



# AYURVAN

## A Medicinal / Herbal Plant Garden with Nakshatra Garden

The College has a well-maintained Medicinal Plant Garden (Ayurvan). It has One hundred One of different varieties of medicinal plants tagged with their biological nomenclature. The medicinal plants garden is unique in that almost every one of the species of plants and herb with a long history of use in folk tradition.

This Medicinal plant garden offers interesting information about the plants in the garden.

### **OBJECTIVES**

1. To make the students and the teachers aware of various herbal plants that can be grown in their College, be able to identify different plants and understand the economical and medicinal uses of these plants.
2. To develop the creativity of student by research and education in this aspect and reinforce the message of protection and care for the plants.
3. To achieve a cleaner and Greener Environment in and around their College campus.
4. To acquire the intimate knowledge of plants and their uses.

### ***1. Size/area of the garden***

- Seperate Medicinal Garden available with area of  $43.8 \times 10.30 = 451.14 \text{ m}^2$  (5000 sq.ft.)
- Garden is permanently demarked with fencing.
- Each plant marked with their vernacular name, biological source, family and uses.
- Timingly manuare/fertilizer/insecticides/pesticides are sprayed for developoment of plants with medicinal value.



## ***2. Types, varieties and number of plants available in the garden***

- Different types and varieties of medicinal valued plants are planted viz. antibacterial, antiinflammatory, hepatoprotective, nephro protective, anti-tussive, carminatives etc.
- The therapeutic uses of medicinal plants are listed and displayed in front of medicinal garden.
- Separate pond for aquatic plants is available.
- Creepers, herbs, shrubs, perenial plants and trees are available.
- Plants are planted in seperate area provided with Shed net. It is well labelled and separate gardner takes care of garden.

## ***3. Overall look and maintenance of the medicinal plant garden***

- What is the total area of the garden (in square feet)? : 5000
- Is the boundary of the garden properly demarcated? : Yes
- Does the overall look of the garden give an impression of a temporary or a permanent arrangement? : Yes
- Are the plants planted by adopting some system like herbs, shrubs, trees, xerophytes, plants growing under shade, perennial plants etc. in demarcated areas? : Yes
- Is the number of plants sufficient as per the allotted area? : Yes
- Is the plant density proper? : Yes

## **About Nakshatra Garden**

The classical list of 27 nakshatras ("lunar mansion") is first found in the VedangaJyotisha, a text dated to the final centuries BCE. It is said that every human being born on earth belongs to one of these 27 Nakashtra and 27 adorable trees associated with it. The presence of the complete set of 27 Nakashtra trees directly creates a healthy and sound physical, mental, psychological and spiritual beings, which is the ultimate and absolute bliss to oneself and to the earth too!

Considering this, College has developed "Nakshatra Garden" with display of all related information.

