



MIRACLE OF NATURE (THE DIGITAL LOG BOOK)

DHARAMEET ECO CLUB

2025-2027

DEPARTMENT OF EDUCATION

ST. XAVIER'S COLLEGE RANCHI

(AN AUTONOMOUS COLLEGE OF RANCHI UNIVERSITY)



EVERY MEDICINAL PLANT IS A REMINDER THAT
NATURE HOLDS THE POWER TO HEAL.



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INTRODUCTION

Van Mahotsav is a nationwide tree plantation festival celebrated every year in India to promote environmental conservation and increase green cover. Trees not only provide oxygen and protect biodiversity but also serve as a valuable source of medicines. Many medicinal plants have been used in our traditional systems of medicine to prevent and treat diseases as also mentioned in Ayurveda.

The members of the Eco Club, Dharammeet (B.Ed. Session 2025-27) have actively participated in the plantation activity to celebrate Van Mahotsav, 2026. They have planted sapling of medicinal plants in college campus. Together, they have surveyed and mapped all the medicinal plants present in the college campus.

Members have compiled all the information regarding these medicinal plants in a digital log book, which is available both on college website and Department of Education website. The Digital Log Book can be accessed through a QR Code given on the poster displayed in front of the college Medicinal Garden.

This log book has been prepared to document important medicinal plants, their botanical names, medicinal uses, and their significance in maintaining human health and protecting the environment. It also highlights the importance of conserving these valuable plant species for future generations.





ACKNOWLEDGEMENT

With profound reverence, we offer our heartfelt gratitude to the Almighty, whose divine grace, wisdom, and blessings guided us throughout the successful completion of this Medicinal Plants Survey and Log Book.

Our sincere gratitude is extended to our respected Principal, Dr. Fr. Robert Pradeep Kujur, S.J., whose visionary leadership and unwavering commitment to academic excellence and environmental stewardship provided the foundation for this meaningful initiative.

We express our heartfelt appreciation to our respected Vice-Principal, Dr. Fr. Ajay Minj, S.J., for his constant encouragement, inspiration, and valuable support throughout this academic and environmental endeavour.

We remain deeply grateful to our esteemed Registrar Dr. Fr. Prabhat K. Soreng S. J. for the valuable administrative support and coordination that facilitated the smooth conduct of the Medicinal Garden survey and the successful execution of this project.

Heartfelt appreciation is extended to our respected Head, Department of Education, Dr. Fr. Florence Purty, S.J., for providing us with this enriching opportunity through DHARAMEET Eco Club, thereby fostering environmental awareness, scientific inquiry, and experiential learning.

A special note of gratitude is due to Dr. Nandita Pandey, Patron of DHARAMEET Eco Club, for conceptualizing and initiating the Medicinal Plant Plantation and Survey Project. Her visionary leadership, meticulous planning, invaluable guidance, and constant encouragement inspired every stage of the survey, plant identification, mapping, documentation, and compilation of this log book.

Our appreciation is equally extended to all forty-six members of DHARAMEET Eco Club, whose dedication, cooperation, and collective efforts in conducting the field survey, identifying medicinal plant species, mapping their locations, documenting observations, and preparing this log book were instrumental in the successful completion of the project.

Finally, sincere thanks are conveyed to everyone who directly or indirectly contributed to this endeavour. It is hoped that this log book will serve as a valuable educational resource and inspire continued appreciation, conservation, and sustainable use of medicinal plants for the benefit of present and future generations.





DHARAMMEET MESSAGE

Every plant with unique healing properties carries centuries of wisdom within its leaves, roots, flowers, fruits and seeds." We, the members of the Eco Club, Dharammeet (Department of Education), with great joy invite you to explore our digital collection of medicinal plants found in the garden of our college campus. This log book created by the club is an initiative to guide you through the essential knowledge about various medicinal plants and trees - their identity, required geographical conditions for their growth, traditional significance and remarkable healing properties found in their roots, leaves, flowers, fruits, seeds, barks and even saps.

Nature has always been a silent healer, offering remedies long before the modern medicine has come into existence. These green treasures are more than just a source of medicine; they represent a deep connection between humans and nature, creating a rich heritage of Traditional Ecological Knowledge. A precious wealth which needs to be preserved at all costs for human health and well-being. With the help of this log book, the club aims to preserve biodiversity, keep indigenous herbal knowledge alive, promote sustainable living and encourage the growth of green spaces in the college.

This digital log book takes all of us into a wonderful green world to observe, learn and appreciate the healing miracle present around us. As the members of the Dharammeet Club, we are proud to lead this effort and hope to inspire young minds to value, nurture and protect every plant and our Mother Earth for healthier and greener future.

Dharammeet (B.Ed., session 2025-27)
The Department of Education,
St. Xavier's College, Ranchi





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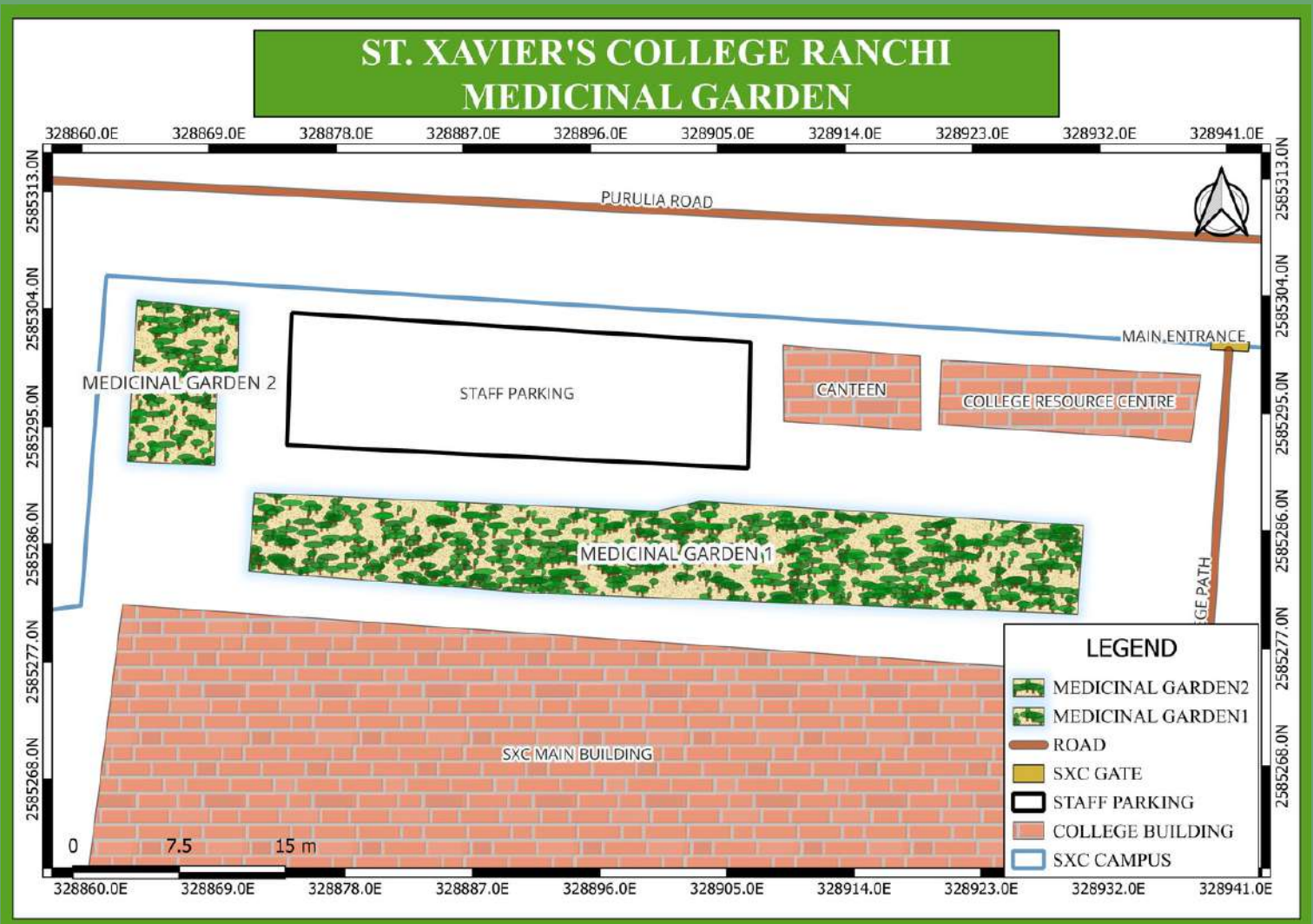




