

Acorus calamus L.

Botanical Name : *Acorus calamus L.*

Family : Acoraceae

Used In : Ayurveda, Folk, Unani and Sidha



Habit: Herb

Where to grow the plant: Garden/Pots

Part of the plant used: Rhizome

COMMON NAMES

English: Sweet flag

Kannada: ಏಜೆ

Hindi: Bach

USES

Sweet flag is used for gastrointestinal problems including ulcers, inflammation of the stomach lining (gastritis), intestinal gas and loss of appetite. It is also used as a calming medicine (sedative), to induce sweating, and to treat rheumatoid arthritis and stroke.

Adhatoda vasica (L)

Botanical Name : *Adhatoda vasica* (L)

Family : Acanthaceae

Used In : Ayurveda, Folk, Unani and Sidha



Habit: Shrub

Where to grow the plant: Garden/big pots

Part of the plant used: Leaf pulp, root, leaves and flowers

COMMON NAMES

English: Malabar nut, Vasaca.

Kannada: ಅಡುಸೋಗೆ

Hindi: Adalsa, adarsa, adosa

USES

The root, leaves and flowers of Vasaca is used in the form of juice and decoction to treat fever, intrinsic haemorrhage, cough, asthma, consumption, gulma, kustha, obesity, oedema, skin diseases, vomiting, piles, pox, retention of urine and diseases of mouth.

Aegle marmelos (L)

Botanical Name : *Aegle marmelos* (L)

Family : Rutaceae

Used In : Ayurveda, Folk, Homeopathy, Tibetan, Unani and Sidha



Habit: Tree

Where to grow the plant: Garden

Part of the plant used: Root, leaves and fruits

COMMON NAMES

English: Bael

Kannada: ಬಿಲ್ಲಪತ್ತೆ

Hindi: Bel

USES

The fruit, leaves and root of Bael is used in the form of powder, juice and decoction to treat diarrhoea, piles, oedema, jaundice, vomiting, obesity, deafness, eye diseases, paediatric diseases, fever and also as a rejuvenative.

Aloe vera L.

Botanical Name : *Aloe vera* L.

Family : Liliaceae

Used In : Ayurveda, Folk, Homeopathy, Unani and Sidha



Habit: Herb

Where to grow the plant: Pot/Garden

Part of the plant used: Leaf pulp

COMMON NAMES

English: First Aid plant

Kannada: ಅಲೋವೆರ

Hindi: Ghiguvara

USES

Leaves are used to treat boils, jaundice, fever, liver complaints, refrigerant, rheumatic pain, skin disorders, vermifugal, heals wounds and also used as hair wash.

Alpinia calcarata Rox

Botanical Name : *Alpinia calcarata* Rox

Family : Zingiberaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Pots/Garden

Part of the plant used: Rhizome and flower

COMMON NAMES

English: Snap ginger/Galangal

Kannada: ದಂಪ ರಶ್ಮಿ

Hindi: Kulanjan

USES

It warms the body, helps in digestion, and works as an effective anti-nausea remedy, stops vomiting, and effectively treats diarrhoea.

Alternanthera sessilis (L.)

Botanical Name : *Alternanthera sessilis* (L.)

Family : Amaranthaceae

Used In : Ayurveda, Folk, Homeopathy, Tibetan, Unani and Sidha



Habit: Herb

Where to grow the plant: Pots/shady location

Part of the plant used: Leaves

COMMON NAMES

English: Joyweed/ Mukunawanna,

Kannada: ಹೊನಗಾನೆ ಸೊಪ್ಪು

Hindi: Garundi

USES

It is used for skin diseases, asthma, anti-ulcer, memory enhancer and also used for digestive disorders.

Andrographis paniculata (BURM.F.)WALLICH

Botanical Name : *Andrographis paniculata* (BURM.F.)WALLICH

Family : Acanthaceae

Used In : Ayurveda, Folk, Homeopathy, Tibetan, Unani and Sidha



Habit: Herb

Where to grow the plant: Pots/Garden

Part of the plant used: Leaves and flowers

COMMON NAMES

English: Creat/ Kiratatikta

Kannada: ನೆಲ ಬೇವು

Hindi: Kirayat

USES

The whole plant of Creat is used in the form of powder and decoction to treat fever, sprue (malabsorption syndrome), oedema, for purifying breast-milk, intrinsic haemorrhage and vomiting.

Artemisia nilagirica (CLARKE) Pamp

Botanical Name : *Artemisia nilagirica* (CLARKE) Pamp

Family : Asteraceae

Used In : Ayurveda and Folk



Habit: Herb

Where to grow the plant: Pots/Garden

Part of the plant used: Whole plant

COMMON NAMES

English: Indian wormwood

Kannada: ಝಿಲಿ

Hindi: Dauna, Davana,

USES

Whole plant is used to treat malaria.