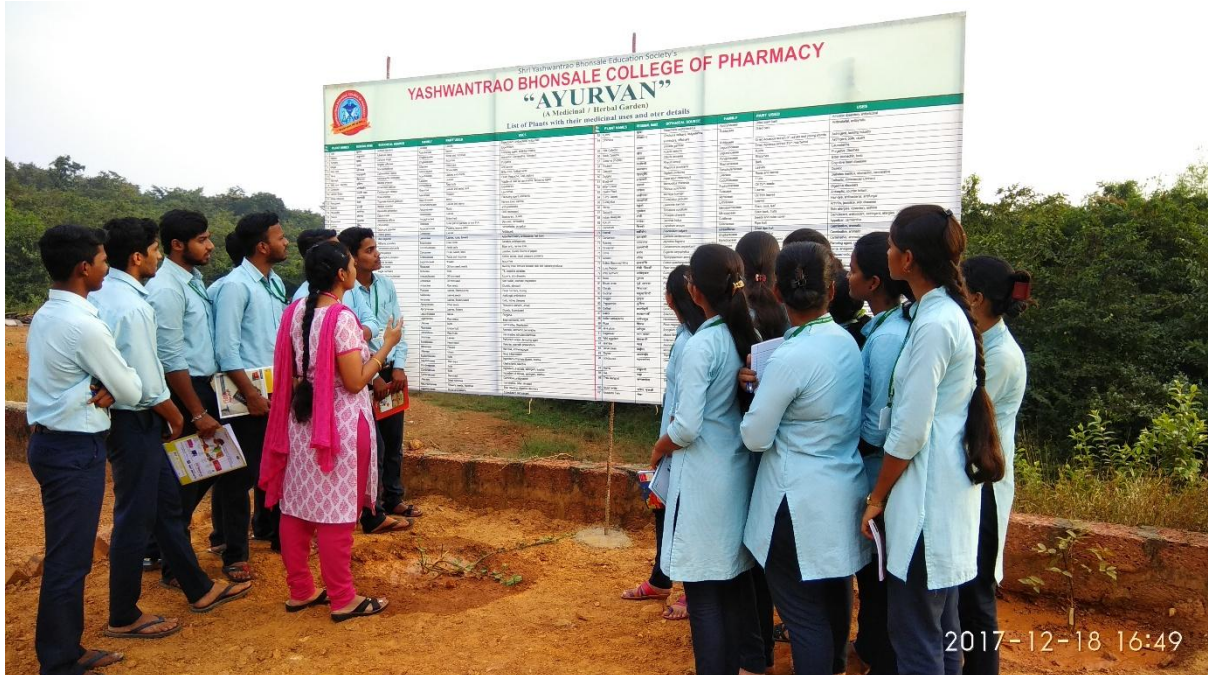


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**YASHWANTRAO BHONSALE COLLEGE OF PHARMACY**  
 A/ P: Charathe, Tal: Sawantwadi, Dist.: Sindhudurg, Maharashtra- 416 510 (M.S.)

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**"AYURVAN"**  
 (A Medicinal / Herbal Garden)

