



**JYOTI COLLEGE OF MANAGEMENT,
SCIENCE AND TECHNOLOGY**

JCMST FLORA LIST



ASHOKA TREE

BOTANICAL NAME- Saraca asoca

The Ashoka is a rain-forest tree. Its original distribution was in the central areas of the Deccan plateau, as well as the middle section of the Western Ghats in the western coastal zone of the Indian subcontinent.

As a wild tree, the Ashoka is a vulnerable species. It is becoming rarer in its natural habitat, but isolated wild Ashoka trees are still to be found in the foothills of the central and eastern Himalayas, in scattered locations of the northern plains of India as well as on the west coast of the subcontinent near Mumbai.

Kingdom : **Plantae**

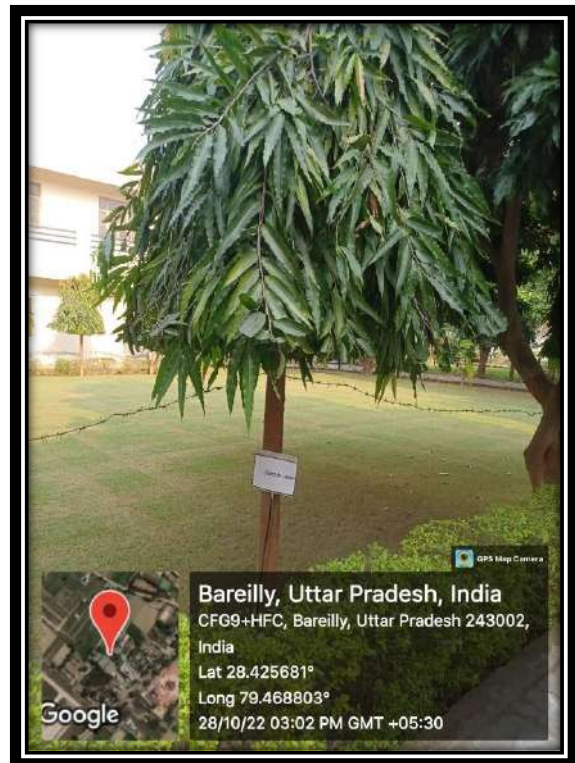
Family : **Fabaceae**

Class : **Dicotyledons**

Order : **Fabales**

Genus : **Saraca**

Species : **Asoca**



USES:-

The bark of the Ashoka plant is used to prepare cosmetics that help to improve skin complexion.

- Ashoka Tree Herb is used for Gynecological Problems.
- Ashoka plant Prevents Internal Bleeding.
- Removes kidney stones and treats asthma.
- Ashoka tree extracts have analgesic properties and so help to relieve pain.
- Ashoka tree Barks or leaves, when consumed, help to remove worms from the stomach and thus provide relief from pain and swelling. The bark of the Ashoka tree also has anti-fungal, anti-bacterial and pain relieving properties. Ashoka tree helps to combat both internal and external inflammation and provides relief from burning sensation.

FICUS

BOTANICAL NAME - Ficus benamina

Ficus benamina, commonly known as **weeping fig**, **benjamin fig** or **figus tree**, and often sold in stores as just **figus**, is a species of flowering plant in the family Moraceae, native to Asia and Australia. It is the official tree of Bangkok. The species is also naturalized in the West Indies and in the states of Florida and Arizona in the United States. In its native range, its small fruit are favored by some birds.

The tree is harvested from the wild for local use as a medicine and source of fiber plus a low quality wood. It is very ornamental, being widely cultivated in the tropics and subtropics and used as an avenue and shade-providing tree.

Kingdom : Plantae

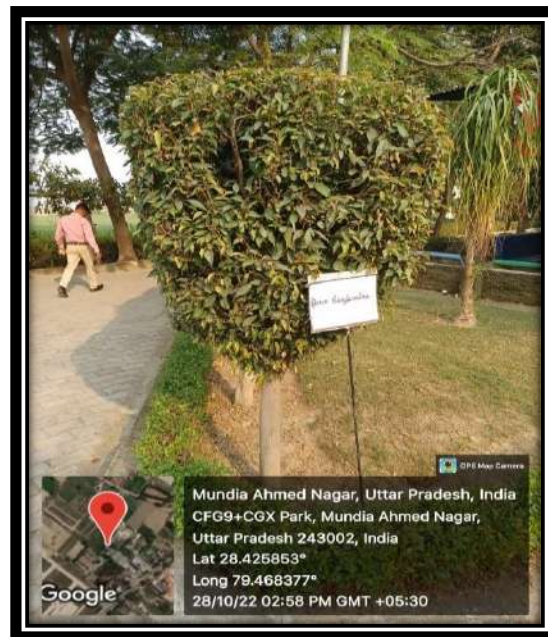
Family : Moraceae

Class : Magnolipsida

Order : Rosales

Genus : Ficus

Species : benamina



It has long been an extremely popular indoor houseplant because of its attractive shape and tolerance for a variety of growing conditions, usually growing 60 - 300cm tall in the pot.

USES:-

- The leaves and twigs are used as insect repellent.
- Its latex and some fruit extracts are used by indigenous communities to treat skin disorders, inflammation, piles, vomiting, leprosy, malaria, nose-diseases and cancer besides the use as a general tonic.
- The plant is also used as antimicrobial, antinociceptive, antipyretic, hypotensive and anti-dysentery remedy.
- The bark of the root, the root itself, and the leaves are boiled in oil and applied on wounds and bruises.
- The pounded leaves and bark are applied as a poultice in the treatment of rheumatic headaches.
- A latex can be obtained from all parts of the plant.

TI - PLANT

BOTANICAL NAME- Cordyline fruticosa

Cordyline fruticosa is an evergreen flowering plant. The plant is of great cultural importance to the traditional animistic religions of Austronesian and Papuan Peoples of the Pacific Islands, New Zealand, Island Southeast Asia, and Papua New Guinea. It is also cultivated for food, traditional medicine, and as an ornamental for its variously colored leaves. It is identified by a wide variety of common names, including **ti plant**, **palm lily**, **cabbage palm**.

Kingdom : **Plantae**

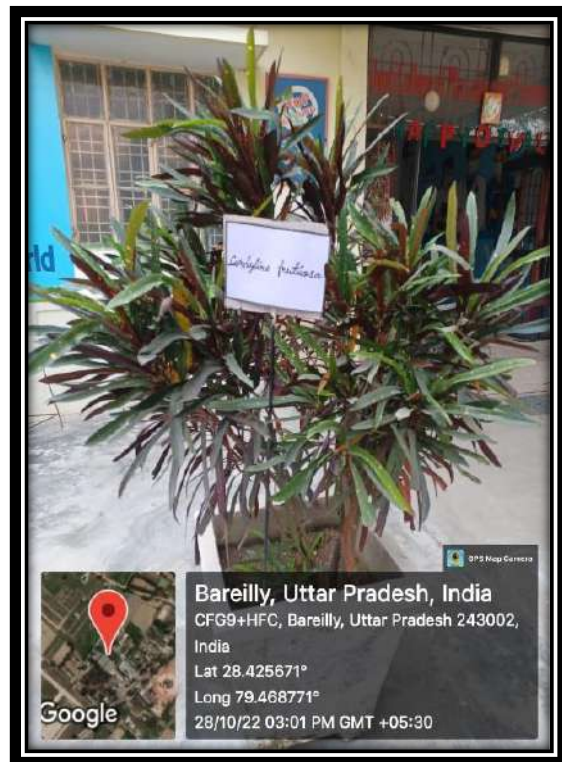
Family : **Asparagaceae**

Class : **Magnolipsida**

Order : **Asparagales**

Genus : **Cordyline**

Species : **fruticosa**



USES:

- Ti has many uses but it is most notable as one of the most important plants related to the indigenous animist religions of Austronesians. It is very widely regarded as having mystical or spiritual powers in various Austronesian (as well as Papuan) cultures. Among a lot of ethnic groups in Austronesia it is regarded as sacred. Common features include the belief that they can hold souls and thus are useful in healing "soul loss" illnesses and in exorcising against malevolent spirits, their use in ritual attire and ornamentation, and their use as boundary markers.
- The roots and young leaves can be cooked and eaten as survival food. The leaves can make a rain cloak.¹ The plants are also widely used for traditional medicine, dye, and ornamentation throughout Austronesia and New Guinea
- *Cordyline terminalis* flowers are a traditional treatment for asthma, and their anthocyanin content has been assessed to see if they might be commercial herbal remedy.

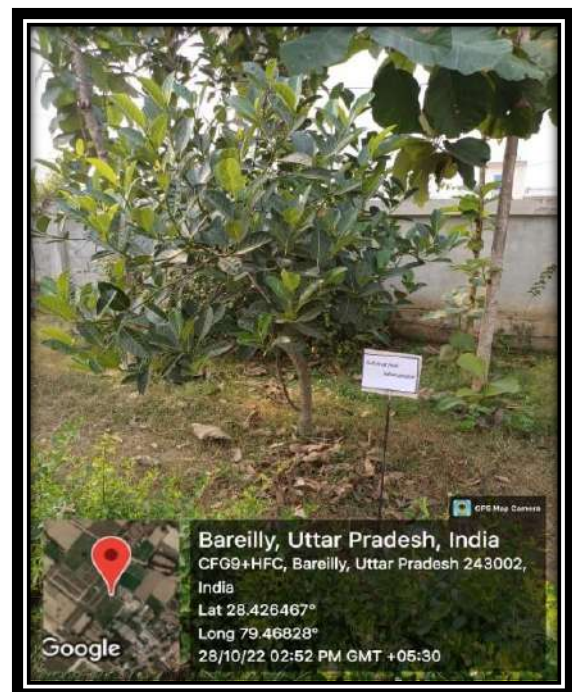
JACK FRUIT

BOTANICAL NAME- Artocarpus heterophyllus

The **jackfruit** (*Artocarpus heterophyllus*), also known as **jack tree**, is a species of tree in the fig, mulberry, and breadfruit family (Moraceae). Its origin is in the region between the Western Ghats of southern India, all of Bangladesh, Sri Lanka and the rainforests of the Philippines, Indonesia, and Malaysia.

The jack tree is well-suited to tropical lowlands, and is widely cultivated throughout tropical regions of the world. It bears the largest fruit of all trees, reaching as much as 55 kg (120 pounds) in weight, 90 cm (35 inches) in length, and 50 cm (20 inches) in diameter. A mature jack tree produces some 200 fruits per year, with older trees bearing up to 500 fruits in a year. The jackfruit is a multiple fruit composed of hundreds to thousands of individual flowers, and the fleshy petals of the unripe fruit are eaten.[[] The ripe fruit is sweet (depending on variety) and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a "vegetable meat".

Kingdom : **Plantae**
Family : **Moraceae**
Class : **Magnolipsida**
Order : **Rosales**
Genus : **Artocarpus**
Species : **heterophyllus**



USES:-

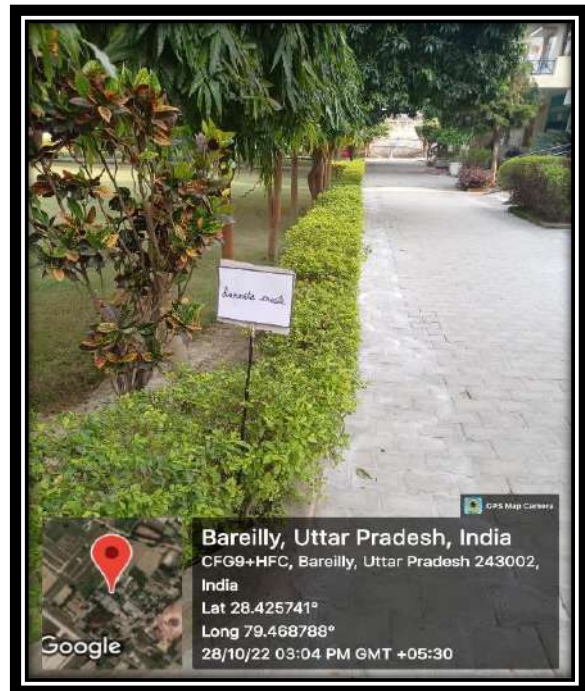
- Carotenoids, the pigments that give jackfruit its yellow color, are high in vitamin A. Like all antioxidants, carotenoids protect cells from damage and help your body work right. They may help prevent diseases like cancer and heart disease, as well as eye problems like cataracts and macular degeneration.
- Jackfruit may be higher in some vitamins and minerals than apples, apricots, bananas, and avocados. For example, it's rich in vitamin C and one of the few fruits that's high in B vitamins.
- Jackfruit also contains folate, niacin, riboflavin, potassium, and magnesium.
- **Constipation.** Jackfruit is a good source of fiber, so it could help you feel fuller for longer and help keep your bowel movements regular.
- **Ulcers.** The natural chemicals in jackfruit may help prevent these sores from forming inside your stomach.
- **Diabetes.** Your body digests and absorbs jackfruit more slowly than some other foods. That means your blood sugar won't rise as quickly as it might when you eat other fruits. One study found that jackfruit extract made it easier for people with diabetes to control their blood sugar.
- **High blood pressure.** The potassium in this tropical fruit could help lower your blood pressure, which can help stave off heart disease, stroke, and bone loss.
- **Skin problems.** The high amounts of vitamin C in jackfruit may help protect your skin from sun damage. You need plenty of that nutrient to keep your skin firm and strong.
- **Cancer-**Phytonutrients, like those found in jackfruit, are natural compounds that might have cancer-fighting benefits, such as preventing cancer cells from forming in your body.

DURANTA

BOTANICAL NAME--- Duranta erecta

Duranta erecta is a species of flowering shrub in the verbena family Verbenaceae, native from Mexico to South America and the Caribbean. It is widely cultivated as an ornamental plant in tropical and subtropical gardens throughout the world, and has become naturalized in many places. Common names include **golden dewdrop**, **pigeon berry**, and **skyflower**.

Kingdom : **Plantae**
Family : **Verbenaceae**
Class : **Magnoliopsida**
Order : **Lamiales**
Genus : **Duranta**
Species : **erecta**



USES:

The leaves and unripened berries of the plant are toxic, and are confirmed to have killed dogs and cats. However, songbirds eat the fruit without ill effects Documented cases of toxicity in humans are sparse, with many secondary sources stating that children have died from consumption of the plant. This is likely attributable to an 1895 case of presumed poisoning by *Duranta erecta* (formerly *Duranta plumieri*) in a four year old boy in Australia.

PALM TREE

BOTANICAL NAME - Roystonea altissima

Roystonea altissima is a species of palm which is endemic to hillsides and mountain slopes near the interior of Jamaica. The name *altissima* is Latin for "highest", however they are not the tallest species in the genus *Roystonea*. They are usually found just over sea-level to 760 metres (2,490 ft) in elevation.

SS

Kingdom: Plantae
Family: Arecaceae
Class: Lillopsida
Order: Arecales

Genus: Roystonea
Species: altissima



USES:

- Leaves and leaf sheaths are used for thatch and wrapping material. Inflorescence used for brooms.
- *Roystonea regia* has been planted throughout the tropics and subtropics as an ornamental.
- The seed is used as a source of oil and for livestock feed
- Leaves are used for thatching and the wood for construction.

SYNEDRELLA

BOTANICAL NAME - Synedrella nodiflora

Kingdom: Plantae

Family: Asteraceae

Class: Magnoliopsida

Order: Asterales

Genus: Synedrella
Gaertn.

Species: nodiflora



Synedrella is a genus of flowering plants in the family Asteraceae.

It contains only one known species, *Synedrella nodiflora*, native to South America, Central America, Mexico, the West Indies, and Florida. It is naturalized in much of Asia, northern Australia, some Pacific Islands, and tropical Africa. **Nodeweed** and **Cinderella weed** are common names for this species.

USES:

- It is long been used for the treatment of inflammatory diseases, including liver disease, asthma, rheumatism and earache, in tropical countries throughout America, Asia and Africa.
- Leaves using as feed supplement in rabbits improves fertility rate and litter size, and reduces significantly the mortality rate from birth to weaning.
- In Indonesia, the leaves of *S. nodiflora* are used as a poultice for sore legs and rheumatism.
- In Papua New Guinea, the root is chewed against diarrhoea, together with some other herbs

AERVA

BOTANICAL NAME-- Aerva sanguinolenta

Kingdom: Plantae

Family : Amaranthaceae

Class: Magnoliopsida

Order: Gentianales

Genus: Aerva

Species: lanata



Aerva lanata, the **mountain knotgrass**, is a woody, prostrate or succulent, perennial herb in the family Amaranthaceae, native to Asia, Africa. It has been included as occurring in Australia by the US government, but it is not recognised as occurring in Australia by any Australian state herbarium. The plant sometimes flowers in the first year.

Aerva lanata is a common weed which grows wild everywhere in the plains of India. The root has a camphor-like aroma. The dried flowers which look like soft spikes, are sold under the commercial names Buikallan and Boor. It is one of the plants included in Dasapushpam, the ten sacred flowers of Kerala

USES:

- This plant is used for food for people and animals. The whole plant, especially the leaves, is edible. The leaves are put into soup or eaten as a spinach or as a vegetable. The plant provides grazing for stock, game and chickens. The plant is used as a traditional medicine for snakebites.
- Though the plant has a lot of medicinal properties it's quite commonly used in South India during the Tamil festival "Pongal" as the flower of this plant is used for decoration. In Tamil language it's also called as Ponga-Poo, which is derived from the names Pongal – A Harvest festival of Tamil Nadu and Poo in Tamil means Flower. Other common Tamil names used for this plant are "Kannu Pillai Poo" and "Siru Poolai".
- The plant is also used as a talisman against evil spirits, a good-luck talisman for hunters, and a talisman for the well-being of widows.
- In the traditional medicine of India, the juice of crushed *Aerva lanata* root is used for jaundice therapy.

CHAMPA

BOTANICAL NAME-Clumeria alba

Plumeria alba is a species of flowering plant in the genus *Plumeria*.

