl. & Fr.: November-April.

Distribution: Widely cultivated in the tropics, origin is probably South India; Kerala: All districts.

Uses:

- Grind well ripe leaf stem. Put it in water and add 2 tablespoons of cumin along with it. Boil the water and keep it when it is half done. It can be consumed warm. It is good for acidity, vomiting etc.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

Ficus religiosa L., Sp. Pl. 1059. 1753; Hook. f., FBI 5: 513. 1888; FCN: 434. 1988; FPK: 441. 2004.

Local name: Arayal.

A tall tree, Leaves alternate, cordate or broadly ovate, acuminate to a long neck, glabrous, margins undulate, flowers florets few, bracteolate, gall florets many, tepals 2 or 3, valvate, staminate florets monandrous.

Habitat: Widely planted in temple premises.

Fl. & Fr.: November-February.

Distribution: East Himalayas; planted and naturalised in India and neighbouring countries; Kerala: All districts.

Uses:

- Churnna made from the fruit of Arayal or its powder is effective for respiratory diseases.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

28. MORINGACEAE

Moringa pterygosperma Gaertn., Fruct. 2: 314. 1791; FBI 2: 45. 1876; FPK: 114. 2004. *Moringa oleifera* Bedd., Fl. Sylv. t. 80. 1871, non Lam. 1785.

Local name: Muringa.

A small, soft wood tree, Leaves usually tripinnate, petiole thickened at the base, pinnae and pinnules opposite, inflorescence large Panicles, flowers White, calyx cup-like, reflexed, petals 5, spathulate, veined, unequal, stamens 5, fruit pod.

Habitat: Cultivated.

Fl. & Fr.: November-March.

Distribution: Cultivated throughout India and many tropical countries;
Kerala: All districts.

Uses:

- Leaf of the plant is included in our diet to reduce blood pressure.
- Leaf extract is best for eye health.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

29. MUSACEAE

Musa paradisiaca L., Sp. Pl. 1043. 1753; FPM: 1495(1046). 1928; FPK: 486. 2004.

Musa sapientum L., Syst. Nat. (ed.10) 1303. 1759; FBI 6: 262. 1892.

Local name: Vazha.

A large tree-like herb with thick rhizome, pseudostem fleshy, Leaves large, oblong, petioles long channeled, bright glossy green, inflorescence spadix, flowers on recurved large, Calyx spathaceous, 5-toothed, fruit berry.

Habitat: Cultivated.

Fl. & Fr.: Throughout the year.

Distribution: Cultivated throughout the tropics; Kerala: All districts.

Uses:

- Boiling banana flower, turmeric, sambar powder and salt and drinking it will reduce blood sugar level.
- Eating Banana pulp can help prevent Anemia.

Specimen examined: Kerala, Kannur: Kariyad, 29.1.24, Gopika T.

30. MYRTACEAE

Psidium guajava L., Sp. Pl. 470. 1753; FBI 2: 468. 1878; FPM: 472(334). 1919; FCN: 184. 1988; FPK: 175. 2004.

Local name: Perakka.

Small tree, Leaves simple, opposite, cymes axillary, 1-3 flowered, fruit berry, persistent calyx lobes, seeds many embedded in fleshy pulp.

Habitat: Cultivated.

Fl. & Fr.: March-May.

Distribution: Originally from tropical America, now naturalized in tropics; Kerala: All districts.

Uses:

- Drink water with dried guava leaves to control blood sugar levels.
- Adding a handful of guava leaves to boiled water and adding a little salt, it is an excellent mouth wash. Regular use of this can keep dental diseases at bay.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

Syzygium cumini (L.) Skeels var. *axillare*(Gamble) Sastry& Kashyapa. JBNHS 72: 882. 1976. *Syzygium jambolanum* (Lam.) DC. var. *axillare* Gamble, FPM: 482(341). 1919.

Local name: Njaval.

A big tree with white exfoliate bark, Leaves opposite, gland-dotted, coriaceous, oval or elliptic-oblong, flowers white, fragrant, calyx limb cup-shaped, teeth 4, petals 4,.

Habitat: Evergreen forests.

Fl. & Fr.: February-April.

Distribution: Endemic to: Southern Western Ghats; Kerala: All districts.

Uses:

- Grind it and apply it on your face to get rid of wrinkles and keep you young.
- Chewing leaves can cure indigestion.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

31. NYCTAGINACEAE

Boerhavia diffusa L., Sp. Pl. 3. 1753; FBI 4: 780. 1885; FPM: 1162(814). 1925; FCN: 373. 1988; FPK: 378. 2004. *Boerhavia repens* L., Sp. Pl. 3. 1753.