Asclepias physocarpa L.

Botanical Name : *Asclepias physocarpa* L.

Family : Apocynaceae

Used In : Ayurveda, and Sidha



Habit: Shrub

Where to grow the plant: Garden

Part of the plant used: Leaves and flowers

COMMON NAMES

English: Balloon plant

Kannada: ಸಿಂಹದಿಂಟೆ

Hindi: Bumburi

USES

Balloon plant is used for intestinal troubles in children or as a remedy for colds. The powdered leaves were dried for snuff.

Asclepias curassavica L.

Botanical Name : *Asclepias curassavica* L.

Family : Asclepiadaceae

Used In : Ayurveda, and Sidha



Habit: Shrub

Where to grow the plant: Garden

Part of the plant used: Leaves and flowers

COMMON NAMES

English: Blood flower

Kannada: ಕಾಗೆತುಂಡಿ

Hindi: Kakatundi

USES

Root and leaves powder were used in asthma and typhus fever, expectoration and relieving cough and pain.

Asparagus racemosus WILLD

Botanical Name : *Asparagus racemosus* WILLD

Family : Liliaceae

Used In : Ayurveda, Folk, Tibetan, Unani and Sidha



Habit: Climber

Where to grow the plant: Pots/moist places & shady places in garden

Part of the plant used: Tuberous roots

COMMON NAMES

English: Shatavari

Kannada: ಶತಾವರಿ

Hindi: Adharvela,

USES

Tuberous root of Shatavari is used in the form of juice, paste, decoction and powder to treat intrinsic haemorrhage, diarrhoea, piles, hoarseness of voice, cough, arthritis, poisoning, diseases of female genital tract, erysipelas, fever, as aphrodisiac and as rejuvenative.

Asystasia dalzelliana L

Botanical Name : *Asystasia dalzelliana* L.

Family : Acanthaceae

Used In : Ayurveda, homeopathy and Sidha



Habit: Climber

Where to grow the plant: Pots/moist places & shady places in garden

Part of the plant used: Leaves

COMMON NAMES

English: Creeping foxglove

Kannada: ಮೆದ್ದೆಸೊಪ್ಪು

Hindi: Neelkanth

USES

Leaves and flowers are used as intestinal astringent. Decoction of plant mixed with peppers used as an enema in the later months of pregnancy.

Bacopa monnieri (L.)

Botanical Name : *Bacopa monnieri* (L.)

Family : Scrophulariaceae

Used In : Ayurveda, Folk, Tibetan, Unani and Sidha



Habit: Herb

Where to grow the plant: Shallow elongated pot, shady places in garden

Part of the plant used: Leafy shoots

COMMON NAMES

English: Bacopa

Kannada: ನೀರು ಬ್ರಾಹ್ಮಿ

Hindi: Brahmi

USES

The whole plant of Brahmi is used in the form of juice to treat insanity, epilepsy, paediatric diseases, pox and as a rejuvenative. It is also used to cure mental disorders and also strengthens the nervous system, helps in reducing fever.

Basella alba L.

Botanical Name : *Basella alba* L.

Family : Basellaceae

Used In : Ayurveda, Folk, Tibetan, Unani and Sidha



Habit: Climber

Where to grow the plant: Pot/Garden needs support

Part of the plant used: Leafy shoots

COMMON NAMES

English: Indian spinach

Kannada: ಬಸಳೆ ಸೊಪ್ಪು

Hindi: Poi

USES

The whole plant of *Basella* is used to protect the alimentary tract and relieves inflammation. It promotes the flow of urine. It also helps in curing gonorrhoea and urticaria, an allergic reaction of the skin producing red, itching and weals.

Buddleja asiatica L

Botanical Name : *Buddleja asiatica* L.

Family : Scrophulariaceae

Used In : Ayurveda, Folk, Tibetan, Unani and Sidha



Habit: Shrub

Where to grow the plant: Garden

Part of the plant used: Roots and leaves.

COMMON NAMES

English: Butterfly bush

Kannada: ಚಿಟ್ಟೆ ಹೂವು

Hindi: Brahma Kamal

USES

Roots and leaves used to treat tumor-like growths. It is also used to cure skin diseases and malaria

Centella asiatica (L.)

Botanical Name : *Centella asiatica* (L.)

Family : Apiaceae

Used In : Ayurveda, Folk, and Sidha



Habit: Herb

Where to grow the plant: Pot/Semi aquatic shady locations

Part of the plant used: Leaves

COMMON NAMES

English: Centella

Kannada: ಬಂದೆಲಗ

Hindi: Brahmi, Brahmamanduki

USES

The whole plant of Centella is used in the form of juice to treat cough, consumption, diseases of voice, insanity, as intellect promoting, rejuvenative, boils, chronic and jaundice. It is also used as memory enhancer

Centratherum punctatum (L.)