Plumeria flowers are most fragrant at night to lure sphinx moths to pollinate them. The flowers yield no nectar, though, and simply trick their pollinators. The moths inadvertently pollinate them by transferring pollen from flower to flower in their fruitless search for nectar.^[5] Insects or human pollination can help create new varieties of plumeria. Plumeria trees from cross-pollinated seeds may show characteristics of the mother tree or their flowers might just have a totally new look

Kingdom: Plantae

Family: Apocynaceae

Class: Magnolipsida

Order: Gentianales

Genus: Plumeria

Species: Alba



USES:

- *P. alba* is often cultivated as an ornamental plant. In Cambodia pagodas especially choose this shrub, with the flowers used in ritual offerings to the deities.
- They are sometimes used to make necklaces which decorate coffins.
- In addition, the flowers are edible and eaten as fritters, while the heart of the wood is part of a traditional medical preparation taken as a vermifuge or as a laxative.

FIRE BUSH

BOTANICAL NAME -- *Amelia patens*

Hamelia patens is a large perennial shrub or small tree that is native to the American subtropics and tropics. Its range extends from Florida in the southern United States to as far south as Argentina.^[2] Common names include **firebush**, **hummingbird bush**, **scarlet bush**, and **redhead**. In Belize, this plant's Mayan name is Ix Canaan and is also known as "Guardian of the Forest".

Kingdom: **Plantae**

Family: **Rubiaceae**

Class: **Magnolipsida**

Order: **Gentianales**

Genus: *Hamelia*

Species: *Patens*



USES:

- Hummingbirds are attracted by its flowers and other birds feed on the fruit, both of which will also forage on small insects found in the vicinity, helping to keep down pests.
- These flowers are also fed on by butterflies, such as the statira sulphur (*Aphrissa statira*), which are attracted to red flowering plants.
- The fruits have a refreshing, acidic taste and are also edible by humans; in Mexico, they are made into a fermented drink.

CRAPE JASMINE

BOTANICAL NAME – Tabernaemontana divaricata

Tabernaemontana divaricata, commonly called **pinwheel flower**, **rape jasmine**, **East India rosebay**, and **Nero's crown**, is an evergreen shrub or small tree native to South Asia, Southeast Asia and China. In zones where it is not hardy it is grown as a house/glasshouse plant for its attractive flowers and foliage. The stem exudes a milky latex when broken, whence the name **milk flower**.

Kingdom: Plantae

Family: Apocynaceae

Class: Magnolipsida

Order: Gentianales

Genus: Tabernaemontana

Species: Divaricata



USES:

- The species is known to produce many alkaloids including catharanthine, coronaridine, dregamine, ibogamine, tabersonine, voacangine, voacamine and voacristine. Ibogaine may occur in multiple Tabernaemontana species.
- There is presence of potent acetylcholinesterase inhibitors in stems and roots of this plant.

- Jasmine has been used for liver disease (hepatitis), pain due to liver scarring (cirrhosis), and abdominal pain due to severe diarrhea (dysentery).

ARABIAN JASMINE

BOTANICAL NAME - Jasminum sambac

Jasminum sambac (Arabian jasmine or Sambac jasmine) is a species of jasmine native to tropical Asia, from the Indian subcontinent to Southeast Asia. It is cultivated in many places, especially across much of South and Southeast Asia. It is naturalised in many scattered locales Mauritius, Madagascar, the Maldives, Christmas Island, Chiapas, Central America, southern Florida, the Bahamas, Cuba, Hispaniola, Jamaica, Puerto Rico, and the Lesser Antilles.

Jasminum sambac is a small shrub or vine growing up to 0.5 to 3 m (1.6 to 9.8 ft) in height. It is widely cultivated for its attractive and sweetly fragrant flowers. In India and Pakistan it is very popular and is known as **Mogra**. It is the national flower of the Philippines, where it is known as *sampaguita*, as well as being one of where it is known as *melati putih*.

Kingdom: Plantae

Family: Oleaceae

Class: Magnolipsida

Order: Lamiales

Genus: Jasminum

Species: Sambac

USES:-

- The flowers may be used as a fragrant ingredient in perfumes and jasmine tea.

- **Health Benefits**

Natural Aphrodisiac, Eases Stress And Depression, Innate Antiseptic Properties, Anti-Cancerous Agent, Eases Spasms, Alleviates Pain And Inflammation, Eases Cough And Cold, Natural Remedy For Snoring, Aids Weight Loss, For A Stronger Digestive System, Cure For Fever, Improves Blood Circulation, Painless Menstruation, Eases Labor Pains, Impact On Breast Milk, Helps Diabetics, Regulates Cholesterol Levels In Blood.

- **Hair Benefits**

Natural Conditioner, For Stronger, Longer, And Radiant Locks, Anti-lice Agent, Keeps the Scalp Moisturized, Treats Scalp Infections.

- **Skin Benefits**

Natural Deodorant, Softer Skin, Toned, Scar-free Skin, Eases Skin Troubles Safeguards Skin



ARROWHEAD PLANT

BOTANICAL NAME:-- *Syngonium podophyllum*

Syngonium podophyllum is a species of aroid that is a popular houseplant. Common names include: **arrowhead plant**, **arrowhead vine**, **arrowhead philodendron**, **goosefoot**, **nephthytis**, **African evergreen**, and **American evergreen**. The species is native to a wide region of Latin America from Mexico through Bolivia, and naturalized in the West Indies, Florida, Texas, Hawaii, and other places

Kingdom: Plantae

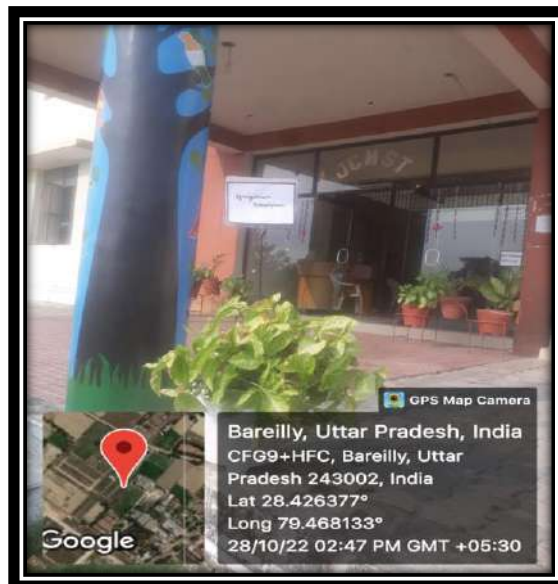
Family: Araceae

Class: Magnolipsida

Order: Alismatales

Genus: *Syngonium*

Species: *podophyllum*



USES:-

- Arrowhead plants can absorb and eliminate chemicals like benzene, xylene, toluene, and nitrogen dioxide from the air in your home, making the air easier to breathe. Arrowhead plants help lower the carbon dioxide levels in your home as well, making the air fresher.
- Arrowhead vine plants can help increase the humidity levels in your home, reducing dryness in the air, making the air easier to breathe. This ability can not only help you, but it can help your other indoor houseplants that require a higher humidity level.
- Arrowhead vine plants can help regulate blood sugar levels, prevent diabetes, helping to treat anemia, lowers your risk for having heart problems, helping support lung and respiratory system functions.

AMLA

BOTANICAL NAME -- *Shyllanthus emblica*

Phyllanthus emblica, also known as emblic, emblic myrobalan, myrobalan, Indian gooseberry, Malacca tree, or amla, from the Sanskrit **amalaki**, is a deciduous tree of the family Phyllanthaceae. Its native range is tropical and southern Asia.

Kingdom: Plantae

Family: Phyllanthaceae

Class: Magnolipsida

Order: Malpighiales

Genus: *Phyllanthus*

Species: *emblica*



USES:-

- **Improves Immunity**

Amla benefits include antibacterial & astringent properties which help improve the body's immunity system. Indian Gooseberry also increases white blood cells which help flush out the toxins from the body.

- **Hair Care**

Amla is used in a lot of shampoos and conditioners owing to its rich antioxidant & iron content. Indian Gooseberry contains high levels of Vitamin C which helps reduce hair fall. It also strengthens the roots & maintains hair color. Antibacterial properties of Amla helps fight dandruff.

- **Reduces Stress**

Amla is a great stress reliever which helps induce sleep and relieve headaches.

- **Eye Care**

Amla is rich in carotene content which is well known for its powerful effect on vision-related conditions. Formulation made of Indian Gooseberry and Honey helps to improve eyesight, near-sightedness, and cataracts.

- **Respiratory Health**

Amla proves beneficial against respiratory disorders. It helps to reduce cough, tuberculosis, throat infections and flu.

- **Treats Anemia**

Amla is a rich source of iron, deficiency of which causes anemia.

- **Blood Purifier**

Amla acts as an active blood purifier when consumed with honey.

- **Diuretic**

Amla is also diuretic in nature. It means that Indian Gooseberry helps increase the volume and frequency of urination which improves the elimination of toxins from the body. Know more on detoxification .

- **Improve Digestion**

Amla is rich in dietary fiber which helps improve the overall digestion process. Know more on how to improve digestion .

- **Absorbs Calcium**

Amla benefits also include absorbing calcium which is an essential element for teeth, bones & hair.

- **Anti-aging**

Amla reduces the number of free radicals in the body through its antioxidant properties. It helps reduce wrinkles, dark circles and other signs of aging. It also protects the body from radiation.

- **Improves Mental Functions**

Daily consumption of Amla helps improve nerve health facilitating proper blood flow. It helps to prevent diseases like dementia and Alzheimer's. Indian Gooseberry also helps improve concentration power and memory skills.

- **Weight Management**

Amla is known to boost metabolism which helps reduce body fat. It is recommended to add Amla in one's daily diet.

- **Skin Care**

Amla helps flush out the harmful toxins from the body reducing skin blemishes. The astringent properties of Indian Gososeberry help tighten the pores, giving you clear and healthy skin.

CHIKU

BOTANICAL NAME- Manilkara zapota

Manilkara zapota, commonly known as **sapodilla**, **sapote**, **naseberry**, **nispero** or **chicle** is a long-lived, evergreen tree native to southern Mexico, Central America and the Caribbean. An example natural occurrence is in coastal Yucatán in the Petenes mangroves ecoregion, where it is a subdominant plant species. It was introduced to the Philippines during Spanish colonization. It is grown in large quantities in Mexico and in tropical Asia including India, Pakistan, Thailand, Malaysia, Cambodia, Indonesia, Vietnam, Bangladesh.

Other common names in English for *Manilkara zapota* include **bully tree**, **marmalade palm** and **chiku**.

Kingdom: Plantae

Family: Sapotaceae

Class: Magnolipsida

Order: Ericales

Genus: Manilkara

Species: Zapota



USES:-

- The fruit is edible and a favorite in the tropical Americas. Chicle from the bark is used to make chewing gum.
- In folk medicine, sapodilla has been used to treat a variety of illnesses, such as: Arthritis, Rheumatism, Fever, Ulcers, Diarrhea, Constipation.
- This fruit is a storehouse of antioxidants that are widely used to treat skin and hair ailments.
- High in Fiber.
- Good Source of Nutrients.
- An immense quantity of minerals like calcium, phosphorus, copper, selenium, magnesium and iron present in Chiku aid to strengthen the bone, prevent joint pains and also avert the risk of osteoporosis.

LYCHEE

BOTANICAL NAME-*litchi chinensis*

Lychee a tropical tree native to the Guangdong, Fujian, and Yunnan provinces of Southeast and Southwest China, where cultivation is documented from the 11th century. China is the main producer of lychees, followed by India, other countries in Southeast Asia, the Indian Subcontinent, Madagascar and South Africa. A tall evergreen tree, the lychee bears small fleshy fruits. The outside of the fruit is pink-red, roughly textured, and inedible, covering sweet flesh eaten in many different dessert dishes.

Lychee seeds contain methylene cyclopropyl glycine which can cause hypoglycemia associated with outbreaks of encephalopathy in undernourished Indian and Vietnamese children who had consumed lychee fruit.

Kingdom: Plantae

Family: Sapindacea

Class: Magnolipsida

Order: Magnoliales

Genus: *Litchi*

Species: *Chinensis*



USES:-

- *Litchi chinensis* Sonn. (Sapindaceae) has been widely used in many cultures for the treatment of **cough, flatulence, stomach ulcers, diabetes, obesity,**

testicular swelling, hernia-like conditions, and epigastric and neuralgic pains.

PEAR

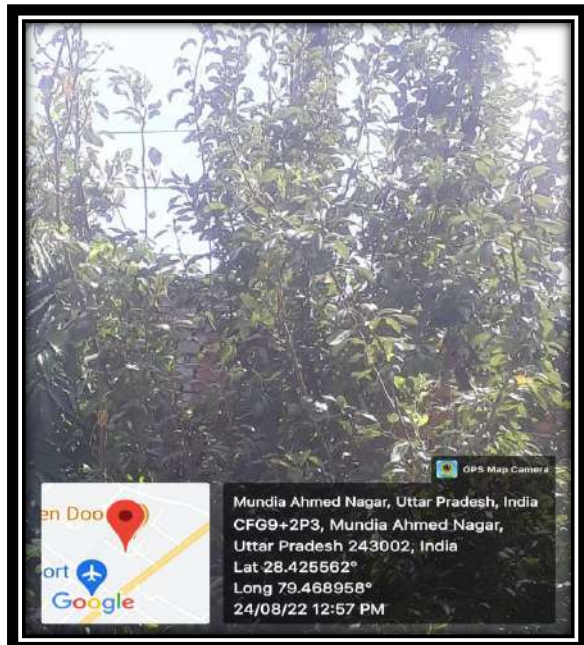
BOTANICAL NAME- Pyrus communis

Pears are fruits produced and consumed around the world, growing on a tree and harvested in the Northern Hemisphere in late summer into October. The pear tree and shrub are a species . Several species of pears are valued for their edible fruit and juices, while others are cultivated as trees.

The tree is medium-sized and native to coastal and mildly temperate regions of Europe, North Africa, and Asia. Pear wood is one of the preferred materials in the manufacture of high-quality woodwind instruments and furniture.

SAbout 3000 known varieties of pears are grown worldwide, which vary in both shape and taste. The fruit is consumed fresh, canned, as juice, or dried.

Kingdom: **Plantae**
Family: **Rosaceae**
Class: **Magnolipsida**
Order: **Rosales**
Genus: **Pyrus**
Species: **communis** /



USES:-

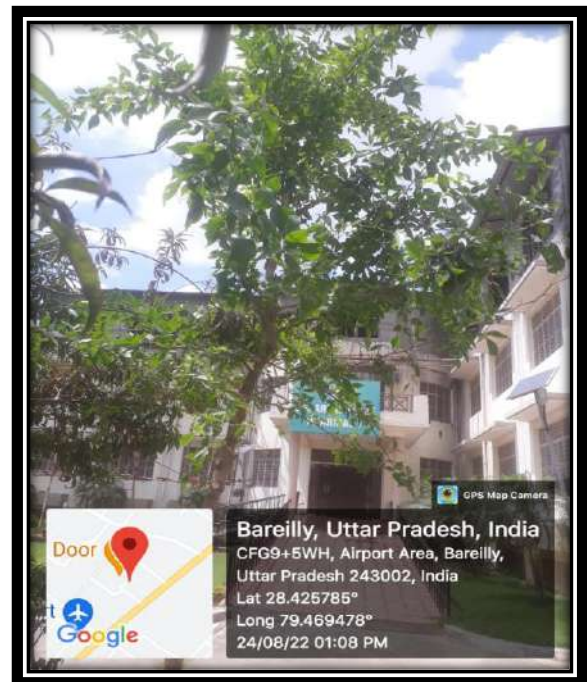
- Athletic performance. Early research shows that taking a carbohydrate supplement obtained from pears before and during a long-distance cycle ride seems to improve overall cycling time in athletic men.
- Hangover. Early research shows that drinking Korean pear juice 30 minutes before drinking alcohol seems to help reduce hangover symptoms 15 hours later by a small amount.
- Obesity. Early research shows that eating pears 3 times daily between meals while on a calorie-controlled diet might help reduce weight by a small amount over 12 weeks.
- Cancer.
- An infection of the intestines that causes diarrhea (cholera).
- Constipation.
- Diarrhea (Pear fruit contains a substance called pectin, which might help reduce diarrhea)
- Fevers.S
- Fluid retention.
- Indigestion.
- Nausea and vomiting.
- Liver scarring (cirrhosis).
- Obesity.
- Other conditions.

INDIAN BEL

BOTANICAL NAME: Aegle marmelos

Aegle marmelos, commonly known as **bael**, also **Bengal quince**, **golden apple**, **Japanese bitter orange**,¹ **stone apple** or **wood apple**, is a rare species of tree native to the Indian subcontinent and Southeast Asia. It is present in India, Bangladesh,¹ Sri Lanka, and Nepal as a naturalized species. The tree is considered to be sacred by Hindus.

Kingdom:	Plantae
Family:	Rutaceae
Class:	Magnolipsida
Order:	Sapindales
Genus:	<u>Aegle</u>
Species:	<u>Marmelos</u>



USES-

1: Management of bacteria-induced diarrhea and cholera

Bael fruit has ant-bacterial and anti-parasitic properties that help reduce diarrhea. Tannins present in bael help in fighting against the infection called shigellosis that causes diarrhea and cholera. Young children, travelers, and people with **weakened immune systems** are particularly vulnerable to Shigella infection. Some studies suggest that consuming ripe bel may control cholera and diarrhea.

2: Good for digestion

Bael is the best fruit for all digestive problems that have anti-bacterial, anti-fungal properties. Its magical juice may control gastric ulcers caused due to the imbalance of mucosa and levels of oxidative stress in the gastric tract. It also has laxative properties that **prevent constipation**.

3: Reduces cholesterol

Bael juice helps in cholesterol control and also reduces blood cholesterol levels. It is a cardio-protective fruit that is rich in antioxidants that reduces the risk of heart diseases.

