Here’s a list of medicinal plants commonly used in the AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy) systems, along with their botanical names, common names, medicinal uses, and cultivation methods:

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### 1. \*\*Neem\*\*

- \*\*Botanical Name\*\*: \*Azadirachta indica\*

- \*\*Common Names\*\*: Indian Lilac, Margosa

- \*\*Medicinal Uses\*\*: Treats skin disorders, purifies blood, boosts immunity, and acts as an antiseptic.

- \*\*Cultivation Methods\*\*: Grows well in tropical and sub-tropical regions. Requires full sunlight and well-drained soil. Seeds or cuttings are used for propagation.

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### 2. \*\*Tulsi\*\*

- \*\*Botanical Name\*\*: \*Ocimum tenuiflorum\*

- \*\*Common Names\*\*: Holy Basil

- \*\*Medicinal Uses\*\*: Known for its anti-inflammatory, antimicrobial, and adaptogenic properties. Used for respiratory issues, stress relief, and boosting immunity.

- \*\*Cultivation Methods\*\*: Grows well in warm, temperate climates. Requires well-drained soil and regular watering. Can be grown from seeds or cuttings.

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### 3. \*\*Ashwagandha\*\*

- \*\*Botanical Name\*\*: \*Withania somnifera\*

- \*\*Common Names\*\*: Winter Cherry, Indian Ginseng

- \*\*Medicinal Uses\*\*: Stress relief, anxiety reduction, boosts energy and stamina, enhances immune function.

- \*\*Cultivation Methods\*\*: Thrives in dry, sub-tropical regions. Requires sandy, well-drained soil and can be grown from seeds. Needs full sun exposure.

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### 4. \*\*Amla\*\*

- \*\*Botanical Name\*\*: \*Phyllanthus emblica\*

- \*\*Common Names\*\*: Indian Gooseberry

- \*\*Medicinal Uses\*\*: Rich in Vitamin C, enhances immunity, improves digestion, and is beneficial for skin and hair health.

- \*\*Cultivation Methods\*\*: Prefers tropical and subtropical climates. Grows in well-drained loamy soil. Propagated through seeds or root cuttings.

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### 5. \*\*Brahmi\*\*

- \*\*Botanical Name\*\*: \*Bacopa monnieri\*

- \*\*Common Names\*\*: Waterhyssop

- \*\*Medicinal Uses\*\*: Enhances cognitive function, memory, and concentration. Reduces anxiety and stress.

- \*\*Cultivation Methods\*\*: Grows well in warm, humid climates and requires moist, marshy areas. Propagated by cuttings or seeds.

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### 6. \*\*Turmeric\*\*

- \*\*Botanical Name\*\*: \*Curcuma longa\*

- \*\*Common Names\*\*: Haldi

- \*\*Medicinal Uses\*\*: Anti-inflammatory, antioxidant, boosts immunity, aids in digestion, and has antiseptic properties.

- \*\*Cultivation Methods\*\*: Prefers tropical climates with heavy rainfall. Grown from rhizomes in well-drained, fertile soils.

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### 7. \*\*Giloy\*\*

- \*\*Botanical Name\*\*: \*Tinospora cordifolia\*

- \*\*Common Names\*\*: Heart-leaved Moonseed

- \*\*Medicinal Uses\*\*: Boosts immunity, treats fevers, controls diabetes, and promotes general health.

- \*\*Cultivation Methods\*\*: Thrives in tropical climates. Grows well in loamy soil. Propagated using stem cuttings.

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### 8. \*\*Shatavari\*\*

- \*\*Botanical Name\*\*: \*Asparagus racemosus\*

- \*\*Common Names\*\*: Wild Asparagus

- \*\*Medicinal Uses\*\*: Improves reproductive health, balances hormones, boosts immunity, and supports digestion.

- \*\*Cultivation Methods\*\*: Prefers tropical regions. Requires well-drained, sandy loam soils. Grown from seeds or root cuttings.

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### 9. \*\*Aloe Vera\*\*

- \*\*Botanical Name\*\*: \*Aloe barbadensis miller\*

- \*\*Common Names\*\*: Aloe

- \*\*Medicinal Uses\*\*: Treats skin conditions, promotes healing of burns, aids digestion, and improves skin health.

- \*\*Cultivation Methods\*\*: Thrives in warm climates. Grows well in sandy, well-drained soil. Can be propagated from pups or offshoots.

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### 10. \*\*Guduchi\*\*

- \*\*Botanical Name\*\*: \*Tinospora cordifolia\*

- \*\*Common Names\*\*: Amrita, Giloy

- \*\*Medicinal Uses\*\*: Enhances immunity, treats fever, and supports liver function.

- \*\*Cultivation Methods\*\*: Grows well in tropical and subtropical climates. Requires moderate watering and thrives in well-drained soils.