Botanical Name : *Centratherum punctatum* (L.)

Family : Asteraceae

Used In : Ayurveda and homeopathy



Habit: Herb

Where to grow the plant: Pot/Semi aquatic shady locations

Part of the plant used: Leaves

COMMON NAMES

English: Button flower

Kannada: ಬಟನ್ ಹೂವು

Hindi: Uchanti

USES

Leaves are used to cure cancer and also used has antioxidants in many medicines

Cestrum diurnum L.

Botanical Name : *Cestrum diurnum* L.

Family : Solanaceae

Used In : Ayurveda, homeopathy and ornamental



Habit: Shrub

Where to grow the plant: Pots/Garden

Part of the plant used: Leaves

COMMON NAMES

English: Day blooming

Kannada: ಹಗಲು ರಾಜ

Hindi: Din ka raja

USES

Leaves are rich in vitamin D3

Cestrum nocturnum (L.)

Botanical Name : *Cestrum nocturnum* L.

Family : Solanaceae

Used In : Ayurveda and ornamental



Habit: Herb

Where to grow the plant: Pot/Semi aquatic shady locations

Part of the plant used: whole plant for fragrance only

Common names

English: Night blooming plant

Kannada: ರಾತ್ರಿ ರಾಣಿ

Hindi: Raat ki raani

USES

Night blooming jasmine is one of the famous and desirable fragrant plants. Flowers are pale to white, open at night and stay extremely fragrant until sunrise. Aroma is sweet, pleasant and intoxicating and some parts of the plant are **poisonous**.

Cissus quadrangularis L.

Botanical Name : *Cissus quadrangularis* L.

Family : Vitaceae

Used In : Ayurveda, Folk, and Homeopathy



Habit: Climber

Where to grow the plant: Garden

Part of the plant used: whole plant

COMMON NAMES

English: Devil's backbone

Kannada: ಮುಂಗಾರು ಬಳ್ಳಿ

Hindi: Hadjot

USES

All parts of the plant are used for medicine. It is used for obesity, diabetes, a cluster of heart disease risk factors called “metabolic syndrome,” and high cholesterol. It also called as bone setter plant because of its high calcium contents.

Clitoria ternatea L.

Botanical Name : *Clitoria ternatea* L.

Family : Fabaceace

Used In : Ayurveda, homeopathy and Sidha



Habit: Creeper

Where to grow the plant: Pot/Semi aquatic shady locations

Part of the plant used: Leaves, flower and root parts

COMMON NAMES

English: Butterfly Pea

Kannada: ಶಂಖಪುಷ್ಪ

Hindi: Koyala

USES

Roots of butterfly pea are used to cure whooping cough, cold, asthma and throat related infections. It is used for mental disorders, relieves the stress and also helps in improving memory power. Root extracts are used as antidotes against snake bites and insect bites

Coleus aromaticus Benth.

Botanical Name : *Coleus aromaticus* Benth.

Family : Lamiaceae

Used In : Ayurveda, Folk, and Homeopathy



Habit: Herb

Where to grow the plant: Pot/Dry areas in garden

Part of the plant used: Leaves

COMMON NAMES

English: Coleus/ Indian borage

Kannada: ದೊಡ್ಡಪತ್ರ

Hindi: Ajma paan

USES

The juice of the leaves is recommended for dyspepsia, indigestion, asthma, abdominal pain, cough, bronchitis, kidney problems, epilepsy, jaundice, gout and rheumatism. The juice acts as a good ointment when applied externally for sores, ulcers, boils, sprains and swellings. The heated leaves applied externally relieves sore throat.

Commiphora mukul (HOOK)

Botanical Name : *Commiphora mukul* (HOOK)

Family : Burseraceae

Used In : Ayurveda, Tibetan, Unani and Sidha



Habit: Tree

Where to grow the plant: Garden

Part of the plant used: Leaves, bark

COMMON NAMES

English: Mukul myrrh tree

Kannada: ಗುಗ್ಗುಲ

Hindi: Guggal

USES

Used in the traditional medicine and used for reducing obesity, as well as in the treatment of rheumatoid arthritis, osteoarthritis and sciatica.

Costus pictus L.

Botanical Name : *Costus pictus* L.

Family : Zingiberaceae

Used In : Ayurveda, Folk, and Homeopathy



Habit: Herb

Where to grow the plant: Pot/Shade places in garden

Part of the plant used: Leaves

COMMON NAMES

English: Insulin plant

Kannada: ಇನ್ಸುಲಿನ್ ಗಿಡ

Hindi: Keukand

USES

The leaves of this herbal medicinal plant are used to control Blood sugar levels and in treatment of Diabetes

Costus speciosus L.