4: Help in diabetes management

The bark and branches of bael are rich with a compound-Feronia gum that reduces the elevated blood glucose level. In Ayurveda, bael is an essential remedy for diabetes. Bael stimulates the pancreas and helps them to produce insulin that controls sugar levels in the blood.

5: Prevent skin infections

Due to the presence of anti-bacterial, anti-fungus, and anti-inflammatory properties of bael, it is an excellent remedy for skin infections. Bael leaf oil inhibits common types of fungus that infect the skin. It can also be beneficial for skin rash and itchy bumps.

6: Act as a blood purifier

It is a blood purifier because it is rich in minerals that help flush all toxins from the body. It is a **natural detoxifying agent** and thus, prevents kidney and liver dysfunctions.

7: Help in scurvy

Bael is rich in vitamin C and antioxidants that help control your symptoms of scurvy. Scurvy can cause a deficiency of Vitamin C in the body resulting in sore

arms and legs and weakness. Bael juice is a good source of vitamins and cures this disease.

8: May reduce cancer risk

Extract from bael fruit contains antioxidants with the ability to scavenge for free radicals. Those free radicles may beneficial to reduce the cancer risk. The study suggests that consumption of this juice regularly prevents or cures breast cancer

9: Immunity booster

Bael juice is a powerhouse of vitamin C and antioxidants that boost immunity. Drinking a bael juice during monsoons will help in preventing infections due to bacteria and viruses..

10: Stimulate milk production in nursing mother

Daily consumption of bael may stimulate the production of prolactin and corticoids. It turns to induces galactagogue action and thereby helps in improving lactation and the quality of breast milk. For good results, drink bael juice with dry ginger powder and jaggery by the infant mothers.

PEACH

BOTANICAL NAME: *Prunus persica*

The **peach** (*Prunus persica*) is a deciduous tree first domesticated and cultivated in Zhejiang province of Eastern China. It bears edible juicy fruits with various characteristics, most called **peaches** and others (the glossy-skinned, non-fuzzy varieties), **nectarines**.

Kingdom: Plantae

Family: Rosaceae

Class: **Magnolipsida**

Order: **Rosales**

Genus: **Prunus**

Species: **Persica**



USES:-

- The peach is rich in **Vitamin A** and **potassium**, which is beneficial to the eyes. It also has greater amounts of **Vitamin B** and **Vitamin C** and numerous minerals essential to our overall health like **iron**, **calcium**, phosphorous, **carbohydrates** and **protein**.
- Peaches Promote Healing.
- Help Your Eyesight.
- Keep Digestion Running Smoothly.
- Help You Stay a Healthy Weight.
- Get Your Vitamin E.
- Keep Your Bones Healthy.
- Go Easy on Your Gut.
- They Have Antioxidant Properties.
- They Can Be Helpful for Blood Pressure.
- Help Prevent Cancer.

MOREPANKHI

BOTANICAL NAME -- Thuja occidentalis

Thuja is a genus of coniferous trees or shrubs in the Cupressaceae (cypress family). There are five species in the genus, two native to North America and three native to eastern The genus is monophyletic and sister to *Thujopsis*. Members are commonly known as **arborvitaes** (from the Latin term for 'tree of life'), **thujas** or **cedars**.

Kingdom: Plantae

Family: Cupressaceae

Class: Pinopsida

Order: Cupressales

Genus: Thuja L.

Species : plicata



USES:-

- In folk medicine, *Thuja occ* has been used to treat bronchial catarrh, enuresis, cystitis, psoriasis, uterine carcinomas, amenorrhea and rheumatism.
- Today, it is mainly used in homeopathy as mother tincture or dilution .
- In combination with other immunomodulating plants, such as *Echinacea purpurea*, *Echinacea pallida* and *Baptisia tinctoria*, this medicinal plant is also used as evidence-based phytotherapy for acute and chronic infections of the upper respiratory tract , and as an adjuvant to antibiotics in severe bacterial infections such as bronchitis, angina, pharyngitis, otitis media and sinusitis

KARONDA

BOTANICAL NAME -- Carissa carandas

Carissa carandas is a species of flowering shrub in the family Apocynaceae. It produces berry-sized fruits that are commonly used as a condiment in Indian pickles and spices. It is a hardy, drought-tolerant plant that thrives well in a wide

range of soils. Common names in English include **Bengal currant**, **Christ's thorn**, **carandas plum**, **karonda** and **karanda**.

Kingdom: Plantae

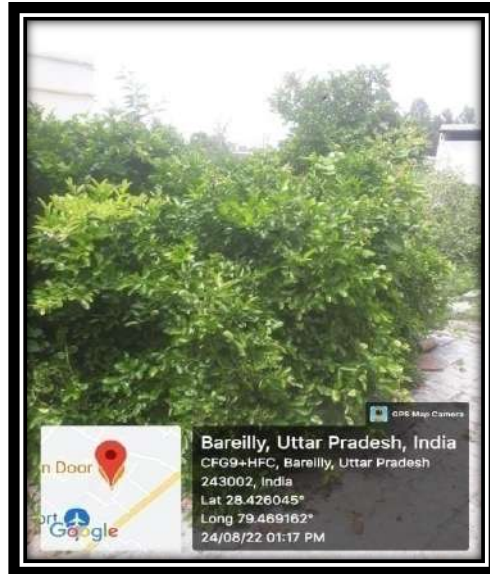
Family: Apocynaceae

Class: Magnolipsida

Order: Gentianales

Genus: *Carissa*

Species: *Carandas*



USES:-

- Medicine and food.
- Carissa carandas is rich in iron, vitamin C, vitamins A, calcium and phosphorus.¹
- Its fruit is used in the ancient Indian herbal system of medicine, Ayurvedic, to treat acidity, indigestion, fresh and infected wounds, skin diseases, urinary disorders and diabetic ulcer,¹as well as biliousness, stomach pain, constipation, anemia, skin conditions, anorexia and insanity. Leaf decoction is used to treat fever, diarrhea, and earache. The roots serve as a stomachic, an anthelmintic medicine for itches and also as insect repellents.¹
- In India, the mature fruit is harvested for Indian pickles. It contains pectin and accordingly is a useful ingredient in chutney. Ripe fruits exude a white latex when severed from the branch.

- The biggest use of this fruit is as a faux cherry in cakes, puddings and other preparations. It is easily available in the market in bottled form as pitted cherries after processing it like traditional candied murabba.
- Colonial British in India also made jelly, jams and syrups from it.
- Other uses
- It was used in the Great Hedge of India (1803-1879 CE) because it is easy to grow, drought resistant, is a sturdy shrub that grows in a variety of soils, and also ideal for hedges as it grows rapidly, densely and needs little attention

MANGO

BOTANICAL NAME -- Mangifera indica

Mangifera indica, commonly known as mango, is a species of flowering plant in the family Anacardiaceae. It is a large fruit tree, capable of growing to a height of 30 metres (100 feet). There are two distinct genetic populations in modern mangoes – the "Indian type" and the "Southeast Asian type". Red-yellow flowers appear at the end of winter, and also at the beginning of spring. Both male and female flowers are borne on same tree. Climatic conditions have a significant influence on the time of flowering. In South Asia, flowering starts in December in the south, in January in Bihar and Bengal, in February in eastern Uttar Pradesh, and in February–March in northern India. The duration of flowering is 20–25 days for the Dasheri variety, while panicle emergence occurs in early December and flower opening is completed by February. The Neelum variety produces two crops a year in Kanyakumari, Tamil Nadu, but it flowers only once in North Indian conditions.

Kingdom: Plantae

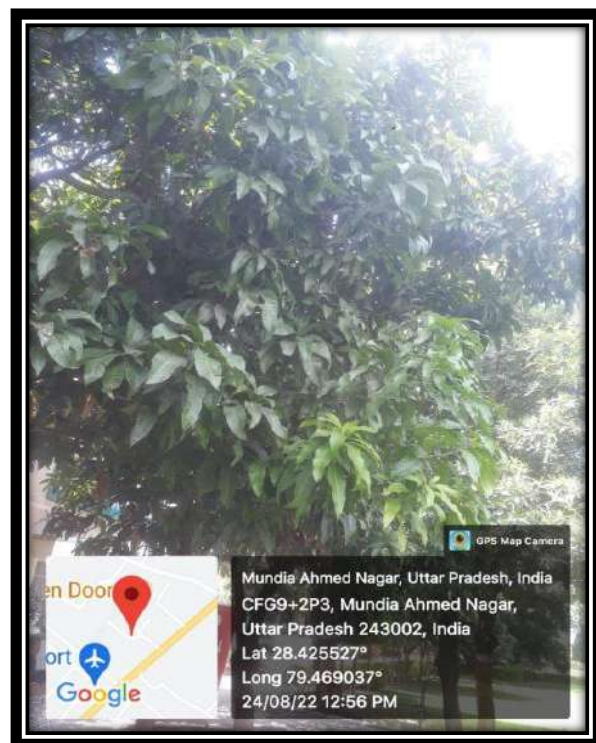
Family: Anacardiaceae

Class: Magnolipsida

Order: Sapindales

Genus: Mangifera

Species: Indica



USES:-

- Mango is one of the most popular of all tropical fruits. Mangiferin, being a polyphenolic antioxidant and a glucosyl xanthone, it has strong antioxidant, anti lipid peroxidation, immunomodulation, cardiogenic, hypotensive, wound healing, antidegenerative and antidiabetic activities.
- Various parts of plant are used as a dentifrice, antiseptic, astringent, diaphoretic, stomachic, vermifuge, tonic, laxative and diuretic and to treat diarrhea, dysentery, anaemia, asthma, bronchitis, cough, hypertension, insomnia, rheumatism, toothache, leucorrhoea, haemorrhage and piles.
- All parts are used to treat abscesses, broken horn, rabid dog or jackal bite, tumour, snakebite, stings, datura poisoning, heat stroke, miscarriage, anthrax, blisters, wounds in the mouth, tympanitis, colic, diarrhea, glossitis, indigestion, bacillosis, bloody dysentery, liver disorders, excessive urination, tetanus and asthma.
- Various effects like antibacterial, anti fungal, anthelmintic, anti parasitic, anti tumor, anti HIV, antibone resorption, antispasmodic, antipyretic, antidiarrhoeal, antiallergic, immunomodulation, hypolipidemic, anti microbial, hepatoprotective, gastroprotective have also been studied.

JAMUN

BOTANICAL NAME -- Syzygium cumini

Syzygium cumini, commonly known as **Malabar plum**,[[]**Java plum**,**black plum**, **jamun** or **jambolan**, is an evergreen tropical tree in the flowering plant family Myrtaceae, and favored for its fruit, timber, and ornamental value.

The name of the fruit, black plum, is sometimes mistranslated as blackberry, which is a different fruit in an unrelated order. *Syzygium cumini* has been introduced to areas including islands of the Pacific and Indian Oceans, Australia, Hong Kong and Singapore.

Kingdom: Plantae

Family: Myrtaceae

Class: Magnolipsida

Order: Myrtales

Genus: Syzygium

Species: Cumini



USES:-

- Improves hemoglobin count. Loaded with vitamin C and iron, jamun increases hemoglobin
- Jamun has astringent property
- Improves health of skin and eyes
- Keeps your heart healthy

- Strengthens your gums and teeth.
- Prevents infection.
- Treats diabetes.

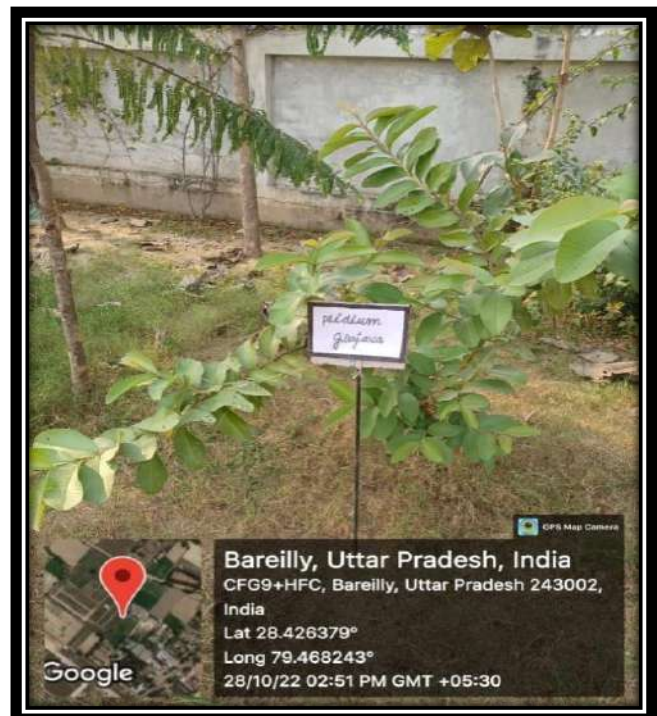
GUAVA

BOTANICAL NAME-- *Psidium guajava*

Guava is a common tropical fruit cultivated in many tropical and subtropical regions. The common guava *Psidium guajava* (lemon guava, apple guava) is a small tree in the myrtle family (Myrtaceae), native to Mexico, Central America, the Caribbean and northern South America. The name guava is also given to some other species in the genus *Psidium* such as strawberry guava (*Psidium cattleianum*) and to the pineapple guava, *Feijoa sellowiana*. In 2019, 55 million tonnes of guavas were produced worldwide, led by India with 45% of the total. Botanically, guavas are berries

Psidium guajava, the **common guava**, **yellow guava**, **lemon guava**, or **apple guava** is an evergreen shrub or small tree native to the Caribbean, Central America and South America.^[2] It is easily pollinated by insects; when cultivated, it is pollinated mainly by the common honey bee, *Apis mellifera*

Kingdom:	Plantae
Family:	Myrtaceae
Class:	Magnolipsida
Order:	Myrtales
Genus:	<u><i>Psidium</i></u>
Species:	<u><i>Guajava</i></u>



USES:-

- May Help Lower Blood Sugar Levels.
- May Boost Heart Health.
- May Help Relieve Painful Symptoms of Menstruation.
- May Benefit Your Digestive System.
- May Aid Weight Loss.
- May Have an Anticancer Effect.
- May Help Boost Your Immunity.

LEAVES USES

- Helps in stopping diarrhea.
- Helps reduce cholesterol levels.
- Helps in losing weight.
- Helps to manage blood sugar levels.
- Helps to fight cancer.
- Helps in good vision.
- Used for healing acne.
- Helps in improving your skin texture

EUCALYPTUS

BOTANICAL NAME --- *Eucalyptus globulus*

Eucalyptus globulus, commonly known as **southern blue gum**¹ or **blue gum**, is a species of tall, evergreen tree endemic to southeastern Australia. This *Eucalyptus* species has mostly smooth bark, juvenile leaves that are whitish and waxy on the lower surface, glossy green, lance-shaped adult leaves, glaucous, ribbed flower buds arranged singly or in groups of three or seven in leaf axils, white flowers and woody fruit.

There are four subspecies, each with a different distribution across Australia, occurring in New South Wales, Victoria and Tasmania. The subspecies are the Victorian blue gum, Tasmanian blue gum, Maiden's gum, and Victorian eurabbie.

Kingdom: Plantae

Family: Myrtaceae

Class: Magnolipsida

Order: Myrtales

Genus: *Eucalyptus*

Species: *Globules*



USES:-

- Antimicrobial properties.
- Eucalyptus leaves and essential oil are commonly used in complementary medicine
- Colds and respiratory problems.
- Eucalyptus and dental care.
- Fungal infections and wounds.
- Insect repellent.
- Pain relief.
- Stimulating immune system.

YELLOW TRUMPET BUSH

BOTANICAL NAME-- *tecoma stans*

Tecoma stans is a species of flowering perennial shrub in the trumpet vine family, Bignoniaceae, that is native to the Americas. Common names include **yellow trumpetbush, yellow bells, yellow elder, ginger-thomas**. *Tecoma stans* is the official flower of the United States Virgin Islands and the floral emblem of The Bahamas.

Kingdom: Plantae

Family: Bignoniaceae

Class: Magnolipsida

Order: Lamales

Genus: *Tecoma*

Species: *Stans*



USES:-

- The wood is used in rustic architecture like bahareque, for the construction of furniture and canoes, or as firewood or charcoal.
- It is a medicinal plant used against diabetes and against diseases of the digestive system, among other uses.
- The plant is desirable fodder when it grows in fields grazed by livestock.
- The other name of this plant is *Stenolobium Stans*, it is also called *piliya* in urdu. It is a very potent anti-venom against cobra venom, used by Pakistani old medicine. It is proved to be better than anti-sera, the paste of this plant's leaves are applied topically on the cobra bite. Its bio-chemicals bind with the cobra venom enzymes thus effectively inhibiting the venom.

CACTUS

BOTANICAL NAME -- *Brasiliopuntia brasiliensis*

Brasiliopuntia brasiliensis shows thin, slightly shrunken cladodes on a central cylindrical trunk. The leaves are bright green. Its white areoles bear one or two small brown upright spines. Its light brown flowers appear only on adult plants.

Kingdom: Plantae

Family: Cactaceae

Class: Magnolipsida

Order: Caryophyllales

Genus: *Brasiliopuntia*

Species: *brasiliensis*



USES:-

- Prickly pear cactus is used for type 2 diabetes, high cholesterol, obesity, alcohol hangover, colitis, diarrhea, and benign prostatic hypertrophy (BPH).
- In foods, the prickly pear juice is used in jellies and candies.
- It is also used to fight viral infections.

PYGMY DATE PALM

BOTANICAL NAME -- *Phoenix roebelenii*

Phoenix roebelenii, with common names of dwarf date palm,¹ pygmy date palm, miniature date palm or robellini palm.

Phoenix roebelenii is a small to medium-sized, slow-growing slender tree growing to 2–7 metres (6.6–23.0 ft) tall. The leaves are 60–120 cm (24–47 in) long, pinnate, with around 100 leaflets arranged in a single plane (unlike the related *P. loureiroi* where the leaflets are in two planes). Each leaflet is 15–25 cm (6–10 in) long and 1 cm wide, slightly drooping, and grey-green in colour with scurfy pubescence below.