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MAPPING



Medicinal garden 1
Perimeter - 152.40 m
Area - 399.73m sq

Medicinal garden 2
Perimeter - 39.04 m
Area - 80.56m sq

Total perimeter of medicinal garden - 191.44 m

Total area of medical garden - 480.29 m sq

1. *Acalypha wilkesiana* Müll.Arg.



Common name: Copper leaf
Family: Euphorbiaceae Juss.
Plant Type: Shrub

Medical Properties

Leaves

- **Antimicrobial Property** – Leaf extract is used to treat skin infections, fungal infections and scabies.
- **Anti-inflammatory Property** – Crushed leaves are applied to wounds, cuts and boils to reduce swelling and promote healing.
- **External Use** – Leaf decoction is used as a wash for eczema and other skin diseases.

Whole Plant

Rich in flavonoids and tannins. Acts as Antioxidant and Antipyretic. Plant extract is used to reduce fever and treat respiratory disorders like cough and bronchitis.

Bark & Root

Have Astringent and Antidiarrheal Capacity. Used traditionally to treat diarrhea, dysentery and intestinal worms. Also used for blood purification.

Favourable Growing Conditions

4 to 6 hours of sunlight daily, well-draining loamy soil rich in organic matter, loves warm and humid climate. Propagates through stem cuttings. Ornamental shrub, grows up to 1-3m tall. Needs regular watering but avoid waterlogging.

Caution

The plant is mainly used externally. Latex and plant parts may cause skin irritation in sensitive people. Not recommended for internal use without expert supervision. Keep away from children and pets.

2. *Aloe vera* (L.) Burm.f.



Common name - Aloe Vera, Indian Aloe, Ghratkumari
Family: Asphodelaceae Juss.
Plant Type: Perennial Succulent

Medical Properties

Leaves / Gel

- **Wound Healing Property** – Fresh gel helps in healing burns, cuts, wounds and sunburn. It's used in traditional medicine for skin repair.
- **Anti-inflammatory Property** – Gel applied topically reduces swelling, acne, eczema and skin irritation.
- **External Use** – Used for hair fall, dandruff, and to improve skin glow and moisture.

Leaf Juice

Rich in vitamins, minerals, enzymes and polysaccharides. Acts as Digestive and Laxative to relieve constipation and gastric ulcers. Also has Antidiabetic Effects and helps in controlling blood sugar levels.

Whole Plant & Gel

Has Antimicrobial and Antioxidant Capacity. Juice is used to counter immunity issues, liver disorders, and skin infections. Also used in cosmetic and ayurvedic products.

Favourable Growing Conditions

4 to 6 hours of sunlight daily, well-draining sandy soil, waterlogging kills the plant, loves warm and dry climate, drought-tolerant succulent plant. Propagates very easily through suckers and offshoots. Very easy to grow in pots.

Caution

The plant should be taken in prescribed doses only. Excess oral consumption may cause diarrhea and stomach cramps. Yellow latex part can be irritating. Not recommended for pregnant women and children without doctor's guidance. Use fresh and clean gel for external use.

3. *Andrographis paniculata* (Burm.f.) Nees



Common name - Kalmegh/Bhunimba
Family: Acanthaceae Juss.
Plant Type: Annual Herb

Medical Properties

Leaves

- **Antimicrobial Property** – Leaf extract is used to treat bacterial, viral and fungal infections.
- **Hepatoprotective Property** – Leaves are used to protect liver cells and treat jaundice and liver disorders.
- **Antipyretic Property** – Leaf decoction is used to reduce fever, malaria and flu-like symptoms.

Whole Plant

Rich in andrographolides and flavonoids. Acts as Anti-inflammatory and Immunomodulatory. Used to reduce swelling, arthritis pain and boost immunity.

Root & Stem

Has Antidiabetic and Antioxidant Capacity. Plant extracts are used to counter respiratory disorders like cold, cough, bronchitis and sinusitis. Also used for digestive problems like diarrhea and dysentery.

Favourable Growing Conditions

4 to 6 hours of sunlight daily, well-draining sandy to loamy soil, loves warm and humid climate. Propagates through seeds. Annual herb, grows up to 30-110cm tall. Needs moderate watering. Grows best in rainy season.

Caution

The plant is very bitter and generally safe in prescribed doses. Excess use may cause gastric irritation, loss of appetite and allergic reactions. Not recommended for pregnant women and people with low BP without doctor's guidance.

4. *Argemone mexicana* L.



Common name - Satyanashi
Family: Papaveraceae Juss.
Plant Type: Annual Herb

Medical Properties

Leaves

- **Antimicrobial Property** – Leaf extract is used to treat skin diseases, eczema, scabies and wounds.
- **Anti-inflammatory Property** – Leaf paste is applied to reduce swelling, boils and joint pain.
- **External Use** – Leaf juice is used for eye infections and to relieve itching.

Seeds & Seed Oil

Rich in alkaloids like berberine and protopine. Acts as Purgative and Antimalarial. Seed oil is used externally for skin diseases but is toxic if ingested. Seeds are used to treat cough and asthma.

Whole Plant & Latex

Has Analgesic and Antidiabetic Capacity. Yellow latex is applied to cuts, wounds and skin ulcers. Plant decoction is used to counter fever, diarrhea and urinary disorders

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining sandy to rocky soil, loves warm and dry climate, highly drought-tolerant weed. Propagates through seeds. Annual herb, grows up to 1m tall. Needs minimal watering

Caution

The plant is toxic if used internally without expert supervision. Seed oil causes "Epidemic Dropsy" if adulterated with mustard oil. Latex and seeds can cause gastric irritation, vomiting and liver damage. Use only under doctor's guidance.

5. *Bougainvillea spectabilis* Willd.