Local name: Thazhuthama.

Perennial much branched herb, stem purplish, Leaves opposite, oblique, ovate, entire, small umbels forming corymbose, flowers dark pink, stamens two or three, fruit achene.

Habitat: Abandoned fields, roadsides.

Fl. & Fr.: January-April.

Distribution: Pantropical; Kerala: All districts.

Uses:

- Extract of the whole plant mixed with breast milk and applied on the eyes will cure eye styes.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

32. OXALIDACEAE

Averrhoa bilimbi L., Sp. Pl. 428. 1753; FBI 1: 439. 1874; FPK: 69. 2004.

Local name: Bilimbi

A small tree, Leaves usually terminally tufted; rachises 15-55 cm long; leaflets 5-19 pairs, the flowers are purplish red and occur on the trunk or branches in pendulous clusters.

Habitat: Cultivated.

Fl. & Fr.: February-May.

Distribution: Native of Malaysia, cultivated in other Tropical countries; Kerala: All districts.

Uses:

- Boiled water with leaves, fruits and flowers is consumed to cure severe cough.
- The fruit juice is also used for acne, hypertension, diabetes and dizziness.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

Biophytum sensitivum (L.) DC. Prodr. 1: 690. 1824; FBI 1: 436. 1874; FPM: 133(95). 1915; FCN: 76. 1988; FPK: 192. 2004. *Oxalis sensitiva* L. Sp. Pl. 434. 1753.

Local name: Mukkutti.

Annual herb, Leaves pinnately compound, Flowers many, crowded at the apices of peduncle, yellow with red lines inside corolla, fruit a capsule.

Habitat: Moist-shady places.

Fl. & Fr.: October-January.

Distribution: Indo-Malesia; Kerala: All districts.

Uses:

- The extract of the whole plant are applied on wounds for easy healing.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

33. PIPERACEAE

Piper betle L., Sp. Pl. 28. 1753; FPM: 1208(845). 1925; FPK: 391. 2004.

Local name: Vettila.

A climber, stems strongly swollen at the nodes, Leaves thick when dry, glabrous at maturity, flowers crowded, dioecious, berries rarely produced, fruit fleshy spadix.

Habitat: Cultivated.

Fl. & Fr.: Throughout the year.

Distribution: India and Malasia; Kerala: TSR, KTM, PAT, IDK, MPM.

Uses:

- Grind leaves and apply it on the painful area. Pain will be relieved.
- Boil water with betel leaves and some black pepper, strain this water and give two teaspoons twice a day to the babies to cure indigestion.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

Piper nigrum L., Sp. Pl. 28. 1753. var. *nigrum*; FBI 5: 90. 1886; FPM: 1206(845). 1925; FCN: 388. 1988; FPK: 392. 2004.

Local name: Kurumulaku.

Glabrous climbers, Leaves simple, alternate, ovate, acuminate at apex, acute, rounded or truncate at base, spike inflorescence, flowers closely placed, fruit drupe.

Habitat: Cultivated.

Fl. & Fr.: July-March.

Distribution: Evergreen and semi-evergreen forests, also cultivated; Kerala: All districts.

Uses:

- pepper, chuck and tipali are taken equally in eight times of water and dried to one fourth and 20 ml each is served in the morning and at night will cure phlegm and related fever.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

34. POACEAE

Bambusa bambos (L.) Voss in Vilmorin, Blumengartn. 1: 1189. 1896; FPK: 554. 2004.

Local name: Mula.

Leaves long, sheaths linear, glabrous, entire, petiole short, inflorescence a compound panicle with the spikelets in heads. bracts glume like, Lemmas lanceolate, mucronate, caryopsis linearly cylindric.

Habitat: In homesteads.

Fl. & Fr.: July-February.

Distribution: India and Sri Lanka.

Uses:

- Leaf extract is applied to cure rheumatism.
- Leaf is consumed to cure stomach problems in cows.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

Cynodon dactylon (L.) Pers., Syn. Pl. 1: 85. 1805; FBI 7: 288. 1896; FPM: 1835(1270). 1934; FCN: 532. 1988; FPK: 561. 2004. *Panicum dactylon* L., Sp. Pl. 58. 1753.

Local name: Karuka.

A perennial creeping herb, stem slender, prostrate, widely creeping, Leaves 2-10 cm x 1.2-3 mm, narrowly linear or lanceolate, spike inflorescence, flowers spikelets 1.7-2.5 mm long; rachilla produced, very slender, equaling half the length of the spikelet.

