

## Sahyadri Home/Institutional Garden Plants and their uses

Bhudevi Farm, Vinoba road Jayalakshmipuram, Mysore-570012,

Mob: 9916901194, Email: [greenatmosphere01@gmail.com](mailto:greenatmosphere01@gmail.com), Facebook/sahyadri herbs

Sl. No.	Botanical name of the plant	Kannada name	Habit	Where to grow the plant	Part of the plant used	Uses
1	<i>Acorus calamus</i>	ಬಜೆ	Herb	Semi aquatic location	Root	Digestion, memory enhancer and gastritis
2	<i>Adhatoda zeylanica</i>	ಆಡುಸೋಗೆ	Shrub	Garden	Leaves and roots	Cough, respiratory problems, fever, bleeding disorders.
3	<i>Aegle marmelos</i>	ಬಿಲ್ಲಪತ್ರ	Tree	Garden	Root, leaves and fruits	diarrhoea, piles, oedema, jaundice, vomiting and obesity
4	<i>Aloe vera</i>	ಲೋಳೆಸರ	Herb	Pot/Garden	Leaf pulp	Cuts, wounds and burns, eye problems, stomach ache, menstrual disorders, hair care
5	<i>Alpinia calcarata</i>	ದುಂಪ ರಶ್ಮಿ	Herb	Pot/Garden	Rhizome and flower	Digestion anti-nausea remedy, stops vomiting, & diarrhoea.
6	<i>Alternanthera sessilis</i>	ಹೊನಗಾನೆ ಸೊಪ್ಪು	Herb	Pots/shady location	Leaves	skin diseases, asthma, anti-ulcer, memory enhancer
7	<i>Andrographis paniculata</i>	ನೆಲ ಬೇವು	Herb	Pots/Garden	Leaves and flowers	fever, sprue, for purifying breast-milk, intrinsic haemorrhage, vomiting.
8	<i>Artemisia nilagirica</i>	ದವನ	Herb	Pots/Garden	Leaves	treat malaria
9	<i>Asclepias physocarpa</i>	ಬಲೂನ್ ಗಿಡ	Shrub	Garden	Leaves and flowers	intestinal troubles in children & as a remedy for colds
10	<i>Asclepias curassavica</i>	ಕಾಗೆತುಂಡಿ	Shrub	Garden/ independent plant	Leaves and flowers	Fever, Relieving cough and pain.
11	<i>Asparagus racemosus</i>	ಶತಾವರಿ	climber	Pot/Hedge and independent plant	Tuberous roots	Scanty breast milk, acidity, burning feet, menstrual disorders, general immunity
12	<i>Asystasia dalzelliana</i>	ಮದ್ದೆ ಸೊಪ್ಪು	Climber	Pots/ shady places	Leaves	intestinal astringent
13	<i>Bacopa monnieri</i>	ನೀರು ಬ್ರಾಹ್ಮಿ	Herb	Shallow elongated pot, Semi aquatic	Leafy shoots	Memory enhancer, hair care

