

# Medicinal Plants

Indian medicinal plants are the essence of Ayurveda and Ayurvedic treatments. When used judiciously and according to the basic principles they produce miraculous effects. Their role cannot be confined to mere curation of disease but they also used being of human body. Hence, Ayurvedic drugs are rightly called the elixirs of life. Ayurvedic Herbs played important role in Ayurvedic treatment, from ancient time to this most modern time.

## Aloe vera -kumari

A perennial plant with a short stem.

Leaves— 30-60 cm long, erect, crowded in a basal rosette, juicy, glaucous- green, narrow lanceolate, long acuminate, margins with spiny teeth.

Flowers— yellow, in dense racemes terminating the scapes.



## **BRAHMI- *Bacopa monnieri***

*Bacopa Monnieri* (Linn.) Pennell (*B. monniera* (L.) Wetst; *Herpestis monniera* (L.) Kunth; *Gratiola monniera* L.)





## **Tulasi - *Ocimum sanctum* (*O.Tenuiflorum*)**

Action Leaf—carminative, stomachic, antispasmodic, antiasthmatic, antirheumatic, expectorant, stimulant, hepatoprotective, antiperiodic, antipyretic and diaphoretic.



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## List of useful Medicinal Plants

1. [Vatsanabhi - Aconitum ferox](#)
2. [Ativisa -Example to view-](#) Aconitum heterophyllum
3. [Aparajita - Example to view -](#) Clitoria ternatea
4. [Naga Kesara - Example to view\(click here\)](#)
5. [Patha Example to view\(click here\)](#)
6. [Guduci - Tinospora cordifolia](#)
7. [Daru Haridra -](#)  
[Cosinium fenestratum—South India](#)  
[Berberis aristata - North India](#)
8. [Ahiphena - Papaver somniferum](#)
9. [Varuna - Crataeva religiosa](#)
10. [Tuvaraka - Hydnocarpus wightiana](#)
11. [Sala - Shorea robusta](#)
12. **Bala Dvaya**
  - (a). [Bala - Sida cordifolia](#)
  - (b). [ATIBALA - Abution indicum](#)
13. [Naga Bala - Sida Veronicaefolia](#)
14. [Shalmali - Bombax maabalricum](#)
15. [Goksura - Tribulus terrestris](#)

16. [Cangeri - Oxalis corniculata](#)
17. [Nimbuka - Citrus limon](#)
18. [Bilva - Aegle marmelos](#)
19. [Guggulu - Commiphora mukul](#)
20. [Tejohva - Zanthoxylum alatum](#)
21. [Nimba - Azadirachta indica](#)
22. [Jyotismati - Celastrus paniculatus](#)
23. [Karkata Srngi - Pistacia integerrima](#)
24. [Bhallataka - Semicarpus anacardium](#)
25. [Sigru - Moringa pterygosperma](#)  
[\(M. oleifera \)](#)
26. [Palasa - Butea monosperma](#)
27. [Yasti madhu - Glycyrrhiza glabra](#)
28. [Yavasa - Alhagi camelorum / Tragia involucrate](#)
29. [Sali parni - Desmodium gangeticum](#)
30. [Prsni parni - Uraria picta](#)
31. [Karanja - Pongamia pinnata \(P. glabra\)](#)
32. [Lata karanja - Caesalpinia Crista \(C. bonduc \)](#)
33. [Kapikachhu - Mucuna prurita \(M. pruriens\)](#)
34. [Sara punkha - Tephrosia purpurea](#)
35. [Bakuci - Psoralea Corylifolia](#)
36. [Kāncanara - Bauhinia purpurea](#)

37. [Asoka - Saraka asoca](#)
38. [Sirisa - Albizia lebbek](#)
39. [Aragvadha - Cassia fistula](#)
40. [Khadira - Acacia catechu](#)
41. [Haritaki - Terminalia chebula](#)
42. [Vibhitaki - Terminalia bellerica](#)
43. [Amalaki - Emblica officinalis](#)
44. [Lavanga - Syzygium aromaticum](#)
45. [Jambu - Syzygium cumini \(Eugenia jambolana\)](#)
46. [Dadima - Punica granatum](#)
47. [Dhataki puspa - Woodfordia floribunda](#)
48. [Indravaruni - Citrullus colocynthis](#)
49. [Kusmanda - Benincasa cerifera \(B. hispida\)](#)
50. [Manduka parni - Centella asiatica](#)
51. **Patola** - Tricosanthes dioica
52. **Hingu** - Ferula northax (F. foetida )
53. **Satapuspa** - Anethum  
sowa (A.graveolens )
54. **Misreya** - Foeniculum vulgare
55. **Dhanyaka** - Coriandnum sativum
56. **Ajamoda** - Apium graveolens  
[Trachyspermum roxburghianum ]