Common name - Paper Flower,
Bougainvillea, Glory of the Garden
Family: Nyctaginaceae Juss.
Plant Type: Shrub

Medical Properties

Bracts & Flowers

- **Antioxidant Property**– Rich in flavonoids and phenolic compounds. Used in herbal teas to boost immunity.
- **Antidiabetic Property** – Flower extract is used to help regulate blood sugar levels.
- **Anti-inflammatory Property** – Used to reduce inflammation and fever.

Leaves

Acts as Antimicrobial and Wound Healing. Leaf paste is applied to skin infections, rashes and cuts. Leaf decoction is used as gargle for sore throat.

Stem & Root

Has Antitussive and Expectorant Capacity. Used traditionally to treat cough, cold, asthma and other respiratory disorders.

Favourable Growing Conditions

Bougainvillea spectabilis thrives in hot, sunny, and dry conditions. It requires at least 6 hours of direct daily sunlight to bloom heavily and needs sharply draining, gritty soil (pH 5.5–6.0). Once established, it is highly drought-tolerant; water it deeply only when the soil has dried out completely, as overwatering destroys roots and stops flowering. It does best in warm climates (70°F–95°F / 21°C–35°C, USDA Zones 9–11), requires cold protection below freezing, and benefits from low-nitrogen, bloom-boosting fertilizers.

Caution

Medical Caution: *Bougainvillea spectabilis* extracts should not replace standard medical treatment. Crude herbal preparations lack standardized dosing, and concentrated extracts can interact with medications (especially anti-diabetic drugs). Always consult a healthcare professional before consuming any plant-based remedies.

6. *Cascabela thevetia* (L.) Lippold



Common name - Kaner(yellow)
Family: Apocynaceae Juss.
Plant Type: Small Tree

Medical Properties

Leaves

- **Antimicrobial Property** – Leaf extract is used externally to treat skin diseases, scabies, and fungal infections.
- **Anti-inflammatory Property** – Leaf paste is applied topically to reduce swelling, boils and rheumatic pain.
- **External Use** – Crushed leaves are used in traditional medicine for headache and wound dressing.

Seeds & Bark

Rich in specific cardiac glycosides such as thevetin and peruvoside. Acts as Cardiotonic in highly purified homeopathic doses. Seed oil is used externally for skin diseases and as Pesticide. Also has Analgesic Effects for toothache when used in very controlled form.

Whole Plant & Flowers

Has Antioxidant and Insecticidal Capacity. Plant extracts are used in folk medicine for intestinal worms and chronic skin ulcers. Flowers are offered in temples and rarely used medicinally.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining sandy-loam soil, waterlogging kills the plant, loves hot and dry climate, drought-tolerant shrub/small tree. Propagates through seeds and stem cutting. Very easy to grow in gardens and as ornamental hedge.

Caution

The entire plant is highly poisonous, especially seeds. Contains toxic cardiac glycosides that can cause vomiting, severe diarrhoea, cardiac arrest and even death if ingested. Not for internal use. Handle with gloves and keep away from children and pets. Use only under expert supervision.

7. *Catharanthus roseus* (L.) G. don



Common name - Sadabahar
Family: Apocynaceae Juss.
Plant Type: Sub Shrub

Medical Properties

Leaves

- **Antidiabetic Property** – Leaf extract helps in lowering blood sugar. It's used in traditional medicine for Type-2 diabetes.
- **Modern Cancer Chemotherapy** – It contains alkaloids vincristine and vinblastine, used to treat conditions like Hodgkin's lymphoma, acute leukaemia, and advanced malignancies. (*Note: These are extracted and used in injections by doctors. Self-medication is dangerous.*)
- **External Use** – Leaf juice or ethanolic paste is applied topically to manage wasp stings, insect bites, and minor external wounds.

Roots and Basal Stems:

Rich in specific indole alkaloids such as ajmalicine and reserpine. Acts as Natural Vasodilators to help lower high blood pressure and enhance cerebral blood flow. Also has Tranquilizing Effects and used as sedative and to treat anxiety, insomnia.

Whole Plant & Flowers:

Has Antimicrobial and Antioxidant Capacity, plant teas / decoction is used to counter menorrhagia, stomach disorders, and localized inflammation.

Favourable conditions

4 to 6 hours of sunlight daily, well-draining soil, waterlogging kills the plant, loves hot and humid weather, drought-tolerant tropical plant. Propagates through seeds and stem cutting. Very easy to grow, low maintenance, needs minimal water once established.

Caution

The plant is poisonous if taken raw in large quantity. Alkaloids must be purified before medical use.

8. *Chrysanthemum indicum* Bercht. & J.Presl



Common name - Guldaudi
Family: Asteraceae Dumort.
Plant Type: Shrub

Medical Properties

Flower Buds & Flower Heads

- **Constituents & Use:** Rich in active flavonoids and oils, brewed into tea to reduce inflammation, lower blood pressure, and protect cells from damage.
- **Health Benefits:** Soothes airways to relieve fever and congestion, while supporting liver detox, heart function, and eye health.

Leaves & Stems

Nutrient Profile & Food Use: High in fiber, potassium, beta-carotene, and flavonoids; steamed or boiled as a healthy food source.

Topical Application: Crushed into poultices to treat skin infections and swollen sores.

Roots

Medicinal Value & Use: Rich in polysaccharides and secondary metabolites; added to multi-herb decoctions for deep systemic healing.

Favourable conditions

5 to 6 hours of direct sunlight daily is essential (Protect from intense summer afternoon sun) . Prefers loose soil , the soil should not be boggy or overwatered. best temperatures ranges from 15°C to 25°C.

Caution

Can cause allergic reactions like skin rashes or respiratory irritation, interaction with insulin/ diabetes treatment.

9. *Citrus × limon* (L.) Osbeck



Common name - Lemon
Family: Rutaceae Juss.
Plant Type: Small Tree

Medical Properties

Fruit / Juice

- **Antimicrobial Property** – Juice is used to treat sore throat, oral infections and scurvy due to high Vitamin C.
- **Digestive Property** – Lemon water helps in digestion, relieves acidity, gas and nausea.
- **External Use** – Juice is applied to skin for acne, dandruff and to lighten dark spots.

Peel & Leaves

Rich in limonene, flavonoids and Vitamin C. Acts as Antioxidant and Anti-inflammatory. Peel is used for cold, cough and to reduce fever. Leaf decoction is used for headache and asthma.

Whole Plant

Has Immune-boosting and Antipyretic Capacity. Used to counter respiratory disorders, fatigue and vitamin deficiency. Also used as a natural disinfectant and insect repellent.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining loamy soil rich in organic matter, loves warm and subtropical climate. Propagates through seeds and grafting. Small tree/shrub, grows up to 3-6m tall. Needs regular watering but avoids waterlogging.

Caution

The fruit is generally safe for consumption. Excess juice may cause gastric irritation and tooth enamel erosion due to acidity. Peel oil can cause skin sensitivity in some people. People with kidney stones should limit intake



Common name - Aprajita, Neelkanth, Butterfly Pea
Family: Fabaceae Lindl.
Plant Type: Perennial climber

Medical Properties

Flowers & Leaves

- **Nootropic Property** – Flower extract is used to improve memory, focus and reduce stress. Known as "Medhya Rasayana" in Ayurveda.
- **Anti-inflammatory Property** – Leaf and flower paste is applied to reduce swelling, eye inflammation and skin infections.
- **Antioxidant Property** – Flowers are rich in anthocyanins. Used for anti-aging and to protect cells from damage.