List of Plants with their medicinal uses and other details

Sl. No.	PLANT NAMES	REGIONAL NAME	BOTANICAL SOURCE	FAMILY	PART USED	USES	Sl. No.	PLANT NAMES	REGIONAL NAME	BOTANICAL SOURCE	FAMILY	PART USED	USES
1	Tulsi	तुलसी	Ocimum Sanctum	Labiatae	Leaves	Expectorant, Antibacterial, Antihypertensive	53	Kuchi	कुची	Holopterna antidysenterica	Apocynaceae	Dried stem bark	Amebic dysentery, antiparasitic
2	Vasaka	वसुंधरा	Adhatoda Vasica	Acanthaceae	Leaves	Expectorant	54	Chitrota	चित्रीत	Cinchona Calisaya, ledgeriana, succubra, officialis	Rubiaceae	Dried bark	Antimalarial, antyepileptic
3	Turmeric	हळदी	Zingiberaceae	Roots and rhizomes	Coloring agent, anti-inflammatory		55	Pala Catechu	पला	Uncaria gambier	Rubiaceae	Dried Aqueous extract of leaves and young shoots	Antirheumatic, tanning industry
4	Ginger	शकर	Zingiber Officinale	Zingiberaceae	rhizomes	stomachic, Carminative, Stimulant	56	Black Catechu	कृष्ण	Acacia catechu	Leguminosae	Dried Aqueous extract from heartwood	Astringent, boils, ulcers
5	Aloe Vera	अलुवैरा	Aloe Barbadosensis	Liliaceae	Dried juice	Purgative	57	Okera (Purple)	ओकरा	Cleome spinosa	Leguminosae	root	Neurotoxic
6	Vinc	विंक	Catamarrhus Roseus	Apocynaceae	Whole plant	Anti cancer	58	Rhubarb	रुडुबा	Rheum Emodi	Polygonaceae	rhizomes	Purgative, Diarrhea
7	Kalmegh	कालमेघ	Andropogon paniculata	Acanthaceae	Leaves and shoots	Bitter tonic, Antihelmintic	59	Cacora	ककरो	Rhamnus purshiana	Rhamnaceae	bark	Bitter stomachic, tonic
8	Menha	मेन्हा	Menha Fipenta	Labiatae	Flowering agent		60	Digitalis	डिजिटलिस	Digitalis purpurea	Scrophulariaceae	Leaves	Cognitive heart diseases
9	Corander	कोरंदर	Coriandrum Sativum	Umbelliferae	Ripe fruits	Volatile oil used as carminative, flavouring agent	61	Bhatavri	भटावरी	Asparagus racemosus	Liliaceae	Roots and leaves	Diuretic
10	Lemon Grass	लेमन ग्रास	Cymbopogon Citratus Or Cymbopogon Flexuosus	Gramineae	Leaves and aerial parts	Expectorant	62	Bitter	बेरी	Momordica charantia	Cucurbitaceae	fruits	Diabetes mellitus, stomachic, carminative
11	White Hibiscus	सफेद हिबिसस	Rosa Sinensis	Melvaceae	Flowers	Leucorhea	63	Caster Plant	कास्टर प्लान्ट	Ricinus communis	Euphorbiaceae	Oil from seeds	Cathartic, commercial lubricant
12	Fenugreek	फेनूग्रीक	Trigonella Foenum-Graecum	Leguminosae	seeds	Flavouring agent, stomachic	64	Curry Leaves	करुंडी	Murraya koenigii	Rubiaceae	Leaves	Digestive disorders
13	Banani	बाणी	Bacopa Monnif	Scrophulariaceae	Leaves and stems	Memory tonic, antihelm	65	Castoroppan	कास्टरोपान	Eclogia glandula	Myrtaceae	Oil from leaves	Antiseptic, counter irritant
14	Rasoolia	रासूलिया	Rasoolia Serpentina	Apocynaceae	Roots	antihypertensive	66	Henna	हॅना	Lawsania inermis	Lythraceae	Leaves	Hair dye, antibacterial, antitumor
15	Datura	दुतरा	Datura Metel	Solanaceae	Leaves	CNS depressant	67	Gulabi	गुलाबी	Tinospora cordifolia	Menispermaceae	Stem, root, leaf	Arthritis, jaundice, skin diseases
16	Punarnava	पुनर्नावा	Borhachia Diffusa	Nyctagraceae	Entire herb	Expectorant, diuretic	68	Indian Mesquite	इन्डियन मेसक्यूट	Prosopis cineraria	Mimosaceae	Stem bark, fruits	Skin diseases, dysentery, asthma
17	Lemon	लेमन	Citrus Lemonis	Rutaceae	Outer part of pericarp of ripe fruit	Stimulant, carminative	69	Kokum	कोकम	Garcinia indica	Guttiferae	Seeds and outer cover	Demulcent, antioxidant, astringent, allergies