Habitat: Along banks of backwaters, wastelands.

Fl. & Fr.: Throughout the year.

Distribution: Tropical and Warm temperate regions of the world;
Kerala: All districts.

Uses:

- Consuming karuka juice helps in curing diabetes.
- Karuka boiled with cow's milk and drinking it increases breast milk.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

35. RUBIACEAE

Ixora coccinea L., Sp. Pl. 110. 1753; FBI 3: 145. 1880; FPM: 631(445). 1921; FCN: 220. 1988; FPK: 218. 2004.

Local name: Chekki.

A small shrub having branched tap root system, stem herbaceous, aerial, erect, branched, Leaves simple, opposite decussate, stipulate, corymbose cyme, flowers bracteate, pedicellate, calyx made up of sepals 4, fruit a berry.

Habitat: In the plains.

Fl. & Fr.: Throughout the year.

Distribution: Kerala: All districts.

Uses:

- Its root mixed with cumin seeds and soaked in water for some time and strained and poured into the eyes is effective in relieving pain and watery eyes.
- The oil extracted from its flowers is effective in reducing hair fall.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

Mussaenda frondosa L., Syst. Nat(ed.10) 2: 931. 1759; FBI 3: 89. 1880; FPM: 610(430). 1921; FPK: 223. 2004.

Local name: Vellila.

Shrub, Leaves 6-10 x 4-6 cm, simple, opposite, broadly ovate, base rounded, caudate acuminate at apex, sparsely hairy on both surfaces, cymes terminal, flowers pentamerous, stamens 5.

Habitat: Moist deciduous and semi-evergreen forests, also in the

plains.

Fl. & Fr.: September-March.

Distribution: Peninsular India; Kerala: MPM, KTM, KLM, KKD, TVM.

Uses:

- crush some green leaves and apply its juice on your head. It can solve many problems of hair health.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

36. RUTACEAE

Aegle marmelos (L.) Correa, Trans. Linn. Soc. London 5: 223. 1800; FBI 1: 516. 1875; FPK: 78. 2004. *Crataeva marmelos* L., Sp. Pl. 444. 1753.

Local name: Koovlam.

Tree, Leaves alternate, trifoliate, dimorphic, inflorescence axillary and terminal, racemose or corymbose, flowers bisexual, fragrant, calyx cupular; petals 5, subequal, spreading, fruit berry.

Habitat: Grown in temple premises & homesteads.

Fl. & Fr.: March-May.

Distribution: India and Sri Lanka; widely cultivated in South East Asia, Malesia, Tropical Africa and the United states.

Uses:

- The juice of the leaves mixed with 12 to 15 ml of water and consumed. It is said to be effective in diabetes.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

Citrus medica L., Sp. Pl. 1782. 1753; FBI 1: 515. 1875; FPM: 161(115). 1915; FPK: 80. 2004. *Citrus ausantium* L. var. *medica* Wight & Arn., prodr. 98. 1834.

Local name: Mathalanaranga.

Shrubs or small trees. Leaves alternate, simple, inflorescence axillary racemes; flowers bisexual and male; calyx 4 lobed; petals 4 purplish, fruit ovoid-oblong.

Habitat: Cultivated.

Fl. & Fr.: March-October.

Distribution: Probably indigenous in India; Kerala: PLK, MPM, KKD, KLM, TSR.

Uses:

- Grind the root and apply it for breast inflammation.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.23, Gopika T.

Murrayya koenigii (L.) Spreng. Syst. Veg. 2: 315. 1825; FBI 1: 503. 1875; FPK: 82. 2004. *Bergera koenigii* L., Mant. Pl. 2: 563. 1771.

Local name: Kariveppu.

Shrubs or small trees. Leaves pinnate, panicles terminal, corymbose, many-flowered, flowers small white; petals 5, white, linear sparsely glandular, fruit berry.

Habitat: Cultivated.

Fl. & Fr.: March-July.

Distribution: Indo Malasia and China; Kerala: All districts.

Uses:

- Curry leaves and turmeric are taken in equal quantity and consumed regularly, it will help to cure the diseases caused by allergies.
- Grind curry leaves in milk and applied to cure scorpion bite.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

37. SAPOTACEAE

Mimusops elenji L., Sp. Pl. 349. 1753; Hook. f., FBI 3: 548. 1882.

Local name: Elanji.

evergreen tree, Leaves simple, alternate, elliptic, acute, inflorescence solitary or in fascicle of 2-6, flowers white, fragrant, stamens 8, fruit a berry.

Habitat: Near sacred groves.