Root

Acts as Laxative and Diuretic. Root decoction is used to treat constipation, urinary disorders and mild fever.

Whole Plant

Has Antimicrobial and Antidiabetic Capacity. Used to counter respiratory disorders like asthma and bronchitis. Also used for hair growth and to prevent premature graying.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining loamy soil, loves warm and humid climate. Propagates through seeds. Perennial climber, grows up to 3-4m tall. Needs a support to climb. Requires moderate watering.

Caution

The plant is generally safe in food and tea. Excess root consumption may cause vomiting and diarrhea. Not recommended for pregnant women and people with low BP without expert guidance. Use in prescribed doses only



Common name - Sheesham, Indian rosewood, sissoo
Family: Fabaceae Lindl.
Plant Type: Tree

Medical Properties

Leaves

- It acts as a natural astringent to relieve diarrhea and IBS, soothe skin inflammation like boils and hives, regulate heavy menstrual bleeding and leucorrhea, and provide mild pain-relieving, anti-inflammatory, and blood-glucose-lowering benefits.

Bark & Heartwood

- The bark promotes bone healing, reduces fever and joint swelling, manages nerve-related pain like sciatica, and purifies the blood to treat skin conditions like eczema and vitiligo.
- Meanwhile, the heartwood acts as an antimicrobial and anthelmintic agent to heal chronic wounds and expel intestinal worms, with its milk decoction (Kshirapaka) traditionally used to treat persistent fevers.

Roots & Whole Plant

Root extracts contain high concentrations of tannins that help stop severe diarrhea and intestinal bleeding. Exhibits antibacterial and antifungal activity against common pathogens.

Seeds & Seed Oil

Fixed oil extracted from the seeds is applied topically for scabies, ringworm, and severe itching. Seed extracts demonstrate strong analgesic properties, useful in reducing swelling and localized pain.

Favourable Growing Conditions

It thrives best in full sunlight and temperatures between 10°C to 40°C, showing high heat and drought tolerance once established, though young saplings require protection from extreme frost. While highly adaptable to various soil types, it grows most effectively in well-drained sandy loam or alluvial soils, requiring regular watering only during its first 1–2 years of growth.

Caution

When using *Dalbergia sissoo* medicinally, always consult a qualified Ayurvedic practitioner, avoid internal use during pregnancy or lactation, and adhere to recommended dosages to prevent digestive upset or nausea. For planting and maintenance, ensure the tree is kept away from poorly drained areas to prevent root rot from waterlogging, and plant it at a safe distance from house foundations, walls, and pipelines due to its aggressively spreading root system.

12. *Euphorbia lactea* Haw.



Common name - Candelabra, Thor
Family: Euphorbiaceae Juss.
Plant Type: Succulent Shrub

Medical Properties

Stem / Latex

- **Antimicrobial Property** – The white latex is used externally to treat warts, skin infections and fungal diseases.
- **Anti-inflammatory Property** – Dried latex and stem paste is applied to reduce swelling, joint pain and boils.

External Use – In traditional medicine, diluted latex is used for removing corns and treating skin warts. **Stem & Plant Extract:** Rich in euphorbia and other diterpenes. Acts as Purgative and Antiparasitic. In controlled doses, it is used to treat constipation and intestinal worms.

Whole Plant

Has Antioxidant and Antidiabetic Capacity. Plant extracts are studied for managing blood sugar and oxidative stress. Also grown as an ornamental hedge and for air purification.

Favourable Growing Conditions

Euphorbia lactea thrives best in bright, indirect sunlight to full sun (at least 4 to 6 hours daily), though variegated or crested cultivars (*Euphorbia lactea* 'Cristata') require protection from intense afternoon sun to prevent sunburn. Native to tropical Asia, it demands a gritty, porous, extremely fast-draining soil mix (such as a coarse cactus/succulent substrate) and warm ambient temperatures consistently above 50°F (10°C). Water deeply only when the soil has dried out completely, and reduce watering drastically during cold or winter months to prevent stem rot.

Caution

The plant latex is toxic and caustic. Can cause severe skin irritation, eye damage, and stomach upset if ingested. Keep away from children and pets. Not for internal use without expert supervision. Use gloves while handling.

13. *Euphorbia milii* Des Moul.



Common name - Crown of Thorns, Christ Plant / Christ's Thorn
Family: Euphorbiaceae Juss.
Plant Type: Succulent Shrub

Medical Properties

Stem / Latex

- **Antimicrobial Property** – The white latex is used externally to treat warts, ringworm and other fungal skin infections.
- **Anti-inflammatory Property** – Latex is applied topically to reduce swelling, boils and joint pain in traditional medicine.
- **External Use** – Diluted latex is used for removing corns and calluses.

Whole Plant Extract

Rich in diterpenes and euphol. Acts as Purgative and Antiparasitic. In very controlled doses, used to treat constipation and intestinal worms.

Plant

Has Antioxidant Capacity. Studied for anti-cancer and anti-viral properties. Primarily grown as an ornamental plant and for fencing due to its thorny stems.

Favourable Growing Conditions

Euphorbia milii grows best in full, direct sunlight (at least 3 to 6 hours daily) to produce dense foliage and continuous floral bracts. As a semi-succulent native to Madagascar, it requires a gritty, exceptionally fast-draining potting mixture (such as a cactus/succulent mix) and warm ambient temperatures consistently above 50°F (10°C). Water sparingly only after the top few inches of soil have completely dried out, as soil that retains excessive moisture leads quickly to root decay.

Caution

All parts of *Euphorbia milii* contain a milky latex sap rich in caustic phorbol esters, which cause severe skin irritation, redness, blistering, and potential temporary blindness upon eye contact. Swallowing any part of the plant triggers severe oral burning, gastrointestinal pain, nausea, and severe vomiting.

14. *Gymnema sylvestre* R. Br.



Common name - Gurmar,
Madhunashini
Family: Apocynaceae Juss.
Plant Type: Bush

Medical Properties

Leaves

- **Antidiabetic Property** – Contains gymnemic acids. Reduces sugar absorption in intestine and increases insulin secretion. Called "sugar destroyer".
- **Anti-obesity Property** – Suppresses sweet taste receptors on tongue. Helps in weight management and controlling sugar cravings.
- **Hypolipidemic Property** – Used to reduce cholesterol and triglyceride levels.

Root & Stem

Have Antimicrobial and Anti-inflammatory Capacity. Used to treat cough, cold, and digestive disorders like constipation and dyspepsia.

Whole Plant

Acts as Diuretic and Antioxidant. Used to counter urinary disorders, liver problems and to improve overall metabolism.

Favourable Growing Conditions

Gymnema sylvestre is a perennial, woody climbing vine native to tropical forests of India, Africa, and Australia. It thrives best in partial shade to bright, indirect sunlight with warm, humid tropical or subtropical temperatures (68°F to 95°F / 20°C to 35°C). It prefers well-draining, sandy loam or red loamy soil rich in organic matter with a neutral to slightly acidic pH.