18	Rui	रुई	Calotropis Gigantea	Asclepiadaceae	Flowers, leaves, latex	Hemorrhoids, purgation	70	Capsicum	फिरी	Capsicum annuum	Solanaceae	Ripe fruit	Appetizer, carminative
19	Ineulin Plant	इनेलिन प्लान्ट	Colusa Ignea	coaceae	Leaves	Antidiabetic	71	Fennel	फेनिल	Foeniculum vulgare	Umbelliferae	Dried ripe fruit	Carminative, aromatic
20	Nirgundi	निरगुंडी	Vicia Negundo	Lamiaceae	Leaves, roots, flowers	Anti-inflammatory, antibacterial, hair tonic	72	Cardamom	कार्डमम	Elettaria cardamomum	Zingiberaceae	Dried ripe fruit	Carminative, aromatic
21	Ashwagandha	अश्वगंधा	Withania Somnifera	Solanaceae	Dried roots	Sedative, antiasthmatic	73	Madung	मादुंग	Myrtilla fragrans	Myrtaceae	Dried kernel of seed	Carminative, aromatic
22	Shankhapuzhi	शंकापुझी	Convolvulus Purlicaulis	Gentianaceae	Aerial parts	Bitter tonic, venise tonic	74	Cinnamon	सिनामन	Cassonum zeylanicum	Lauraceae	Dried inner bark	Flavouring agent, carminative
23	Pippaya	पिपयी	Carica Pappaya	Caricaceae	Fruits, seeds, latex	Laxative, diuretic, Source of papain	75	Clove	क्लोव	Eugenia caryophyllus	Myrtaceae	Dried flower buds	Dental analgesic, Carminative
24	Bryophyllum	ब्रयोफिलम	Bryophyllum pinnatum	Cruasulaceae	Roots and rhizomes	Kidney stones, blood pressure problems	76	Ajwan	अज्वन	Trachyperrum annu	Umbelliferae	Fried fruits	Antispasmodic, antihelmintic
25	Gokarna (White)	गोकर्ना	Citroia Torment	Leguminosae	flowers	leucorhea	77	Edible Stemmed Wine	इडिबल स्टेमिड व्हाईन	cissus quadrangularis	Vitaceae	Stem pieces	jointache
26	Almond	अमूड	Prunus dulcis	rosaceae	Oil from seed, seeds	Memory tonic, immune booster, skin and haircare products	78	Long Pepper	लॉन्ग पिप्पर	Piper longum	Piperaceae	Fruits and roots	Cough, asthma
27	Beal	बैल	aege marnesiae	Rubiaceae	fruits	TB, intestinal parasites	79	Wild Turmeric	विल्ड ट्युरमेरिक	Curcuma aromatica	Zingiberaceae	rhizomes	Cosmetics, skin products
28	Cashew Nut	काशू	Anacardium occidentale	Anacardiaceae	Oil from seed	Eczema, skin diseases	80	Rose	रुस	Rosa Centifolia	Rosaceae	Flower	Aromatic, astringent
29	Coccol	कोकोल	Coccol nucifera	Palmeaceae	Oil from seed	Skin healer, cosmetic preparation	81	Bhanti Anta	भंती अन्ता	Phyllanthus amarus	Euphorbiaceae	Whole plant	Amebic, jaundice, Dropsy
30	Arca Nut	आरका नूट	Arca cactico	Palmeaceae	Ripe seeds	Diuretic, stimulant	82	Sweet	स्वीट	Sweria Chirata	Centroseae	Whole plant	Skin Diseases, Burning, cessation, fever
31	Bamboo	बाम्बू	Bambusa vulgaris	Gramineae	Leaves, Stem(culm)	Few Fumilum, flooring	83	Sudwar	सुद्वार	Gymnosia Sylvatica	Asclepiadaceae	Leaves	Diabetes, hypochol, Asthma
32	Neem	नीम	Azadirachta indica	Melastaceae	Leaves,seeds	Antihelm, antiseptic	84	Duggul	दुग्गुल	Commiphora Wightii	Burseraceae	Gum resin	Rheuma feed, arthritis, analgesic, laxative
33	Drumstick	ड्रमस्टिक	Moringa olerifera	moraceae	Leaves, flowers,seeds	Colic, diuretic diseases	85	Culachi	कुलाची	Tinospora Cordifoliafam	-	Stem	Gout, Pile, general debility, fever, jaundice
34	Therelia	थेरिली	Therelia peruviana	Apocynaceae	Dried seeds	Ticdure is cathartic, emetic	86	Gubari	गुबारी	Gloriosa superba	Liliaceae	Seed, tuber	Skin Diseases, Labour pain, Abortion, General debility