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### 11. \*\*Sarpagandha\*\*

- \*\*Botanical Name\*\*: \*Rauvolfia serpentina\*

- \*\*Common Names\*\*: Indian Snakeroot

- \*\*Medicinal Uses\*\*: Used in treating hypertension, anxiety, and insomnia.

- \*\*Cultivation Methods\*\*: Thrives in tropical climates with plenty of rainfall. Requires moist, well-drained soil. Propagated through seeds or root cuttings.

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### 12. \*\*Vasaka\*\*

- \*\*Botanical Name\*\*: \*Adhatoda vasica\*

- \*\*Common Names\*\*: Malabar Nut

- \*\*Medicinal Uses\*\*: Treats respiratory ailments such as cough, bronchitis, and asthma.

- \*\*Cultivation Methods\*\*: Prefers warm, tropical climates. Grows well in loamy soil with good drainage. Propagated by seeds or cuttings.

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### 13. \*\*Guggul\*\*

- \*\*Botanical Name\*\*: \*Commiphora wightii\*

- \*\*Common Names\*\*: Indian Bedellium

- \*\*Medicinal Uses\*\*: Lowers cholesterol, promotes weight loss, and treats joint inflammation.

- \*\*Cultivation Methods\*\*: Thrives in dry, arid regions. Requires well-drained soil. Grown from seeds or cuttings.

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### 14. \*\*Peppermint\*\*

- \*\*Botanical Name\*\*: \*Mentha piperita\*

- \*\*Common Names\*\*: Pudina

- \*\*Medicinal Uses\*\*: Aids digestion, relieves headaches, and treats respiratory issues.

- \*\*Cultivation Methods\*\*: Grows well in cool, moist environments. Requires rich, well-drained soil. Propagated by cuttings or seeds.

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### 15. \*\*Fenugreek\*\*

- \*\*Botanical Name\*\*: \*Trigonella foenum-graecum\*

- \*\*Common Names\*\*: Methi

- \*\*Medicinal Uses\*\*: Helps in controlling blood sugar, improving digestion, and reducing inflammation.

- \*\*Cultivation Methods\*\*: Grows best in semi-arid climates. Requires well-drained soil. Grown from seeds.

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This list highlights some of the prominent medicinal plants used in traditional healing practices across the AYUSH systems. You can expand it further based on the specific plants you want to focus on for your Virtual Herbal Garden project.

Here’s an extended list of medicinal plants used in the AYUSH systems with their botanical names, common names, medicinal uses, and cultivation methods:

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### 16. \*\*Moringa\*\*

- \*\*Botanical Name\*\*: \*Moringa oleifera\*

- \*\*Common Names\*\*: Drumstick Tree, Horseradish Tree

- \*\*Medicinal Uses\*\*: Rich in vitamins and minerals; used to treat malnutrition, inflammation, and digestive disorders.

- \*\*Cultivation Methods\*\*: Grows in tropical and subtropical regions. Requires well-drained sandy or loamy soil. Propagated by seeds or cuttings.

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### 17. \*\*Bhringraj\*\*

- \*\*Botanical Name\*\*: \*Eclipta alba\*

- \*\*Common Names\*\*: False Daisy

- \*\*Medicinal Uses\*\*: Promotes hair growth, treats liver disorders, improves skin health, and aids in digestion.

- \*\*Cultivation Methods\*\*: Thrives in tropical climates with high moisture. Requires loamy, well-drained soil. Propagated by seeds or cuttings.

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### 18. \*\*Licorice\*\*

- \*\*Botanical Name\*\*: \*Glycyrrhiza glabra\*

- \*\*Common Names\*\*: Mulethi, Sweetwood

- \*\*Medicinal Uses\*\*: Treats respiratory conditions, ulcers, inflammation, and digestive problems.

- \*\*Cultivation Methods\*\*: Grows in temperate to subtropical climates. Requires deep, well-drained soil. Propagated by seeds or rhizomes.

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### 19. \*\*Bael\*\*

- \*\*Botanical Name\*\*: \*Aegle marmelos\*

- \*\*Common Names\*\*: Wood Apple, Bengal Quince

- \*\*Medicinal Uses\*\*: Treats digestive disorders, boosts immunity, and controls blood sugar levels.

- \*\*Cultivation Methods\*\*: Thrives in tropical and subtropical regions. Requires well-drained soil. Propagated by seeds or stem cuttings.

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### 20. \*\*Arjuna\*\*

- \*\*Botanical Name\*\*: \*Terminalia arjuna\*

- \*\*Common Names\*\*: Arjun Tree

- \*\*Medicinal Uses\*\*: Beneficial for heart health, reduces cholesterol, treats hypertension, and improves circulation.