57. **Yavani** - *Carum copticum*  
[*Trachys permum ammi* ]
58. **Jiraka** - *Cuminum cyminum*
59. **Krsna Jiraka** - *Carum carvi*
60. **Manjistha** - *Rubia cordifolia*
61. **Madanaphala** - *Randia dumetorum*
62. **Gandha prasarani** - *Paederia foetida*
63. **Jatamansi** - *Nordostachys jatamansi*
64. **Bhrngaraja** - *Eclipta alba*
65. **Puskaramula** - *Inula racemosa*
66. **Kustha** - *Saussurea lappa*
67. **Citraka mulam** - *Plumbago zeylanica*
68. **Vidanga** - *Emblia ribes*
69. **Lodhra** - *Symplocos racemosa*
70. **Sapta parna** - *Alstonia scholaris*
71. **Kutaja** - *Holerrhena antidyentrica*
72. **Sarpagandha** - *Rauwolfia serpentina*
73. **Karavira** - *Nerium indicum*
74. **Arka Dvaya** - *Calotropis procera*
75. **Sariva Dvaya** - *Hemidesmus indicus*  
/ *Ichnocarpus frutescens*
76. **Kupilu** - *Strychnos nux vomica*

77. **Kirata tikta** - Swertia chirata / Andrographis paiculata
78. **Sankha puspi** - Convolvulus pluricaulis
79. **Trivrit** - Operculina terpeethum
80. **Kantakari** - Solanum xanthocarpum
81. **Brhati** - Solanum indicum
82. **Asvagandha** - Withania somnifera
83. **Dhattura** - Dhattura Stramonium [D.metel]
84. **Parasika yavani** - Hyocymus reticulata/ H. nigar
85. **Katuki** - Picrorrhiza kurroa
86. **Brahmi** - Bacopa Monnieri
87. **Syonaka (sona patha)** -  
Oroxylum indicum
88. **Patala** - Stereosprum chelonoies
89. **Vasa** - Adhathoda vasica
90. **Nirgundi** - Vitex negundo
91. **Agnimantha** - Premna integrifolia
92. **Bharngi** - Clerodendrum serratum
93. **Gambhari** -Gmelina arbora / G. ardiria
94. **Tulasi** - Ocimum sanctum
95. **Drona puspi** - Leucas cephalotus
96. **Punarnava** - Boerhavia diffusa



97. **Apamarga** - *Achyranthes aspera*
98. **Maricha** - *Piper nigrum*
99. **Pippali** - *Piper longum*
100. **Jatiphala** - *Myristica fragrans*
101. **Dalcini** - *Cinnamomum zeylanica*
102. **Karpura** - *Cinnamomum Camphora*
103. **Aguru** - *Aqualaria agollacha*
104. **Candana** - *Santalum album*
105. **Eranda** - *Ricinus communis*
106. **Danti mula** - *Baliospermum montanum*
107. **Arjuna** - *Terminalia arjuna*
108. **Udumbara** - *Ficus racemosa*  
(*F. glomerata*)
109. **Bhanga** - *Cannabis sativa*
110. **Devadaru** - *Cedrus deodar*
111. **Talisa patra** - *Abies webbiana*
112. **Hardiaka** - *Curcuma longa*
113. **Ardraka(Sunthi)** - *Zinzibe officinale*
114. **Ela dvayam** - *Elettaria cardamomum*
115. **Rasona** - *Allium Sativum*
116. **Ghrta Kumari** - *Aloe vera*
117. **Satavari** - *Asparagus racemosus*

- 118.**            **Vacha** - *Acorus calamus*
- 119.**            **Mustaka** - *Cyperus rotundus*
- 120.**            **Usira** - *Andropogon muricatus*