

MEDICINAL PLANTS

19. HIBISUCS



Hibiscus, commonly called Roselle, belongs to the family Malvaceae. Hibiscus has over 300 species of flowering plants, and one of them is *Hibiscus sabdariffa* Linne. It is considered a multipurpose plant that may have various health benefits.

Hibiscus is a perennial flowering plant grown throughout the seasons. The shrub originated in

Africa and is planted worldwide in tropical and subtropical regions of India, China, Sudan, Malaysia, Taiwan and many other countries.¹⁻³

Hibiscus is cultivated for flowers, leaves, stems, seeds and roots. Hibiscus flowers and seed oils are widely used in food, cosmetic, and pharmaceutical formulations. Hibiscus has medicinal value, which has been referenced in Ayurveda and the Chinese medicine system. It is commonly called Lalambari or Gudhal in Hindi and Jaswandh in Marathi.^{1,2}

MEDICINAL VALUE:-

- Antidiabetic and anticancer effects are among the purported benefits of hibiscus. Hibiscus preparations may also help lower blood pressure, protect the liver, and decrease fasting blood sugar.
- Blood pressure
- Several human trials have found that hibiscus beverages and supplements can decrease blood pressure
- Obesity
- Hibiscus may help with weight loss and protect against obesity. Research in animals suggests that hibiscus extracts may help prevent fat cells from accumulating. This could prevent complications sometimes seen with obesity, such as fatty liver and insulin resistance
- Metabolic syndrome

- Liver damage
- The colorful anthocyanins in hibiscus have been found to increase liver antioxidant enzymes, protect against oxidative stress, and prevent liver fat accumulation in rats with diabetes and obesity
- Cancer
- The antioxidant compounds in hibiscus may also have anticancer properties.
- Hibiscus preparations, including teas, powders, and extracts, have been shown to decrease blood pressure, reduce body fat, improve metabolic syndrome, protect the liver, and fight cancer cells. However, more human research is needed.

20. AJWAIN



Scientific Name- Trachyspermum ammi

Ajwain plants are small perennial plants that are erect by nature. The plant is also called as bishop weed and is commonly confused by people as a fruit or with the lovage seed. This plant is mainly grown and harvested in India and Iran.

MEDICINAL USE-

- Ajwain leaves have been proven to help in digestion when consumed with a small amount of black salt
- Ajwain leaves have a cure to all types of cold and also for breathing problems. • Homoeopathic medicines are prepared from the usage of fresh leaves to treat infections from urinary organs and a lot more.
- Ajwain leaves are rich in nutrition and can also be used as antibiotics.

21. MOSAMBI



Scientific Name- Citrus Limetta

Mosabmi, also known as Sweet Lime, is an amazing summer fruit known for its sweet and juicy flavour. It has a tangy flavour, beautiful yellowish colour and keeps you refreshed during summers. It is grown in Southeast Asia in the tropical climate. Although it is a seasonal fruit, it is available in other months as well. The real joy of eating Mosambi is in summer afternoons.

MEDICINAL USES-

- Sweet Lime provides us with the following: Vitamin C, Vitamin B6, Iron, Thiamine, Potassium, Calcium, Fibre, Protein, Carbs and some Calories.
- It has antioxidants, immune-boosting, anticancer, detoxifying and anti-inflammatory properties that can prevent numerous diseases.
- Mosambi has a lot of Vitamin C content that can be very helpful in boosting our immunity and fighting diseases.
- It has ascorbic acid which is needed every day in our diet.
- Treats jaundice
- Helps in Pregnancy