- \*\*Cultivation Methods\*\*: Grows well in riverbanks and well-drained, fertile soil. Propagated by seeds or cuttings.

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### 21. \*\*Kesar (Saffron)\*\*

- \*\*Botanical Name\*\*: \*Crocus sativus\*

- \*\*Common Names\*\*: Saffron

- \*\*Medicinal Uses\*\*: Improves mood, treats depression, supports digestive health, and promotes skin glow.

- \*\*Cultivation Methods\*\*: Grows in cool climates. Requires well-drained, loamy soil. Propagated through corms (bulbs).

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### 22. \*\*Haritaki\*\*

- \*\*Botanical Name\*\*: \*Terminalia chebula\*

- \*\*Common Names\*\*: Chebulic Myrobalan

- \*\*Medicinal Uses\*\*: Promotes digestive health, detoxifies the body, treats constipation, and improves heart health.

- \*\*Cultivation Methods\*\*: Grows in tropical climates. Prefers loamy soil and adequate moisture. Propagated by seeds.

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### 23. \*\*Kutki\*\*

- \*\*Botanical Name\*\*: \*Picrorhiza kurroa\*

- \*\*Common Names\*\*: Kutki, Picrorhiza

- \*\*Medicinal Uses\*\*: Improves liver function, detoxifies the body, boosts digestion, and strengthens the immune system.

- \*\*Cultivation Methods\*\*: Grows in cooler, high-altitude regions. Requires well-drained, rocky soil. Propagated by seeds or rhizomes.

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### 24. \*\*Senna\*\*

- \*\*Botanical Name\*\*: \*Cassia angustifolia\*

- \*\*Common Names\*\*: Indian Senna

- \*\*Medicinal Uses\*\*: Known for its laxative properties; used to treat constipation and cleanse the colon.

- \*\*Cultivation Methods\*\*: Prefers hot and dry climates. Requires well-drained, sandy soil. Grown from seeds.

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### 25. \*\*Nirgundi\*\*

- \*\*Botanical Name\*\*: \*Vitex negundo\*

- \*\*Common Names\*\*: Five-leaved Chaste Tree

- \*\*Medicinal Uses\*\*: Reduces inflammation, treats joint pain, and helps with respiratory issues.

- \*\*Cultivation Methods\*\*: Thrives in tropical and subtropical climates. Grows well in loamy soil. Propagated by seeds or stem cuttings.

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### 26. \*\*Shankhapushpi\*\*

- \*\*Botanical Name\*\*: \*Convolvulus pluricaulis\*

- \*\*Common Names\*\*: Aloeweed

- \*\*Medicinal Uses\*\*: Improves memory, reduces stress, and enhances cognitive function.

- \*\*Cultivation Methods\*\*: Grows well in hot and humid climates. Requires well-drained soil and moderate watering. Propagated by seeds or cuttings.

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### 27. \*\*Manjistha\*\*

- \*\*Botanical Name\*\*: \*Rubia cordifolia\*

- \*\*Common Names\*\*: Indian Madder

- \*\*Medicinal Uses\*\*: Purifies blood, improves skin health, and treats skin disorders such as acne and eczema.

- \*\*Cultivation Methods\*\*: Grows in tropical and subtropical climates. Requires moist, well-drained soil. Propagated by seeds or cuttings.

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### 28. \*\*Punarnava\*\*

- \*\*Botanical Name\*\*: \*Boerhavia diffusa\*

- \*\*Common Names\*\*: Spreading Hogweed

- \*\*Medicinal Uses\*\*: Treats kidney disorders, reduces inflammation, and improves liver function.

- \*\*Cultivation Methods\*\*: Thrives in tropical and subtropical regions. Grows in well-drained, sandy soils. Propagated by seeds.

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### 29. \*\*Kalmegh\*\*

- \*\*Botanical Name\*\*: \*Andrographis paniculata\*

- \*\*Common Names\*\*: Green Chiretta

- \*\*Medicinal Uses\*\*: Enhances liver function, boosts immunity, and helps in treating fever and infections.

- \*\*Cultivation Methods\*\*: Grows in tropical climates. Requires well-drained, fertile soil. Propagated by seeds.

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### 30. \*\*Kokum\*\*

- \*\*Botanical Name\*\*: \*Garcinia indica\*

- \*\*Common Names\*\*: Wild Mangosteen

- \*\*Medicinal Uses\*\*: Treats digestive disorders, improves skin health, and aids in weight loss.

- \*\*Cultivation Methods\*\*: Grows in tropical climates with high rainfall. Requires loamy, well-drained soil. Propagated by seeds or grafting.

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These additional medicinal plants further enrich the diverse offerings of the AYUSH system and can be valuable additions to your Virtual Herbal Garden project. You can choose plants based on the themes you want to focus on, such as digestive health, immunity, or skin care.