Botanical Name : *Costus speciosus L.*

Family : Zingiberaceae

Used In : Ayurveda, Folk, and Homeopathy



Habit: Herb

Where to grow the plant: Pot/Shade places in garden

Part of the plant used: Rhizomes

COMMON NAMES

English: Crepe ginger

Kannada: ಕೊಸ್ತ ಹೂವು

Hindi: Kustha

USES

Rhizomes are useful in burning sensation, constipation, leprosy, worm infection, skin diseases, fever, asthma, bronchitis, inflammations and anaemia.

Crotalaria retusa L.

Botanical Name : *Crotalaria retusa* L.

Family : Fabaceace

Used In : Ayurveda, Tibetan, Unani and Sidha



Habit: Herb

Where to grow the plant: Pot/Shade places in garden

Part of the plant used: Leaves and flowers used as vegetables

COMMON NAMES

English: Crotalaria/ Rattle pods

Kannada: ಗಿಜ್ಜೆ ಗಿಡ

Hindi: Ghunghunian

USES

Recommended for dyspepsia or indigestion, discomfort or pain, for asthma, abdominal pain

Cymbopogon citrates (DC.) Stapf

Botanical Name : *Cymbopogon citratus* (DC.) Stapf

Family : Poaceae

Used In : Ayurveda, Tibetan, Unani and Sidha



Habit: Tall grass

Where to grow the plant: Pot/open place in moist area

Part of the plant used: Leaves

Common names

English: Lemongrass

Kannada: ಮಜ್ಜಿಗೆ ಹುಲ್ಲು

Hindi: Gandhatrina

USES

The herb is a stimulant, aromatic, anti spasmodic, tonic as well as a proven counter irritant. It is known to increase the secretion and discharge of urine from the body. The oil distilled from the leaves is majorly used for medicinal purposes.

Cymbopogon nardus L.

Botanical Name : *Cymbopogon nardus* L.

Family : Poaceae

Used In : Ayurveda, Folk, and Homeopathy



Habit: Tall grass

Where to grow the plant: Pot/Shade places in garden

Part of the plant used: Dry grass for external use only

COMMON NAMES

English: Citronella grass

Kannada: ಸಿಟ್ರೋನೇಲ್

Hindi: Aghin ghas

USES

Dry grass are steam distilled, thin oil is used for headache, migraine, rheumatic pain, insect repellent and fatigue

Erigeron bellioides L.

Botanical Name : *Erigeron bellioides* L.

Family : Asteraceae

Used In : Ayurveda, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Pot/Garden

Part of the plant used: Leaves

COMMON NAMES

English: Erigeron

Kannada: ಏರಿಗೆಯೋನ್

Hindi: Erigeron

USES

Ervatamia coronaria

Botanical Name : *Ervatamia coronaria* L.

Family : Apocynaceae

Used In : Ayurveda, Homeopathy and Sidha



Habit: Shrub

Where to grow the plant: Garden

Part of the plant used: Stem latex, root and leaves

COMMON NAMES

English: Crepe jasmine

Kannada: ನಂದಿ ಬಟ್ಟಲು

Hindi: Chandi

USES

The shrub produces a milky juice when cut. This milk like juice is known for its beneficial reliever properties helps in relieving wounds. Leaves are used to relieve skin ailments that are caused mainly due to worms, Paralysis, Roots used to relieve tooth pain. A paste made from the plant mixed with lime juice or latex of *Ervatamia* can be applied near the cornea of the eye to relieve opacity

Eryngium foetidum

Botanical Name : *Eryngium foetidum* L.

Family : Apiaceae

Used In : Ayurveda, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Pots/ shady places in the garden

Part of the plant used: Leaves and roots

COMMON NAMES

English: Mexican coriander

Kannada: ಕಾಡು ಕೊತ್ತಂಬರಿ

Hindi: Shado beni

USES

The plant is used in traditional medicines for fevers and chills, vomiting, diarrhoea, leaves and roots are boiled and the water drunk for pneumonia, flu, diabetes, constipation, and malaria fever

Eupatorium triplinerve (M.Vahl) R.

Botanical Name : *Eupatorium triplinerve* (M.Vahl) R.

Family : Asteraceae

Used In : Ayurveda, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Pot/shady places of garden

Part of the plant used: Leaves

COMMON NAMES

English: Aya-pana, water hemp

Kannada: ನೀರಿನ ಸೊಪ್ಪು

Hindi: Ayaparna

USES

Decoction of the leaves is antiseptic and haemostatic; useful against various kinds of haemorrhage and to clean foul ulcers. An aqueous extract of the dried leaves is a cardiac stimulant. Fresh leaves are used for stomach ache.

