

MSRCASC AUSHADHI

VATIKA

# ALOE VERA



**Aloe vera** (*Aloe vera* (L.) Burm.f.) is a perennial succulent plant widely cultivated for its medicinal, cosmetic, and nutraceutical value. It is an important plant in traditional Indian systems of medicine, particularly Ayurveda and Siddha.

## Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Monocotyledonae

**Order:** Asparagales

**Family:** Asphodelaceae

**Genus:** *Aloe*

**Species:** *Aloe vera*

## Local Names

**Kannada:** ಲೋಸಾರಾ (Lolasara)

**Sanskrit:** Kumari, Ghritkumari

## Parts Used

Leaf gel

## Major Phytochemicals

Aloin, Aloe-emodin, Acemannan, Anthraquinones, Saponins

## Medicinal Uses

Aloe vera is used in the treatment of burns, wounds, skin diseases, constipation, and inflammatory conditions. The gel exhibits antimicrobial, antioxidant, and wound-healing properties.

## BETEL LEAF



**Betel leaf** (*Piper betle* L.) is an aromatic perennial climber widely used in traditional medicine and cultural practices across India.

### Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Piperales

**Family:** Piperaceae

**Genus:** *Piper*

**Species:** *Piper betle*

### Local Names

**Kannada:** ವಿಲಿಯಾಡೆಲೆ (Vilyadele)

**Sanskrit:** Tambula

### Parts Used

Leaves

### Major Phytochemicals

Eugenol, Chavicol, Hydroxychavicol, Tannins, Flavonoids

### Medicinal Uses

Betel leaf acts as a digestive stimulant and antimicrobial agent. It is traditionally used for cough, oral hygiene, and as a mouth freshener.

# SHATAVARI



**Shatavari** (*Asparagus racemosus* Willd.) is a well-known Ayurvedic medicinal plant valued for its rejuvenating and adaptogenic properties.

## Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Monocotyledonae

**Order:** Asparagales

**Family:** Asparagaceae

**Genus:** *Asparagus*

**Species:** *Asparagus racemosus*

## Local Names

**Kannada:** □□□□□□□ (Satavari)

**Sanskrit:** Shatavari

## Parts Used

Roots

## Major Phytochemicals

Shatavarins I–IV, Steroidal saponins, Isoflavones, Alkaloids

## Medicinal Uses

Shatavari is used as a female reproductive tonic, lactation enhancer, ulcer-healing agent, and general adaptogen.

# BRAHMI



**Brahmi** (*Bacopa monnieri* (L.) Pennell) is a creeping herb commonly found in wet and marshy areas. It is renowned for its cognitive and neuroprotective properties.

## Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Lamiales

**Family:** Plantaginaceae

**Genus:** *Bacopa*

**Species:** *Bacopa monnieri*

## Local Names

**Kannada:** ನೆರುಬ್ರಹ್ಮಿ (Neeru Brahmi)

**Sanskrit:** Brahmi

## Parts Used

Whole plant

## Major Phytochemicals

Bacosides A & B, Alkaloids, Saponins, Flavonoids

## Medicinal Uses

Brahmi is used to enhance memory, reduce stress, and improve cognitive function. It exhibits neuroprotective and antioxidant activities.

## TULASI (HOLY BASIL)



**Tulasi** (*Ocimum sanctum* L.), also known as Holy Basil, is a sacred medicinal plant extensively used in Ayurveda for respiratory and immune disorders.

### Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Lamiales

**Family:** Lamiaceae

**Genus:** *Ocimum*

**Species:** *Ocimum tenuiflorum*

### Local Names

**Kannada:** ತುಲಸಿ (Tulasi)

**Sanskrit:** Tulasi

### Parts Used

Leaves, seeds

### Major Phytochemicals

Eugenol, Ursolic acid, Rosmarinic acid, Linalool, Flavonoids

### Medicinal Uses

Tulasi acts as an immunity booster and is used in the management of cold, cough, asthma, and microbial infections.

# TURMERIC



**Turmeric** (*Curcuma longa* L.) is a rhizomatous herb widely cultivated in India and valued for its medicinal, culinary, and cosmetic uses.

## Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae/

**Class:** Monocotyledonae

**Order:** Zingiberales

**Family:** Zingiberaceae

**Genus:** *Curcuma*

**Species:** *Curcuma longa*

## Local Names

**Kannada:** ಅರಿಶಿನ (Arishina)

**Sanskrit:** Haridra

## Parts Used

Rhizome

## Major Phytochemicals

Curcumin, Demethoxycurcumin, Bisdemethoxycurcumin, Turmerones

## Medicinal Uses

Turmeric possesses anti-inflammatory, antioxidant, wound-healing, digestive, and hepatoprotective properties.

## INSULIN PLANT



**Insulin plant** (*Costus igneus* Nak.) is a medicinal herb traditionally used for the management of blood glucose levels.

### Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Monocotyledonae

**Order:** Zingiberales

**Family:** Costaceae

**Genus:** *Costus*

**Species:** *Costus igneus*

### Local Names

**Kannada:** ಕೊಕ್ಕಿಲೆ ಕೊಕ್ಕಿಲೆ ಕೊಕ್ಕಿಲೆ

### Parts Used

Leaves

### Major Phytochemicals

Corosolic acid, Flavonoids, Terpenoids, Phenolics, Saponins

### Medicinal Uses

Traditionally consumed to aid blood sugar regulation and support diabetes management.

**LIFE PLANT / MIRACLE LEAF**



**Life plant** (*Bryophyllum pinnatum* (Lam.) Oken), also called Miracle Leaf, is known for its regenerative leaf buds and medicinal value.

### **Botanical Classification**

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Saxifragales

**Family:** Crassulaceae

**Genus:** *Bryophyllum*

**Species:** *Bryophyllum pinnatum*

### **Local Names**

**Kannada:** ಪರನಾಬೀಜ / ಪತ್ರಾಣಿ

**Sanskrit:** Parnabeeja, Patragni

### **Parts Used**

Leaves

### **Major Phytochemicals**

Bufadienolides, Flavonoids, Triterpenoids, Phenolic acids

### **Medicinal Uses**

Used in kidney stone management, wound healing, respiratory ailments, and inflammation.

**KEEZHARNELLI (BHUMYAMALAKI)**



**Keezharnelli** (*Phyllanthus niruri* L.) is a small annual herb widely used for liver and kidney disorders.

### **Botanical Classification**

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Malpighiales

**Family:** Phyllanthaceae

**Genus:** *Phyllanthus*

**Species:** *Phyllanthus niruri*

### **Local Names**

**Kannada:** ಕೆಚ್ಚಾರ್ನೆಲಿ / ಕೆಚ್ಚಾರ್ನೆಲಿ / ಕೆಚ್ಚಾರ್ನೆಲಿ

**Sanskrit:** Bhumyamalaki, Tamalaki

### **Parts Used**

Whole plant

### **Major Phytochemicals**

Phyllanthin, Hypophyllanthin, Lignans, Flavonoids, Tannins

### **Medicinal Uses**

Used in jaundice, hepatitis, kidney stones; exhibits diuretic and antiviral activity.

**GINGER**



**Ginger** (*Zingiber officinale* Roscoe) is a widely used rhizomatous herb valued for medicinal and culinary purposes.

### **Botanical Classification**

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Monocotyledonae

**Order:** Zingiberales

**Family:** Zingiberaceae

**Genus:** *Zingiber*

**Species:** *Zingiber officinale*

### **Local Names**

**Kannada:** ಶುಂಠಿ (Shunti)

**Sanskrit:** Shunthi, Ardra

### **Parts Used**

Rhizome

### **Major Phytochemicals**

Gingerols, Shogaols, Zingerone, Volatile oils

### **Medicinal Uses**

Acts as a digestive stimulant, anti-emetic, anti-inflammatory, and remedy for cold and cough.

**GARLIC**



**Garlic** (*Allium sativum* L.) is a bulbous plant renowned for its antimicrobial and cardioprotective properties.

## **Botanical Classification**

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Monocotyledonae

**Order:** Asparagales

**Family:** Amaryllidaceae

**Genus:** *Allium*

**Species:** *Allium sativum*

## **Local Names**

**Kannada:** ಬೆಲ್ಲುಲಿ (Bellulli)

**Sanskrit:** Lashuna

## **Parts Used**

Bulb

## **Major Phytochemicals**

Allicin, Alliin, Ajoene, Sulfur compounds, Flavonoids

## **Medicinal Uses**

Used for immunity enhancement, cardiovascular health, antimicrobial and antihypertensive effects.

**MINT / PUDINA**



**Mint** (*Mentha spicata* L.) is an aromatic herb widely used for digestive and cooling effects.

### **Botanical Classification**

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Lamiales

**Family:** Lamiaceae

**Genus:** *Mentha*

**Species:** *Mentha spicata*

### **Local Names**

**Kannada:** ಪುಡಿನ್ (Pudina)

**Sanskrit:** Pudina

### **Parts Used**

Leaves

### **Major Phytochemicals**

Menthol, Menthone, Carvone, Flavonoids, Phenolic acids

### **Medicinal Uses**

Acts as a digestive aid, carminative, anti-nausea agent, and antimicrobial.

**CORIANDER / CILANTRO**



**Coriander** (*Coriandrum sativum* L.) is an annual herb used for culinary and medicinal purposes.

### **Botanical Classification**

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Apiales

**Family:** Apiaceae

**Genus:** *Coriandrum*

**Species:** *Coriandrum sativum*

### **Local Names**

**Kannada:** ಕೊರಿಯಾಂಡಮ್ ಕೊರಿಯಾಂಡಮ್

**Sanskrit:** Dhanyaka

### **Parts Used**

Leaves, seeds

### **Major Phytochemicals**

Linalool, Coriandrol, Terpenoids, Flavonoids

### **Medicinal Uses**

Used as a digestive aid, carminative, antioxidant, and appetite stimulant.

