

MEDICINAL PLANTS

1. MALABAR NUT (ADULSA)



The Malabar Nut is a small evergreen bush originally from the lower Himalayas. It has oppositely arranged, smooth-edged, broad, lance-shaped leaves borne on short petioles. They become greenish-brown when dried, smell similar to strong tea and have a bitter taste. It bears flowers with large, attractive white petals, streaked with purple on the lower lips. Need well drained soil in full sun. Makes a good container plant.

MEDICINAL USES

- Adulsa leaves have been used in Ayurvedic Medicine for over 2000 years to treat respiratory disorders.
- The leaves contain carotene, vitamin C and essential oil - the whole plant is sedative, expectorant, antispasmodic, antiseptic, expectorant, anthelmintic and blood-purifying.
- Adulsa is useful in treating bronchitis, colds, whooping cough, asthma, tuberculosis, sore throat and other lung and bronchial disorders.
- In southern India the powdered leaves are used to treat malaria.
- A juice made from the leaves can be used to treat diarrhea, dysentery and to control both internal and external bleeding such as peptic ulcers, hemorrhoids and bleeding gums.
- The whole plant is useful in the removal of intestinal parasites - take a decoction of the root and bark/ or take the juice from the leaves and drink a teaspoon three times a day for 3 days.
- A poultice made from the leaves is applied to wounds, rheumatic joints and edema.
- A warm tea of the leaves is useful in treating scabies and other skin diseases.

2. NONI (BARTONDI)



Noni is a fruit-bearing tree in the coffee family, Rubiaceae. Its native range extends across Southeast Asia and Australasia, and was spread across the Pacific by Polynesian sailors. The species is now cultivated throughout the tropics and widely naturalized. The fresh fruit's strong, vomit-like odor has made it a famine food in most regions, but it remains a staple food among some cultures, and has been used in traditional medicine. In the consumer market, it has been introduced as a supplement in various formats, such as capsules, skin products, and juices.

MEDICINAL USES

- Polynesian healers have used noni fruits for thousands of years to help treat a variety of health problems such as diabetes, high blood pressure, aches, pains, burns, arthritis, inflammation, tumors, the effects of aging, and parasitic, viral, and bacterial infections.
- Ancient healing manuscripts cite the fruit as a primary ingredient in natural healing formulations.
- Today, fruit preparations are sold as juice, in dried "fruit-leather" form, and as a dry extract in capsules.

3. INDIAN BAEL



Bael, , is one of the medicinally treasured tree species out of the 250,000 living terrestrial plant species on earth.. Bael trees are usually planted near temples dedicated to Lord Shiva and routinely worshiped by the devotees . Bael is one of the most appreciated plants used in ayurvedic medicine by the Indian and other South Asian inhabitants in ancient history . According to the historical records, bael is used as a medicinal and food item since 5000 B.C. and known to human beings even when writing the famous Sanskrit epic-poem Ramayana. Bael mentioned in the renowned book Charaka Samhita, a comprehensive compilation of all the essential ayurvedic information, which identified bael as a necessary item in ayurvedic medicine. The tree is aromatic, and all the parts are medicinally important. Fruits, leaves, bark, roots, and seeds are used in ayurvedic and folk medicine systems to treat various ailments.

MEDICINAL USES

- The anti-bacterial and anti-parasitic properties and the presence of tannins in Bael help in fighting against the infection called shigellosis which causes diarrhea and treats cholera. The active constituent “Feronia gum” present in the bark and branches of the bael tree have reportedly shown helpful properties in controlling diabetes.
- Bael is an apt fruit for curing many digestive issues due to its anti- bacterial, anti-fungal properties.
- Bael having a load of vitamin C acts as a boon for people suffering from Vitamin C deficiency and cures the disease in no time.
- The anti-bacterial properties of Bael help in treating infections and removing solidified wax from the ear, thus, preventing problems related to hearing.
- Due to the presence of the anti-bacterial properties in Bael, it is highly effective against skin infections, cures many skin disorders and promotes skin health.

- Bael also plays a key role in lowering the levels of cholesterol of the blood. It is useful in treating heart, liver and kidney problems. Due to the high amount of potassium, it purifies the blood, removes toxins and boosts the overall immunity of the body.