Gymnema sylvestre R.BR

Botanical Name : *Gymnema sylvestre* R.BR

Family : Asclepiadaceae

Used In : Ayurveda, Folk, Homeopathy, Tibetan, Unani and Sidha



Habit: Climber

Where to grow the plant: Pot/along fence

Part of the plant used: Root and leaves

COMMON NAMES

English: Gurmar

Kannada: ಮಧುನಾಶಿನಿ

Hindi: Gurmarbooti

USES

The leaves and root of Gurmar is used in the form of powder, paste and decoction to treat inflammation of glands, enlargement of spleen, indigestion, constipation, jaundice, piles, sinusitis, cough, respiratory diseases, feeling of heaviness in head, urinary stone, malarial fevers.

Hedychium coronarium KOENIG

Botanical Name : *Hedychium coronarium* KOENIG

Family : Zingiberaceae

Used In : Unani and Sidha



Habit: Herb

Where to grow the plant: Garden

Part of the plant used: Rhizome

COMMON NAMES

English: Ginger lily

Kannada: ಕಲ್ಯಾಣ ಸೌಗಂಧಿ

Hindi: Kapor kachri

USES

Rhizome is used as a febrifuge and anti-rheumatic and tonic is used for stomach ache

Hemigraphis colorata Blume

Botanical Name : *Hemigraphis colorata* Blume

Family : Acanthaceae

Used In : Ayurveda, Folk, Homeopathy, Tibetan, Unani and Sidha



Habit: Herb

Where to grow the plant: Pots/Garden

Part of the plant used: Leaves

COMMON NAMES

English: Tincher plant/Red-flame ivy

Kannada: ಟಿಂಚರ್ ಗಿಡ

Hindi: Murikoodi

USES

Leaves extracts are quick healer of fresh cuts and wounds.

Indigofera longeracemosa Boivin ex Baill.

Botanical Name : *Indigofera longeracemosa* Boivin ex Baill.

Family : Fabaceae

Used In : Ayurveda, Folk, Homeopathy, Tibetan, Unani and Sidha



Habit: Herb

Where to grow the plant: Pots/Garden

Part of the plant used: Root and Leaves

COMMON NAMES

English: Yoruba

Kannnada: ನೀಲಿನ

Hindi: Amari

USES

Used as an antidote for all snake venoms.

Ipomoea mauritiana JACQ

Botanical Name : *Ipomoea mauritiana* JACQ

Family : Convolvulaceae

Used In : Ayurveda and Folk



Habit: Shrub

Where to grow the plant: Garden

Part of the plant used: Rhizome/tuber and leaves

COMMON NAMES

English: Giant potato

Kannada: ಭೂಮಿ ಚಕ್ರ ಗೆಡ್ಡೆ

Hindi: Bhuyikohada

USES

A decoction of the roots and leaves is widely taken to treat diarrhoea, as a purgative and diuretic. Dried roots is administered as enema to treat kidney-pains, female sterility, and to ensure a good pregnancy and to avoid miscarriages.

Kalanchoe pinnata (Lam)

Botanical Name : *Kalanchoe pinnata* (Lam)

Family : Crassulaceae

Used In : Ayurveda, Folk, homeopathy and Sidha



Habit: Herb

Where to grow the plant: Pots/Garden

Part of the plant used: Leaves

COMMON NAMES

English: Patharchur

Kannada: ಎತ್ತಿನ ನಾಲಗೆ

Hindi: Patharchur

USES

Leaves are very good for removing kidney stone and multiple small gall bladder stone. Chew leaves (2-3) or extract leaves juice and drink twice a day. It is also used for liver problems, high blood pressure, urinary problems, joint pain and ear pain.

Kleinia grandiflora (wallich ex DC.)

Botanical Name : *Kleinia grandiflora* (wallich ex DC.)

Family : Compositae

Used In : Ayurveda and Folk



Habit: Shrub

Where to grow the plant: Pots/Garden

Part of the plant used: Leaves

COMMON NAMES

English: Ear of Deer

Kannada: ಮೊಲದ ಕಿವಿ

Hindi: Vander Roti

USES

Leaves is used to possess a feebly aperients property. It is also used to cure pimples. Whole plant is supposed to be a remedy for hydrophobia and dysentery.

Lawsonia inermis L.

Botanical Name : *Lawsonia inermis* L.

Family : Lythraceae

Used In : Ayurveda, Folk, Tibetan, Unani and Sidha



Habit: Shrub

Where to grow the plant: Pots/Hedge and independent plant

Part of the plant used: Leaves

COMMON NAMES

English: Henna

Kannada: ಪೆಹಂದಿ

Hindi: Henna

USES

The leaves and seeds of henna are used in the form of juice, decoction and powder to treat consumption, diabetes and intrinsic haemorrhage. It is also used to treat fungal infection, burning feet, menstrual disorders.

Melissa officinalis L.

Botanical Name : *Melissa officinalis* L.

