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| --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No** | **Name of the plant** | **Biological source** | **Vernacular names** | **Chemical constituents** | **Pharmacological uses** | **Marketd products** | **Remarks** |
| **1** | **Indian bale** | **Aegle mormelos**  **F: Rutaceae** | **T: Maredu**  **H: Bel**  **E: Bael**  **S: Bilva**  **TN: Vilvam** | **, Fagarine, Rutin, marmelosins, beta sitosterol Aurapten.** | **Anti cancer, anti diabetic, anti malerial , anti Hhelminitic , astringent , digestive , demulcent , diarrhoea** | **Chyawanprash** |  |
| **2** | **Aloe** | **Aloe barbadensis**  **F: Liliaceae** | **T: kalabandha**  **H:Musabbar**  **E: Aloe**  **S: Ghrit kumari**  **TN: Katralai** | **Barbaloin , Iso barbaloin , Aloin , Aloesin , Aloe-emodin** | **Purgative, Skin abrasion, Skin irritation, Anti-inflammatory, Ulceration, Malignancy, Moisturizing properties.** | **Diabecon, Evecare.** |  |
| **3** | **Custard apple** | **Annona reticulata**  **F: Annonaceae** | **T: Rama sitapalam**  **H: Ramphal**  **E: Custard apple**  **TN: Ramachita**  **S: Lavani** | **, Myrcene, Limonene, Sitosterol, Gallic Acid, copaene Dopamine, Squamone, pinene Solamine.** | **Atni pyretic, Anthelmintic, Antihyperglycemic, Antiulcer, Analgesic, Anti-inflammatory, Anti-proliferative, Anticancer, Antioxidant, Antimicrobial.** | **Annona reticulata seed oil** |  |
| **4** | **Shatavari** | **Asparagus racemosus**  **F: Asparagaceae** | **T: Satavari**  **H&B: Satamuli**  **E: Asparagus**  **S: Abhiru**  **TN: Shatavari** | **Shatavarins, Asparagine, Asparagamine, Quercetin, Arginine, Rutin.** | **Antioxidant, Reproductive health, Neuroprotective, Antimicrobial, High B.P.** | **K.G Tone, Painkill oil, Satavarex granules.** |  |
| **5** | **Deadly night shade** | **Atropa belladonna**  **F: Solanaceae** | **H: Angurshefa**  **E: Belldonna & Deadly night shade**  **B: Yebruj**  **S: Suchi** | **Hyoscyamine, Atropine, Hyoscine, Scopoletin, Belladonine, Asparagine.** | **Anti-cholinergic, Sedative, Narcotic, Reduce body secretion, Antidote in opium poisoning.** | **Belladonna plaster.** |  |
| **6** | **Orchid tree** | **Bauhinia variegata**  **F: Fabaceae** | **T: Bodanta**  **H: Barial**  **E: Orchid**  **S: Ashman taka**  **TN: Mandarai** | **Kaempferol, Quercitroside, Rutoside, Lupeol, Beta-sitosterol, Stearic acid, Catechol, Sterol.** | **Antidiabetic, Anti-inflammatory, Immunomodulatory, Antitumor, Anti-ulers, Anti-bacterial** | **Ushirasava** |  |
| **7** | **Annatto** | **Bixa Orellana**  **F: Bixaceae** | **T: Jabura**  **H: Latkhan**  **E: Annatto**  **S: Karachchada**  **TN: Avam** | **Bixin, Isobixin, Trans-bixin, Nor-bixin.** | **Antioxidant, Antibacterial, Anti-inflammatory, Skin cosmetics, Digestive issues.** | **Annato seed powdwe** |  |
| **8** | **Papaya/paw paw** | **Carica Papaya**  **F: caricaceae** | **T: Boppayi**  **H: Anda-kharbuja**  **E: Melon tree**  **S: Chirbhita**  **TN: Pappali** | **Papain, Chymopapam, Pepsin.** | **Anthelmintic, Dyspepsia, intestinal & Gastric disorders, Wound healing & Removal of dead tissues.** | **Carica papaya capsules** |  |
| **9** | **Indian chrysanthemum** | **Chrysanthemum indicum**  **F: Asteraceae** | **T: Chamunti**  **H: Guldaudi**  **E: Chrysanthemum**  **TN: Akkarakkaram** | **Cineole, Camphor, Borneol, Bornyl acetate, Phenolic acids, Limonene, Iso borneol.** | **Anti-inflammatory, Antioxidant, Anti-cancer, Anti-allergic, Hepto & nephron protective** | **Chrysanthemum herbal infusion** |  |
| **10** | **Lemon** | **Citrus Limonium**  **F: Rutaceae** | **T: Gajanimma**  **H: Baranimbu**  **E: Lemon**  **S: Mahanimbu** | **Glycosides, Mucilage, Pectin, Limonene, Citronella, Linolool, Terpineol, Limocitrin, Chrysoeriol, Scopoletin, Umbelliforone,** | **Antibactrial, Antiviral, Stimulant, Carminative** | **Lime peel fruit skin powder** |  |
