

MEDICINAL PLANTS IN COMMON USE

1. Cough Syrup

Tamarind leaves	3 handful
Chopped ginger	9 teaspoons
Water	2 glasses
Jaggery or sugar	1/2 glass
Lime juice	to taste

Preparation: Boil the tamarind leaves and the chopped ginger in two glasses of water until the mixture is reduce to one glass. Strain out the juice and then add the 1/2 glass of jaggery or sugar and boil again over a slow fire until the mixture becomes syrup-like. Remove from the fire and cool. Add the lime juice. Remains well for at least 2 weeks. To preserve longer add 1/2 teaspoon of Sodium benzoate for 1 litre (8 cups) of syrup.

Dosage : 1 to 2 teaspoons every 4 to 6 hours daily.

2. Garlic (*Allium sativum*) लसून

Use fresh garlic only

a) **Cough, Dysentery** - make a garlic syrup

Mix one glass of water with 4 tablespoons of sugar and boil. Then add 3 pods (not flakes) of crushed garlic and stir until syrup is formed. Cool and use.

Dosage :

Children (not below 2 years)	1 tsp. 4 times daily
Adults	3 tsp. 4 times daily

b) **Wounds, Dog bites (first aid)**

Clean well with water. Then apply fresh crushed garlic. Can mix with haldi/ turmeric.

c) **Scabies, Ringworm, other skin diseases**

Boil 3 teaspoons of crushed garlic in 1/2 cup coconut oil
Apply twice daily after bath.

d) **Toothache**

Crush garlic and place in cavity

e) **Earache**

Boil 3 teaspoons of crushed garlic in 1/2 cup coconut oil. **Strain.**
Put a few drops in the ear.

3. **Paanova (Coleus aromaticus) पानोवा**

a) **Cough, Gas pains**

Wash fresh leaves and crush them to get the juice.

Dosage : Children (above 2 years) 1 tsp. 3 times daily
Adults 3 tsp. 3 times daily

If leaves are not enough, boil 5 crushed leaves in 1 cup water and take as above.

b) **Headache**

Crush a couple of leaves and apply on forehead. (First aid. Find cause of headache and treat accordingly).

c) **Insect bites and stings**

Crush leaves and apply to affected parts.

4. **Mint (Mentha arvensis) पुदीना**

a) **Cough, Abdominal pain with gas pain**

Make a decoction. Put 3 teaspoons of crushed leaves in 1 glass of water and boil, reducing it to 1/2 glass.

Dosage : Children (above 2 years) 1 tsp. 4 times daily
Adults 3 tsp. 4 times daily

b) **Itching, Insect bites**

Boil 1 handful of leaves in 3 glasses of water. Wash the skin with this.

c) **Threadworm/Pinworm infestation**

1 handful of crushed fresh plant boiled in 1 litre (8 cups of water) for 5 minutes. Use this as an enema.

5. **Doodhi (Euphorbia hirta)**

a) **Bleeding wounds**

For bleeding wounds apply latex.

b) **Skin disease**

Make a decoction and wash skin infections.

c) **Asthma**

Dry the leaves, burn and use as inhalation. Or dry leaves rolled into bidi and puffed.

Retna Vidi
Chaitale
388 9691

6. **Touch-me-not (Mimosa pudica)** लजाळू

Precaution : Large doses could be poisonous. Prolonged use causes nausea.

Sleeplessness

Take one small plant, wash and then boil it in 1 glass of water, reduce to 1/2 glass.

Drink before sleeping.

7. **Aloe (Aloe barbadensis)** कोरफरु

a) **Burns, Bruises, Wounds**

Wash 1 leaf well, slit it and bandage on to affected area, or apply pulp.

b) **Infected wounds, Ulcers**

Slit a washed leaf, roast on live coals or fire, sprinkle turmeric (haldi) and bandage on.

c) **Falling hair, baldness**

Pulp from the leaves is rubbed on the scalp as a shampoo.

8. **Ginger (Zingiber officinale)** आळूक

Precaution : Not good for persons with stomach ulcer.
Do not drink water for 1/2 hour after taking ginger.

a) **Cough, Indigestion, Gas pain**

Boil 9 teaspoons of chopped ginger in 2 cups of water, reduce to 1 cup.

Dosage : Drink 1/4 cup with jaggery to taste, 3-4 times daily

b) **Headache, Muscle and Joint pains**

Place thin slices of ginger in oil and heat over fire. After it becomes warm apply the oil to the painful areas.

c) **Nausea, Vomiting, Indigestion**

Chew a fresh slice of ginger with a little salt or jaggery.