Family : Lamiaceae

Used In : Ayurveda, Folk, Tibetan, Unani and Sidha



Habit: Herb

Where to grow the plant: Pots/garden

Part of the plant used: Leaves/stem

COMMON NAMES

English: Lemon balm

Kannada: ಉರುವಲು

Hindi: Bulkawari

USES

Lemon balm is a commonly grown household remedy with a long tradition as a tonic remedy that raises the spirits and lifts the heart. Modern research has shown that it can help significantly in the treatment of cold sores. The leaves and young flowering shoots are antibacterial, antispasmodic, antiviral, carminative, diaphoretic, digestive, sedative, and tonic. An infusion of the leaves is used in the treatment of fevers and colds, indigestion associated with nervous tension, excitability and digestive upsets in children, hyperthyroidism, depression, mild insomnia, and headaches

Mentha spicata L.

Botanical Name : *Mentha spicata* L.

Family : Lamiaceae

Used In : Ayurveda, Folk, Tibetan, Unani and Sidha



Habit: Herb

Where to grow the plant: Pots/garden

Part of the plant used: Leaves/stem

COMMON NAMES

English: Spearmint

Kannada: ಕಾಡು ಪುದಿನ

Hindi: Pudina

USES

Spearmint is used for digestive disorders including gas, indigestion, nausea, diarrhea, upper gastrointestinal tract spasms, irritable bowel syndrome (IBS), bile duct and gallbladder swelling (inflammation), and gallstones. headaches, toothaches, cramps, cancer and inflammation of respiratory tract. Some people use it as a stimulant, germ-killer, local pain-killer, and anti-spasm medication.

Ocimum basilicum L.

Botanical Name : *Ocimum basilicum* L.

Family : Lamiaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Pots/Hedge/Single plant

Part of the plant used: Seeds and leaves

Common names

English: Basil

Kannada: ಕಾಮಕಸ್ತೂರಿ

Hindi: Babutulsi

USES

Leaves are used in the treatment of headaches, coughs, diarrhea, constipation, warts, worms, and kidney malfunction. Seeds are used to treat fever and also as a rejuvenator. It also lowers blood pressure and stress levels.

Ocimum kilimandscharicum L.

Botanical Name : *Ocimum kilimandscharicum L.*

Family : Lamiaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Hedge/Single

Part of the plant used: Leaves

COMMON NAMES

English: Camphor basil

Kannnada: ಕರ್ಪೂರ ತುಳಸಿ

Hindi: Karpur Tulasi

USES

Leaves are used to treat malaria and other feverish infections and also stomach aches. It helps in repel insects, especially mosquitoes

Ocimum tenuiflorum L.

Botanical Name : *Ocimum tenuiflorum L.*

Family : Lamiaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Hedge in group/Single plant

Part of the plant used: Leaves

COMMON NAMES

English: Common basil/Tulasi

Kannada: ತುಲಸಿ

Hindi: Kalatulsi

USES

Roots are used to treat indigestion, leaves juice heals wounds, relieves cough, conjunctivitis and greying of hairs. It is also used to treat influenza ("the flu"), H1N1 (swine) flu, diabetes, asthma, bronchitis, earache, headache, stomach upset, heart disease, fever, viral hepatitis, malaria, stress and tuberculosis.

Origanum vulgare L.

Botanical Name: *Origanum vulgare L.*

Family : Lamiaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Hedge in group/Single plant

Part of the plant used: Leaves

COMMON NAMES

English: Oregano

Kannada: ಒರೆಗನೋ

Hindi: Oregano

USES

Oregano contains fiber, iron, manganese, vitamin E, iron, calcium, omega fatty acids, manganese, and typtophan Oregano is used for respiratory tract disorders such as coughs, asthma, croup, and bronchitisOther uses include treating menstrual cramps, rheumatoid arthritis, urinary tract disorders including urinary tract infections (UTIs), headaches, and heart conditions.

Osbeckia zeylanica L.

Botanical Name : *Osbeckia zeylanica* L.

Family : Melastomataceae

Used In : Ayurveda and Sidha



Habit: Herb

Where to grow the plant: Hedge in group/Single plant

Part of the plant used: Leaves

COMMON NAMES

English: Wall Osbeckia

Kannada: ಅಕ್ಕ ಜೋಗಿ ಗಿಡ

Hindi: Gulbeki

USES

Useful for fatty lever and all forms of hepatitis and hepatoprotective.

Passiflora edulis L.

Botanical Name : *Passiflora edulis L.*

Family : Passifloraceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Shrub

Where to grow the plant: Single

Part of the plant used: Fruit

COMMON NAMES

English: Passion fruit

Kannada: ಜ್ಯೂಸ್ ಹಣ್ಣು

Hindi: Amlaphala

USES

Passion fruit is an excellent source of fiber and rich in ascorbic acid (vit-C) and carotenoids (vit-A). It also contains polyphenols helps in preventing Cardiovascular diseases, hypertention, anxiety and Osteoarthritis.