Caution

When taken alongside prescription antidiabetic medications (such as insulin or sulfonylureas), it can cause blood sugar levels to drop dangerously low (hypoglycemia). Blood glucose must be monitored closely under medical supervision. High doses or usage on an empty stomach may cause mild gastrointestinal distress, nausea, headache, or dizziness.

15. *Hibiscus rosa-sinensis* L.



Common name - Chinese hibiscus,
China rose, Shoe flower
Family: Malvaceae Juss.
Plant Type: Shrub

Medical Properties

Flowers

- **Antioxidant Property** – Rich in anthocyanins and Vitamin C. Used to boost immunity and fight free radicals.
- **Hair Care Property** – Flower paste is used to reduce hair fall, prevent premature greying and promote hair growth.
- **Cooling Property** – Used to reduce body heat, treat fever and mouth ulcers.

Leaves

Act as anti-inflammatory and emollient. Leaf paste is applied to boils, wounds and skin infections. Also used for dandruff.

Root & Bark

Has Demulcent and Diuretic Capacity. Used to treat cough, sore throat, urinary disorders and to regulate menstruation.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining loamy soil rich in organic matter, loves warm and humid climate. Propagates through stem cuttings. Perennial shrub, grows up to 2-5m tall. Needs regular watering.

Caution

Generally safe for external use and as herbal tea. Excess consumption may lower BP and blood sugar. Pregnant women should consult a doctor before internal use.

16.

Justicia adhatoda L.



Common name - Bakas
Family: Acanthaceae Juss.
Plant Type: Shrub

Medical Properties

Leaves

- **Respiratory Property** – Leaves contain alkaloids vasicine and vasicinone. Used in traditional medicine for cough, asthma, bronchitis, and tuberculosis. Acts as bronchodilator and expectorant to clear mucus.
- **Antibacterial & Anti-inflammatory** – Leaf extract is used for sore throat, tonsillitis and other lung infections.
- **External Use** – Leaf paste or juice is applied topically to manage rheumatic pain, swelling, wounds and ulcers.

Roots, Stem & Bark

Rich in alkaloids. Act as Antipyretic to reduce fever. Has Anthelmintic property to kill intestinal worms. Also used as Hemostatic to help stop bleeding in conditions like nosebleed and bleeding piles.

Whole Plant & Flowers

Has Antimicrobial and Antioxidant Capacity. Leaf decoction or syrup is used to counter whooping cough, menstrual disorders, jaundice and liver disorders.

Favorable Growing Conditions

Justicia adhatoda thrives in full sun to partial shade with warm temperatures between 68°F and 95°F (20°C to 35°C), but must be protected from frost. It prefers fertile, well-draining loamy soil with a neutral to slightly alkaline pH. Keep the soil moderately moist during growth, though mature plants tolerate light drought well.

Caution

Strictly avoid during pregnancy as vasicine can stimulate uterine contractions and cause miscarriage. High doses may induce nausea, severe vomiting, diarrhea, and low blood pressure. Use cautiously if taking blood pressure or anticoagulant drugs, and consult a physician before medicinal use.

17. *Kalanchoe pinnata* (Lam.) Pers.



Common name - Patharchatta
Family: Crassulaceae J.St.-Hil.
Plant Type: Succulent Perennial
Herb

Medical Properties

Leaves

- **Diuretic & Anti-urolithiatic Property** – Leaf juice helps in breaking kidney stones and increasing urine output. It's used in traditional medicine for kidney stones and urinary tract infections.
- **Wound Healing Property** – Fresh leaf juice or crushed leaves are applied externally for faster healing of wounds, burns, and boils.

External Use

Leaf paste is applied topically to manage insect bites, swelling, inflammation, and skin infections.

Whole Plant

Rich in bioactive compounds like flavonoids and bufadienolides. Act as antibacterial and anti-inflammatory to reduce fever and internal infections. Also has Analgesic Effects and is used to relieve headache and body pain. Possesses antimicrobial and antioxidant properties. Leaf decoction/juice is used to counter respiratory disorders like asthma, cough, and also used for gastric ulcers and diabetes.

Favorable Growing Conditions

Kalanchoe pinnata thrives best in bright, indirect light to full morning sun in warm climates between 60°F and 90°F (15°C to 32°C). As a succulent, it requires porous, fast-draining cactus soil to avoid root rot. Water moderately only when the top 1–2 inches of soil dry completely, and shield the plant from frost.

Caution:

Contains toxic cardiac glycosides that alter heart rhythm; avoid if taking cardiac drugs like digoxin or during pregnancy. Excessive internal intake causes nausea, vomiting, diarrhea, and heart palpitations. It is highly toxic to dogs, cats, and livestock—keep strictly out of reach of pets.

18. *Khaya senegalensis* (Desr.) A.Juss.



Common name - Senegal Mahogany / African Mahogany
Family: Meliaceae Juss.
Plant Type: Tree

Medical Properties

Bark

- **Antimalarial Property**– Bark decoction is traditionally used to treat malaria and fever.
- **Anti-inflammatory Property** – Bark extract is used to reduce swelling, rheumatism and joint pain.
- **Astringent Property**– Bark is used to treat diarrhea, dysentery and wounds due to high tannin content.

Leaves & Seeds

Rich in limonoids and flavonoids. Act as Antimicrobial and Antipyretic. Leaf extract is used for skin infections and eye diseases. Seed oil is applied to treat skin diseases and rheumatic pain.

Whole Plant & Bark

Has antioxidant and hepatoprotective capacity. Bark decoction is used to counter stomach disorders, ulcers and respiratory problems like cough and bronchitis. Also used in traditional medicine for diabetes management.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining sandy to loamy soil, loves warm and tropical climate, drought-tolerant tree once established. Propagates through seeds. Large deciduous tree, grows up to 15-30m tall. Needs moderate watering.

Caution

The plant is generally used under expert supervision. Bark and seeds contain potent compounds and excess use may cause gastric irritation and toxicity. Not recommended for pregnant women without doctor's guidance.

19. *Laportea aestuans* (L.) Chew



Common name - West Indian Wood Nettle, Tropical Nettle
Family: Urticaceae Juss.
Plant Type: Herb/Shrub

Medical Properties

Leaves

- **Anti-inflammatory Property** – Crushed leaves are used as poultice to treat boils, wounds and skin inflammations.
- **Antimicrobial Property** – Leaf extract is used to treat skin infections, rashes and fungal diseases.
- **External Use** – Leaf decoction is used as a wash for itching and eczema. Note: Fresh leaves have stinging hairs that cause irritation.

Whole Plant

Acts as Diuretic and Antipyretic. Plant decoction is used to reduce fever, treat urinary disorders and kidney problems.

Root & Stem

Possesses antidiabetic properties. Used traditionally to manage diabetes, hypertension and digestive disorders like diarrhea and stomach pain.

Favourable Growing Conditions

Partial shade to 4-6 hours of sunlight, well-draining loamy soil rich in organic matter, loves warm and humid climate. Propagates through seeds. Annual herb/shrub, grows up to 1-2m tall. Needs regular watering. Commonly found as a weed in tropical regions.

Caution

Fresh plant has stinging trichomes. Direct contact causes skin irritation, burning and rashes. Always handle with gloves. Internal use should be only after proper processing and under expert supervision.