| **11** | **Thorn apple** | **Datura metel**  **F: Solanaceae** | **T: thellavummetta**  **H: Dhatura**  **E: Downy datura**  **S: Dhustura**  **TN: Madulam** | **Hyoscine, L-Hyoscyamine, Pseudotropine, Tropine, Meteloidine.** | **Anti-cholinergic, Parasympatholytic, Motion sickness, CNS depressant, Gastric duodenal ulcer** | **Jatyadi tail** |  |
| **12** | **Hibiscus** | **Hibiscus rosa sinensis**  **F: Malavaceae** | **T: Dasani**  **H: Jasum**  **E: Shoe flower**  **S: Aruna** | **Coumarin, Oxalic acid, Quercentin, Niacin, Pelargonidine, Ascorbic acid, Chrysartemin A & B, Kaempferol, Vitamin B 1 & 2.** | **Anti-inflammatory, Antipyretic, Antioxidant, Antibacterial, Anti-diabetic, Anti-cancer, Hypotensive, Hair loss, Gastric ulcer.** | **Hibiscus extract tablets** |  |
| **13** | **Jungle geranium** | **Ixora coccinea**  **F: Rubiaceae** | **T: Bandhujiviam**  **H: Rangan**  **E: Jungle geranium**  **S: Bandhuka**  **TN: setti** |  | **Antioxidant, Antibacterial & Diarrhoeal, Anti- neoplastic, Analagesic, Hepatoprotective.** | **Geranium oil** |  |
| **14** | **Henna** | **Lawsonia inermis**  **F: Lythraceae** | **T: Gorinta**  **H: Mehndi**  **E: Henna**  **H: Madayantika**  **TN: Marudhaani** | **Gallic acid, Naphthoqinone, Ellagic acid Terpenoids, Glycosides, Ferulic acid.** | **Wound healing, Anti-inflammatory, Antioxidant, Purgative, Astringent.** | **Henna powder** |  |
| **15** | **Wood apple** | **Limonia Elephantum**  **F: Rutaceae** | **T: Vellaga pandu**  **H: Kautha**  **E: wood apple**  **S: Kapitha**  **TN: Vilamaram** | **, Quercentin Kaempferol, Limonine, Aurantiamide, Allagic acid, Ferulic acid.** | **Anti-diabetic, Anti-inflammatory, Antioxidant, Digestive issues, Carminative, Anti-tumour.** |  |  |
| **16** | **Indian long pepper** | **Piper longum**  **F: Piperaceae** | **T: Pippallu**  **H: Pipal**  **E: Indian long pepper**  **S: Kana**  **TN: Thippali** | **Piperine, piplasterol, Piperidine, Humulene, Limonen, Kaempferol, Caffeic acid.** | **Anti-inflammatory, Digestive issues, Respiratory issues, Pain relief for headach, Toothaches.** | **Organic trikatu powder** |  |
| **17** | **Mango** | **Mangifera indica**  **F: Anacardiaceae** | **T: mamidi**  **H: Aam**  **E: Mango tree**  **S: Amra**  **TN: Madi** | **Protocatechuric acid, Catechin, Mangifesin, Aminobutyric acid, Shikimic acid** | **Antioxidant, Dysentery, Astringent, Digestive issues, moisturizing properties.** | **Patrangasav** |  |
| **18** | **Curry leaf** | **Murraya koenigii**  **F: Rutaceae** | **T: Karivepaku**  **H: Kadhipatta**  **E: curry leaf**  **S; Surabhinimba**  **TN: Kariveppilai** | **Limonene, Koenidine, Ferulic acid, Kaempferol, Quercetin, Lutein.** | **Antioxidant, Anti-tumor, Anti-inflammatory, Stimulant, Anti-nociceptive.** | **Curry leaf powder** |  |
| **19** | **Drumstick** | **Moringa oleifera**  **F: Moringaceae** | **T: Munaga**  **H: Sevga**  **E: Drumstick**  **S: Shigru**  **T: Murunga** | **Vitamin A, B1, B2, B3, B6 & vitamin C, Histidine, Quercetin, Sinapic acid, Moringinine** | **Antioxidant, Anti-microbial, Anti-cancer, Anti-inflammatory, Malnutrition, Diabetes.** | **Moringa capsules** |  |
| **20** | **Oleander** | **Nerium indicum**  **F: Apocynaceae** | **T: Ganneru**  **H: Kaner**  **E: Indian oleander**  **S: Karavira**  **TN: sevvarali** | **Neriodorim, Karagin, Rutin, Flobefin, Olendrin, Campesterol,** | **Anti-inflammatory, Cardio vascular issues, Skin conditions.** | **Xetomos** |  |