Piper betle L.

Botanical Name : *Piper betle* L.

Family : Piperaceae

Used In : Ayurveda, Folk, Tibetan, Unani and Sidha



Habit: Climber

Where to grow the plant: Garden/pot

Part of the plant used: Leaves

COMMON NAMES

English: Betel leaf

Kannada: ವೀಳ್ಯದಲೆ

Hindi: Pan

USES

Leaves used in throat related problems, Diphtheria, Lymphadenopathy, Back pain, Impotency, Erectile dysfunction, Indigestion, Loss of appetite, Constipation, and Heart related problems

Piper longum L.

Botanical Name : *Piper longum L.*

Family : Piperaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Climber

Where to grow the plant: Single/shady location

Part of the plant used: Fruiting spikes

COMMON NAMES

English: Pippali

Kannada: ಹಿಪ್ಪಲಿ

Hindi: Pipal

USES

The fruiting spikes and root of Pippali is used in the form of powder to treat fever, diarrhoea, piles, cough, hiccough, asthma, hoarseness of voice, consumption, flatulence, , colic, vomiting, acid gastritis, u, oedema, , pox, diseases of mouth, eye diseases, diseases of semen, diseases of women, intrinsic haemorrhage, jaundice, , dentition, and earache

Plumbago zeylanica L.

Botanical Name : *Plumbago zeylanica L.*

Family : Plumbaginaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Shrub

Where to grow the plant: Pot

Part of the plant used: Root bark

COMMON NAMES

English: Chitrak

Kannada: ಚಿತ್ರಮೂಲ

Hindi: Chitawar

USES

Plumbago is considered for its invasive medicinal properties such as anti-cancer activity, anti-fertility activity, anti-inflammatory activity, anti-microbial activity and anti-oxidant activity.

Polygonum chinense L.

Botanical Name : *Polygonum chinense L.*

Family : Polygonaceae

Used In : Ayurveda and Folk medicine



Habit: Shrub

Where to grow the plant: Pot/Garden

Part of the plant used: Leaves and Seeds

COMMON NAMES

English: Knotweed

Kannada: ನೀರ್ ಕಣಗಲು

Hindi: Jangli palak

USES

Dried leaves decoction are used for dysentery, gastroenteritis, bloody stool, indigestion, hepatitis, tonsillitis, laryngopharyngitis.

Sauropus androgynus L.

Botanical Name : *Sauropus androgynus L.*

Family : Phyllanthaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Fruits

Habit: Shrub

Where to grow the plant: Pot/Hedge/Single plant

Part of the plant used: Leaves and fruits

COMMON NAMES

English: Sweet leaf

Kannada: ಚಕ್ರಮುನಿ

Hindi: Chekkurmanis

USES

Leaves are rich in provitamin-A, carotenoids, vitamin B and C, proteins and minerals. It is used to gain immunity among many diseases.

Spilanthes acmella L.

Botanical Name : *Spilanthes acmella* L.

Family : Asteraceae

Used In : Ayurveda, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Pot/garden

Part of the plant used: Leaves and flowers

COMMON NAMES

English: Toothache plant

Kannada: ಪಧುಮಾಲಿನಿ

Hindi: Akarkar

USES

Leaves and roots are used to treat toothache and throat and gum infections. Whole plant is recommended to cure dysentery and rheumatism, and to enhance the immune system. It increases the flow of saliva and is useful in fever especially during summers. It is used against blood parasites, especially against malaria, both prophylactic and curative. The herb exhibits general immunomodulator properties when used internally, boosting production of leukocytes and antiviral interferon, as well as promoting phagocytosis. The leaves may also be used to treat bacterial and fungal skin diseases. It stimulates wound healing, protects the individual from colds and flu.

Thymus vulgaris L.

Botanical Name : *Thymus vulgaris L.*

Family : Lamiaceae

Used In : Ayurveda, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Pot/garden/single plant

Part of the plant used: Leaves/flowers

COMMON NAMES

English: Garden Thyme

Kannada: ಓಮಾ

Hindi: Banajwain

USES

The flowering tops are anthelmintic, strongly antiseptic, antispasmodic, carminative, deodorant, diaphoretic, disinfectant, expectorant, sedative and tonic. The plant is used internally in the treatment of dry coughs, whooping cough, bronchitis, bronchial catarrh, asthma, laryngitis, indigestion, gastritis and diarrhoea and enuresis in children. It is used in the treatment of tonsillitis, gum diseases, rheumatism, arthritis and fungal infections. It is very rich in essential oils and these are the active ingredients responsible for most of the medicinal properties. It is used in treating respiratory diseases and a variety of other ailments, digestive disorders, sore throats, fevers etc.