14	<i>Basella alba</i>	ಬಸಲೆ ಸೊಪ್ಪು	Climber	Pot/Garden needs support	Leafy shoots	Curing gonorrhoea, allergies, itching weal's.
15	<i>Buddleja asiatica</i>	ಚಿಟ್ಟೆ ಹೂವು	Shrub	Garden	Roots, leaves	Treat tumor-like growths. Cure skin diseases and malaria
16	<i>Centella asiatica</i>	ಒಂದೆಲಗ	Herb	Pots/ Semi aquatic shady locations	Whole plant	Fever, scanty urination, memory enhancer, hair care.
17	<i>Centratherum punctatum</i>	ಬಟನ್ ಹೂವು	Herb	Pot/Semi aquatic shady locations	Leaves	cure cancer
18	<i>Cestrum diurnum</i>	ಹಗಲು ರಾಜ	Shrub	Garden	Leaves	rich in vitamin D3
19	<i>Cestrum nocturnum</i>	ರಾತ್ರಿ ರಾಣಿ	Shrub	Pot/Semi aquatic shady locations	plant for fragrance	Whole Plant is poisonous used only for fragrance
20	<i>Cissus quadrangularis</i>	ಮುಂಗಾರು ಬಳ್ಳಿ	Climber	Garden	whole plant	obesity, diabetes, heart diseases and high cholesterol. Bone setter plant/high calcium contents.
21	<i>Clitorea ternatea</i>	ಶಂಖಪುಷ್ಪ	Creeper	Pot/Semi aquatic shady locations	Leaves, flower and root parts	Cure whooping cough, cold, asthma and throat infections, memory power, antidotes against snake bites and insect bites.
22	<i>Coleus aromaticus</i>	ದೊಡ್ಡಪತ್ರ	Herb	Pot/Dry areas in garden	leaves	Cough, headache and allergies
23	<i>Commiphora mukul</i>	ಗುಗ್ಗುಲು	Tree	Garden	Leaves/bark	reducing obesity, rheumatoid arthritis,
24	<i>Costus pictus</i>	ಇನ್ನಲಿನ್ ಗಿಡ	Herb	Pots	Leaves	control Blood sugar levels and in treatment of Diabetes.
25	<i>Costus speciosus</i>	ಕೊಸ್ತ ಹೂವು	Herb	Pots	Rhizomes	leprosy, skin diseases, fever, asthma,
26	<i>Crotalaria retusa</i>	ಗೆಜ್ಜೆ ಗಿಡ	Herb	Garden	Leaves and flowers	indigestion, asthma, abdominal pain
27	<i>Cymbopogon citratus</i>	ಮಜ್ಜಿಗೆ ಹುಲ್ಲು	Tall grass	Pot/open place in moist area	Leaves	Cough, respiratory problems
28	<i>Cymbopogon nardus</i>	ಸಿಟ್ರೋನೆಲ್ಲ	Tall grass	Pot/open place in moist area	External usage of grass	oil is used for headache, migraine, rheumatic pain, insect repellent
29	<i>Ervatamia coronaria</i>	ನಂದಿ ಬಟ್ಟಲು	Shrub	Garden	Stem latex, root and leaves	Paralysis, Roots used to relieve tooth pain/eye pain

30	<i>Eryngium foetidum</i>	ಕಾಡು ಕೊತ್ತಂಬರಿ	Herb	Pots	Leaves	Fever, vomiting, diarrhoea, Pneumonia, flu, diabetes, & malaria
31	<i>Eupatorium triplinerve</i>	ನೀರಿನ ಸೊಪ್ಪು	Herb	Pot/shady places	Leaves	Antiseptic, haemostatic, stomach ache
32	<i>Gymnema sylvestre</i>	ಮಧುನಾಶಿನಿ	Climber	Pot/along fence	Root and leaves	indigestion, constipation, jaundice, piles, cough, respiratory diseases, and to remove kidney stones.
33	<i>Hedychium coronarium</i>	ಕಲ್ಯಾಣ ಸೌಗಂಧಿ	Tall Grass	Garden	Rhizome	anti-rheumatic and stomach ache.
34	<i>Hemigraphis colorata</i>	ಟೆಂಚರ್ ಗಿಡ	Herb	Pots/Garden	Leaves	External use of leaves acts as healer of fresh cuts and wounds.
35	<i>Indigofera longeracemosa</i>	ನೀಲಿನಿ	Herb	Pots/Garden	Leaves and roots	antidote for all snake venoms
37	<i>Ipomoea mauritiana</i>	ಭೂಮಿ ಚಕ್ರ ಗೆಡ್ಡೆ	Shrub	Garden	Tuber	diarrhoea, diuretic, kidney-pains, female sterility, to avoid miscarriages.
38	<i>Kalanchoe pinnata</i>	ಎತ್ತಿನ ನಾಲಿಗೆ	Herb	Pots/Garden	Leaves	liver problems, high blood pressure, urinary problems, joint pain and ear pain.
39	<i>Kleinia grandiflora</i>	ಮೊಲದ ಕಿವಿ	Herb	Pots/Garden	Leaves	Pimples, hydrophobia and dysentery
40	<i>Lawsonia inermis</i>	ಮೆಹಂದಿ	Shrub	Pot/Hedge and independent plant	Leaves	Fungal infection, burning feet, menstrual disorders
41	<i>Melissa officinalis</i>	ಉರುವಲು	Herb	Pots/garden	Leaves	antibacterial, antispasmodic, antiviral, fevers and colds, and digestive upsets in children.
42	<i>Mentha spicata</i>	ಕಾಡು ಪುದಿನ	Herb	Pots/garden	Leaves	Gastritis, indigestion, diarrhea, headaches, toothaches, and cancer
43	<i>Ocimum basilicum</i>	ಕಾಮಕಸ್ತೂರಿ	Herb	Pots/Hedge/Single plant	Seeds and leaves	Leaves-headaches, coughs, diarrhea, malfunction, blood pressure, stress levels.
44	<i>Ocimum kilimandscharicum</i>	ಕರ್ಪೂರ ತುಳಸಿ	Herb	Hedge/Single	Leaves	fever and stomach ache, repellent.
45	<i>Ocimum tenuiflorum</i>	ತುಳಸಿ	Herb	Hedge/Single	Leaves	diabetes, asthma, bronchitis, earache, headache, stomach upset, heart disease, fever
46	<i>Origanum vulgare</i>	ಒರೆಗನೋ	Herb	Hedge in group/Single plant	Leaves	Rich in fiber, iron, manganese, vitamin E, iron, calcium, omega fatty acids, manganese.