Common name - Mango, Aam
Family: Anacardiaceae (R.Br.) Lindl.
Plant Type: Tree

Medical Properties

Leaves

- **Antimicrobial Property** – Leaf decoction is used to treat diarrhea, dysentery, and throat infections.
- **Antidiabetic Property** – Tender leaves help in regulating blood sugar and are used in traditional medicine for diabetes.
- **External Use** – Crushed leaves are applied to burns, skin infections and wounds for faster healing.

Fruit

Rich in Vitamin A, Vitamin C, antioxidants and fiber. Act as Immunity Booster and Digestive. Helps in improving eyesight, skin health, and digestion. Unripe fruit is used for scurvy and heat stroke.

Bark, Root & Seed

Astringent and Anti-inflammatory Capacity. Bark decoction is used to counter diarrhea, bleeding piles and urinary disorders. Seed kernel powder is used for diarrhea and as an anthelmintic.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining deep loamy soil, loves warm and tropical climate, drought-tolerant tree once established. Propagates through seeds and grafting. Large evergreen tree, bears fruit in summer. Requires moderate watering.

Caution

The fruit is generally safe. Excess consumption of unripe mango may cause stomach upset and acidity. People with diabetes should limit ripe mango intake due to high sugar. Latex from stem and unripe fruit can cause skin irritation in sensitive people.

21. *Moringa oleifera* Lam.



Common name - Moringa
Family: Moringaceae Martinov
Plant Type: Tree

Medical Properties

Leaves

- **Nutritive & Antioxidant Property**– Leaves are rich in vitamins A, C, E, iron, calcium and protein. Helps in treating anemia, weakness and malnutrition.
- **Anti-inflammatory Property**–Leaf extract helps in reducing joint pain, arthritis and swelling.
- **Antidiabetic Property** – Leaf powder helps in lowering blood sugar levels and managing diabetes.

Seeds & Pods

Rich in specific compounds like isothiocyanates and flavonoids. Act as Antibacterial and Water Purifier. Seeds are used to purify drinking water. Pods are used as Laxative and Digestive to treat constipation and gastric issues. Oil from seeds is used for hair growth and skin care.

Roots, Bark & Whole Plant

Has Antimicrobial and Hepatoprotective Capacity. Root and bark decoction is used to counter fever, respiratory disorders like asthma, and skin infections.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining sandy-loam soil, loves hot and dry climate, highly drought-tolerant tree. Propagates through seeds and stem cuttings. Grows very fast even in poor soil. Very easy to grow.

Caution

The plant is generally safe when taken as food. Excess consumption of root and bark may cause stomach irritation. Pregnant women should avoid root and bark in large quantities. Use medicinal parts under doctor's guidance.

22. *Nyctanthes arbor-tristis* L.



Common name - Harshringar
Family: Oleaceae Hoffmanns. & Link
Plant Type: Small Tree

Medical Properties

Leaves

- **Anti-inflammatory & Analgesic Property** – Leaf extract helps in treating arthritis, sciatica and joint pain. It's used in traditional medicine for fever and body ache.
- **Antipyretic Property** – Leaf decoction is given in chronic fever, especially dengue and chikungunya fever.
- **External Use** – Leaf paste is applied topically to manage ringworm, skin diseases and wounds.

Flowers & Seeds

Rich in specific compounds like iridoid glycosides and flavonoids. Acts as an antioxidant and immunomodulatory agent. Flower infusion is used to reduce stress and insomnia. Seed paste is used to treat piles and baldness.

Whole Plant & Bark

Has antibacterial and hepatoprotective capacity. Bark and leaf decoction is used to counter intestinal worms, respiratory disorders like cough and asthma, and liver disorders.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining fertile soil, loves warm and humid climate, moderately drought-tolerant plant. Propagates through seeds and stem cutting. Flowers bloom at night and fall in the morning. Very easy to grow in gardens.

Caution

The plant should be taken in prescribed doses only. Excess consumption may cause vomiting and diarrhoea. Not recommended for pregnant women without doctor's guidance. Long term use of leaves for fever should be under Ayurvedic practitioner supervision.

23. *Ocimum tenuiflorum* L.



Common name - Tulsi, Holy Basil
Family: Lamiaceae Martinov
Plant Type: Herb/subshrub

Medical Properties

- **Tulsi** is an important medicinal herb known for its antimicrobial, anti-inflammatory, antioxidant, antiviral, and immunomodulatory properties.
- It is widely used in traditional medicine to treat cough, cold, fever, sore throat, asthma, digestive disorders, and stress.
- Tulsi leaves help boost immunity, support respiratory health, improve digestion, and may help regulate blood sugar levels. It is also used in herbal teas, medicines, and essential oils.

Parts Used

The leaves are the most commonly used part for preparing herbal tea, juice, and medicinal extracts. The seeds are used in some traditional remedies for digestive and cooling effects. The roots, flowers, and the whole plant is also used in Ayurvedic preparations, while the essential oil extracted from the leaves is used in herbal and pharmaceutical products.

Favourable Growing Conditions

Tulsi grows best in warm, tropical, and subtropical climates with plenty of sunlight. It prefers well-drained, fertile loamy soil with a pH of 6.0–7.5. The plant requires regular but moderate watering and grows well at temperatures between 20°C and 35°C. It should be protected from waterlogging and severe frost for healthy growth.

Caution:

Tulsi is generally safe when consumed in moderate amounts. However, excessive intake may lower blood sugar levels and may increase the risk of bleeding in people taking blood-thinning medications. Pregnant and breastfeeding women should consult a healthcare professional before using Tulsi medicinally. Some people may experience mild allergic reactions, so it is advisable to use it with caution if sensitivity occurs.

24. *Piper betle* L.



Common name - Paan, betel leaf, Nagavalli
Family: Piperaceae Giseke
Plant Type: Vine

Medical Properties

Leaves

- **Antimicrobial Property** – Leaf extract is used to treat oral infections, sore throat and bad breath.
- **Carminative Property** – Leaves help in digestion, relieve gas, bloating and indigestion.
- **External Use** – Warmed leaf with oil is applied to chest for cough, cold and to reduce swelling.

Leaves & Stem

Rich in essential oils like eugenol and chavibetol. Acts as Antiseptic and Anti-inflammatory. Used for wound healing, boils, and skin infections.

Whole Plant & Root

Antioxidant and Antidiabetic Capacity. Leaf juice is used to counter respiratory disorders like asthma and bronchitis. Also used as Stimulant and Aphrodisiac in traditional medicine. Chewed with betel nut for its mild stimulant effect.

Favourable Growing Conditions

Partial shade to filtered sunlight, well-draining loamy soil rich in organic matter, loves warm and humid climate. Propagates through stem cuttings. It's a perennial creeper that needs support to climb. Requires regular watering but good drainage to avoid waterlogging.

Caution

Leaves are safe when used in moderation. Excess chewing with tobacco and lime can cause oral cancer and mouth ulcers. Not recommended for people with gastric ulcers or high BP in large amounts. Pregnant women should avoid excessive use.

25. *Plumeria pudica* Jacq.



Common name - Bridal Bouquet, White Frangipani, Fiddle-leaf Plumeria, Nag Champa.
Family: Apocynaceae Juss.
Plant Type: Small Tree

Medical Properties

Bark

- Cardi tonic decoction, managing blood pressure, cholesterol, ulcers, and fractures.
- It's key components are iridoids, plumerierid, triterpenes, and flavonoids.