35	Oleander	ओलेण्डर	Nerium oleander	Apocynaceae	Leaves, flowers	Diuretic, Expectorant	87	Makoi	माकोई	Solanum nigrum	Solanaceae	Fruit/whole plant	Dropsy, General debility,Diuretic, anti dysenteric
36	Senna	सेन्ना	Casa angustifolia	Leguminosae	leaves	Purgative	88	Indian sarapallia	इन्डियन सारापल्लिया	Hembi amus Indicus	Asclepiadaceae	Root, Leaf	Appetizer, Carminative, aphrodisiac, Astringent
37	Nux Vomica	न्यूक्स वॉमिका	Strychnos nuxvomica	Loganiaceae	Ripe seeds	Bitter stomachic, tonic	89	Bach / Sweet Flag	बाच / स्वीट फ्लॅग	Acroa Calamus	Anaceae	Rhizome	Sedative, analgesic, epilepsy, hypertensive
38	Gurk	गुर्क	Allium sativum	Liliaceae	tubcs	Carminic, Disinfectant	90	Wala	वाला	Adiantum vesica	Saxifragaceae	Whole Plant	Antispasmodic, respiratory, Stimulant
39	Black Pepper	ब्लॅक पिप्पर	Piper nigrum	Piperaceae	Unripe fruit	Amebic, stomachic,carminative	91	Hagewar	हागेवार्	Musa Fera	Guttiferae	Bark, Leaf, Flower	Asthma, Skin, Burning, Numbing, Dysentery, Piles
40	Cumin	कुमिन	Cuminum cyminum	Umbelliferae	Ripe fruits	Carminative, stimulant,diuretic	92	Akanati	अकानाटी	Solanum Xanthocarpum	Solanaceae	Whole Plant, Fruit, Seed	Diuretic, Anti-inflammatory, Appetizer, Stomachic
41	Citronella	सिट्रोनल्ला	Cymbopogon nardus	Gramineae	leaves	Perfume in soaps, flavouring agent	93	Conesal	कोनेसल	Holopterna antidysenterica	Apocynaceae	Bark, Seed	Stomachic, Antihypertensive, Antibiotic dysentery
42	Sandal Wood	सण्डल वुड	Santalum album	Santaliaceae	Heart-wood	Dysurea, cosmetic preparations	94	Velvet bean	वेल्वेट बीन	Mucuna Turaris	Faboaceae	Root, Hair, Seed, Leaf	Nervous, Dioretic, Constipation, Nephropathy, Strangury, Dropsy
43	Red Hibiscus	रेड हिबिसस	Rosa Sinensis	Melvaceae	Flowers	Hair loss, emmenagogue	95	Thyme	थाय्म	Thymus vulgaris	Lamiaceae	Leaves	In Congestion, Stomach Cong, Cough
44	Gloriosa	ग्लोरियोसा	Gloriosa superba	Liliaceae	tubers	Gout, inflammation	96	Bondur nut	बॉन्डुर नूट	Caesalpinia bonduca	-	Whole plant	In dysentery and diabetes, Emmenagogue, abortifacient used as anti-malarial drug and also tonic
45	Amli	अम्ली	Emblia officinalis	Euphorbiaceae	fruits	Ingredient of tephals,diuretic, laxative	97	Shiva	शिव	Stelic rebaudiana	Asclepiaceae	Leaves	Natural sweetener
46	Arachis	आरकिस	Sara indica	Leguminosae	Stem bark	Ulcera tonic, caustic	98	Tba	तबा	Camellia sinensis	Theaceae	Leaves and flowers	Antioxidant
47	Myrsinai	म्यर्सिनाई	Terminalia chebula	Combretaceae	fruits	Ingredient of tephals, astringent, laxative	99	Matigold	माटीगोल्ड	Tithonia diversifolia	Asteraceae	Whole plant	sunburn, acne, and blemishes, soothes ulcers and in digestive problems
48	Bahra	बाहरा	Terminalia bitoria	Combretaceae	fruits	Ingredient of tephals, astringent, laxative	100	Musi (white)	मुसी (व्हाईट)	Chionophyllum borvilianum	Asparagaceae	Leaves	Aphrodisiac
49	Arjuna	अर्जुन	Terminalia arjuna	Combretaceae	Stem bark	Cardiotonic,antihypertensive	101	Mosquito Fern	मोसक्यूटो फेर्न	Azolla filiculoides	Salvinaceae	Whole plant	Preventing mosquitoes and other insects from penetrating through to the water to lay eggs
50	Velbard	वेलबार्ड	Acorus calamus	Aroaceae	Dried rhizomes	Carminative, bitter stimulant							
51	Lotus	लोटस	Nelumbo nucifera	Nelumbonaceae	Flowers, seeds, rhizomes	Stop bleeding, digestive disorders							
52	Liquorice	लिकुविस	Glycyrrhiza glabra	Leguminosae	Roots and stolons	Expectorant, demulcent							