| **21** | **Holy basil** | **Ocimum sanctum**  **F: Labiatae** | **T: Krishna Tulasi**  **H: Kalatulsi**  **E: Holy basil**  **S: Brinda**  **TN: Karuttulasi** | **Eugenol, carvacrol, beta-caryophylle,neral,pinene,carotene, sitosterol, ursolic acid.** | **Antibacterial, insecticidal, hyoglycaemic, immunomodulatory, viral hepatitis.** | **Ayuhem syrup** |  |
| **22** | **Indian goose berry** | **Phyllanthus emblica**  **F: Euphorbiaceae** | **T: Amalakai**  **H: Amla**  **E: Embic myrobalan**  **S: Akara**  **TN: Amalagam** | **Gallic acid, ellagic acid, emblicol, phyllembic acid, phyllantidine,phyllantine.** | **Peptic ulcer, scurvy, dyspepsia, hypolipidaemic, antioxidant, antiviral,antifungal,antibacterial.** | **Insulux** |  |
| **23.** | **Silver date palm** | **Phoneix sylvestris**  **F: Aracaceae** | **T: Peddha-ita**  **H: Khajuri**  **E: Wild date palm**  **S: Khajura**  **TN: Icham** | **Sylvestris, phoenixine, lupeol, ursolic acid, leuteolin, quercetin, kampferol, gallic acid, ferulic acid.** | **Antioxidant, antipyretic, diuretic, antihypertensive, anthelminitic, antihyperglycemic.** | **Ayuhem syrup** |  |
| **24.** | **Betel** | **Piper betel**  **F: Piperaceae** | **T: Tamalapaku**  **H: Pan/tambuli**  **E: Betel leaf**  **S: Tambulivalli**  **TN: Tambulam** | **Cyneole, chavibetol, piperbetol, carvacrol, chavicol, piperitol, eugenol, estragole, palmitate, stearic acid, lysine, histidine, arginine.** | **Antimicrobial, antitumor, cardio-tonic, anti-inflammatory, antidiabetic, antianxiety.** | **Betel leaf oil** |  |
| **25.** | **Pomegranate** | **Punica granatum**  **F: Punicaceae** | **T: Danimma**  **H: Anar**  **E: Pomegranate**  **S: Dadima**  **TN:Madalai** | **Luteolin, punic acid, punicalin , granatin, gallic acid, ellagic acid, catechin, rutin.** | **Antibacterial, antifungal,anti-inflammatory, treat type-2 DM,**  **Antioxidant.** | **Vicco danthi tooth paste** |  |
| **26.** | **Rose** | **Rosa indica**  **F: Rosaceae** | **T:Gulabi puvvu**  **H: Desi gulabi**  **E: Indian rose**  **S: Shatapatrika**  **TN: Pannirpu** | **Qercetin, kaempferol, atechin, citronellol, limonene, lycopene, thymol, vit.C.** | **Antioxidant, antimicrobial, anti-inflammatory, antidiabetic, neuroprotective, cardioprotective.** | **Rose petal powder** |  |
| **27.** | **Black berry** | **Syzygium cumini**  **F: Myrtaceae** | **T: Neredu**  **H: Jamun**  **S: Jambufalam**  **E: Java pium**  **TN: Naval** | **Betulic acid, betunilic acid, α&β Pinene, limonene, bornyl acetate, cymene, β-myrene, ferulic acid, quercetin.** | **Hypoglycemic, anti-inflammatory, anti-anemic, anti-bacterial, antioxidant, antiallergic, anticancer, neuro &hepato protective.** | **insulux** |  |
| **28.** | **Marigold** | **Tagetes erecta**  **F: Compositae/asteraceae** | **T: Banti**  **H: Genda**  **E: French marigold**  **S: Stulapuspha**  **TN:** | **Lutein, hydroxy benzoic acid , hydroxy cinnamic acid, quercetin, syrnigic acid, gallic acid.** | **Anti-oxidant, anti inflammatory, antibacterial, anti epileptic, stomachic,sedative,antinociceptive.** |  |  |
| **29.** | **Teak** | **Tectona grandis**  **F: Lamiaceae** | **T: Teku**  **H: Sagun**  **E: Teak**  **S: Saka**  **TN: Tekku** | **Terflavins A&B, tergallagin, tercatain, chebulagic acid, geranin, granatin B, rutin, ferulic acid, cinnamic acid, β-sitosterol.** | **Anthelminitic, antidiabetic, antitumor, antioxidant, antiviral,antiparasitic,diuretic.** |  |  |
| **30.** | **Indian almond** | **Terminalia catappa**  **F: Combretaceae** | **T: Badamu**  **H: Badami**  **E: Almond**  **S: Desa badama**  **TN: Amandi** | **Beta carotene, olein, stearin, geraniin, granatin B, quercetin, kaemferol,gallic acid, ellagic acid, linoleic acid.** | **Antimicrobial, anti-inflammatory, analgesic, antidiabetic, antioxidant, hepato protective, anticancer and anti aging.** | **Kabz vati** |  |