Fl. & Fr.: January-April.

Distribution: Indo-Malesia; Kerala: All districts.

Uses:

- Paste of the bark and unripe fruit is used to get rid of poison due to insect bite.

Specimen examined: Kerala, Kannur: Kariyad, 12.11.23, Gopika T.

38. SOLANACEAE

Capsicum frutescens L., Hort. Cliff. 60. 1737 & Sp. Pl. 159. 1753; FPK: 314. 2004.

Local name: Kantharimulaku.

Perennial herbs, Leaves ovate-lanceolate, base obliquely rounded to acute, flowers usually 2-3 per node, calyx cupular, lobes 5, corolla white, lobes 5, fruit green or white.

Habitat: Cultivated.

Fl. & Fr.: Throughout the year.

Distribution: Tropical America, widely cultivated; Kerala: All districts.

Uses:

- Leaf is made into paste and applied to reduce swelling after bee bites.

Specimen examined: Kerala, Kannur: Kariyad, 15.1.23, Gopika T.

39. VERBENACEAE

Lantana camara L., var. *aculeata* (L.) Moldenke, *Torreyia* 34: 9. 1934; FBI 4: 562. 1885; FCN: 355. 1988; FPK: 360. 2004. ***Lantana aculeata*** L., Sp. Pl. 627. 1753.

Local name: Aripoo.

Shrub, stem herbaceous but woody below, erect, Leaves simple, exstipulate, opposite decussate, inflorescence umbel, flowers bracteate, bracteolate, Calyx made up of 5 sepals, stamens 4, fruit drupe.

Habitat: Ornamental plant now naturalised as weed.

Fl. & Fr.: Throughout the year.

Distribution: Native of Tropical America, widely naturalised in the tropics and subtropics; Kerala: All districts.

Uses:

- Drinking water boiled with its root is good for all digestive problems.
- Drinking water boiled with its leaves cures all types of common problems like fever, cough, cold and headache.

Specimen examined: Kerala, Kannur: Kariyad, 3.10.23, Gopika T.

Stachytarpheta cayennensis (Rich.) Schauer in DC., Prodr. 11: 562. 1847; FPK: 362. 2004.

Local name: Sheemakongini.

A perennial shrub, growing to about 0.4 m to 1.5 m tall, Leaves are ovate to elliptic, hairy on upperside of leaves, flowers blue with whitish centre, calyx-tube 4-5 mm long, 4-toothed, glabrous.

Habitat: Waste places.

Fl. & Fr.: Throughout the year.

Distribution: Native of Tropical America; now introduced into tropics and subtropics; Kerala: ALP, KTM, MPM, PAT, KLM.

Uses:

- The extract of the whole plant is used to heal wounds.
- The leaves are crushed and used for fever and rheumatism.

Specimen examined: Kerala, Kannur: Kariyad, 18.2.24, Gopika T.

Vitex negundo L., Sp. Pl. 638. 1753; FBI 4: 583. 1885; FPM:1102(771). 1924; FCN: 359. 1988; FPK: 363. 2004.

Local name: Karinochi.

Shrubs or small trees, purple or pale white pubescent all over, aromatic, Leaves opposite, leaflets 6-13 x 2-5 cm, narrowly oblong or elliptic to lanceolate, panicles terminal, corolla pale purple to violet, stamens 4.

Habitat: Cultivated, also growing wild.

Fl. & Fr.: February-July.

Distribution: Indo-Malesia and China, cultivated throughout the tropics; Kerala: All districts.

Uses:

- Kashayam is prepared out from whole plant and consumed to cure mouth ulcers.

Specimen examined: Kerala, Kannur: Kariyad, 7.2.24, Gopika T.

40. ZINGIBERACEAE

Curcuma amada Roxb., Asiat. Res. 11: 341. 1810; FBI 6: 213. 1890; FPM: 1483(1036). 1928; FCN: 467. 1988; FPK: 481. 2004.

Local name: Manga inchi.

A perennial herb, Leaves are petiolate, ovate-oblong, or elliptical, reticulately veined, glabrous and shiny, dark green, inflorescence lateral or central, flowers large, corolla tube funnel shaped.

Habitat: Semi-evergreen forests and also cultivated.

Fl. & fr.: June-August.

Distribution: Distributed widely in the tropics; Kerala: MPM, PLK, KTM, KTM, WND, KNR, KKD.

Uses:

- Applying the paste of mango ginger to the scalp and hair helps get rid of dandruff and lice too.

Specimen examined: Kerala, Kannur: Kariyad, 24.9.24, Gopika T.

