

## MEDICINAL HERBS AND FLOWERING PLANTS GARDEN IN VIGNAN'S CAMPUS

### Objectives:

1. To grow and maintain the flowering and medicinal important herbs in the vicinity of Hanuman Statue to bring elegance to the campus.
2. To design compost units and develop organic manure for the cultivation of herbs.
3. To prepare herbal decoction, syrup and infusions using roots, leaves, stem of propagated medicinal herbs both standalone and combinatorial mixtures.
4. To train students in the identification and taxonomy of medicinal herbs and extraction procedure, to screen secondary metabolites.

### Rationale:

As our lifestyle is now getting techno-savvy, we are moving away from nature. However, we cannot escape from nature for we are part of nature. Natural herbal flora withstood the vagaries of climatic changes through the ages of earth. In addition, they are endowed with safe compounds preferably positive health benefits and hence they are comparatively safer and eco-friendly. Traditionally there lots of herbs are in use to relieve humans and livestock from the ailments. Therefore, there is a need to promote them to save human lives. These herbal products are today are the symbol of safety in contrast to the synthetic drugs, that are regarded as unsafe to human beings and environment. Although herbs had been priced for their medicinal, flavoring and aromatic qualities for centuries, the synthetic products of the modern age surpassed their importance, for a while. It is primarily because of the marketing strategies adopted to promote synthetic products. It's time to promote and propagate the various species of medicinal plants globally particularly among students and woman folk to appraise their value in healthcare. A typical example, *Artemisia annua* is a sweet worm wood act as antioxidant, also used to treat asthma and malaria (Noble Prize was awarded in the year 2015 to Yu Yu Tu for the investigation of the medicinal potential of this plant). A few herbs grown are listed below:

### Herbal species for healthcare with their taxonomically nomenclature grown in Vignan's Campus:

- 1 *Bacopa monnieri* L. is best nervine tonic and memory enhancer.
- 2 *Magnolia × alba* treats Antidepressant and anxiolytic, aches, pains, soreness, or cramps, cardiac disorders, menstrual cramps, improve respiratory health, detoxify the body, boost cognition, prevent cancer, soothe the digestive system, stimulate the appetite.
- 3 Flowering herb like *Catharanthus roseus* used to treat diabetes, malaria, and Hodgkin's lymphoma and treatment of leukemia.
- 4 *Thymus vulgaris* is the best used for treatment of bedwetting, diarrhoea, stomach ache, arthritis, colic, sore throat, cough, bronchitis, flatulence and as a diuretic.

- 5 *Aloe barbadensis* L. fights against breast cancer, laxative, skin treatment, controls BP. adaptogen, boosts immunity, rich of vitamins, minerals, & amino acids.
- 6 *Plectranthus scutellarioides* treats Dyspepsia, Ophthalmia, Headaches, Bruises, Emmenagogue, Contraceptive, Dysphasia.
- 7 Beautiful variety of *Passiflora Incarnata* is a climbing herb for anxiety, insomnia, seizures, and hysteria. It is still used today to treat anxiety and insomnia.
- 8 *Cymbopogon flexosus* commonly known as lemon grass, wonderful herb act as essential oil, used in confectionery and culinary Purposes, drugs, flavoring, insect repellents, liquors and perfumery.
- 9 *Lavandula angustifolia* used as herbal tea, lotion, against clothing moths and massage oil.
- 10 *Glycyrrhiza glabra* Linn exhibits laxative, demulcent, tonics, aphrodisiac, sore throat, cough, genitourinary diseases, anorexia, asthma, persistent low fever.
- 11 *Thymus vulgaris*(*Green*) is the best used for treatment of bedwetting, diarrhoea, stomach ache, arthritis, colic, sore throat, cough, bronchitis, flatulence and as a diuretic.
- 12 *Moringa oleifera* acts as cardio tonic with vitamins and minerals. antioxidant, lowers blood sugar levels, inflammation and cholesterol.
- 13 *Rose varieties like Kashmir, paneer, mixed rose* exhibits high rich of vitamins, minerals, antioxidants.
- 14 *Jatropha baladona* used as production of Bio fuel.
- 15 *Polianthes tuberosa* and these flowers are used in perfume industry, also diuretic and emetic activity.
- 16 *Spray chrysanthemum like mums exhibits* used to treat chest pain (angina), high blood pressure, type 2 diabetes, fever, cold, headache, dizziness, and swelling. In combination with other herbs, chrysanthemum is also used to treat prostate cancer.
- 17 *Hibiscus Rosa sinuses* helps to relieve upset stomach, high blood pressure, cancer, bacterial infections, weight loss, and fevers.
- 18 Bleeding heart herb *Clerodendrum Thomsoniae* is the best healer for weakness and depletion from intestinal worms. This indicates that bleeding hearts have a rejuvenating and strengthening quality.
- 19 *Cactus Sps* lowers blood sugar levels, cholesterol levels, weight loss, colitis, diarrhea, and relieves Diabetes.
- 20 *Andrographis paniculata:* used for liver complaints and fever and as an anti-inflammatory and immunostimulant its extract has been studied for use as an immunostimulant in upper respiratory tract infections and HIV infection.
- 21 *Nelumbo nucifera:* It is used in food, cosmetics, in traditional medicine best used in kidney, spleen and heart.
- 22 *Portulaca grandiflora* Hook. – rose moss: The entire plant is depurative. It is used in the treatment of hepatitis, cirrhosis of the liver with ascites, swelling and pain in the pharynx.

The fresh juice of the leaves and stems is applied externally as a lotion to snake and insect bites, burns, scalds and eczema.

- 23 ***Auricularia heterophylla***: *Araucaria heterophylla* is tolerant of salt and wind, very popular ornamental tree in gardens, planted singly or in avenues.
- 24 **Mahabeera**: Wonder medicine for heels knee joint pains
- 25 ***Tinospora Cordifolia*** (Thunb.) Miers.: It is used for diabetes, high cholesterol, allergic rhinitis (hay fever), upset stomach, gout, lymphoma and other cancers, rheumatoid arthritis (RA), hepatitis, peptic ulcer disease (PUD), fever, gonorrhoea, syphilis, and to boost the immune system.
- 26 ***Chamaecostus cuspidatus*** (Nees & Mart.): It is rich in protein, iron, and antioxidant components such as ascorbic acid,  $\alpha$ -tocopherol, prevent the formation of calcium kidney stones.
- 27 ***Bryophyllum pinnatum*** (Lam.) Oken: Used in treatment of a cough, asthma, cold with candy sugar. It is used against dysentery. The plant root is used to treat high blood pressure. It is also used to prevent any kind of cardiac problem.
- 28 ***Mucuna Pruriens*** (L.) DC.: It treats Parkinson's disease. It has antispasmodic properties, also a stress reducer.
- 29 ***Elettaria cardamomum***: known as elachi and is used to treat BP, cancer, digestive problems, bad breath.
- 30 ***Epiphyllum oxypetalum*** (DC.): treatment for hemoptysis, edema, & relieving hemorrhage

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