TRADITIONAL USES OF MEDICINAL PLANTS:

1. INDIAN BEAL:

* Helpful in managing diabetes mellitus in ayurvedic system.
* It is used for jaundice, constipation, stomach ache.
* Used for snake bite.
* Relieves from burning sensation, abdominal discomfort and acidity.
* Helpful in healing wounds and swollen joints.
* Used for chronic diarrhea and eye disorders.

2. ALOE:

* It is effective against skin problems such as :
* Eczema, acne, psoriasis, dermatitis.
* Wounds, injuries, infective diseases.
* Helpful in hair growth, soothening of scalp and reduces itchy scalp.
* Helpful in stimulation of digestion.
* Treat burns and sun burns and reduces skin swelling.
* Used for skin moisturization.
* Used for detoxifying the body.

3. CUSTERD APPLE:

* It is used in treatment of fever.
* It used in curing infections such as bacterial infection and parasitic worm infection.
* Used as astringent and tonic.
* Used for treating haemorrhage and helminthiasis.
* Helpful in treating constipation.
* Used in treating diabetes and used to reduce inflammation.

4. SATAVARI:

* Used in treatment of digestive issues like irritable bowel syndrome and constipation.
* Used in treatment of gastric ulcers.
* It is used as tonic and increases lactation.
* Improves immunity power and physical stamina.
* Used to treat diarrhoea.
* It is also used to treat cough, cold, fever and tuberculosis.
* It improves reproductive health.

5. DEADLY NIGHTSHADE:

* It is used for sedation.
* It is used to treat skin wounds during operation.
* It used to reduces muscle discomfort and enlarge pupils.
* It is used to treat whooping cough, asthma, gout.
* It is used for pain relief and reduce inflammation.

6.ORCHID:

* It is used to treat piles, oedema.
* It used for treating dysentery, stomatitis.
* It is used as laxative, astringent and tonic.
* It also has carminative properties.
* It is used as antidote for snake poisoning.
* It is used for skin diseases and treating cough.

7. ANNATTO:

* It is used as condiment, laxative.
* It has cardiotonic properties and hypotensive properties.
* It is used as expectorant.
* It is used as antibiotic.
* It is used for sore throat, wound healing and eye inflammation.
* It is also used for treating bronchitis.

8. LEMON:

* It is used to build immune system.
* It is used in treating digestive issues like diarrhoea, bloating.
* It is used to relieve from sore throat, cramps and stress.
* It is used to treat skin problems like scurvy, acne, dark spots, dandruff, oily skin and also treat skin infections.
* It has anti-oxidant properties.
* As it is rich in vitamin C, it is used for lightening of skin.
* It is used for UT infections and also for weight loss.
* It is also used for liver stimulation, controlling nausea and relieves heart burns and IBS.

9. PAPAYA/PAW PAW:

* It is used for digestive issues such as indigestion, bloating, gas and constipation.
* It is used for wound healing and skin problems.
* It is used removing intestinal worms and detoxify liver.
* It has free radical scavenging activity.