Leaves

Leaf juice paste applied topically for skin eruptions, wounds, and earaches. It's key components are Flavonoids, Glycosides.

Fruits

Used as a digestive astringent, mild laxative, and in respiratory remedies. It's key components are Tannins, Bioflavonoids.

Favourable Growing Conditions

Full sunlight (6–8 hours), well-draining soil, drought-tolerant, grown easily in pots and home gardens. Propagated mainly via stem cuttings (seed pods are rare).

Caution

Contains milky latex (sap) which is mildly toxic and can cause skin irritation/dermatitis and eye irritation upon contact. Ingestion causes stomach upset and vomiting.

26. *Pongamia pinnata* (L.) Pierre



Common name - Karanj
Family: Fabaceae Lindl.
Plant Type: Tree

Medical Properties

Leaves

- **Antimicrobial Property** – Leaf juice is used to treat skin diseases, eczema, scabies and wounds.
- **Anti-inflammatory Property** – Leaf paste is applied to reduce swelling, rheumatic pain and ulcers.
- **External Use** – Leaf decoction is used as a wash for vaginal infections and leprosy.

Seeds & Seed Oil

Rich in flavonoids and karanjin. Acts as Antifungal and Antiparasitic. Oil is used to treat skin infections, psoriasis and as mosquito repellent. Also used in Ayurveda for arthritis and asthma.

Bark & Root

Has astringent and antidiarrheal capacity. Bark decoction is used for diarrhea, dysentery and bleeding piles. Root is used to clean teeth and treat toothache.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining sandy to clay loam soil, highly salt and drought-tolerant. Loves warm and humid coastal climate. Propagates through seeds. Medium tree, grows up to 15-25 m tall. Needs minimal watering once established.

Caution

Seeds and oil are toxic if taken internally without purification. For external use only unless prescribed by an expert. Excess use may cause nausea and vomiting. Keep away from children



Common name - Guava
Family: Myrtaceae Juss.
Plant Type: Tree

Medical Properties

Leaves

- **Antimicrobial Property** – Leaf decoction is used to treat diarrhea, dysentery, and stomach infections.
- **Anti-inflammatory Property** – Crushed leaves are applied to wounds, cuts and skin infections for faster healing.
- **External Use** – Gargling with leaf extract helps in toothache, gum swelling and sore throat.

Fruit

Rich in Vitamin C, fiber, and antioxidants like lycopene. Acts as an immunity booster and digestive aid. Helps in managing diabetes, cholesterol, and weight. Also has Antioxidant Effects that protect against cell damage.

Bark & Roots

Have astringent and antidiabetic capacity. Bark decoction is used to counter diarrhea, cholera, and excessive menstrual bleeding. Root extract is used for skin diseases and respiratory disorders.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining alluvial soil, loves warm and humid climate, mostly found near river banks and water bodies. Propagates through seeds. Large deciduous tree, grows up to 25-30m tall. Drought-tolerant once established.

Caution

The plant is generally safe when taken in prescribed doses. Excess use may cause constipation and gastric irritation. Pregnant women and people on heart medication should use under doctor's guidance.

28. *Pterocarpus santalinus* L.f.



Common name - Red Sandalwood
Family: Fabaceae Lindl.
Plant Type: Tree

Medical Properties

Heartwood

- **Antimicrobial Property** – Wood paste is used to treat skin infections, acne, rashes and fungal infections.
- **Anti-inflammatory Property** – Applied externally to reduce burning sensation, swelling and skin irritation.
- **Cooling Property** – Used in summers to reduce body heat, prickly heat and to give a cooling effect to skin.

Wood Powder

Acts as astringent and antioxidant. Used for fever, diarrhea, dysentery and to purify blood. Also used in face packs for glowing skin and to remove blemishes.

Whole Plant

Has antidiabetic and hepatoprotective capacity. Wood decoction is used to counter respiratory disorders. Oil is used in aromatherapy for stress and anxiety relief.

Favourable Growing Conditions

6 to 8 hours of direct sunlight, well-draining rocky to red sandy loam soil, loves hot and dry climate. Propagates through seeds. Slow-growing tree, grows up to 8-12m tall. Needs very little water once established. Native to Andhra Pradesh and South India.

Caution

Raktachandan is an endangered species. Felling and trade are regulated by government law. Use only certified sustainable sources. For medicinal use, take under expert guidance. External use is generally safe.

29. *Rauvolfia serpentina* (L.) Benth. ex Kurz.



Common Name : Sarpagandha, Indian Snakeroot, Serpentina root, Chandrabhanga
Family : Apocynaceae Juss.
Plant Type-Shrub

Medicinal Properties

Root

- **Antihypertensive Property** – Root contains reserpine. Used to lower high BP and calm the nervous system.
- **Sedative Property** – Used to treat insomnia, anxiety, hysteria and mental disorders.
- **Antimicrobial Property** – Root extract is used for snake bites, insect bites and fever.

Leaves

Has Anti-inflammatory Property. Leaf paste is applied to wounds, itching and skin infections.

Whole Plant

Rich in alkaloids like ajmaline and serpentine. Acts as Antispasmodic and Antidiarrheal. Used to counter gastrointestinal disorders and reduce fever.

Favourable Growing Conditions

Sarpagandha thrives in warm, humid tropical climates (10°C-38°C), frost-sensitive) with partial shade and (1,000-2,500 mm) annual rainfall. Prefers well-drained, organic-rich sandy loam or black soil with a slightly acidic to neutral pH (4.6-7.5); avoid alkaline soils.

Caution

Contains potent reserpine alkaloids; strictly use under medical supervision. Avoid during pregnancy/lactation (uterine risk) and in individuals with depression, peptic ulcers, or hypotension, as it can worsen mood disorders, increase acidity, and cause severe drops in blood pressure or heart rate.

30. *Tectona grandis* L.f.



Common name - Sagwan, Teak Wood
Family: Lamiaceae Martinov
Plant Type: Tree

Medical Properties

Leaves

- **Antimicrobial Property** – Leaf extract is used to treat skin infections, wounds and ulcers.
- **Anti-inflammatory Property** – Leaf paste is applied to reduce swelling, boils and eczema.
- **External Use** – Leaf decoction is used as a wash for hair to treat dandruff and promote hair growth.

Heartwood & Bark

Rich in tectoquinone and lapachol. Acts as astringent and antipyretic. Bark decoction is used to reduce fever, diarrhea and dysentery. Heartwood oil is applied for skin diseases.

Seeds & Flowers

Has Diuretic and Antioxidant Capacity. Seed oil is used to treat scabies and other skin disorders. Flowers are used in traditional medicine for bronchitis and urinary disorders.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining alluvial soil, loves warm and humid climate, mostly found near river banks and water bodies. Propagates through seeds. Large deciduous tree, grows up to 25-30m tall. Drought-tolerant once established.

Caution

Teak wood dust or extracts may cause skin irritation or dermatitis in sensitive individuals, while excessive or concentrated use of bark decoctions may lead to digestive upset.

31. *Terminalia arjuna* (Roxb.) Wight & Arn.