The flowers are small, yellowish, produced on a 45 cm (18 in) inflorescence. The fruit is an edible 1 cm drupe resembling a small, thin-fleshed date.

Kingdom: Plantae

Family: Arecaceae

Class: Liliopsida

Order: Arecales

Genus: *Phoenix*

Species: *Roebelenii*



USES :-

- Date palm is a plant. The fruit and pollen of the plant are used as medicine. People use juice from the date palm for coughs and breathing problems.
- The pollen from date palm is used for swelling (inflammation) and sores inside the mouth (oral mucositis).
- The kernel from date palm is used in a cream for aging skin.

KANAK CHAMPA

BOTANICAL NAME - *Pterospermum acerifolium*

Pterospermum acerifolium, the bayur tree or karnikara tree, is a flowering plant indigenous to Southeast Asia, from India to Burma. It is most likely to grow naturally along forested stream banks. The best growing conditions are a seasonally moist then dry climate with access to full sunlight. *Pterospermum acerifolium* is an angiosperm that is traditionally included in the family Sterculiaceae; however, it is grouped in the expanded family Malvaceae as well. The classification *Pterospermum* is based on two Greek words, Pteron and Sperma, meaning “winged seed” and the species name acerifolium indicates leaves shaped like a maple's. There is an array of common names for *Pterospermum acerifolium*, depending on the region where it is grown. It is commonly referred to as Kanak Champa, Muchakunda or Karnikar Tree within its native range. In the Philippines, it is known as Bayog. Other common names include Bayur Tree, Maple-Leafed Bayur Tree, and Dinner Plate Tree.

Kingdom: Plantae

Family: Malvaceae

Class: Magnolipsida

Order: Malvales

Genus: *Pterospermum*

Species: *Acerifolium*



USES:

- Kanak Champa finds use in Ayurveda, where its flowers and leaves are used in **treating headaches, ulcers, wounds, coughs, colds, bleeding disorders**, etc.
- flowers are rubbed into a paste to treat hemicrania or headaches and also kept among clothes for their perfume.
- Flower paste used as insect repellent.
- The leaves treat wounds and itches.

TULSI

BOTANICAL NAME - Ocimum tenuiflorum

Ocimum tenuiflorum [or *Ocimum sanctum* L, commonly known as **holy basil, tulsi** or *tulasi*, is an aromatic perennial plant in the family Lamiaceae. It is native to the Indian subcontinent and widespread as a cultivated plant throughout the Southeast Asian tropic.

It is considered indigenous to the Indian subcontinent including the Himalayas, Malesia, and other tropical and subtropical parts of Asia, and is now widely cultivated and naturalized in places around the world, including the Caribbean, Pacific islands, and parts of Africa

Kingdom: Plantae

Family: Lamiaceae

Class: Magnolipsida

Order: Lamiales

Genus: Ocimum

Species: Tenuiflorum



USES:

- Natural Immunity Booster
- Reduces Fever (antipyretic) & Pain(analgesic)
- Reduces Cold, Cough & Other Respiratory Disorders
- Reduces Stress & Blood Pressure
- Anti-cancer properties
- Good for Heart Health
- Good for Diabetes Patients
- Useful in Kidney stones & Gouty Arthritis

AUSTRIALIAN EUCALYPTUS

BOTANICAL NAME -- Eucalyptus globulus

Eucalyptus globulus, commonly known as **southern blue gum**¹ or **blue gum**, is a species of tall, evergreen tree endemic to southeastern Australia. This *Eucalyptus* species has mostly smooth bark, juvenile leaves that are whitish and waxy on the lower surface, glossy green, lance-shaped adult leaves, glaucous, ribbed flower buds arranged singly or in groups of three or seven in leaf axils, white flowers and woody fruit.

Kingdom: Plantae

Family: Myrtaceae

Class: Magnolipsida

Order: Myrtales

Genus: Eucalyptus

Species: Globules



USES:

- **Leaves** – In both fresh and dried form, leaves of eucalyptus are used as air fresheners and in medicinal teas.
- **Oil** – In this form, eucalyptus is added to cough and cold medicines, dental products, antiseptics and used directly to treat fevers. Oils are also used in industrial mining operations and as aromatherapy.
- **Ointment** – Applied directly to the skin, the plant is used for treating minor aches and pains. It is also an ingredient in several over-the-counter rubs to be used as cold treatments.
- **Sprays** – Some companies sell the plant in a spray form, allowing it to be used topically on humans and pets.

Health Benefits--

At one time, eucalyptus was thought to be a valuable treatment for diabetes. Although it does appear to cause fluctuations in blood sugar levels, research continues regarding the exact benefits, if any, for diabetics. Other documented medicinal and healthy uses for eucalyptus include:

- ***Treatment of respiratory illnesses*** – Coughs, colds, sore throats, asthma, and congestion appear to respond to medicines containing eucalyptus. Relieve congestion and cough by rubbing eucalyptus oil or ointment into the chest. Another method for relieving congestion and other respiratory problems involves boiling eucalyptus leaves in a tightly covered pot filled with water then removing the pot from heat to inhale the vapors. The plant's oil can be mixed with warm water to create a mouth rinse that helps alleviate sore throats. As an antibacterial, natural decongestant, eucalyptus often reduces the intensity and the duration of respiratory illnesses.
- ***Burns, cuts and insect bites*** – Topically, eucalyptus may be used as an antiseptic reducing the risk of infection and promoting healing.
-
- ***Muscle and joint pains*** – Rubbing oil from the leaves into the muscles and joints has been known to temporarily relieve pain. Below is a recipe for making your own relaxation massage oil that is great for a soothing massage:

- ***Relaxation Massage Oil*** 4 drops Lavender 1drop Petitgrain 1 drop Frankincense
All measurements are per 1 tablespoon of carrier, or *base*, oil. This blend may be added to a warm bath or used as massage oil.
- ***Reducing fevers*** – A small amount of the oil taken internally may temporarily reduce a fever.
- ***Stimulant and stress reliever*** – Eucalyptus leaves and oil provide an aroma that can be useful in dealing with stress and fatigue.
- ***Dental care*** – Eucalyptus oils may be found in mouthwashes and toothpastes because it's a natural bacteria fighter.
- ***Bug repellent*** – In both Honduras and Venezuela, the plant is used to keep bugs away.
- ***Parasite deterrent*** – Guatemalans use eucalyptus to get rid of ringworm and topical parasites.
- ***Soaps and cleansers*** – Commonly found in household cleaners, eucalyptus offers a healthy aroma and strong cleansing abilities. It is often used in spas and saunas for both refreshment and cleansing purposes.
- ***Spot and stain remover*** – There are companies that sell the oil for such purposes, claiming that it doesn't leave a stain and removes tough stains such as gum and ink.
- ***Carpet cleaner*** – In a less concentrated form than the spot remover, eucalyptus spray can be used as a natural carpet cleaner without drenching the carpet.
- ***Doing laundry*** – Adding a teaspoon of oil to heavily soiled loads may clean and refresh them.
- ***Garden spray*** – You can use this spray directly on the base of plants to keep pets away.

TARO

BOTANICAL NAME -- Colocasia esulenta

It is the most widely cultivated species of several plants in the family Araceae that are used as vegetables for their corms, leaves, and petioles. Taro corms are a food staple in African, Oceanic, and South Asian cultures (similar to yams), and taro is believed to have been one of the earliest cultivated plants.

Kingdom: Plantae

Family: Araceae

Class: Liliopsida

Order: Alismatales

Genus: Colocasia

Species: Esculent



USES:

- Rich in Fiber and Other Important Nutrients.
- May Help Control Blood Sugar.
- May Reduce Your Risk of Heart Disease.
- May Offer Anticancer Properties.
- May Help You Lose Weight.
- Good for Your Gut.

DWARF UMBRELLA TREE

BOTANICAL NAME – *Schefflera arboricola*

Schefflera arboricola is a flowering plant in the family Araliaceae, native to Taiwan and Hainan Province, China. Its common name is **dwarf umbrella tree**, as it resembles a smaller version of the umbrella tree, *Schefflera actinophylla*. Current taxonomy places both species in the genus *Heptapleurum*.

Kingdom: Plantae

Family: Araliaceae

Class: Liliopsida

Order: Alismatales

Genus: *Heptapleurum*

Species: *Arboricola*



USES:

- Schefflera plants **purify the air in your home, filtering out pollutants like benzene, formaldehyde, and toluene from the air.** They are particularly good at removing toxins released into the air as a result of cigarettes smoke.
- They also can help your mental health, brightening up interior spaces with their gorgeous green foliage, and **improving your mood.**
- Widely used in home decors.
- This plant is used for healing. By using the stem, roots, and leaves in herbal preparations, the Chinese created a healing drink. They believed that the mixture could circulate blood better and relieve pain.
- treatment of rheumatoid arthritis,
- numbness in the limbs,
- abdominal pain,
- headaches,
- arthralgia
- sore and/or **swollen throat.**
- It can also help to relieve **asthma.**

CHRISTMAS TREE

BOTANICAL NAME -- Araucaria columnaris

Araucaria columnaris, the coral reef araucaria Cook pine (or Cook's pine), New Caledonia pine Cook araucaria, or columnar araucaria, is a species of conifer in the family Araucariaceae. Branches are lined with cord-like, horizontal branchlets circa 0.4 inch (9 - 10 mm) in diameter. The branchlets are covered with small, green, incurved, spirally arranged, spiny, overlapping leaves, measuring circa 0.24 inch (5 - 7 mm) long by circa 0.16 inch (3 - 5 mm) wide at the base. Seed cones are scaly, egg-shaped, each measuring 4 to 6 inches (10 - 15 cm) long and 2.8 to 4.5 inches (7 - 11 cm) wide.

Kingdom: Plantae

Family: Araucariaceae

Class: Pinopsida

Order: Araucariales

Genus: Araucaria

Species: Columnaris



USES:

- The most common pharmacological activity of *Araucaria* in modern medicines is **anti-inflammatory**. It also possesses other pharmacological activities such as antiulcer, antiviral, neuro-protective, anti-depressant and anti-coagulant.
- Where winter hardy, this tree may be grown as a large specimen tree in the landscape. Good ornamental value. Excellent street tree. Where not winter hardy, it may be grown in containers that are brought inside in winter.

SPIDER PLANT

BOTANICAL NAME --Chlorophytum comosum

Chlorophytum comosum, usually called spider plant or common spider plant due to its spider-like look, also known as spider ivy, ribbon plant (a name it shares with *Dracaena sanderiana*), and hen and chickens is a species of evergreen perennial flowering plant of the family Asparagaceae. It is native to tropical and southern Africa, but has become naturalized in other parts of the world, including western Australia. *Chlorophytum comosum* is easy to grow as a houseplant because of its resilience, but it can be sensitive to the fluoride in tap water, which commonly gives it "burnt tips". Variegated forms are the most popular. Spider Plant (*Chlorophytum comosum*) is one of the most useful and highly ornamental indoor plants.

Kingdom: Plantae

Family: Asparagaceae

Class: Magnoliopsida

Order: Asparagales

Genus: Chlorophytum

Species: Comosum



USES:

- Spider plant **helps clean indoor air**. Studies have shown that spider plant is quite effective in cleaning indoor air by absorbing chemicals including formaldehyde, xylene, benzene, and carbon monoxide in homes or offices. Thick, fleshy roots allow spider plant to tolerate inconsistent watering.
- In Chinese Traditional Medicine, the tubular roots are given for the treatment of bronchitis, burns, and for bone fractures.
- A ground cover plant
- In plantings to protect the soil from erosion
- In mass planting of gardens or parks
- As an intensive or extensive green roofs plant

Spiky-Headed Mat-Rush

BOTANICAL NAME - Lomandra longifolia

Lomandra longifolia, commonly known as **spiny-head mat-rush**, **spiky-headed mat-rush** or **basket grass**, is a perennial, rhizomatous herb found throughout eastern Australia. The leaves are 40 cm to 80 cm long, and generally have a leaf of about 8 mm to 12 mm wide. It grows in a variety of soil types and is frost, heat and drought tolerant. Labillardiere described *Lomandra longifolia* from a specimen collected in Tasmania.

Kingdom: Plantae

Family: Asparagaceae

Class: Magnolipsida

Order: Myrtales

Genus: Lomandra

Species: Longifolia



USES:

- The strappy leaves of Lomandra make it suitable for basket weaving.
- **Medicinal uses (Warning!)**
There are **no medicinal uses** listed for *Lomandra longifolia*.
- Lomandras have yet another important function. They have extensive roots systems which do a tremendous job of keeping the soil together, even when water flows through an area. Therefore they are **very useful in preventing erosion** so they are often planted on slopes and on the banks of rivers and creeks.
- They will grow in a range of habitats, including sandy soils, swamps, rocky cliffs and open forest.

SAN FRANCISCO PLANT

BOTANICAL NAME -- Codiaeum variegatum

Codiaeum variegatum (fire croton, garden croton, or variegated croton; syn. *Croton variegatum* L.) is a species of plant in the genus *Codiaeum*, which is a member of the family Euphorbiaceae. It was described by Carl Linnaeus in 1753. It is native to Indonesia, Malaysia, Australia, and the western Pacific Ocean islands, growing in open forests and scrub.

The garden crotons should not be confused with *Croton*, a cosmopolitan genus also in the Euphorbiaceae, containing more than 700 species of herbs, shrubs and trees.

Kingdom: Plantae

Family: Euphorbiaceae

Class: Magnolipsida

Order: Asterales

Genus: Codiaeum

Species: Variegatum



USES:

- Extract of leaves of the San Francisco plant (*Codiaeum variegatum*) **kill larvae of a mosquito that helps spread diseases**. Extracts of the San Francisco plant (the multi-colored plant here) could quash the mosquito that carries Zika and other viruses.
- Studies have suggested antioxidant, antifertility, molluscicidal, immunomodulating, cytotoxic, wound healing, antimicrobial, antiamoebic, antilithiatic and anticonvulsant properties.
- Leaves are considered purgative, sedative, antifungal, antiamoebic, antioxidant, and anticancerous.
- Sap of leaves mixed with coconut milk used for syphilitic lesions. In Nigeria, root decoction used for gastric ulcers. Leaves, for antibacterial.
 - In the Kagera and Coast regions, used for the treatment of epilepsy.
 - In Cameroon, leaves used for bloody diarrhea.
 - . In Indonesia, leaves used for the treatment of eczema.

NAKE PLANT

BOTANICAL NAME -- Dracaena trifasciata

Dracaena trifasciata is a species of flowering plant in the family Asparagaceae, native to tropical West Africa from Nigeria east to the Congo. It is most commonly known as the **snake plant**, **Saint George's sword**, **mother-in-law's tongue**, and **viper's bowstring hemp**, among other names. Until 2017, it was known under the synonym *Sansevieria trifasciata*.

Kingdom: **Plantae**

Family: **Asparagaceae**

Class: Magnolipsida

Order: Aspergales

Genus: *Dracaena*

Species: *Trifasciata*



USES:

- Filter indoor air, even at night. Similar to other household succulents, snake plants help to filter indoor air.
- Remove toxic pollutants.
- Mental health booster.
- Low maintenance and easy to care for.
- Effective against allergies.
- A little feng shui can go a long way.
- Relieves minor physical ailments.

MACAW PALM

BOTANICAL NAME: Acrocomia aculeata

Acrocomia aculeata is a species of palm native to tropical regions of the Americas, from southern Mexico and the Caribbean south to Paraguay and northern Argentina. Common names include **grugru palm**, **gloo gloo**, **macaúba palm**, **coyol palm**, and **macaw palm**; synonyms include *A. lasiospatha*, *A. sclerocarpa*, and *A. vinifera*.

The fruit turns yellow when ripe and has a hard outer shell. The pulp is slightly sweet and is extremely slimy and sticky.

Kingdom:	Plantae
Family:	Arecaceas
Class:	Aves
Order:	Psittaciformes
Genus:	<u>Acrocomia</u>
Species:	<u>Aculeata</u>



USES:

- The macaw palm, *Acrocomia aculeata*, got its name because **its nuts are consumed by the hyacinth macaw, a South American parrot**. The tree is also called the grugru palm or the coyol palm. A fermented beverage called coyol wine is made from the tree's sap. Macaw palm plants are slow-growing as seedlings.
- Scientists believe that these palms are rich in sodium, and that the birds have identified the macaw palm as a good source of this essential mineral that is believed to **aid their digestive system**.
- The plants inhabit a wide variety of climates and situations; in Paraguay, for example, where it is ubiquitous, it is called the *coco paraguayo* (Paraguayan coconut), as it is much less common in the rest of the world. It has been suggested that grugru nuts, which come in mass numbers from each tree, can be used in the manufacture of biodiesel. The grugru nut, while very hard, can be sliced into thin circles to be sanded and worn as rings. The trunk of the palm can also be 'milked' to yield a fermented alcoholic beverage known as coyolwine

ROSE

BOTANICAL NAME - Rosa indica

A **rose** is either a woody perennial flowering plant of the genus *Rosa*, in the family Rosaceae, or the flower it bears. There are over three hundred species and tens of thousands of cultivars They form a group of plants that can be erect shrubs, climbing, or trailing, with stems that are often armed with sharp prickles Their flowers vary in size and shape and are usually large and showy, in colours ranging from white through yellows and reds. Most species are native to Asia, with smaller numbers native to Europe, North America, and northwestern Africa. Species, cultivars and hybrids are all widely grown for their beauty and often are fragrant. Roses have acquired cultural significance in many societies. Rose plants range in size from compact, miniature roses, to climbers that can reach seven meters in height Different species hybridize easily, and this has been used in the development of the wide range of garden roses.

Kingdom: Plantae

Family: Rosaceae

Class: Magnolipsida

Order: Rosales

Genus: Rosa L.