**INDIAN BORAGE / COUNTRY BORAGE**



**Indian Borage** (*Plectranthus amboinicus* (Lour.) Spreng.) is a perennial aromatic herb used in respiratory and digestive ailments.

### **Botanical Classification**

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Lamiales

**Family:** Lamiaceae

**Genus:** *Plectranthus*

**Species:** *Plectranthus amboinicus*

### **Local Names**

**Kannada:** ಕರ್ಪೂರವಿಲ್ಲೆ ಕರ್ಪೂರವಿಲ್ಲೆ

**Sanskrit:** Ajagandha, Karpuravalli

### **Parts Used**

Leaves

### **Major Phytochemicals**

Thymol, Carvacrol, Eugenol, Terpenoids, Flavonoids

### **Medicinal Uses**

Used for cold, cough, sore throat, asthma, digestive disorders, and as an antimicrobial agent.

**RED PASALAI**



**Red Pasalai** (*Amaranthus tricolor* L.) is a leafy vegetable and medicinal plant widely cultivated in India. It is valued for its high nutritional content and therapeutic properties.

### Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Caryophyllales

**Family:** Amaranthaceae

**Genus:** *Amaranthus*

**Species:** *Amaranthus tricolor*

### Local Names

**Kannada:** ಕೆಂಪು ಕೊಂಬೆ ಕೊಂಬೆ

**Sanskrit:** Tanduliya

### Parts Used

Leaves, stem

### Major Phytochemicals

Betacyanins, Betaxanthins, Phenolic compounds, Flavonoids, Vitamin C

### Medicinal Uses

Red Pasalai is used in the management of anemia due to its iron content. It exhibits antioxidant activity, aids digestion, and supports immune health. It is also recommended as a nutritious leafy vegetable in traditional diets.

**MEHANDHI (HENNA)**



**Mehandhi**, commonly known as Henna (*Lawsonia inermis* L.), is a shrub or small tree traditionally used for cosmetic, medicinal, and cultural purposes.

### Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Myrtales

**Family:** Lythraceae

**Genus:** *Lawsonia*

**Species:** *Lawsonia inermis*

### Local Names

**Kannada:** ಗೊರಾಂತಿ (Goranti)

**Sanskrit:** Madayantika

### Parts Used

Leaves

### Major Phytochemicals

Lawsone, Tannins, Flavonoids, Coumarins

### Medicinal Uses

Henna leaves are used for hair care, as a cooling agent, and in wound healing. The plant exhibits antifungal, antimicrobial, and anti-inflammatory properties. It is also traditionally applied for skin and scalp health.

**ADAMANT CREEPER (HADJOD)**



**Adamant Creeper**, also known as Hadjod (*Cissus quadrangularis* L.), is a perennial climber widely recognized for its role in bone healing.

## Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Vitales

**Family:** Vitaceae

**Genus:** *Cissus*

**Species:** *Cissus quadrangularis*

## Local Names

**Kannada:** ಮಂಗರೆಲಿ (Mangarelli)

**Sanskrit:** Asthisamharaka

## Parts Used

Stem

## Major Phytochemicals

Ketosteroids,  $\beta$ -sitosterol, Flavonoids, Triterpenoids, Ascorbic acid

## Medicinal Uses

Adamant creeper is traditionally used to accelerate bone fracture healing and manage osteoporosis. It also exhibits anti-inflammatory and analgesic properties and is used in musculoskeletal disorders.



*Ocimum tenuiflorum* L. (syn. *Ocimum sanctum* L.), commonly known as **Holy Basil** or **Tulasi**, is an aromatic perennial herb of the family Lamiaceae. It holds significant medicinal, cultural, and religious importance in India and is extensively used in Ayurveda for respiratory, immune, and stress-related disorders.

## Botanical Classification

**Kingdom:** Plantae

**Division:** Angiospermae

**Class:** Dicotyledonae

**Order:** Lamiales

**Family:** Lamiaceae

**Genus:** *Ocimum*

**Species:** *Ocimum tenuiflorum*

## Local Name

**Kannada:** ತುಲಸಿ (Tulasi)

**Sanskrit:** Tulasi, Surasa

## Parts Used

Leaves, Seeds, Whole plant.

## Major Phytochemical Constituents

Eugenol, Ursolic acid, Rosmarinic acid, Linalool, Apigenin, Flavonoids, Triterpenoids, Essential oils

## Medicinal Uses

Tulasi is widely used as:

**An immunity booster, A remedy for cold, cough, asthma, and bronchitis, An antimicrobial and antiviral agent, An anti-stress (adaptogenic) herb, An anti-inflammatory and antioxidant agent.**