Common name - Arjun, Arjuna, White Marudah
Family: Combretaceae R.Br.
Plant Type: Tree

Medical Properties

Bark

- **Cardioprotective Property**– Bark powder is used to strengthen heart muscles, reduce chest pain and manage hypertension.
- **Antioxidant Property**– Bark extract helps in reducing oxidative stress and protecting against heart diseases.
- **Astringent Property** – Bark decoction is used to treat diarrhea, dysentery and ulcers due to its tannin content.

Leaves & Fruits

Rich in flavonoids and triterpenoids. Acts as Anti-inflammatory and Antimicrobial. Leaf juice is used for earache and skin diseases. Fruits help in managing cholesterol and diabetes.

Whole Plant & Bark

Hepatoprotective and Diuretic Capacity. Bark is used to counter edema, wound healing, and respiratory disorders like asthma. Also used in Ayurveda for blood purification.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining alluvial soil, loves warm and humid climate, mostly found near river banks and water bodies. Propagates through seeds. Large deciduous tree, grows up to 20-25m tall. Drought-tolerant once established.

Caution

The plant is generally safe when taken in prescribed doses. Excess use may cause constipation and gastric irritation. Pregnant women and people on heart medication should use under doctor's guidance.

32. *Withania somnifera* (L.) Dunal



Common name - Ashwagandha, Indian Ginseng, Winter Cherry
Family: Solanaceae Juss.
Plant Type: Shrub

Medical Properties

Leaves

- **Anti-inflammatory & Antimicrobial:** Reduces swelling/joint pain and heals wounds, ulcers, and skin infections. Fresh leaf paste is applied topically directly onto swollen joints, boils, or wounds.
- **Antioxidant:** Protects cells and supports liver health. Mild leaf decoction (boiled water extract) is taken in small, controlled doses.

Roots

- **Adaptogen & Tonic:** Rich in withanolides; boosts stress resistance, stamina, strength, and immunity. Root powder (Ashwagandha Churna, 3–6g) taken warm with milk or water, preferably at night.
- **Calming Effect:** Acts as a natural sedative for anxiety, insomnia, and exhaustion. Root powder mixed with milk and a pinch of nutmeg or ghee before bedtime to promote sleep.

Whole Plant & Berries

- **Vitality & Memory:** Counters weakness, improves male reproductive health, and memory decline. Whole plant/root extract or decoction boiled in milk (Ksheerapaka) taken daily as a revitalizing tonic.
- **Berries:** Act as a mild diuretic. Dried berries are steeped into herbal tea or consumed in small quantities to promote urine flow.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining sandy-loam soil, waterlogging kills the plant, loves hot and dry climate, drought-tolerant tropical plant. Propagates through seeds. Very easy to grow in semi-arid regions.

Caution

The plant should be taken in prescribed doses only. Large doses may cause stomach upset, vomiting, and drowsiness. Not recommended during pregnancy and for people with thyroid disorders without doctor's guidance. Alkaloids and withanolides must be standardized before pharmaceutical use.

33. *Ziziphus mauritiana* Lam.



Common name - Ber
Family: Rhamnaceae Juss.
Plant Type: Small Tree/shrub

Medical Properties

Fruit

- **Antioxidant Property** – Rich in Vitamin C and flavonoids. Used to boost immunity and fight free radicals.
- **Digestive Property** – Fruit is used to treat indigestion, acidity and improve appetite.
- **Anti-inflammatory Property** – Used to reduce fever, cold and sore throat.

Leaves & Bark

Acts as astringent and antimicrobial. Leaf paste is applied to wounds, ulcers and skin infections. Bark decoction is used for diarrhea, dysentery and gum problems.

Root & Seeds

Have sedative and antidiabetic capacity. Seed powder is used for insomnia and anxiety. Root extract is used to treat respiratory disorders like cough and asthma.

Favourable Growing Conditions

6 to 8 hours of sunlight daily, well-draining sandy to loamy soil, highly drought-tolerant. Loves hot and dry climate. Propagates through seeds and grafting. Small tree/shrub, grows up to 5-12m tall. Needs minimal watering once established.

Caution

The fruit is generally safe for consumption. Excess fruit may cause constipation. Bark and root should be used in prescribed doses only. Latex from bark can cause skin irritation in sensitive people.



Dharammeet Eco Club (B.Ed session 2025-27)

Department of Education





Members of Dharammeet Club

Department of Education (2025-27)

1. Monica Xalxo (Roll 1)
2. Anjali Kumari (Roll 2)
3. Akanksha Oraon (Roll 5, Joint Secretary)
4. Emanwel Mensan (Roll 7)
5. Tusar Minz (Roll 8, Treasurer)
6. Aditi Manki (Roll 10)
7. Anisha Ekka (Roll 11)
8. Raj Pratik (Roll 13, Secretary)
9. Suraj Tirkey (Roll 14)
10. Fouziya Urooze (Roll 15)
11. Divya Tirkey (Roll 16)
12. Parul Bharti (Roll 17)
13. Alina Sara Lakra (Roll 18)
14. Suraj Minz (Roll 21, Joint Secretary)
15. Rajvardhan (Roll 23)
16. Madhu Rani Xalxo (Roll 24)
17. Rohita Lakra (Roll 26, Joint Secretary)
18. Harshita Prajapati (Roll 27)
19. Lily Pushpa Minz (Roll 35)
20. Harshit Guria (Roll 36)
21. Neha Kumari (Roll 42)
22. Rishabh Kumar Mishra (Roll 43)
23. Vani Priya (Roll 44)
24. Megha Kumari (Roll 45)
25. Nandita Kumari (Roll 49)
26. Akanksha Rani (Roll 51)
27. Sony Kumari (Roll 53)
28. Angel Mercy (Roll 55)
29. Ritu Lakra (Roll 56)
30. Nisha Rani Kujur (Roll 60)
31. Nupur Tirkey (Roll 63)
32. Puja Kumari (Roll 64, Secretary)
33. Ajit Murmu (Roll 65)
34. Shivam Kumar Ram (Roll 69)
35. Deepak Lugun (Roll 70)
36. Simran Kumari (Roll 72)
37. Avinash Kotwar (Roll 74)
38. Roshan Hansdak (Roll 77)
39. Swagata Sasmal (Roll 80)
40. Niel Soren (Roll 81)
41. Shweta Kumari (Roll 85)
42. Puja Kumari (Roll 89)
43. Sheetal Julitha Tirkey (Roll 91)
44. Angel Kujur (Roll 92)
45. Aanchal Kumari (Roll 95)
46. Akansha Lang (Roll 98)



धरामीत गीत

हम हैं धरा के मीत, अपनी बस एक ही रीत
धरनी, धरा, वसुधा से हमें है प्रीत।

जीवन बसे, रचे, तेरे अंगना
वृक्ष, फूल, पंछी तेरा गहना।
तेरा श्रृंगार, नदी और झरना।
गाए हर दिल यह गीत
धरनी, धरा, वसुधा से हमें है प्रीत।

ली है शपथ, आगे है आना
जागे हैं हम, औरों को जगाना।
आंच न आए तुझपर हमने ठाना
होगी हमारी जीत
धरनी, धरा, वसुधा से हमें है प्रीत।

-प्रोफेसर (डा०) नंदिता पांडेय