9. **Papaya** (*Carica papaya*)
- a) **Constipation (Adults)**
1. Eat a slice of ripe fruit every evening. Or
2. Eat 2 - 3 seeds every night till the complaint is better.
- b) **Molars with cavities**
Dip a little cotton in the latex of raw papaya and -place it in the cavity.
Be careful not to touch the cheeks
- c) **Ringworm, Skin Ulcers**
Apply latex of raw papaya on the infection.
- d) **Swelling due to injury or fall**
Apply fresh papaya leaf on affected area and bandage it.
- e) **Infected burn**
Bandage on skin of raw papaya.
10. **Tulsi** (*Ocimum sanctum*) तुळसी
- a) **Abdominal pain, Cough, Bronchitis, Diarrhoea**
Take 1 handful of leaves and twigs, put into 2 glasses of water. Boil,
reduce to 1 glass. Divide into 4 parts and take 4 times daily.
- b) **Fainting, dizziness**
Crush fresh leaves and smell.
- c) **Insect bites, ringworm, Skin problems**
Apply fresh juice of leaves to affected parts.
- d) **Insect repellent**
Burn dry leaves and twig s at night.
11. **Guava** (*Psidium guavaya*) पेरू
- a) **Diarrhoea**
1. Three fresh leaves are dried, boiled in 1 glass of water. Add a pinch of
salt and a 1 teaspoon of sugar. Adults drink after each stool.
Or. 2. The peel of the guava fruit is dried and powdered.
Children - 1 teaspoon of the powder is mixed in 1/2 cup of boiled water
Add sugar and a pinch of salt. Given 3 times a day.

b) Wounds, Ringworm

Boil leaves in water and use the water to wash the affected area.

c) Roundworms

Eat guava fruit 3 times a day.

12. Jasmine (Jasminum sambac) मौग्रा

a) Redness of eyes

Place 3-4 flowers in 1/2 glass of boiling water. Let it cool till water becomes light yellow. Strain out the petals and use water as eye-wash 3-4 times daily.

b) Fever, Cough, Stomachache due to ulcer, (heartburn)

Add 8 - 12 flowers to 1 glass of water. Boil, reduce to 1/2 glass. Divide into 3 parts and drink 3 times daily.

c) Skin ulcers, wounds, sprains

Apply crushed leaves or flowers on affected parts and bandage.

d) To stop milk secretion

Crush leaves and flowers and apply to breasts of mother and bandage

13. Tamarind (Tamarindus indica) चिंच

a) Fever, Diarrhoea

Squeeze out pulp from ripe fruit and mix with water. Add sugar and give to drink.

Dosage : Adults - 3 tsp. of juice in 1 cup of water 3-4 times daily.

b) Wounds, Sores, Bolls

Make a decoction (kada) of the leaves, fruits and bark and use for washing the affected areas.

14. **Drumstick (Moringa oleifera) शेवगा**

a) **Anaemia, Nursing mothers**

Tender leaves and flowers are cooked into vegetable and eaten. Good sources of iron, calcium, phosphorus, Vitamins a & C.

b) **Sores, Skin ulcers**

Wash fresh leaves and stems, crush, squeeze out juice and apply.

c) **Wounds**

Crush bark and leaves and apply.

d) **Rheumatic pains**

Roast the seeds, powder them, mix with oil and warm over fire. Apply the mixture.

15. **Turmeric (Curcuma longa) हलदी**

a) **Chest pain, Abdominal pain, Irregular menstruation**

Pound 6-9 pieces, add to 2 glasses of water, boil, reduce to 1 glass. Divide into 3 parts and take 3 times daily.

b) **Infected wounds, Swellings**

Dry, powder and apply on affected area.

c) **Sprains, bruises**

Make a paste and apply

16. **Yellow pumpkin (Cucurbita maxima) भोपला**

Tapeworms

Take seeds, remove the seed coat.

Dosage : Adults - Use 60-100 gms of kernel, crush, mix with sugar water or milk. Give on an empty stomach. After 2 hours give a purgative. (Castor oil - erande I)

Children - decrease the dosage

17. **Bitter gourd (Momordica charantia)** करेला

a) **Cough, Diarrhoea**

Fresh leaves juice. Adults - 3 tsp. 3 times daily

b) **Chronic stomach ulcer**

Fresh juice of leaves or small green fruit

c) **Worm infestation**

Children - 1 tsp. of leaves juice on empty stomach
After two hours 1 tsp. of coconut milk

d) **Scabies**

Leaves warmed in coconut oil and applied.

e) **Piles**

Root, fruit or seeds, dried, powdered, mixed with oil and applied.

18. **Lemon grass (Cymbopogon citratus)** गवती चह्न

a) **Fever, Cold**

Decoction of leaves taken 3-4 times a day

b) **Stomach ailments**

Leaves + ginger made into a decoction and taken

c) **Dysmenorrhoea**

Leaves + black pepper made into a decoction and taken

d) **Muscle pains, Joint pains, Sprains**

Root crushed in oil, strained and oil applied.