Species :



USES:

- Aids in weight loss.
- Acts as a natural aphrodisiac.
- Relieves stress and depression.
- Helps to combat symptoms of piles.
- Is a well-known astringent.
- Used to treat acne naturally.
- Lightens your lip colour.

CHINESE BANYAN

BOTANICAL NAME - Ficus microcarpa

Ficus microcarpa, also known as **Chinese banyan**, **Malayan banyan**, **Indian laurel**, **curtain fig**, or **gajumaru** is a tree in the fig family Moraceae.

Kingdom Plantae

Family: Moraceae

Class: Magnolipsida

Order: Urticales

Genus: Ficus

species : recurvata



USES:

- The *Ficus microcarpa* was described in 1782 by Carl Linnaeus the Younger. The species has a considerable number of synonyms. In 1965, E. J. H. Corner described seven varieties (and two forms of *Ficus microcarpa* var. *microcarpa*) which were regarded as synonyms under the name of *Ficus microcarpa* in the latest Flora Malesiana volume.
- **Hill's weeping fig** was first formally described as a species, *Ficus hillii*, by Frederick Manson Bailey in the *Botany Bulletin* of the Queensland Department of Agriculture, based on the type specimen collected in the "scrubs of tropical Queensland" In 1965, it was reassigned by E. J. H. Corner as a variety of *F. microcarpa*, namely *F. microcarpa* var. *hillii*.
- The plant is also used in traditional medicine in India, Malaysia, China and Japan. In Japan, the bark, the aerial roots and dried leaves are traditionally used against pain and fever, while in China the plant is traditionally used among others against the flu, the malaria, bronchitis and rheumatism. The pharmacological properties of *Ficus microcarpa* would include antioxidant activities, antibacterial, anticarcinogen and anti diabetic agents.

POMYTAIL PALM

BOTANICAL NAME -- Beaucarnea recurvata

Beaucarnea recurvata, the elephant's foot or ponytail palm, is a species of plant in the family Asparagaceae.

The species was native to numerous states of eastern Mexico but is now confined to the state of Veracruz. Despite its common name, it is not closely related to the true palms (Arecaceae). It has become popular in Europe and worldwide as an ornamental plant. There are 350-year-old *Beaucarneas* registered in Mexico.

It is an evergreen perennial growing to 15 feet 6 inches (4.72 m) with a noticeable expanded caudex, for storing water. The single palm-like stem produces terminal tufts of strap-shaped, recurved leathery leaves, sometimes hair lock-shaped in the ends, and with occasional panicles of small white flowers once the plant reaches over 10 years of age.

Kingdom : Plantae

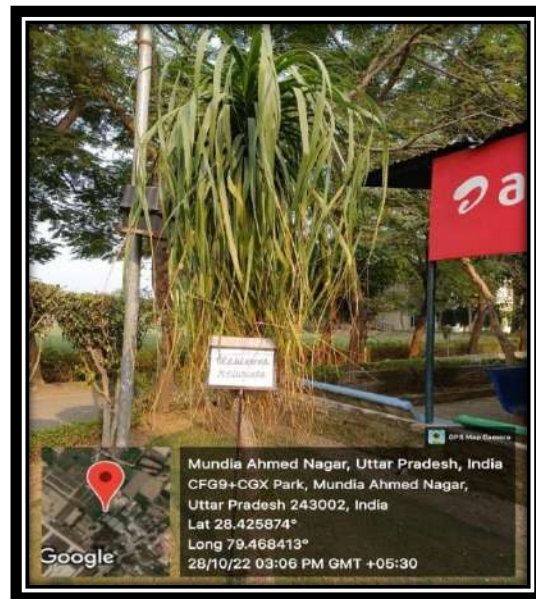
Family : Asparagaceae

Class: Liliopsida

Order: Aspargales

Genus: Beaucarnea

Species : recurvata



USES:

- Fiber: used for cordage
- Crafts: tough leaves for thatching, making brooms, mats, hats, etc.
- Cordage: fiber used as rope.
- NASA found this great indoor plant to be one of the top plants for cleaning air. It **breaks down toxic gasses to keep the air you are breathing nice and pure**. The Ponytail Palm has a very distinct look with its swollen brown stem that stores water.

BAMBOO PLANT

BOTANICAL NAME - Bambusa ventricosa

Bambusa ventricosa is a species of bamboo which is native to Vietnam and to Guangdong province in southern China.

The species is widely cultivated in subtropical regions around the world for the bulbous and ornamental stems. The species is used in bonsai.

Common names include **Buddha bamboo** and **Buddha's-belly bamboo**.

Kingdom: Plantae

Family: Poaceae

Class: Liliopsida

Order: Poales

Genus: Bambsa

species : ventericosa



USES:

- The high concentrations of cellulose in bamboo have been shown to stimulate the appetite, prevent constipation, and improve digestion. Low-carbohydrate diet have been shown to help prevent to improve some medical conditions., including diabetes., high blood pressure, and cardiovascular disease.
- Bamboo has many uses, mainly in construction (flooring, roofing designing, and scaffolding), furniture food, biofuel, fabric, clothes,charcoal, ornamental,garden planting, and environmental characteristics such as large carbon sink and good phytrimediaton option, improving soil structure and soil erosion.

BALFOUR ARALIA

BOTANICAL NAME: *Polyscias scutellaria*

Polyscias scutellaria, the **shield aralia** or **plum aralia**, is a tropical shrub or small tree reaching 2–6 meters in height. A native of the Southwest Pacific islands, it is commonly grown in gardens. The leaves and root can be used as an antiseptic and deodorant. *Polyscias scutellaria*, the shield aralia, or plum aralia, is a tropical shrub or small tree reaching 2-6 meters tall. A native of the southwest Pacific Island, it is commonly grown in gardens. The shield aralia leaf and root can be used as an antiseptic and deodorant.

Kingdom:	Plantae
Family:	Araliaceae
Class:	Dicotyledonae
Order:	Araliales
Genus:	<i><u>Polyscias</u></i>
species :	<i><u>scutellaria</u></i>



USES:

- The leaves and root can be used as an antiseptic and deodor
- Ancient native Indonesians have used shield aralia leaf as a bowl substitute due to its bowl-like shape and tear-resistant properties. In modern Indonesian cuisine shield aralia can be used as fancy food packaging. Shredded shield aralia has aromatic properties that can be mixed with meat or fish to ancel the outdoors.

RABISH PALM

BOTANICAL NAME-- Rhapis excelsa

Rhapis excelsa, also known as **broadleaf lady palm** or **bamboo palm**, is a species of fan palm (Arecaceae subfamily Coryphoideae, tribe Trachycarpeae) in the genus *Rhapis*, probably native to southern China and Taiwan.

It is not known in the wild; all known plants come from cultivated groups in China. They were first collected by the Japanese for Tokugawa shogunate palaces, then popularity spread to Europe, and later to America where its low light and humidity requirements make it a common feature in malls and offices. The genus name is Greek – *rhapis*, meaning “needle”; and the species name is Latin for “tall”, though *R. eritil* is not the tallest in the genus

Kingdom Plantae

Family: Arecaceae

Class: Dicotyledonae

Order: Arecales

Genus: Rhapis

Species : axcelsa



USES

- No known folkloric medicinal use in the Philippines.
- Burned or charred bark applied externally to stop bleeding.
- Decoction of roots or ashes from burnt bark used for rheumatism; also used to stimulate blood circulation.
- Used as hemostatic and antidysentery
- Used as air-filtering plant.

GAZANIA RIGENES

BOTANICAL NAME -- Gazania rigens

Gazania rigens is a spreading, low-growing, half-hardy perennial, growing to 50 cm (20 in) tall and wide, with blue-grey foliage and brilliant yellow, daisy-like composite flowerheads throughout the summer. It is a herbaceous plant that is perennial in South Africa and in the Mediterranean regions, and annual in the gardens of colder regions. It rarely exceeds 30 cm (12 in) and forms tufts, often very abundant. Its leaves all basal, numerous, narrow and more or less lanceolate, usually entire, sometimes pennatilobed. The obverse of the leaves is shiny green, the grayish white lappet.

Kingdom: **Plantae**

Family: **Asteraceae**

Class: **Magnalopisda**

Order: **Asterales**

Genus: **Gazania**

Species : **rigens**



USES

- Gazania has been reported in folk medicine to **prevent miscarriage and tooth ache**, also it was incorporated in purgative preparations especially with aloes.
- Humans are dependent on plants. Directly or indirectly, they are a major source of food for human beings as well as animals. Many plants are used for medicinal purposes. Plants absorb carbon dioxide and release oxygen in the air that is used by all living beings for breathing. Therefore, it is very important to know the uses of plants.

Areca Palm

BOTANICAL NAME- Dypsis lutescens

Dypsis lutescens, also known as golden cane palm, areca palm, yellow palm, butterfly palm, or bamboo palm, is a species of flowering plant in the family Arecaceae, native to Madagascar and naturalized in the Andaman Islands, Réunion, El Salvador, Cuba, Puerto Rico, the Canary Islands, southern Florida, Haiti, the Dominican Republic, Jamaica, the Leeward Islands and the Leeward Antilles.

Dypsis lutescens grows 6–12 m (20–39 ft) in height. Multiple stems emerge from the base. The fronds are arched, 2–3 m (6 ft 7 in – 9 ft 10 in) long, and pinnate, with 40-60 pairs of leaflets. It bears panicles of yellow flowers in summer. Offsets can be cut off when mature enough, as a propagation method.

Kingdom:	Plantae
Family:	Arecaceae
Class:	Magnolipsida
Order:	Arecales
Genus:	<u>Dypsis</u>
Species:	<u>lutescens</u>



Uses:

- This plant absorbs and eliminates toxic air pollutants or VOCs like acetone, xylene, and toluene emitted from petroleum products like paints, and wooden furniture in the surrounding air. Prolonged exposure to them can be harmful to the lungs and can also cause breathing problems.
- Areca absorbs carbon dioxide from the surroundings and releases more oxygen. If you want to increase the oxygen levels at your home, growing two areca palms in a 100 square feet area would help greatly.
- Prolonged exposure to dry air and breathing can cause skin irritation and dryness, eye itching, sore throat, and tightness around joints. Increasing humidity levels indoors is the best way to battle dry air issues, and growing areca palms along with placing a humidifier will help greatly!

Buddha belly plant

BOTANICAL NAME – *Jatropha podagrica*

Jatropha podagrica is a succulent plant in the family Euphorbiaceae. It is native to the tropical Americas but is grown as an ornamental plant in many parts of the world due to its unusual appearance.

Dense clusters of small, orange-red, flowers are held above the leaves on long slim peduncles. The clusters carry both male and female flowers and flowering continues for most of the year.

Kingdom:	Plantae
Family:	Euphorbiaceae
Class:	Dicots
Order:	Malpighiales
Genus:	<i>Jatropha</i>
Species:	<i>podagrica</i>



USES:

- There are many uses of *J. podagrica* in folk medicine, including as an analgesic, tonic, aphrodisiac, purgative, laxative, and to treat infections, intestinal worms, snakebite, gout, and more.
- Other uses include tanning, dye making, soap making, biofuel, fish poison, lamp lighting, and fertilizer.
- Additionally, a number of research projects have sought to identify medicinally useful compounds from *J. podagrica*.

Garden croton

Botanical name -- Codiaeum variegatum

- *Codiaeum variegatum* (fire croton, garden croton, or variegated croton; syn. *Croton variegatum* L.) is a species of plant in the genus *Codiaeum*, which is a member of the family Euphorbiaceae. It was described by Carl Linnaeus in 1753. It is native to Indonesia, Malaysia, Australia, and the western Pacific Ocean islands, growing in open forests and scrub.
- It is a tropical, evergreen, monoecious shrub growing to 3 m (9.8 ft) tall and has large, thick, leathery, shiny evergreen leaves, alternately arranged, 5–30 cm (2.0–11.8 in) long and 0.5–8 cm (0.20–3.15 in) broad. Ovate spatulate, or violin-shaped and coloured green, yellow, or purple in various patterns, depending on the variety. The male flowers are white with five small petals and 20–30 stamens, pollens are oval approximately 52x32 microns in size. The female flowers yellowish, with no petals. The flowering period is usually in early autumn.

Kingdom:	Plantae
Family:	Euphorbiaceae
Class:	Magnolipsida
Order:	Euphorbiales
Genus:	<u>Codiaeum</u>
Species:	<u>variegatum</u>



USES:

- Anti-inflammatory
- Antibacterial – this could be of significant use in bacteria that have developed resistance to traditional antibiotics.
- Antifungal
- Antiviral
- Muscle relaxant
- Antioxidant
- Antispasmodic
- Anti-ulcer
- They could be helpful in the management of neurodegenerative diseases such as Parkinson's, myasthenia gravis, Alzheimer's, and senile dementia
- Their effect on the nervous system could also be used to treat insomnia
- They have larvicidal properties, which could help kill mosquitoes that cause malaria
- Reduction of blood glucose
- Reduction of cholesterol
- Anti-cancer
- Reducing estrogen levels

HIBISCUS

BOTANICAL NAME -- Hibiscus syriacus

Hibiscus syriacus is a species of flowering plant in the mallow family, Malvaceae. It is native to Korea, and south-central and southeast China, but widely introduced elsewhere, including much of Asia.

Hibiscus syriacus is a hardy deciduous shrub. It is upright and vase-shaped, reaching 2–4 m (7–13 feet) in height, bearing large trumpet-shaped flowers with prominent yellow-tipped white stamens.^[11] The flowers are often pink in color, but can also be dark pink (almost purple), light pink or white.

H. syriacus has 5-petaled flowers in solid colors of white, red, purple, mauve, violet, or blue, or bicolors with a different colored throat, depending upon the cultivar. Extending from the base of these five petals is the pistil at the center, with the stamen around it.

Kingdom:	Plantae
Family:	Malvaceae
Class:	Magnolipsida
Order:	Malvales
Genus:	<u>Hibiscus</u>
Species:	<u>syriacus</u>



USES:

1. People use hibiscus to try to treat a number of health concerns, including:

- High blood pressure
- High cholesterol

2. In the study, hibiscus extract for people with metabolic syndrome was linked to:

- Lower blood sugar
- Lower total cholesterol
- Higher HDL "good" cholesterol
- Improved measurement of insulin resistance

Again, there is not enough evidence yet to recommend using hibiscus for this purpose.

Jacqueline

BOTANICAL NAME -- *Schefflera arboricola*

Its common name is **dwarf umbrella tree**, as it resembles a smaller version of the umbrella tree.

It is an evergreen shrub growing to 8–9 m tall, free-standing, or clinging to the trunks of other trees as an epiphyte.

Kingdom:	Plantae
Family:	Araliaceae
Class:	Dicotyledons
Order:	Mallows
Genus:	<u><i>Heptapleurum</i></u>
Species:	<u><i>harboricol</i></u>



USES:

- Said to remove benzene (a carcinogenic substance) from the air.
- In Hawaii and Florida, octopus tree fruits are eaten by several bird species including, but likely not limited to, red-whiskered bulbuls, fish crows, mockingbirds, and European starlings.

Mauritius hemp

BOTANICAL NAME- Furcraea foetida

Furcraea foetida (Giant Cabuya, Green-aloe or Mauritius-hemp) is a species of flowering plant native to the Caribbean and northern South America. It is widely cultivated and reportedly naturalized in many places (India, parts of Africa, Portugal, Australia, Thailand, Florida, New Zealand, and many oceanic islands).

Furcraea foetida is an evergreen perennial subshrub, stemless or with a short stem up to 1 m tall. The leaves are sword-shaped, 1-1.8 m long and 10–15 cm broad at their widest point, narrowing to 6–7 cm broad at the leaf base, and to a sharp spine tip at the apex; the margins are entire or with a few hooked spines. The flowers are greenish to creamy white, 4 cm long, and strongly scented; they are produced on a large inflorescence up to 7.5 m tall.

Kingdom:	Plantae
Family:	Asparagaceae
Class:	Monocotyledonae
Order:	Aspargales
Genus:	<u>Furcraea</u>
Species:	<u>Foetida</u>



Uses

- The plant is cultivated in subtropical and tropical regions for products and as an ornamental plant for gardens. Its leaves are used to produce a natural fiber similar to sisal.
- The leaves are used for washing laundry.
- Ash from burnt stems is used as fertilizer.
- The use of *Furcraea foetida* as fuel is reported from Cape Verde.
- The peduncles are used for the construction of huts and as poles for fencing.

CHACRONA

BOTANICAL NAME --*Psycho viridis*

Psycho viridis, also known as chacruna, chacrona, or chaqruy in the quechua languages, is a perennial, shrubby flowering plant in the coffee family Rubiaceae.

Psychotria viridis is a close relative of psychotria carthagenensis of Ecuador. A potted, young psychotria viridis It is one half of ayahuasca, a decoction with a long history of its entheogenic (connecting to spirit) use and its status as a "plant teacher" among the Indigenous peoples of the Amazon rainforest.

Kingdom Plantae

Family: Rubiaceae

Class: Magnolipsida

Order: Rubiales

Genus: *Psychotria*

Species :



USES:

- The Machiguenga people of Peru use juice from the leaves as eye drops to treat migraine headaches and it is also used to purge the stomach, thereby cleansing and intestine.
- People in central and south America countries, such as Brazil, Ecuador, Peru and Colombia have been using *Psychotria viridis* for centuries. The leaves of the plant are often used in religious rituals. In addition, drinking a concoction made from the leaves is believed to help one foresee the future, prevent witchcraft, and performed

SAGO PALM

BOTANICAL NAME --Cycas revolute

Cycas revoluta (sago palm, king sago, sago cycad, Japanese sago palm), is a species of gymnosperm in the family Cycadaceae, native to southern Japan including the Ryukyu Islands. It is one of several species used for the production of sago, as well as an ornamental plant.

The pith contains edible starch, and is used for making sago. Before use, the starch must be carefully washed to leach out toxins contained in the pith. Extracting edible starch from the sago cycad requires special care due to the poisonous nature of cycads.