Vernonia amygdalina L.

Botanical Name : *Vernonia amygdalina L.*

Family : Asteraceae

Used In : Ayurveda



Habit: Shrub

Where to grow the plant: Garden/Single plant

Part of the plant used: Leaves

COMMON NAMES

English: Bitter leaf

Kannada: ಶ್ರೀಲಂಕ ಸಂಜೀವಿನಿ

Hindi: Sanjeevini

USES

Leaves are rich in vitamins and minerals used as human diet. It is an important protective food and useful for the maintenance of health and prevention and treatment of various diseases. It is also useful in the treatment of diarrhoea and malaria.

Vetiveria zizanioides L.

Botanical Name : *Vetiveria zizanioides* L.

Family : Poaceae

Used In : Ayurveda, Folk, Homeopathy, Tibetan, Unani and Sidha



Habit: Tall grass

Where to grow the plant: Pot/garden/Hedge

Part of the plant used: Root

COMMON NAMES

English: Khus

Kannada: ಲಾವಂಚ

Hindi: Lavancha

USES

Roots are used as a cooling agent, tonic and blood purifier. It is used to treat many skin disorders and is known to have a calming effect on the nervous system. Other medicinal use includes ringworm treatment, indigestion, gastrointestinal disorders.

Vitex negundo var negundo L.

Botanical Name : *Vitex negundo var. negundo L.*

Family : Verbenaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Shrub

Where to grow the plant: Pot/Single plant/Hedge

Part of the plant used: Leaves/ seeds

COMMON NAMES

English: Chaste tree

Kannada: ಬಿಳಿಲಕ್ಕಿ

Hindi: Nirgundi

USES

The leaves are astringent, febrifuge, sedative, tonic and vermifuge. They are useful in dispersing swellings of the joints from acute rheumatism and of the testes from suppressed gonorrhoea. The juice of the leaves is used for removing foetid discharges and worms from ulcers. A decoction of the stems is used in the treatment of burns and scalds. The dried fruit is vermifuge and is also used in the treatment of angina, colds, coughs, rheumatic difficulties etc. The root is expectorant, febrifuge and tonic. It is used in the treatment of colds and rheumatic ailments.

Vitex negundo var. purpurascens L.

Botanical Name : *Vitex negundo var. purpurascens L.*

Family : Poaceae

Used In : Ayurveda, Folk, Homeopathy, Tibetan, Unani and Sidha



Habit: Shrub

Where to grow the plant: Pot/garden/Hedge

Part of the plant used: Leaves/seeds

COMMON NAMES

English: Blue vitex

Kannada: ನೀಲಿ ಲಕ್ಕಿ

Hindi: Neeli nirgundi

USES

Roots are used as a cooling agent, tonic and blood purifier. It is used to treat many skin disorders and is known to have a calming effect on the nervous system. Other medicinal uses includes ringworm treatment, indigestion, gastrointestinal disorders.

Vitex trifolia L. F.

Botanical Name : *Vitex trifolia* L. F.

Family : Verbenaceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Shrub/small tree

Where to grow the plant: Garden/Fencing

Part of the plant used: Leaves/seeds

COMMON NAMES

English: Three leaved chaste tree

Kannada: ಮೂರಲೆ ಲಕ್ಕಿ

Hindi: Nichinda

USES

Leaves possess anthelmintic and insecticidal properties; used chiefly in rheumatic pains, inflammation and sprains; infusion of the powdered leaves are given in intermittent fever.

Wedelia chinensis L.

Botanical Name : *Wedelia chinensis* L.

Family : Asteraceae

Used In : Ayurveda, Folk, Homeopathy and Sidha



Habit: Herb

Where to grow the plant: Pot/garden/Hedge

Part of the plant used: Leaves/flower

COMMON NAMES

English: Chinese Wedelia

Kannada: ಹಳದಿ ಬೃಂಗರಾಜ

Hindi: Pilabhangara

USES

The leaves are used in dyeing grey hair and in promoting the growth of hair. They are useful in coughs, cephalgia, skin diseases and alopecia. The juice of the leaves is much used as a snuff.

Withania somnifera (L)

Botanical Name : *Withania somnifera* (L)

Family : Solanaceae

Used In : Ayurveda, Folk, Homeopathy, Tibetan, Unani and Sidha



Habit: Herb

Where to grow the plant: Pot/dry areas

Part of the plant used: Roots

COMMON NAMES

English: Ashwagandha

Kannada: ಅಶ್ವಗಂಧ

Hindi: Ashgandh

USES

The root of Ashwagandha is used in the form of powder to treat consumption, excessive emaciation, bronchial asthma, rheumatic ailments, insomnia, cardiac diseases, wound due to accident, suppression of urine, and for conception in sterility and Rejuvenative.