47	<i>Osbeckia zeylanica</i>	ಜೋಗಿ ಗಿಡ	Herb	Hedge in group/Single	Leaves	hepatitis and hepatoprotective
48	<i>Passiflora edulis</i>	ಪ್ಯಾಸ್ ಹಣ್ಣು	Shrub	Single	Fruit	Rich in ascorbic acid (vit-C), carotenoids (vit-A), Polyphenols used for Cardiovascular, diseases, hypertension, and anxiety
49	<i>Piper betle</i>	ವೀಳ್ಯದಲೆ	Climber	Garden/pot	Leaves	Indigestion, Loss of appetite, Constipation, and Heart related problems
50	<i>Piper longum</i>	ಹಿಪ್ಪಲಿ	Climber	Garden/pot	Fruiting spikes	fever, diarrhoea, piles, cough, asthma, hoarseness of voice, consumption, flatulence, colic, vomiting, and acid gastritis.
51	<i>Plumbago zeylanica</i>	ಚಿತ್ರಮಾಲ	Herb	Pot/Garden	Root bark	Anti-cancer
52	<i>Polygonum chinense</i>	ನೀರ್ ಕಣ್ಣು	Shrub	Pot/Garden	Leaves and Seeds	dysentery, gastroenteritis, bloody stool, indigestion, hepatitis and tonsillitis,
53	<i>Sauropus androgynus</i>	ಚಕ್ರಮುನಿ	Shrub	Pot/Hedge/Single plant	Leaves and fruits	rich in provitamin-A, carotenoids, vitamin B and C, proteins and minerals
54	<i>Spilanthus acmella</i>	ಮಧುಮಾಲಿನಿ	Herb	Pot/garden	Leaves and flowers	toothache and throat and gum infections
55	<i>Thymus vulgaris</i>	ಓಮಾ	Herb	Pot/garden/single plant	Leaves and flowers	antiseptic, antispasmodic, carminative, deodorant, diaphoretic.
56	<i>Vernonia amygdalina</i>	ಶ್ರೀಲಂಕಾ ಸಂಜೀವಿನಿ	Shrub	Garden/Single plant	Leaves	rich in vitamins and minerals used as human diet
57	<i>Vetiveria zizanioides</i>	ಲಾವಂಜಿ	Tall grass	Garden/Single plant	Root	cooling agent, tonic and blood purifier, gastrointestinal disorders
58	<i>Vitex negundo</i>	ಬಿಳಿಲಕ್ಕಿ	Shrub	Pot/Single plant/Hedge	Leaves/ seeds	astringent, febrifuge, sedative, tonic and vermifuge
59	<i>Vitex negundo var. purpurascens</i>	ನೀಲಿ ಲಕ್ಕಿ	Shrub	Pot/Single plant/Hedge	Leaves/ seeds	cooling agent, tonic and blood purifier
60	<i>Vitex trifolia</i>	ಮಾರಲೆ ಲಕ್ಕಿ	Shrub	Pot/Single plant/Hedge	Leaves	insecticidal properties, rheumatic pains, inflammation and sprains
61	<i>Wedelia chinensis</i>	ಹಳದಿ ಬೃಂಗರಾಜ	Herb	Pot/garden/Hedge	Leaves/flower	coughs, cephalgia, skin diseases and alopecia
62	<i>Withania somnifera</i>	ಅಶ್ವಗಂಧ	Herb	Pot/dry areas	Roots	bronchial asthma, rheumatic ailments, insomnia, cardiac diseases,

