

PLANTS USE IN COMMON DISEASE

1. Patta ajavayin

Part use: Leaves



Medicinal Uses:

- Headache – Fresh paste of leaves can be applied on the head to relieve headache.
- Cold & Cough – 10ml of fresh leaves juice adding with sugar candy given twice daily empty stomach for relieve cold and cough.

2. Adosa

Part used: Then entire plant, including its leaf, stem, flower, bark and root is used in medicine.



Medicinal Uses:

- Its fresh leaves juice makes sputum more fluid thereby facilitating its removal. It is used in the treatment of cough, asthma and bleeding piles.

3. Giloy

Part Use: Stem and leaves

Medicinal Uses:

- Fiver – 10 ml of fresh stem juice adding with 5 ml of honey two times a day for three days.
- Hyper Acidity – Two teaspoon of fresh stem juice adding with one pinch of black piper powder two times a day after food for one month..



4. Ghritakumari

Part Use: Leaves

Medicinal Uses:

- Burn wound – The juice or pulp of the fresh leave is applied externally.
- For loss of appetite, hyperacidity, habitual constipation, leucorrhoea and jaundice :fresh leaves juice 15 ml adding with honey two times a day empty stomach for 30 days.



5. Parijat

Part Use: Leaves, bark

Medicinal Uses:

- Various types of fevers - 30ml of decoction adding with 10 ml honey twice a day for seven days.
- Cold & Cough - A tea made from Gangaseuli leaves and flowers is used to reduce cough, cold, and bronchitis. It also works beautifully in asthma.



6. Brahmi

Part Use: Leaves

Medicinal Uses:-

- Urinary tract infection – Fresh juice of the Brahmi balances the pitta and increases the urine flow. The production of urine cures the urinary tract infection. Dose – one teaspoon of juice twice a day for seven days.
- Asthma & Bronchitis - Fresh juice of the Brahmi reduces the formation of cough in lungs and throat, hence cures the cough, asthma and bronchitis. Dose – 10 ml of fresh thalkudi juice twice a day for three months.



7. Tulsi

Part Use: Leaves, root, seed

Medicinal Uses:

- Enhances immunity - Tulsi contains zinc and vitamin C, two components that help fight infections. Daily intake of Tulasi leaves or Tulsi tea helps to boost immunity.
- Improves digestion system - Tulsi plant is known to enhance liver's health which is why it aids in improving the digestion system. Two teaspoon of tulsi leaves juice adding with half teaspoon of ginger juice used twice a day for one month.



8. Pudina

Part Use: Whole plant

Medicinal Uses:

- Indigestion – One teaspoon of fresh pudina leaves juice twice a day is more effective for management of indigestion, hyperacidity and flatulence.
- Headache -. Applying pudina juice on your forehead and temples can give you relief from headache. Also, balms of pudina base or mint oil are effective in curing headaches.



9. Hemsagar

Part Use: Whole Plant

Medicinal Uses:

- Diarrhea, dysentery - Fresh leaves juice is given to treat of diarrhea and dysentery. Two teaspoon of juice twice daily for three days.
- Cold and Cough - Two teaspoon of juice twice daily for seven days.



10. Satavar

Part Use: Rhizomes.

Medicinal Uses:

- Helps with Breast milk production - Taking Shatavari every day helps to facilitate and regulate milk production.
- Gastric problems - The consumption of this juice is ideal to cure ulcers and other ailments occurring in the gastrointestinal tract. If this plant is consumed regularly, it can also cure gastroparesis.

