

MEDICINAL PLANTS

4. HEART-LEAVED MOONSEED (GULVEL)



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MEDICINAL USES

- Gulvel is mainly used for fever, hay fever, small cuts, diarrhoea, acidity, bloating, flatulence, anaemia, jaundice, and urinary tract infections.
- It also has anti-cancer, anti-diabetic, anti-depressant, learning and memory-enhancing, anti-osteoporotic and anti-arthritis properties which need more research

5. ALOEVERA



Aloe vera is a succulent plant that has been used as medicine for centuries, most commonly to treat sunburn, rashes, burns, wounds, and other skin conditions.

Aloe vera is widely available as a distilled juice, dietary supplement, and ingredient in shampoos, face creams, body lotions, and skin ointments. Aloe vera has been widely grown as an ornamental plant. In pots, the species requires well-drained, sandy potting soil, and bright, sunny conditions. Aloe plants can turn red from sunburn under too much direct sun, though gradual acclimation may help. Two substances from Aloe vera – a clear gel and its yellow latex – are used to manufacture commercial products. Aloe vera gel is used commercially as an ingredient in yogurts, beverages, and some desserts, but at high or prolonged doses, ingesting aloe latex or whole leaf extract can be toxic.

MEDICINAL USES:-

Some benefits of using aloe vera are as follows:

- Aloe vera is good for irritated or inflamed skin.
- Aloe vera helps repair your skin from the most tender of wounds.
- Aloe vera helps speed the process of healing to burns and other wounds.
- Aloe vera gel when applied to the skin is thought to treat, prevent, or relieve many conditions, including sunburn, burns, surgical wounds, skin ulcers, and rashes
- Aloe vera may help control blood glucose levels in people with type 2 diabetes ● Aloe vera may help relieve gastrointestinal symptoms.

6. IXORA



Ixora is a genus of flowering plants in the Rubiaceae family, which is known for its vibrant and attractive clusters of flowers. These plants are native to tropical and subtropical regions, primarily in Asia, Africa, and the Americas. Ixora species are commonly cultivated as ornamental shrubs or small trees due to their colorful and long-lasting blooms, which can be found in shades of red, pink, orange, yellow, and white.

While Ixora is mainly appreciated for its aesthetic value, some species within the genus have been traditionally used for their potential medicinal properties in various cultures. It's important to note that while there is anecdotal evidence and traditional knowledge about these uses, scientific research and validation are limited in many cases. Some potential medicinal uses of Ixora include:

- **Traditional Medicine:** In some traditional systems of medicine, certain parts of the Ixora plant, such as leaves, flowers, and roots, have been used to treat digestive issues, skin problems, inflammation, and respiratory conditions.
- **Anti-inflammatory Properties:** Certain compounds found in Ixora plants possess antioxidant and anti-inflammatory effects, which could contribute to their use in traditional medicine.
- **Antioxidant Activity:** Antioxidants help to neutralize harmful free radicals in the body, which are implicated in various chronic diseases and aging.
- **Wound Healing:** Some traditional practices involve using Ixora extracts for wound healing and to soothe skin irritations. The plant's antimicrobial properties might play a role in these potential benefits.