

CHART: Plants and Uses
Updated January 27, 2013

| POP NAME | SCIENTIFIC NAME | PART USE | ETHOMEDICAL USE |
|-------------|-----------------------------|----------|--|
| Acacia | <i>Acacia greggi</i> | | astringent, demulcent, emollient |
| Agrimony | <i>Agrimonia eupatoria</i> | | blood coagulant |
| Ajwain | <i>Trachyspermum ammi</i> | | antibacterial, carminative, digestive |
| Amla | <i>Phyllanthus emblica</i> | | Cough, diabetes, laxative, acidity |
| Angelica | <i>Angelica sylvestris</i> | | gastritis, cramps, digestion |
| Ashok | <i>Trachyspermum - ammi</i> | | eases menstrual pain, diabetes, uterine disorders |
| Ashwagandha | <i>Withania somnifera</i> | | eases stress, nerve disorder, repairs bodily functions |
| Bael | <i>Aegle marmelos</i> | | constipation, diarrhea, dysentery |
| Brahmi | <i>Bacopa monnieri</i> | | jaundice, anemia, dropsy |
| Chickweed | <i>Stellaria media</i> | | itching, irritation, rash |
| Chirata | <i>Swertia chirata</i> | | burn, skin diseases, fever |
| Chitrak | <i>Plumbargo zeylanica</i> | | dyspepsia, inflammation, cough, colic |
| Cleavers | <i>Galium aparine</i> | | skin disease, diuretic |
| Couch grass | <i>Cynodon dactylon</i> | | Rheumatism, cystitis, gout |
| Dandelion | <i>Taraxacum officinale</i> | | dissolves kidney, dissolves gallstones, diuretics |

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| Elderberry | <i>Sambucus canadensis</i> | | bronchitis, cold, cough |
| Garlic | <i>Allium sativum</i> | | anti-microbial, cardiovascular, treatment |
| Ginger | <i>Zingiber officinale</i> | | motion sickness, vomiting, flatulence, diarrhea |
| Guggul | <i>Commiphora wightii</i> | | asthma, hydrocele, diabetes |
| Guinea Hen weed | | Leaf & roots | cancer, colds, urinary tract, bronchial tract |
| Guluchi | <i>Tinospora cordifolia</i> | | jaundice, gout, piles, fever |
| Harada | <i>Terminalia chebula</i> | | leprosy, inflammation, vomiting, insomnia |
| Kantakari | <i>Solanum Xanthocarpum</i> | | appetizer, stomach ache, diuretic |
| Kalmegh | <i>Andrographis paniculata</i> | | gastritis, fever, weakness |
| Lavender | <i>Lavandula angustifolia</i> | | stress reliever, boosts spirits, stomach disorders |
| Lemon Balm | <i>Melissa officinalis</i> | | digestion, stomach spasms, anti-viral |
| Makoi | <i>Solanum nigrum</i> | | dysentery, diuretic, debility |
| MINT: Peppermint | <i>Mentha piperita</i> | | painkiller, digestive |
| Pashan Bheda | <i>Coleus barbatus</i> | | calculus, stones in kidney |
| Pimenta | <i>Pimenta dioica</i> | | heals wounds, bruises |
| Neem | <i>Azadirachta indica</i> | | analgesic, astringent, epilepsy |

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| Red Clover | <i>Trifolium pratense</i> | | rejuvenatory, skin nourishing |
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| Rosemary | <i>Rosmarinus officinalis</i> | | improves blood supply to brain |
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| Sarpa Gandha | <i>Ranwolfia serpentina</i> | | insomnia, hypertension |
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| Thyme | <i>Thymus pulegioides</i> | | antifungal, anti-bacterial, expectorant |
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| Tulsi | <i>Ocimum tenuiflorum</i> | | expectorant, cough, cold |
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| Vai Vidanka | <i>Embelia ribes</i> | | skin disease, helminthiasis |
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| Vringraj | <i>Eclipta alba</i> | | calming, leukemia, stress reliever |
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| Yarrow | <i>Achillea millefolium</i> | Leaf | wound cleansing, blood coagulation, digestive |
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| The list is not exhausted. So do please check periodically for more! | | | |
| You may also check other charts on spices, teas and more on this website | | | |
| Also recommended: http://www.buzzle.com/articles/medicinal-plants-and-their-uses.html | | | |
| Also recommended: www.purelifeherbs.com | | | |