Kingdom	Plantae
Family	<u>Cycadaceae</u>
Class	Cycadopsida
Order	Rubiales
Species	<u>Revolute</u>



USE-

- **Weight gain:** Sago is an inexpensive way to gain weight. 100 grams of serving provides 350 calories. It's starchy substance which can be made into calorie dense puddings and shakes and offers energy to function normally and regain weight.
- **Healthy Blood Pressure:** Sago has small amount of potassium which helps to maintain healthy blood pressure. Potassium acts as a vasodilator which helps to relax tension in blood vessels. It lowers blood pressure and reduces overall strain on cardiovascular system.
- **Digestive health:** Sago is helpful for digestive issues and inflammation in stomach. The fiber content speed up digestive process and helps to rebalance the bacterial environment in the gut.
- **Offers energy:**Calories are the main source of energy for human beings which offer power for all processes. It helps to keep energy levels regulated over the course of the day.
- **Bone mineral density:** It has small content of iron, copper and calcium. It helps in creation of bone tissues that strengthen bone mineral density, prevent onset of osteoporosis and prevent inflammation throughout the body.

CHINABERRY(bakayan Tree)

BOTANICAL NAME -Melia azedarach

Melia azedarach, commonly known as the chinaberry tree, pride of India, bead-tree, Cape lilac, syringa berrytree, Persian lilac, Indian lilac, or white cedar, is a species of deciduous tree in the mahogany family, Meliaceae, that is native to Indomalaya and Australasia.

Kingdom: Plantae

Family: Meliaceae

Class: Magnolipsida

Order: Sapindales

Genus: Melia

Species: azedarach



USES

- One of the important health benefits of the Chinaberry tree is its ability to **treat skin diseases**. According to Ayurveda, the Chinaberry tree is a 'Raktadoshahar'- It purifies the blood. The fresh leaves juice can be applied externally on the skin to treat ringworms, eczema, itching, and burns.
- It has ability to treat skin diseases. Extensively used in ayurvedic system for the treatment of intestinal infections.
- Chinaberry tree leaves are capable of stopping and preventing abnormal cell growth in the body. This is useful for treating tumours in the body and chronic diseases like Goiters.
- One of the biggest health benefits of the Chinaberry tree (Bakayan tree) is its ability to protect kidneys.
- It has significant **blood detoxifying and anthelmintic** properties and is used in the treatment of **diseases of the skin**.
- The extract obtained from the bark and the fruit is used to kill parasitic roundworms.

GULMOHAR

BOTANICAL NAME--- *Delonix regia*

Discovered in the early 19th century in its native Madagascar by botanist Wensel Bojer, Gulmohar is a flamboyant tree in flower - some say the world's most colorful tree. For several weeks in spring and summer it is covered with exuberant clusters of flame-red flowers, 4-5 in across. Even up close the individual flowers are striking: they have four spoon shaped spreading scarlet or orange-red petals about 3 in long, and one upright slightly larger petal (the standard) which is marked with yellow and white. The delicate, fern-like leaves are composed of small individual leaflets, which fold up at the onset of dusk. Gulmohar gets 30-40 ft tall, but its elegant wide-spreading umbrella-like canopy can be wider than its height. Gumohar is naturalized in India and is widely cultivated as a street tree.

Delonix regia is a flowering plant in the pea family found in tropical areas and its leaves are used informally to treat diseases in folk medicine

Kingdom: Plantae

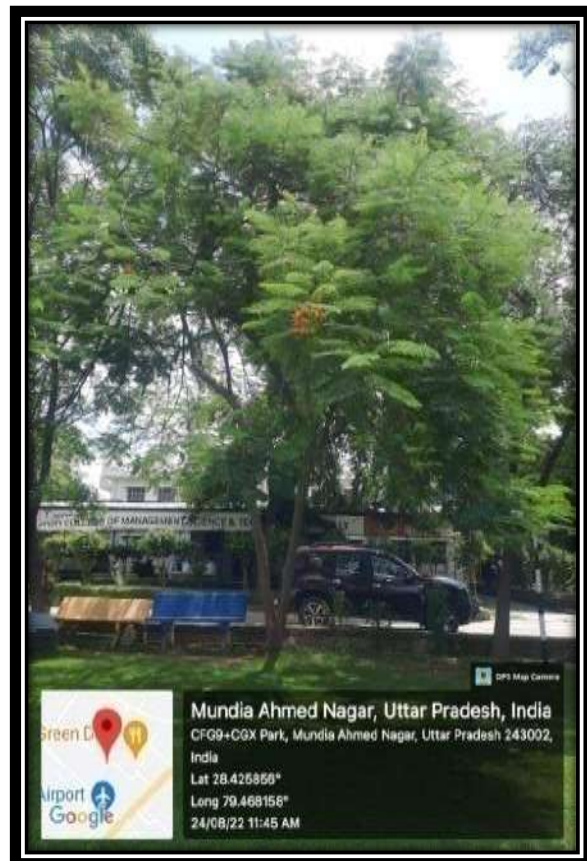
Family: Fabaceae

Class: Magnolipsida

Order: Fabales

Genus: Delonix

Species: Regia



Uses

- Delonix Regia has folkloric used as a medicinal agent to treat some disorders, such as constipation, inflammation, rheumatoid arthritis, diabetes, pneumonia, and malaria.
- Gulmohar tree is gifted with many medicinal properties. It can be used as **antibacterial, anti-inflammatory, antifungal, antimicrobial, antioxidant, antimalarial, gastro-protective, cardio-protective along with wound healing properties.**
- Delonix regia leaves, roots, and seeds have been extensively used in the treatment of many diseases and ailments but **only the immature seeds have been found edible** because the mature seeds are reportedly toxic due to their antinutrient contents.

BOUGAINVILLEA

BOTANICAL NAME – *Bougainvillea buttiana*

Bougainvillea buttiana is a flowering plant, a garden hybrid of *Bougainvillea glabra* and *Bougainvillea peruviana*. [1] Flower surrounded by bracts Growing to 5 metres (16 ft) tall by 1.5 metres (4.9 ft) broad, It is an evergreen vine, with thorny stems and tiny trumpet shaped white flowers, usually appearing in clusters surrounded by three showy bright magenta-rose papery bracts. The leaves are ovate and dark green. This plant can be grown in a warm temperate or subtropical environment where the temperature does not fall below freezing (0 °C (32 °F)), against a south-facing wall in full sun.

Kingdom: **Plantae**

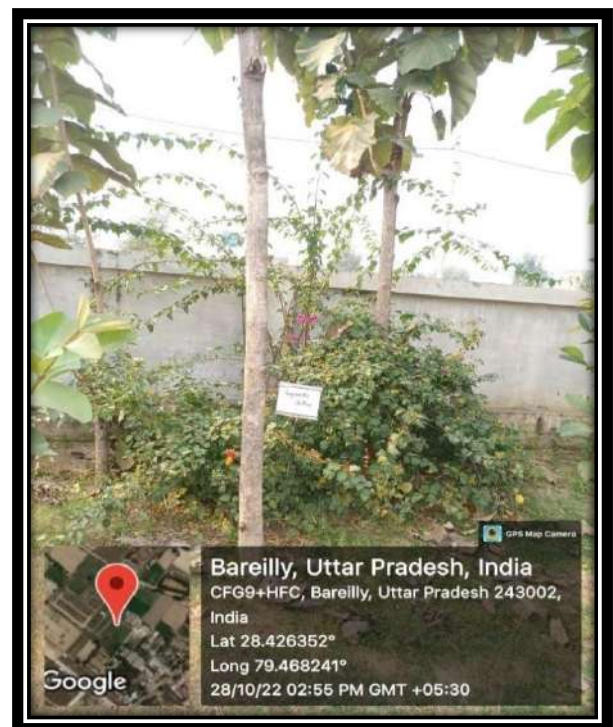
Family: **Nyctaginaceae**

Class: **Magnolipsida**

Order: **Caryphyllales**

Genus: ***Bougainvillea***

Species: ***Regia***



Uses

- The aqueous extract and decoction of this plant have been used as **fertility control** among the tribal people in many countries. Furthermore, it has been shown to possess anticancer, antidiabetic, antihepatotoxic, anti-inflammatory, antihyperlipidemic, antimicrobial, antioxidant, and antiulcer properties.
- Bougainvillea can provide help in the treatment of this serious disease. However, we must still seek the help of a doctor before using this remedy.
- Regular consumption of tea made from purple bougainvillea flowers can help clean out our body.
- Since bougainvillea has antipyretic effects, consumption of tea made from its flowers can be an effective remedy for reducing fever.
- Bougainvillea has been traditionally used for controlling diabetes. It can prevent blood sugar levels from spiking thus making it beneficial for people with diabetes.
- Bougainvillea has an expectorant property that helps get rid of mucus from the respiratory tract thereby boosting cough recovery.

TAAK

BOTANICAL NAME – Tectona grandis

Teak is a tropical hardwood tree species in the family Lamiaceae. It is a large, deciduous tree that occurs in mixed hardwood forests. *Tectona grandis* has small, fragrant white flowers arranged in dense clusters at the end of the branches. A very popular timber tree, teak is native to India and Burma to Java. It is a deciduous tree attaining a very large size. However, in cities it might be seen on the roadside as a medium sized tree with large leaves. Teak is considered a good quality wood for furniture. Leaves of the tree are opposite, 30-60 cm long and 15-30 cm broad.

However, in cities it might be seen on the roadside as a medium sized tree with large leaves. Teak is considered a good quality wood for furniture. Leaves of the tree are opposite, 30-60 cm long and 15-30 cm broad.

Kingdom: **Plantae**

Family: **Lamiaceae**

Class: **Magnolipsida**

Order: **Lamiaceae**

Genus: **Tectona**

Species: **Grandis**



Uses

- Teak contains antiasthmatic properties and as such, both the leaves, stems and barks of this plant can be used for preparing herbal medicines for preventing and treating asthma attacks. Teak leaves are cooling in nature thus can act as an anti-inflammatory agent for reducing the inflammation of the skin
- The oil extracted from teak flowers can be applied on hair for promoting hair growth.
- In Cameroon, this species is a reputed laxative in the Northern Region while in the Western Region, it is used in the treatment of skin diseases and diarrhea.

PEEPAL

BOTANICAL NAME – *Ficus religiosa*

Ficus religiosa or sacred fig is a species of fig native to the Indian subcontinent and Indochina that belongs to Moraceae, the fig or mulberry family. It is also known as the bodhi tree, pippala tree, peepul tree, peepal tree, pipal tree, or ashvattha tree.

Kingdom: **Plantae**

Family: **Moraceae**

Class: **Magnolipsida**

Order: **Rosales**

Genus: ***Ficus***

Species: ***Religiosa***



Uses

This sacred tree native to the Indian subcontinent is a **storehouse of medicinal value and is used to treat many ailments and diseases**, ranging from a simple incident like a snake bite to Asthma, skin diseases, kidney diseases, constipation, dysentery, impotency and various blood-related problems,

The peepal tree might have the following properties:

- It may have antidiabetic property
- It may have an anti-inflammatory potential
- It might act as an antioxidant
- It may have an analgesic (pain-killing) property
- It may act as an anticonvulsant (reduces or prevents the severity of fits)
- It may be an antimicrobial (kills microbes)
- It may help in wound healing
- It may be an anti-amnesic (prevents loss of memory)⁴
- It may act as an anti-ulcer agent
- It might have potential as an anti-Parkinson (Parkinson's disease is a disorder of the brain that affects body movements) agent
- It might have an anti-asthmatic action
- It might help as a kidney-protective agent

MARIGOLD

BOTANICAL NAME – Tagetes minuta

Kingdom : Plantae

Family : Asteraceae

Class: Magnolipsida

Order: Asrerales

Genus : Tagetes

Species : minuta



Marigold flowers are found almost everywhere in the world. These flowers grow easily, blossom reliably, and have fewer insect and disease problems. Marigolds are highly valuable for medicinal purposes like headaches, swelling, toothache, wounds and many skin problems.

Medical Uses:-

Heals Skin Wounds, Burns & Rashes:-

- Marigold since ages have been used to treat irritated skin problems like burns, wounds and rashes. When applied on the skin, it reduces inflammation, redness, sensitivity, dryness & swelling.

Body toxins

- Marigold is helps in the body's detoxification process by removing all toxic materials that have accumulated in the body. This detoxification not only benefits our digestive system, but also lymphatic system by helping induce drainage & ease inflammation of lymph nodes.

- Marigold is also been used in alleviating various skin conditions due to its anti-inflammatory properties. Marigold essential oil, when applied on skin helps in reducing damage caused by UVB radiation.

NEEM

BOTANICAL NAME – *Azadirachta indica*

Kingdom :	Plantae
Family :	Meliaceae
Class:	Magnolipsida
Order:	Sapindales
Genus :	<u><i>Azadirachta</i></u>



It acts as antiseptic, anti-inflammatory, and immunity booster. Neem trees are attractive broad leaved evergreen. Highly respected tree in India.

Uses:-

Neem is commonly used in shampoos for treating **dandruff** and in soaps or creams for skin conditions such as **acne**, **psoriasis**, and **athlete's foot**. It is also a component in some toothpastes and mouthwashes, especially in the Indian subcontinent, and young twigs are used directly as crude toothbrushes in rural areas.

Medical Uses:-

- Neem leaf is used for leprosy, eye disorders, bloody nose, intestinal worms, stomach upset, loss of appetite, skin ulcers, diseases of the heart and blood vessels (cardiovascular disease), fever, diabetes, gum disease (gingivitis), and liver problems. The leaf is also used for birth control and to cause abortions.
- The bark is used for malaria, stomach and intestinal ulcers, skin diseases, pain, and fever.
- The flower is used for reducing bile, controlling phlegm, and treating intestinal worms.

- The fruit is used for hemorrhoids, intestinal worms, urinary tract disorders, bloody nose, phlegm, eye disorders, diabetes, wounds, and leprosy.

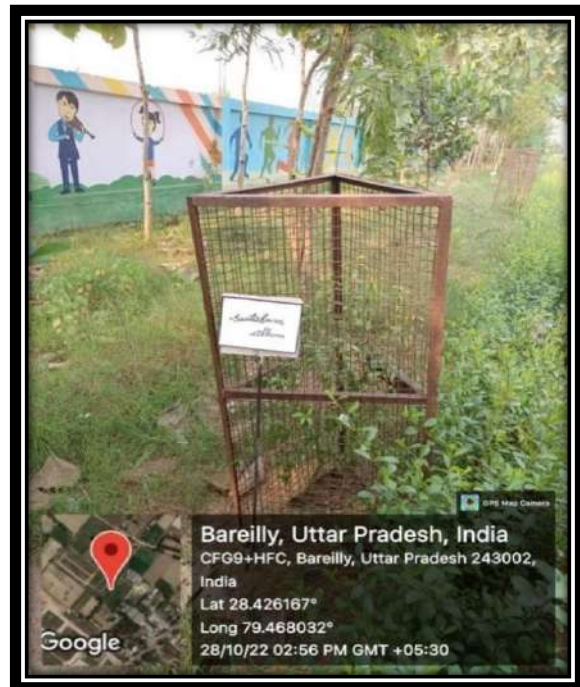
CHANDAN

BOTANICAL NAME – Santalum album

White sandalwood is an evergreen tree. The oil from the wood and the wood are used as medicine.

In manufacturing, white sandalwood oil is used as a fragrance in soaps, cosmetics, and perfumes.

Kingdom: **Plantae**
Family: **Meliaceae**
Class: **Magnolipsida**
Order: **Santalales**
Genus: **Azadirachta**
Species: **indica**



Uses:-

- **Mental alertness.** Early research suggests that inhaling fragrance from white sandalwood oil for 20 minutes or applying white sandalwood oil to the skin does not improve mental alertness or attentiveness in healthy individuals.
- Urinary tract infections (UTIs).
- Common cold.
- Cough.
- Bronchitis.
- Fevers.
- Sore mouth and throat.
- Headache.
- Heatstroke.
- Liver and gallbladder problems.

AMALTAS

BOTANICAL NAME – Cassia fistula

Cassia fistula, commonly known as golden shower, purging cassia, Indian laburnum, or pudding-pipe tree, is a flowering plant in the family Fabaceae. The species is native to the Indian subcontinent and adjacent regions of Southeast Asia, from southern Pakistan through India and Sri Lanka to Bangladesh, Myanmar and Thailand. It is a popular ornamental plant and is also used in herbal medicine.

Kingdom: **Plantae**

Family: **Fabaceae**

Class: **Magnolipsida**

Order: **Fabales**

Genus: **Cassia**

Species: **fistula**



Properties of Amaltas:

They are specially used in **joint pain, migraine, chest pain and blood dysentery**. Amaltas root is also useful in fever, heart diseases, retained excretions and biliousness. It is also used in cardiac disorders biliousness, rheumatic condition, hemorrhages, wounds, ulcers and boils and various skin diseases.

All the parts of Amaltas- The leaves, seeds, root, pulp, fruit, and bark have various potential properties that are responsible for its various uses. It may also be helpful in pacifying all three body energies: Vata, Pitta, and Kapha.²

Leaves:

The leaves might possess laxative properties.

Seeds:

- The seeds of Amaltas might possess laxative,
- It may have antipyretic (fever-reducing) properties
- It may also have carminative (expelling gas from the stomach) properties.

Fruits:

- The fruit extracts may contain laxative properties
- It may have antipyretic relieving fever
- It might have analgesic effect

Flower:

- The flowers of Amaltas may contain laxative properties
- It may have astringent (tightening skin tissues) properties
- It may have wound healing properties.

Pulp:

- The pulp of Amaltas may function as a safe laxative for pregnant women and children.
- It may have anti-microbial properties

Bark:

- The bark of Amaltas contains antioxidants (prevention of cell damage) properties
- It may have anti-inflammatory properties

LADY PALM

BOTANICAL NAME – Rhapis excelsa

. Lady palm scientifically known as *Rhapis excelsa* belongs to the family Palmae. This is a beautiful indoor plant that not only looks good but also known for its excellent air-purifying properties.