10. DEADLY NIGHT SHADE:

* It helps in digestion and treat skin disorders.
* It helps in appetite and it prevents nausea, vomiting, dizziness and motion sickness.
* Useful for rejuvenation of whole body.
* It relieves burning sensation and prevent cold and cough.
* It treats diabetic symptoms, heart problems, and respiratory aliments like bronchitis and asthma.
* Oil extract of the seeds is used to treat baldness and stimulates hair growth.

11. INDIAN CHRYSANTHEMUM:

* It is used to cure excessive heat in the body.
* It is used to treat eye inflammation, fever, migraine, skin infection, vertigo, influenza.
* It treats dizziness, coronary heart diseases, colitis, stomatitis and hypertension.
* It relieves from stress and anxiety.
* It lowers the risk of osteoporosis.
* It supports healthy immune function and protect against oxidative damage.

12. HIBISCUS:

* It is used to treat fever, cough, flu, diarrhoea and skin diseases.
* It is used as an expectorant, diuretic, demulcent.
* It helps in reducing swelling and burning sensation.
* It helps in digestion and lactation.
* It is used for inducing labor and abortion.
* It is used to treat dysmenorrhea, menorrhagia and also used for emmengogue.

13. JUNGLE OF GERANIUM:

* It is used to cure stomach pain, flatulence and ulcers.
* It is used to treat headache, and reduce inflammation.
* It is effective against nausea, hiccups, anorexia.
* It is used as a sedative.
* It is used in the treatment of irregular menstruation, bronchitis, fever, sores.
* It is used in treatment of skin diseases such as scabies.
* It also treats dysmenorrhea, dysentery.

14. HENNA:

* It is a natural dye.
* It is used in treatment of liver and digestive disorders.
* It reduces tissue loss in leprosy.
* It is used to treat ulcers, headache, diabetes, bronchitis, boils, sores, syphilitic, dysuria.
* It is also used to treat scabies, diseases of spleen, bleeding disorders.
* It is applied to hands and feet in summer for cooling effect.
* It also has wound healing and diuretic properties.

15. WOOD APPLE:

* It has astringent, diuretic, carminative, cardiotonic properties.
* It acts as tonic for liver and lungs.
* It is used to treat diarrhoea, dysentery, indigestion, flatulence and haemorrhoids.
* It cures sore throat and diseases of gums.
* The oil extracted from leaves is used for skin itching.
* The spines of wood apple is used for menorrhagia.
* It has liver protective properties and wound healing properties.

16. LONG PEPPER:

* It is effective against bronchitis, cough, cold.
* It is used as contraceptive and also helps in digestion.
* It has cooling effect which is useful in biliousness.
* It is used to treat diarrhoea, stomach pain, dysentery, asthma, bronchitis and abdominal pain.
* It treats fever, urinary discharge, tumors and piles.
* It is used in the treatment of diseases of spleen, insomnia, jaundice.
* It has carminative, laxative and diuretic properties.
* It acts as liver tonic and antidote in snake and scorpion biting.

17. MANGIFERA INDICA:

* It is useful in digestive issues.
* It is used to treat skin conditions like acne, wounds.
* It is considered as RASAYANA herb as it promote overall health and well being.
* It is used to treat diarrhoea and dysentery.
* It is used to treat hemorrhage in lungs, uterus and intestine.
* It is used to treat mouth sores, cough, jaundice.
* It promotes menstrual relief.
* It is helpful in enhancing immune system.
* It is used to treat diabetes and B.P.

18. CURRY LEAVES:

* It is helpful in strengthening the immune system.
* It has stomachic and purgative properties and it also has blood purifying properties.
* It is useful in treating night blindness, dysentery, diarrhoea, vomiting, bites of poisonous animals.
* It is used for healing the bruises and eruption.
* It is used as flavouring agent in Indian food.
* It acts as stimulant and hair tonic.
* It is used to treat ulcer, itching and used to reduce inflammation.
* It maintains natural skin pigmentation and promotes skin lightening.
* It is used for weight loss and it also has hypoglycemic activity.

19. DRUM STICK:

* It has stimulant, expectorant and diuretic properties.
* It helps in fighting against microbes and increases flow of bile.
* It is used to treat asthma, enlarged liver, spleen and deeply seated inflammation.
* It is used to treat headache and stomach disorders.
* It is used against bacterial and fungal skin complaints.
* It is used treat gastric ulcers and diarrhoea.
* It is used to treat malnutrition as it has high protein and fiber content.
* It is used to treat fever, bronchitis, eye and ear infection and reduce inflammation of mucus membrane.
* Raw pods of drum stick acts as de-wormer and treat liver and spleen problems and it also treat joint pains.
* It has relaxant property.
* It is used to treat cardiac and circulatory problems.

