

MEDICINAL PLANTS

16.COMMON RUE:



Common rue (*Ruta graveolens*) is a fragrant perennial herb with bluish-green leaves and small yellow flowers. Native to the Mediterranean, it has been used for culinary and medicinal purposes historically. However, its compounds can be toxic if ingested in excess. Caution is advised when handling or using the plant.

MEDICINAL USES::

- **Digestive Aid:** Common rue has been used to aid digestion and alleviate gastrointestinal issues like indigestion and bloating. However, consuming it in excessive amounts can be toxic and cause severe adverse effects.
- **Antispasmodic:** It has been employed to ease muscle spasms and cramps, although this usage requires caution due to its potential toxicity.
- **Menstrual Disorders:** Some traditional practices involve using Common rue to manage menstrual irregularities and pain. However, its use for this purpose is not well-supported by modern medical research.
- **Antifungal and Antimicrobial:** Common rue contains compounds that have demonstrated antifungal and antimicrobial properties in certain studies. However, these properties are not well-studied or proven for medicinal use.
- **Topical Use:** Rue essential oil has been used topically for its supposed benefits. It's important to be cautious when applying essential oils to the skin, as they can cause skin irritation or allergic reactions in some individuals. **Wart and Skin Tag Removal:** In some traditional practices, Common rue has been used topically to remove warts and skin tags. However, attempting this without proper medical guidance can lead to adverse effects.

17. INSULIN PLANT



Scientific name: - *Chamaecostus cuspidatus*

Chamaecostus cuspidatus, common name fiery costus or spiral flag, is a species of herbaceous plant in the family Costaceae native to eastern Brazil (States of Bahia and Espirito Santo).[1][2][3] In India, it is known as insulin plant for its purported anti-diabetic properties.[4][5]

Chamaecostus cuspidatus has large fleshy-looking leaves. The undersides of these large, smooth, dark green leaves have light purple shade. The leaves are spirally arranged around the stem, forming attractive, arching clumps arising from underground rootstocks. The maximum height of these plants is about two feet. The flowers are orange in color and are 1.5 in (3.8 cm) in diameter. Flowering occurs during the warm months. And they appear to be cone-like heads at the tips of branches.[6]

The leaves of this plant have corosolic acid that helps to generate insulin to treat diabetes. It strengthens the beta cells for the build-up of insulin in the human body; that's why it is called an "insulin plant" in India.

MEDICINAL PROPERTY: -

- In addition to its anti-diabetic properties, the insulin plant has other health benefits.
- That includes antioxidant properties. This can be helpful for people with diabetes to assist in reversing the oxidative stress of the liver, pancreas, and kidneys.
- The plant also has diuretic, antimicrobial, and cancer-preventing properties.
- Antioxidant Property
- Anti-cancer Property
- Cures Diabetes, Liver Illness, Asthma

- Reduce Cholesterol Level
- Natural Prebiotic for Better Digestion
- Maintains Kidney Health, Bladder Health
- Boosts Immunity
- Prevents Cancer
- Reduces Blood Pressure
- Helps To Reduce Bronchitis Symptoms
- Used as a Sore Throat Therapy
- Treats Fever

18. HOLY BASIL



Scientific name: - *Ocimum tenuiflorum*

Holy basil is commonly known as Tulasi in Sanskrit or Tulsi in Hindi.¹ It is a perennial flowering plant from the mint family called Lamiaceae. Though this plant is native to the Indian subcontinent, it grows throughout Southeast Asia.²

There are several types of holy basil. It is highly revered for its medicinal uses within the Ayurvedic and Siddha medical systems and has been used for thousands of years in Ayurveda for its diverse healing properties.

MEDICINAL USE:-

- From the leaves to the seed, holy basil is considered a tonic for the body, mind, and spirit. Different parts of the plant are recommended for treating different conditions:
- Use its fresh flowers for bronchitis.
- Use the leaves and seeds, with black pepper, for malaria.
- Use the whole plant for diarrhea, nausea, and vomiting.
- Use the pill and ointment form for eczema.
- Use an alcohol extract for stomach ulcers and eye diseases.
- Use an essential oil made from the leaves for insect bites.
- Many studies support the use of the entire plant of holy basil for human use and its therapeutic value. The nutritional value Trusted Source is also high, as it contains: vitamin A and C, calcium, zinc, iron, chlorophyll
- Reduce stress and anxiety
- Holy basil has been shown to have antidepressant and anti-anxiety properties similar to antidepressant drugs. Studies have shown that it can help people feel more social and less anxious.
- Stimulate and vitalize your body

- Holy basil has been shown to boost your body's health in a variety of ways. It can help protect against infection, lower your blood sugar, lower your cholesterol, ease joint pain, and protect your stomach.