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Shri Yashwantrao Bhonsale Education Society's <b>YASHWANTRAO BHONSALE COLLEGE OF PHARMACY</b> <b>“NAKSHTRA GARDEN”</b> List of Medicinal Plants according to constellation, directions and signs							
Southeast आग्नेय	1		Revati रेवती	Mahuwa मोह	Madhuka longifolia	Sapotaceae	Care of skin, fuel oil, soap industry
			Uttarabhadrapada उत्तरा भाद्रपदा	Neem कडुनिंब	Azadirchata indica	Meliaceae	Antifungal, antiinfective
	2		Purvabhadrapada पूर्वाभाद्रपदा	Mango आंबा	Mangifera indica	Anacardiaceae	Nutrient, Vitamin C
			Shattaraka शततारका	Kalamb कळंब	Mitragyna parvifolia	Rubiaceae	In Jaundice, Edema. As aphrodisiac, actodepurant
	3		Dhanishtha धनिष्ठा	Prosopis शमी	Prosopis cineraria	Fabaceae	In asthma, bronchitis, anthelmintic, tonic
			Shravan श्रवण	Rui रूई	Calotropis Gigantea	Asclepiadaceae	Hemorrhoids, purgation
Southwest नैऋत्य	4		Uttarashadha उत्तराषाढा	Jackfruit फणस	Artocarpus heterophyllus	Moraceae	Nutrient, Vitamin B6
			Purvashadha पूर्वाषाढा	Rattan (cane) वेत	Calamas rotang	Arecaceae	Astringent, anti diarrhoeal, anti-inflammatory
	5		Mul मूळ	Shoearobustra राळ	Veteria Indica	Dipterocarpaceae	Tonic, carminative and expectorant
			Jyeshtha ज्येष्ठा	Silk Cotton Tree सांवर	Bombax ceiba	Malvaceae	Antiangiogenic activity, Hypotensive, Hypoglycaemic
	6		Anuradha अनुराधा	Mammea नागकेशर	Mammea longifolia	Calophyllaceae	Antioxidant, Spice
			Vishakha विशाखा	Mammea नागकेशर	Mammea longifolia	Calophyllaceae	Antioxidant, Spice
Northwest वायव्य	7		Swati स्वाती	Arjuna अर्जुन	Terminalia arjuna	Combretaceae	In wounds, haemorrhages and ulcers
			Chitra चित्रा	Bengal Quince बेल	Eagle Marmalose	Rutaceae	Chronic diarrhea, dysentery, and peptic ulcers, as a laxative
	8		Hast हस्त	Jasmine जाई	Jasminum Grandifloram	Oleaceae	House plant
			Uttara उत्तरा	Payari Mango पायरी आंबा	Mangifera indica	Anacardiaceae	Nutrient, Vitamin C
	9		Purva पूर्वा	Butea बूतेस	Butea monosperma	Fabaceae	Anti-inflammatory, antimicrobial, anthelmintic, anti-diabetic, diuretic,
			Magha मघा	Banyan वड	Ficus benghalensis	Moraceae	Antioxidant, anti-inflammatory, antihistaminic, antidiarrheal, antimicrobial, antidiabetic, antifungal and antibacterial
Northeast ईशान्य	10		Ashlesha आश्लेषा	Nagchafa नागचाफा	Mesua Ferrea	Guttiferae	Asthma, Skin, Burning, Vomiting, Dysentery, Piles.
			Pushya पुष्य	Ficus पिंपळ	Ficus religiosa	Moraceae	In asthma, diabetes, diarrhea, epilepsy, gastric problems, inflammatory disorders, infectious and sexual disorders.
			Punarvasu पुनर्वसू	Bamboo Cane वेळू	Bambusa vulgaris	Poaceae	Abortifacient, antibacterial
	11		Aardra आर्द्रा	Agaru कृष्णागरु	Aquilaria agallocha	Thymelaechaeae	In diseases related to ear, nose, throat, asthma, cough
			Mrgug मृग	Khadira खैर	Acacia catechu	Mimosaceae	In sore throat, cough and hoarseness of voice
	12		Rohini रोहिणी	Java Plum जांभूळ	Syzygium cumini	Myrtaceae	Relieve stomach pain, carminative, anti-scorbutic and diuretic
Kruttika कृत्तिका			Fig उंबर	Ficus glomirata	Moraceae	In diabetes, liver disorders, diarrhea, inflammatory conditions, hemorrhoids, respiratory, and urinary diseases	
12		Bharani भरणी	Amla आवळा	Emblica officinalis	Euphorbiaceae	Ingredient of triphala, diuretic, laxative	
		Ashwini अश्विनी	Nux Vomica कुंचला	Strychnos nux-vomica	Loganiaceae	In erectile dysfunction (ED, impotence), Rat poison	



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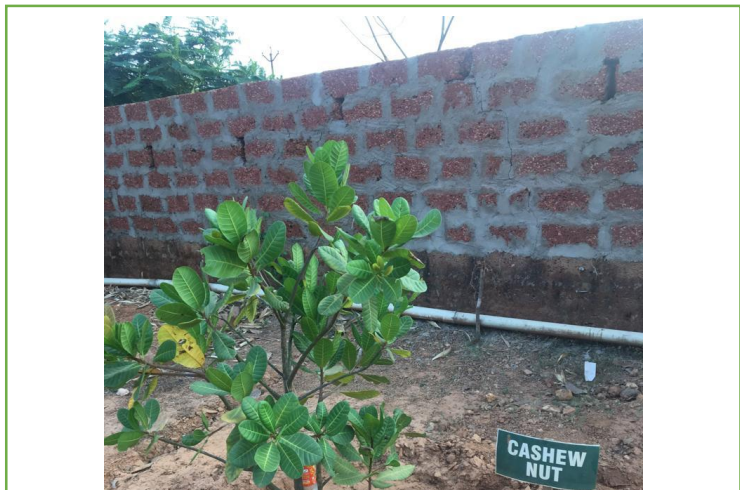
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