

Post Graduate Govt.College for Girls, Sec-42, Chandigarh

Plants in College's Herbal Garden

S. No.	Common Name	Scientific Name	Medicinal Use
Herbs			
1	Giloe	<i>Tinospora cordifolia</i>	Stem- Acidity, fever, hair care & increase platelet count
2	Kaktundi	<i>Asclepias curassavica</i>	Roots- Pneumonia, lung problems, kidney stone & asthma, Helps controlling stomach tumor, piles & constipation
3	Malkangni	<i>Celastrus paniculata</i>	Seeds- Brain related disorders, cardio tonic & digestion
4	Niazbo	<i>Ocimum basilicum</i>	Used as condiments in salads & food, control blood pressure & bronchitis
5	Oregano	<i>Oreganum vulgare</i>	Flavouring agent in fast food industry
6	Pit Bhringi	<i>Wedelia calendulacea</i>	Used against baldness, dandruff & possess hair darkening properties
7	Jatropha	<i>Jatropha curcas</i>	Oil- parasitic skin disease & rashes, Roots-dress wounds & ulcer
8	Pathar Chur	<i>Coleus barbatus</i>	Stone, condiment & spices
9	Vilaiti Pudina	<i>Mentha cirata</i>	Stomachache
10	Pudina (Mint)	<i>Menthe arvensis</i>	Highly effective in treating headaches, rhinitis, cough sore throat, colic, prurigo and vomiting
11	Basuti	<i>Justicia adhatoda</i>	Asthma, cough & bronchitis
12	Krishna Tulsi	<i>Ocimum tenuifolium</i>	Leaf- antiasthmatic, Roots- antimalarial & antistress
13	Tulsi	<i>Ocimum sanctum</i>	Leaf juice used in flu, cough & cold
14	Kapoor Tulsi	<i>Ocimum kilimandscharium</i>	Gives cooling sensation & good for eyes
15	Vasaca	<i>Adhatoda vasica</i>	Used in fever & cough

16	Lemon grass	<i>cymbopogon citratus</i>	Mosquito repellent & refreshing beverage
17	Pather Chatt	<i>Kalanchoe Pinnata</i>	To remove kidney & gall bladder stone
18	Shatavari	<i>Asparagus racemosus</i>	Root juice is used in acidity & to increase mother's feed
19	Brahmi	<i>Bacopa monnieri</i>	Medicated oil for hair growth & used to boost memory
20	Ashvgandha	<i>Withania somnifera</i>	Leaves for reducing weight & root powder increases weight
21	Guar Patha	<i>Aloe vera</i>	Leaf pulp used in constipation & menses, rich in antioxidants
22	Touch-me-not	<i>Mimosa pudica</i>	Roots-In asthma, leaves-In cuts/wounds
23	Mithi tulsi	<i>Stevia Sp.</i>	Used to control sugar & in obesity
24	Karipatta	<i>Murraya koenigii</i>	Used in dysentery, liver tonic & used to control sugar
25	Haldi (Termeric)	<i>Curcuma longa</i>	Anti-allergic, anti-biotic & purifying blood
26	Mandukaparni	<i>Centella asiatica</i>	Effective for treating cancer, boost memory
27	Sal Parni	<i>Desmodium jangeticum</i>	Cough, cold, fever, & female health tonic
28	Bach	<i>Acorus calamus</i>	Hoarseness of voice & brain tonic
29	Akarkara	<i>Spilanthes acmella</i>	Flowers, leaves & seeds in tooth powder
30	Kalmegh	<i>Andrographis paniculata</i>	Chronic fever, cough, bronchitis & liver disorders
31	Sadabhara (pink & white)	<i>Vinca rosea</i>	Used for diabetes & leukemia (blood cancer)
32	Nirgundi	<i>Vitex negundo</i>	Leaf juice used in sciatica
33	Mehandi	<i>Lawsonia incermis</i>	Leaf paste for burning feet & hair care
34	Peppermint	<i>Mentha piperita</i>	Used in tea as stimulant
35	Bhringraj	<i>Eclipta alba</i>	Hair care, memory power, sight, hearing & liver tonic
36	Ajwain	<i>Trachyspermum ammi</i>	Stomachache, back pain, purifies

			blood & appetizer
37	Khus	<i>Chrysopogon zizanioides</i>	antiseptic properties to treat acne and sores
38	Kaner	<i>Nerium indicum</i>	Leaves and flowers- used to treat malaria, flowers are thought to have actions as tonic, cardio tonic, diaphoretic, diuretic, emetic and expectorant
Trees			
39	Kapoor (Camphor)	<i>Cinnamomum camphora</i>	Reflex stimulant of heart, circulation & respiration
40	Arjun	<i>Terminalia arjuna</i>	Used in heart tonic & healing of fractures & high BP
41	Neem	<i>Azadirachta indica</i>	Used in skin, cough & antiseptic
42	Bahera	<i>Terminalia belirica</i>	Triphala, cough, asthma & hair care
43	Sohanjana	<i>Moringa oleifera</i>	Joint pains & to control sugar High B.P.
44	Bael	<i>Aegle marmelos</i>	Chronic dysentery, diarrhea & digesion
45	Papita	<i>Carica papaya</i>	Amoebicide, heart stimulant & diuretic
46	Amla	<i>Emblica officinalis</i>	Constituent of triphla, stomach disorders
47	Shoe-flower	<i>Hibiscus rosa-sinensis</i>	Leucorrhoea, emollient & anodyne
48	Guava	<i>Psidium guajava</i>	Antibacterial, antioxidant, antispasmodic, anti-inflammatory, anti-anemic
49	Nimbu	<i>Citrus limon</i>	Antibacterial, influence the human immune system
50	Rudraksh	<i>Elaeocarpus ganitrus</i>	chronic asthma, heart problems, mental anxiety, TB, paralysis, stroke, eye problem
51	Jackfruit (Kathal)	<i>Artocarpus heterophyllus</i>	Rich in antioxidants, good for eye sight and protect from conditions like cataract and macular degeneration