Plants of Palm are very hardy in nature, adapts in diverse climatic conditions and can be used to decorate homes, public places like business and shopping malls.

Kingdom: Plantae

Family: Aracaceae

Class: Magnolipsida

Order: Myrtales

Genus: Rhapis

Species: excelsa



Medical Uses :-

No known folkloric medicinal use. Air-cleaning Indoor Plant: Used as air-filtering plant.

KANJI

BOTANICAL NAME – Vigna radiate

Kingdom :	Plantae
Family :	Fabaceae
Class:	Magnolipsida
Order:	Myrtales
Genus :	<u>Vigna</u>
Species :	<u>radiate</u>



Green gram, known as mung in Hindi, is the seed of *Vigna radiata* which is native to India. It is also known as golden gram, green soy and mung bean(s). In the Philippines, it is called munggo or monggo.

A tiny, round dried bean (about 1/8 inch in diameter) with a thick outer skin that may be green, brown or black in color. When peeled, the inside of the bean provides a golden yellow or mustard-colored, soft-textured meat that is somewhat sweet in flavor, tender when cooked and easily digested. Originating in India, the bean is referred to as yellow mung, yellow split mung or moong dal, where it is often used to make curries and a food dish referred to as "Dal."

Commonly known as mung bean. Uses as an ingredient in wide range of dishes. Its seeds are used in treatment of paralysis, cough and fever.

Medical Uses :-

- Skin disorders. Karanja oil is widely used in skin disorders like boils, abscess, and eczema. ...
- Piles Mass. Karanja or its oil helps to control swelling and inflammation of pile mass when applied externally. ...

- Arthritis
- Joint Pain
- Ulcer
- Wound healing.

SPOTTED LAUREL

BOTANICAL NAME_ -- *Aucuba japonica*

Kingdom :	Plantae
Family :	Garryaceae
Class:	Dicotyledones
Order:	Garryales
Genus :	<u><i>Aucuba</i></u>



Aucuba japonica, commonly called spotted laurel or gold dust plant, is a rounded, shade-loving, evergreen shrub in the Dogwood family. *Aucuba japonica* is an evergreen shrub of rounded, bushy form; it can grow 1.8 - 3 metres tall.

The plant is used locally in traditional medicine and as a source of wood for small items. A commonly grown ornamental, it is valued especially for its (often) variegated foliage and bright red fruits. Different cultivars can be used to make hedges or for ground cover.

Uses :-

- *Aucuba japonica*, a perennial native plant of Korea and Japan, has been used as food and as a medicinal plant to treat several diseases including edema, abscess and gastrointestinal disorders.
- The leaves are pounded and applied to burns, swellings, chilblains etc

KANER

BOTANICAL NAME – Cascabela thevetia

Kingdom : Plantae

Family : Apocynaceae

Class: Magnolipsida

Order: Garryles

Genus : Cascabela

Species : thevetia



Cascabela thevetia is commonly known as *Kaneir* or *Kaner* (कनेर) in Hindi language in India. It is effectively drought resistant and tolerant to high temperatures, hence found in various states of India like Bihar, Delhi, Gujarat, Madhya Pradesh, Rajasthan, Tamil Nadu and Uttar Pradesh where semi arid climate is prevalent. *Thevetia peruviana* is an evergreen tropical shrub or small tree that bears yellow or orange-yellow, trumpet like flowers and its fruit is deep red/black in color encasing a large seed. It contains a milky sap. Propagate by seed in spring. Can also propagate from cuttings in spring-early summer with hardwood cuttings. **All parts of the plant are toxic if eaten, particularly the fruit and seeds.**Uses :-

- Medicinal plant used traditionally to cure diseases like ulcers, scabies, hemorrhoids and dissolve tumors.
- A bark or leaf decoction is taken to loosen the bowels, as an emetic, and is said to be an effective cure for intermittent fevers.
- In Senegal water in which leaves and bark were macerated is taken to cure amenorrhea.
- You can use Kaner leaves in case of ringworm.
- You can make a paste of Kaner leaves and use it for joint pain.

MULBERRY

BOTANICAL NAME - Morus alba

Kingdom :	Plantae
Family :	Moraceae
Class:	Magnolipsida
Order:	Rosales
Genus :	<u>Morus</u>
Species :	<u>thevetia</u>



Morus alba, known as white mulberry, common mulberry and silkworm mulberry, is a **fast-growing, small to medium-sized mulberry tree which grows to 10–20 m (33–66 ft) tall.**

Mulberries are **colorful berries that are eaten both fresh and dried.** They're a good source of iron, vitamin C, and several plant compounds and have been linked to lower cholesterol, blood sugar, and cancer risk.

They're a good source of iron, vitamin C, and several plant compounds and have been linked to **lower cholesterol, blood sugar, and cancer risk.** These berries have also been used in Chinese herbal medicine for thousands of years to treat various illnesses, though evidence to support their effectiveness is weak.

Uses :-

- The white mulberry is widely cultivated to feed the silkworms employed in the commercial production of silk.
- Preclinical and clinical studies showed that mulberry leaves possessed various beneficial effects against cardiometabolic risks, including **antihyperglycaemic, antihyperlipidaemic, antiobesity, antihypertensive, antioxidative, anti-inflammatory, anti-atherosclerotic and cardioprotective effects.**
- Chemicals in white mulberry work similarly to some medicines used for type 2 diabetes. They slow the breakdown of sugar in the stomach so that it's absorbed more slowly into the blood. This helps the body keep blood sugar levels in a healthy range.
- Muscle and joint pain.
- High blood pressure.
- Asthma.
- Constipation.
- Dizziness and ringing in the ears.
- Hair loss and premature graying.

CLOVE TREE

BOTANICAL NAME - Syzygium aromaticum

Kingdom :	Plantae
Family :	Myrtaceae
Class:	
Order:	Myrtales
Genus :	<u>Syzygium</u>
Species :	<u>aromaticum</u>



Cloves are the aromatic flower buds of a tree in the family Myrtaceae, *Syzygium aromaticum*. They are native to the Maluku Islands in Indonesia, and are commonly used as a spice, flavoring or fragrance in consumer products, such as toothpaste, soaps, or cosmetics.

Syzygium Aromaticum, also known as clove tree, is an evergreen that grows up to 8-12 meters tall,

with large leaves and crimson flowers grouped in terminal clusters

MEDICAL USES:

- Cloves are used in traditional medicine as the essential oil, which is used as an analgesic, mainly for dental emergencies and other disorders.
- Clove is an herb. People use the oils, dried flower buds, leaves, and stems to make medicine. Clove is used for upset stomach and as an expectorant. Expectorants make it easier to cough up phlegm. Clove oil is used for diarrhea, hernia, and bad breath. Clove and clove oil are used for intestinal gas, nausea, and vomiting.
- In manufacturing, clove is used in toothpaste, soaps, cosmetics, perfumes, and cigarettes. Clove cigarettes, also called kreteks, generally contain 60% to 80% tobacco and 20% to 40% ground clove. Eugenol, one of the chemicals in clove, acts like menthol to reduce the harshness of tobacco smoke.

S

AMERICAN CASSIA

BOTANICAL NAME -- *Senna spectabilis*

Kingdom : **Plantae**

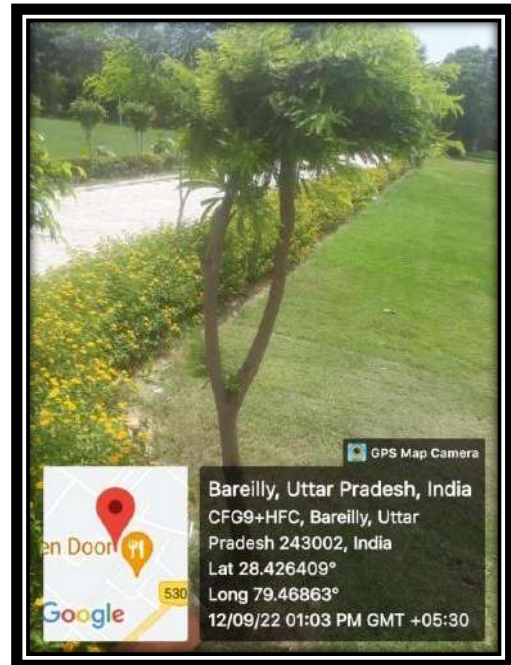
Family : **Fabaceae**

Class:

Order: **fabales**

Genus : ***Senna***

Species : ***spectabilis***



Senna spectabilis is a plant species of the legume family, native to South and Central America. They are often grown as an ornamental in front yards, parks, gardens, buildings etc. due to their bright yellow flowers that bloom during the summer months. They are also known as golden wonder tree, American cassia, popcorn tree, *Cassia excelsa*, golden shower tree or Archibald's cassia.

MEDICAL USES:

- Traditional healers use this plant to treat epilepsy, constipation, insomnia and anxiety.
- It can be used as a treatment for ringworm and skin diseases.

COMMON USES:

- This plant is used in agroforestry as shade tree.
- It is useful for fodder, fuelwood and as a source of honey.
- Its wood is used for boxes, furnitures and also to make charcoal.

SPLIT LEAF PHILODENDRON

BOTANICAL NAME -- Thaumatophyllum bipinnatifidum

Kingdom : Plantae

Family : Araceae

Order: Alismatales

Genus : Thaumatophyllum

Species : bipinnatifidum



Thaumatophyllum bipinnatifidum is a plant in the genus Thaumatophyllum, in the family Araceae. Previously it was classified in the genus Philodendron within subgenus Meconostigma. The commonly used names Philodendron bipinnatifidum and Philodendron selloum are synonyms.

Split leaf philodendron, commonly called “swiss cheese plant”, is also used for the related species of same genus. It is able to grow upto 20 m high in wild, with large, leather, glossy, pinnate, heart- shaped leaves.

MEDICAL USES:

- Roots are used as a drastic purgative.
- Seeds also have medicinal uses.

COMMON USES:

- It can be eaten if cooked thoroughly or dried completely. Otherwise, its can result in swelling of tongue, lips and mouth.

- In outdoors, **use as textural accent shrub for entryways, patios, landscape planters under building overhangs, and large outdoor atriums.** Also, grown as indoor specimen plant under bright indirect light conditions.

BOTANICAL NAME --- Dieffenbachia seguine

Kingdom :	Plantae
Family :	Araceae
Class:	
Order:	
Genus :	<u>Dieffenbachia</u>
Species:	<u>senguinum</u>



Dieffenbachia, also known as “Dumb cane” is a genus of tropical flowering plants. It is native to the new world tropics from Mexico and the West Indies south to Argentina.

It is a perennial herbaceous plant with straight stem, simple and alternate leaves containing white spots and flecks.

MEDICAL USES:

- Sap is used in America as an antidote against snakebites, and to treat rheumatism and gout externally.
- Seed oil is applied on wounds, burns and inflammations.

COMMON USES:

- Used as an ornamental plant.
It is used to poison rats and cockroaches, and for making arrow poison.
- According to a recent study, indoor air can be as polluted as outdoor air and can cause headaches, dizziness, nausea, and allergies. It improves indoor air quality.

- Polishes, glues, fire retardants, and paints release *VOCs* like acetone, benzene, formaldehyde, and toluene inside the home.

SONG OF INDIA

BOTANICAL NAME -- Dracaena reflexa

Kingdom : Plantae

Family : Asparagaceae

Class: Liposida o

Order: Liliales o

Genus : Dracaena

Species : reflexa



Dracaena reflexa (commonly called **song of India** or **song of Jamaica**) is a tree native to Mozambique, Madagascar, Mauritius, and other nearby islands of the Indian Ocean. It is widely grown as an ornamental plant and houseplant, valued for its richly coloured, evergreen leaves, and thick, irregular stems.

MEDICAL USES:

- Traditional medicine practitioners believed that *Dracaena reflexa* can be a cure to malarial symptoms, poisoning, diarrhoea etc.
- It is also useful as an antipyretic and haemostatic agent.
- Barks and leaves are mixed with other native plants to mix into herbal teas.

COMMON USES:

- It is used as an ornamental plant.
- It helped in air purification by removing formaldehyde, benzene and other chemicals.

ROUGH BUSH

BOTANICAL NAME- Streblus asper

Kingdom : Plantae

Family : Moraceae

Class: Dicotyledons

Order:

Genus : Streblus

Species : asper



Streblus asper is a tree known by several common names, including **Siamese rough bush, khoi, serut, and toothbrush tree**. It is a medium-sized tree native to dry regions in Indonesia, Cambodia, Thailand, India, Sri Lanka, Malaysia, and Vietnam.

MEDICAL USES:

- The decoction of root is administered for inflammations, elephantiasis, diarrhea, cough, boils, syphilis, leprosy, piles etc.
- The decoction of bark is given in case of ulcers, constipations etc.

COMMON USES:

- Bark of this tree has been important in papermaking in Thailand for around 700 years.
- It's texture of leaves is used as a natural sandpaper for woodworking houses in Vietnam.

FLAX LILY

BOTANICAL NAME - *Dianella caerulea*

Kingdom : Plantae

Family : Asphodelaceae

Class: **Menocotyledons**

Order: Asparagus

Genus : Dianella

Species : caerulea



Dianella caerulea, commonly known as the **flax-lily**, is a perennial herb found across the eastern states of Australia and Tasmania. It is a herbaceous strappy perennial plant to a metre high, with dark green blade-like leaves to 70 cm long. It occurs in a wide range of habitats, from coastal heathland and even sand dunes. **Perennial** herb to 1.8 m high, tufted and single, or mat-forming, sometimes **rhizomatous**. Fruit fleshy, blue. Stems hairless or scaly. Leaves arranged in two rows on opposite sides of the stem, 10–75 cm long; 3–25 mm wide, flat or the margins somewhat curved down, upper surface the same colour as lower surface or the lower surface slightly paler, upper surface usually glossy, margins and **midrib** on the lower surface irregularly toothed and rough, the sheaths at the base **keeled**, and folded together lengthwise, a third to almost completely closed at the top.

USES:

- It is often used as a groundcover, border plant, or even as an accent plant, to bring colour and texture to the landscape.
- It is a helpful species to attract pollinators.
- There is **no medicinal use** of Dianella caerulea.

BASKET PLANT BUSH

BOTANICAL NAME-Callisia fragrans

Kingdom :	Plantae
Family :	Commelinaceae
Class:	Menocotyledons
Order:	Commelinales
Genus :	<i>Callisia</i>
Species :	fragrans



The Basket plant is endemic to Mexico, and naturalized in the West Indies, scattered locations in the United States, and a few other places. It has been cultivated in many countries as an indoor ornamental since the early 1900s. However, it can be also found growing outdoors in warmer climates in moist, fertile soil. The herb likes partially shaded areas. Originating in Mexico and parts of South America, this herbaceous plant is interesting. It has become naturalized in parts of the southern United States and in the West Indies. As a subtropical species, it performs best in controlled climates.

MEDICAL USES:

- It has a rich folkloric reputation as antiviral and antimicrobial plant.
- It is used for treatment of skin diseases, burns and joint disorders.
- Its ethanol leaf is helpful in preventing infection of Vero cells.
- Medicinal properties such as dental diseases, cancer diseases and arthritis in folk medicine.

COMMON USES:

- It is used as an ornamental plant.

JAPANESE KNOTWEED

BOTANICAL NAME- Reynoutria japonica

Kingdom : Plantae

Family : Polygonaceae

Class: Magnoliopsida

Order: Polygonales

Genus : *Reynoutria*

Species : japonica



Reynoutria japonica, synonyms *Fallopia japonica* and *Polygonum cuspidatum*, is a species of herbaceous perennial plant in the knotweed and buckwheat family Polygonaceae. Common names include **Japanese knotweed** and **Asian knotweed**. It is native to East Asia in Japan, China and Korea. In North America and Europe, the species has successfully established itself in numerous habitats, and is classified as a pest and invasive species in several countries. Japanese knotweed emerges in early spring and grows quickly and aggressively. It forms dense, nearly pure stands which crowd out native plants. By eliminating grasses and other native plants along creeks, the banks are less stable and more likely to shear off during flooding. This greatly increases sediment in the creek. It spreads rapidly through rhizomes and seeds.

MEDICAL USES:

- The plant exhibits antioxidant, anticancer, anti-inflammatory, Anti-tumour, nerve protecting properties.
- It may also help in weight loss and prevent and manage diabetes.

COMMON USES:

- It can be grown as a ground cover.
- A yellow dye is obtained from the root.
- Seeds can be used in powder form as a flavouring agent and thickener in soups, bread and cereals.
- Japanese Knotweed also contains a chemical known as emodin. Emodin has the ability to regulate bowel motility among other things

GARDEN DEHLIA

BOTANICAL NAME *Dahlia pinnata*

Dahlia pinnata is a perennial herbaceous plant with a rhizome and tuberous roots, reaching a height of 70 to 120, rarely 160 centimeters. The stem is erect being branched only in the inflorescence. The leaves are usually simple, with leaflets that are ovate and 5–10 cm long. The plant is slightly shaggy.

Kingdom: Plantae

Family: Asteraceae

Class:

Order:

Genus: *Dahlia*

Species: *D. pinnata*



The two to eight flower heads have a diameter of 6 to 10 centimeters on 5 to 15 centimeters long stems. The eight florets have a length of 3 to 5 centimeters, are ovate and coloured pink to deep purple.^[2]

Dahlias are mid-year to late-year season flowers that grow in a lot of various colors and forms.

USES:

- Dahlias are also a source of natural fiber and dietary fiber that **reduce cholesterol and triglyceride levels, help to lose weight and regulate blood pressure** due to the ordering of metabolism.
- Petals and tubers were used by Aztecs for **treating infected grazes, rashes and cracks in skin.**

BRAZILIAN ORCHID

BOTANICAL NAME - *Bauhinia forficata*

Kingom : Plantae

Family : Fabaceae

Class:

Order:

Genus : Bauhinia

Species : forficata



Bauhinia forficata, commonly known as **Brazilian orchid tree**, **pata-de-vaca**, **pezuña de vaca** is a species of flowering tree in the pea family, that is native to Argentina, Brazil, Uruguay and Peru. *Bauhinia* trees typically reach a height of 6–12 m and their branches spread 3–6 m outwards. The lobed leaves usually are 10–15 cm across.