20. OLEANDER:

* It used in treatment of microbial and fungal diseases.
* It acts as expectorant and heart tonic.
* It has diuretic, emetic and diaphoretic properties.
* It is used to treat skin problems like skin warts, herpes and scabies.
* It is used to treat ring worm infections and eye diseases.
* Small doses of leaf juice is used to treat snake and other venomous bites.
* It is used to reduce swelling and it has cardiotonic property.
* It is used to treat hair loss, lice and toothache.

21. TULASI:

* It is effective for diabetes and curing malaria.
* It reduces stress and lowers the cholesterol levels.
* It protects against radiation and burns.
* It is used for improving digestion.
* The juice of its leaves gives relief in cold, fever, bronchitis and cough.
* It is effective against indigestion, headache, hysteria, insomnia and cholera.
* It is used to treat gastric ulcers and reduce inflammation.
* It is used for protection from poisoning and cataracts.
* It is used to treat skin diseases, insect bites, eye problems.

22. AMLA:

* It is used for digesting food and boosting immune system.
* It is used to treat cough, sore throat, tonsillitis, laryngitis.
* It is used in protecting against infections and burns.
* It is used to treat eye problems such as cataracts, glaucoma and conjuctivities.
* It is used for treating asthma and fever.
* It is used in ‘RASAYANA’.
* It is used in treating acne, eczema and dandruff.
* Amla is used for enhancing the fertility in humans.
* It promotes healthier skin and hair and has antioxidant properties.
* It is used to treat diarrhorea, diabetes and gonorrhoea.

23. SILVER DATE PALM:

* It is used for treatment of headache, back pain and arthritis.
* It is used for abdominal distress, constipation and gonorrhea.
* It is used for nervous debility.

24. POMEGRANATE:

* It is used for treating diarrhoea dysentery and blood in stool.
* It is used for treating eye pain, nausea, vomiting.
* It is used to treat diabetes, hypertension.
* It is used for treating cold, asthma, fever, burning sensation, anorexia.
* It is useful in brain diseases, spleen complains, chest trouble.
* It is to treat scabies, peptic ulcer and gum ulcer.
* It is used to treat leucorrhoea, hemorrhages, haemorrhoids.
* It is used for abdominal and ear pain and also cures worms.

25. BETEL:

* It is used to treat obesity, filariasis and arthritis.
* It is used to treat cough, dyspnoea, indigestion, dysentery.
* It is used to promote milk secretion in lactating women.
* It is used to treat and prevent vaginal ejection and reduce itching of vagina.
* It is used to treat inflammation, bleeding in the nose and wounds and cuts.
* It cures eczema, rheumatism, lymphangitis.
* It has carminative, laxative and stomachic properties.
* It is used to cure the irritation of throat, larynx, bronchi.
* It is used as tonic for brain, heart and liver.

26. ROSE:

* It is used to treat skin conditions like acne, eczema, psoriasis and skin irritation.
* It is used to treat gastrointestinal diseases like constipation, diarrhoea, bloating.
* It is used to treat cardiovascular and kidney diseases.
* It is used to prevent hepatotoxicity.
* It is used to treat inflammation, arthritis, diabetes and obesity.
* It helps in curing migraine, cancer, stress, anxiety and insomnia.
* It is used for menstrual relief and women’s health.
* It has anti-oxidant properties.

27. BLACK BERRY:

* It is used to treat cough, inflammation, diabetes, dysentery, ring worms.
* It is used to cure blisters in mouth, pimples, colic, sores, ulcers and gastric, digestive problems.
* It is helpful in treating piles, stomachache, renal problems and jaundice.
* It has astringent properties.
* It is used to strengthen teeth and gums, enriches blood and acts as liver tonic.
* It is used to treat abortions, and also increases appetite.

28. MARIGOLD:

* It is used to treat fever, cough and rheumatic pain.
* It is used to treat skin problems such as acne, eczema, dermatitis, burns and wounds.
* It is used to treat wound in livestock, ear pain, dysentery and tuberculosis.
* It is helpful in treating inflammation and cardiovascular diseases.
* It has astringent and carminative, stomachic properties.
* It is used treat scabies, liver complaints, eye diseases.
* It is used to treat cold, bronchitis, bleeding piles and stroke.