The five-petaled flowers are 7.5–12.5 cm diameter, generally in shades of red, pink, purple, orange, or yellow, and are often fragrant. The tree begins flowering in late winter and often continues to flower into early summer. Depending on the species, *Bauhinia* flowers are usually in magenta, mauve, pink or white hues with crimson highlights.

MEDICAL USES:

- Its leaves are widely used in Brazilian folk medicine to treat diabetes and cardiovascular disorders.
- It has antioxidant and anti-inflammatory potential also.

COMMON USES:

- Due to its nitrogen fixing capacity, it can be used in reforestation projects.
- Its wood is heavy, soft and durable. They are used to make light boxes, fuel and charcoal.

FISH TAIL PALM TREE

BOTANICAL NAME – Caryota urens

Caryota is a genus of palm trees. They are often known as **fishtail palms** because of the shape of their leaves. There are about 13 species native to Asia (China, India, Indonesia, etc.)

Kingdom:	Plantae
Family:	Areaceae
Class:	
Order:	Arecales
Genus:	<u><i>Caryota</i></u>
Species:	<u><i>urens</i></u>



Caryota urens is a species of flowering plant in the palm family, native to Sri Lanka, India, Myanmar and Malaysia (perhaps elsewhere in Indo-Malayan region), where they grow in fields and rainforest clearings, it is regarded as introduced in Cambodia. The epithet *urens* is Latin for "stinging" alluding to the chemicals in the fruit. Common names in English include **solitary fishtail palm, kitul palm, toddy palm, wine palm, sago palm** and **jaggery palm**. Its leaf is used as fishing rod after trimming the branches of the leaf and drying. According to Monier-Williams, it is called *moha-karin* ("delusion maker") in Sanskrit. It is one of the sugar palms.

USES:

- The trunk contains a high quantity of starch and a juice can be extracted from the shoots of the flowers. The latter can be boiled into a sugary syrup. The cabbage can be eaten raw or cooked.
- This species is called **kithul** in Sri Lanka. It is best known as the source of kithul treacle, a liquid jaggery. The sap of the tree is boiled for many hours until it turns into the thick, dark treacle, unique to Sri Lanka. Kithul treacle is used as a sweetener in both Sri Lankan and Western cooking.
- Toddy is extracted from the inflorescence, and is considered somewhat powerful compared to toddy extracted from other palm trees. The pulp of the mature plant is cut, sun dried, and powdered, and is edible. It is sweet in taste. This powder is considered cool and nutritious in Coastal districts of Karnataka. In Sri Lanka, the powder is mixed with coconut milk and cooked to make Kithul Thalapa.
- Elephants are fed both the leaf and the pulp of this plant.
- The leaves possess strong fibres and are used for basketry in Cambodia, where the plant is named *tunsaè*. The heart of the trunk contains a starch similar to sago, as well the trunk can be used for building. The fruit, when its stiff hairs are removed, is pleasant and sweet to eat, and, as elsewhere, the Cambodians cut the stalks to make sugar, which in turn can be made into wine.

SAPTAPARNI

Botanical name – Alstonia scholaris

Alstonia Scholaris, commonly called saptaparvi, scholar tree, milk wood or devil's tree. It is an evergreen tropical tree in the Dogbane family (Apocynaceae). It is native to Southern China, tropical Asia (mainly the Indian subcontinent and southeast Asia) and Australasia.

Kingdom:	Plantae
Family:	Apocynaceal
Class:	
Order:	
Genus:	Alstonia
Species:	<i>scholaris</i>



Saptaparvi name comes from two Sanskrit words. Sapta meaning seven and parni meaning leaves. The leaves, most often, are found in bunches of seven around the stem. The leaves remain throughout the year with new flushes standing out against older leaves in March and April and again during the rainy season.

Saptaparni is a medium sized evergreen tree usually 12-18 m high, sometimes up to 27 m high with a closed canopy. Bark is rough, grayish white, yellowish inside and exudes bitter latex when injured.

Fertilized flowers are followed by thin pods that can grow up to 20 inches long. Fruit a pendulous, two-lobed, dehiscent follicle, brown or green, dry or woody, spindle-shaped, 15-32 cm long, 4-6 mm in diameter, containing numerous, oblong brown seeds, 4-5 mm long and 0.9-1.2 mm broad, with a tuft of hairs 7-13 mm long at each and the seed does not taper to point at either and seeds one dispersed by wind.

USES-

- It is called a devil tree because the pollen and the fragrance of this plant leads to disease like bronchitis, sinusitis, eye related issues and skin allergies. But devil's tree is not a fully devil. This plant also has plenty of uses.
- Student's black boards, writing tables, Slater and packing boxes are made from the bark of the tree.

MEDICINAL USES-

- Its bark is known as Dita bark, is used in traditional medicine to treat dysentery and fever.
- In Ayurveda it is used as a bitter and as an astringent herb for treating skin disorders, malarial, fever, dysentery, diarrhea, in snake bite and for upper purification process of Panchakarma.
- The milky juice of the tree is applied to ulcers.

BABUL

BOTANICAL NAME - Vachellia nilotica

Kingdom : Plantae

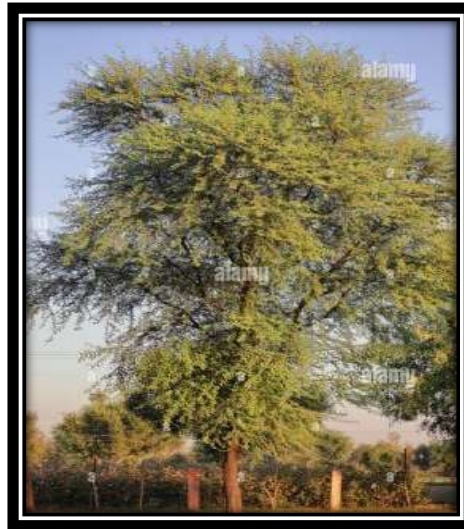
Family : Fabaceae

Class:

Order:

Genus : Vachellia

Species : V.nilotica



Babool is a highly prized Ayurvedic plant well-known for its indispensable medicinal properties. It is found in dry and sandy parts of India. It is majorly used as the datum for cleaning the teeth and regular use of this facilitates in strengthening gums, teeth and reduce plaque and inflammation.

Medica uses:

1=Oral problems Chewing small pieces of fresh bark of babool tree can be good for oral health. It not only help strengthen the teeth but heals the gum due to its Kashaya (astringent) property.

2. Diarrhea and Lose motion

Babool bark helps to treat diarrhea and lose motion because Babool has Kashaya(astringent) and reduce Ama (Ama (toxic remains in the body due to improper digestion) properties which help to improve metabolism, give strenght to intestine and control diarrhea or lose motion

3. Leucorrhoea

Chew 5-8 Babool leaves and drink a glass of water in the morning daily to cure vaginal white discharge in female and Dhat rog in male due to its coolant and astringent effects.

4. Cough and Cold

Babool Bark is helpful in the treatment of cold symptoms as well as relieving sore throat that is associated with cold and cough due to its Kapha balancing property which helps to melt excessive sputum and give relief from a cough and cold.

5. Arthritis and Fractured bone

Babool gum works on arthritis pain as well as also helps in the fracture to fasten the union of fractured ends for proper healing of internal injuries when its taken orally due to its Vata balancing and Ropan(healing) nature.

Purple Heart

BOTANICAL NAME - *Tradescantia pallida*

Kingdom:	Plantae
Family:	Commelinaceae
Genus:	<i>Tradescantia</i>
Subgenus:	<i>Tracheophytes</i>
Species:	<i>T. pallida</i>



Tradescantia pallida is a tender evergreen perennial native to northeast Mexico (from Tamaulipas to Yucatan) grown as an ornamental for its striking purple foliage. Commonly called purple heart or purple heart wandering jew (and occasionally “Moses in the Basket,” although this usually refers to a different species) this herbaceous plant in the Commelinaceae (spiderwort family) is a low-growing trailer that is hardy in zones 7-10, but is easily grown as an annual or houseplant in colder climates.

USES-

- It is commonly being grown as an ornamental, ground-covering, or hanging plant.
- Although also renowned for its ability to effectively remove volatile organic pollutants from the air.
- *T. pallida* has also been traditionally used as an anti-inflammatory.
- anti-toxic supplement, and to improve blood circulation.

Marble Money Plant

BOTANICAL NAME - *Epipremnum aureum*

Kingdom: Plantae

Family: Araceae

Order: Alismatales

Genus: *Epipremnum*

Species: *E. aureum*



Epipremnum aureum is a species in the arum family Araceae, native to Mo'orea in the Society Islands of French Polynesia. The species is a popular houseplant in temperate regions but has also become naturalised in tropical and sub-tropical forests worldwide, including northern South Africa, Australia, Southeast Asia, South Asia, the Pacific Islands and the West Indies, where it has caused severe ecological damage in some cases. The plant has a number of common names including golden pothos, Ceylon creeper,[4] hunter's robe, ivy arum, house plant, money plant, silver vine, Solomon Islands ivy, marble queen, and taro vine. It is also called devil's vine or devil's ivy because it is almost impossible to kill and it stays green even when kept in the dark.[5] It is sometimes mistakenly labeled as a *Philodendron*, *Pothos* or *Scindapsus* in plant stores. It is commonly known as a money plant in many parts of the Indian subcontinent.

USES-

Pothos plants are arguably one of the easiest plants to grow and actually thrive on low light and neglect.

These plants serve to purify the air of formaldehyde, benzene and carbon monoxide while also helping eliminate odors.

Pothos can also help alleviate eye irritation after long days of staring at screens.

As per Vastu Shastra, it is highly beneficial to have Pothos in your home. It brings an element of peace and serenity to the house. Nonetheless, it is also popular to attract wealth, hence the name “Money Plant”.

Tamarind Plant

BOTANICAL NAME - *Tamarindus indica*

Kingdom: Plantae

Family: Fabaceae

Order: Fabales

Genus: *Tamarindus*;
L.

Species: *T. indica*



Tamarind (*Tamarindus indica*) is a leguminous tree bearing edible fruit that is probably indigenous to tropical Africa. The genus *Tamarindus* is monotypic, meaning that it contains only this species. It belongs to the family Fabaceae. The tamarind tree produces brown, pod-like fruits that contain a sweet, tangy pulp, which is used in cuisines around the world. The pulp is also used in traditional medicine and as a metal polish. The tree's wood can be used for woodworking and tamarind seed oil can be extracted from the seeds. Tamarind's tender young leaves are used in Indian and Filipino cuisine. Because tamarind has multiple uses, it is cultivated around the world in tropical and subtropical zones.

Native to tropical Africa, the tree grows wild throughout the Sudan and was so long ago introduced into and adopted in India that it has often been reported as indigenous there also, and it was apparently from this Asiatic country that it reached the Persians and the Arabs who called it "tamar hindi" (Indian date, from the date-like appearance of the dried pulp), giving rise to both its common and generic names.

Tamarind products, leaves, fruits and seeds have been used in Indian Ayurvedic medicine and traditional African medicine.

USES:-

- People use tamarind for dry eye, constipation, parasite infections.
- It may have an anthelmintic (expels worms) potential
- It may be a potential antiviral agent
- It may be an antioxidant
- It may be an antifungal
- It may have an antibacterial property
- It may be helpful for wound healing
- It may be a carminative (relieves gas)
- It may be a laxative (cures constipation)
- It may be an expectorant (helps clear mucus from the throat)
- It may act as a blood tonic (supplement usually consumed to produce more blood in the body)
- It may have an antiulcer potential
- It may be an anti-diabetic
- It may be an anti-asthmatic
- It may be an anti-pyretic (reduces fever)
- Tamarind is a rich source of many nutrients, especially vitamin C, flavonoids, carotenes, and vitamin B complex. These compounds might possess potent antioxidant activity.
- Potential uses of tamarind for cancer.
- Tamarind use might have positive effects on skin infections, boils, and other skin disorders.

Dwarf lilyturf

BOTANICAL NAME - **Ophiopogon japonicus**

Kingdom: Plantae

Family: Liliaceae

Genus: *Ophiopogon*

Class : *Liliopsida*

Species: ***O. japonicus***



Dwarf Lilyturf is a highly salt-tolerant evergreen groundcover that grows up to 1' tall, is grasslike, and has a dwarf mounding form. Its leaves are finer than Liriope spp., however these two species have similar forms. This evergreen groundcover forms a mat by runners.

This plant is a turf alternative for shady areas and should be mowed yearly. Dwarf selections are slow-growing and are utilized with water, rocks, block cylinders, slopes, edging beds, model railroading, and in interior pot plants to show off the ornamental, translucent blue fruits that are hidden in the foliage

USES-

- Perfect for use as both an evergreen ground cover and in zen or contemporary gardens,
- This plant is an excellent filler for the shadier areas of your property. It compliments rock gardens and makes an excellent edging for pathways.
- To achieve a Japanese feel, be sure to plant in irregularly-shaped clumps.
- Meanwhile, the Chinese use this plant for traditional medicine.
- Considered tonic and tranquilizing.
- Main components which include steroidal saponins, homoisoflavonoids and polysaccharides have exhibited pharmacological activities viz., cardiovascular protection, anti-inflammation, anticancer, anti-oxidation, immunomodulation, cough relief, antimicrobial and antidiabetes.
- Used for cough suppression.

Cape honeysuckle

BOTANICAL NAME - *Tecoma capensis*

Kingdom: Plantae
Family: Bignoniaceae
Order: Lamiales
Genus: *Tecoma*
Species: *T. capensis*



Cape honeysuckle is a fast growing, scrambling shrub which may grow up to 2-3m high and spread more than 2.5m. *Tecomaria capensis* is an evergreen plant in warm climate areas but loses its leaves in colder areas. It has pinnately compound leaves that have oval leaflets with blunt teeth. Flowering time for this shrub is very erratic and often it flowers all year round. Flowers vary from red, deep orange, yellow to salmon. Flowers are tubular and bird pollinated, attracting nectar-feeding birds, especially sunbirds. *Tecomaria capensis* is an ornamental garden plant commonly used for screening and decorative purposes. It can also be trimmed to form a hedge. It is often planted specifically to attract birds and butterflies. The powdered bark of this attractive garden plant is used as a traditional medicine to relieve pain and sleeplessness.

USES-

- The bark is used in traditional medicine to relieve pain and sleeplessness.
- To bring down fevers, to treat chest ailments such as bronchitis, to treat stomach pains, diarrhoea and dysentery and to encourage the flow of milk in nursing mothers.
- Leaves are also used to treat diarrhoea and gastro-enteritis.
- Dried and powdered bark is rubbed around the teeth to treat bleeding gums.

Chinese Sweet Plum

BOTANICAL NAME - *Sageretia theezans*

Kingdom:	Plantae
Family:	Rhamnaceae
Order:	<i>Rosales</i>
Genus:	<i>Sageretia</i>
Species:	<i>S. theezans</i>



The Chinese Sweet Plum (*Sageretia theezans*) is a pretty indoor bonsai which has great character at an early age due to the flaky bark revealing tones of red/tan. The stunning foliage has hints of rusty red turning to glossy green. Small white flowers give rise to tiny purple plum-shaped fruits. A really pretty bonsai. Ideal for beginners with fabulous character.

It has naturally small leaves of less than $\frac{3}{4}$ inch that reduce even smaller. The lightly veined, green leaves are almost bronze when they emerge. Growth habit is stiff and angular with truly prolific back budding. The Sweet Plum's bark sheds while the tree is quite young and the trunk becomes multicolored with age. The Sweet Plum is great for classical landscape or pen-jing.

USES-

- The fruit is a small and edible.
- **Heart disease.** Phytochemicals and nutrients in plums lower the inflammation that triggers heart disease.
- **Anxiety.** A plum a day may keep anxiety away. When your antioxidants are low, anxiety can be high.
- **Constipation Relief.** Plums, like prunes, can also help keep things moving through your system. They have a lot of sorbitol, a sugar alcohol that acts as a natural laxative.
- **High blood pressure and stroke.** The potassium in plums is good for blood pressure control in two ways. It helps your body get rid of sodium when you pee, and it lessens tension in the walls of your blood vessels. When your blood pressure is lower, your odds of getting a stroke go down.
- **Rich in antioxidants.** These substances protect the body against the cell and tissue damage that can lead to diabetes, Alzheimer's disease, Parkinson's disease, and cancer.
- **Reduce blood sugar.** Plums are chock full of fiber, which helps slow down a blood sugar spike after you eat carbs. They can also boost your body's production of adiponectin, a hormone that helps regulate your blood sugar levels.
- **Bone health.** Research on animals shows prunes (dried plums) may help reduce bone loss, and may even reverse it.

TULSI

BOTANICAL NAME -Ocimum tenuiflorum

Ocimum tenuiflorum [or *Ocimum sanctum* L, commonly known as **holy basil**, *tulsi* or *tulasi*, is an aromatic perennial plant in the family Lamiaceae. It is native to the Indian subcontinent and widespread as a cultivated plant throughout the Southeast Asian tropic.

It is considered indigenous to the Indian subcontinent including the Himalayas, Malesia, and other tropical and subtropical parts of Asia, and is now widely cultivated and naturalized in places around the world, including the Caribbean, Pacific islands, and parts of Africa

Kingdom: Plantae

Family: Lamiaceae

Class: Magnolipsida

Order: Lamiales

Genus: Ocimum

Species: Tenuiflorum



USES:

- Natural Immunity Booster
- Reduces Fever (antipyretic) & Pain(analgesic)
- Reduces Cold, Cough & Other Respiratory Disorders
- Reduces Stress & Blood Pressure
- Anti-cancer properties
- Good for Heart Health
- Good for Diabetes Patients
- Useful in Kidney stones & Gouty Arthritis