



Govt. Dental College & Hospital

# Herbal Garden

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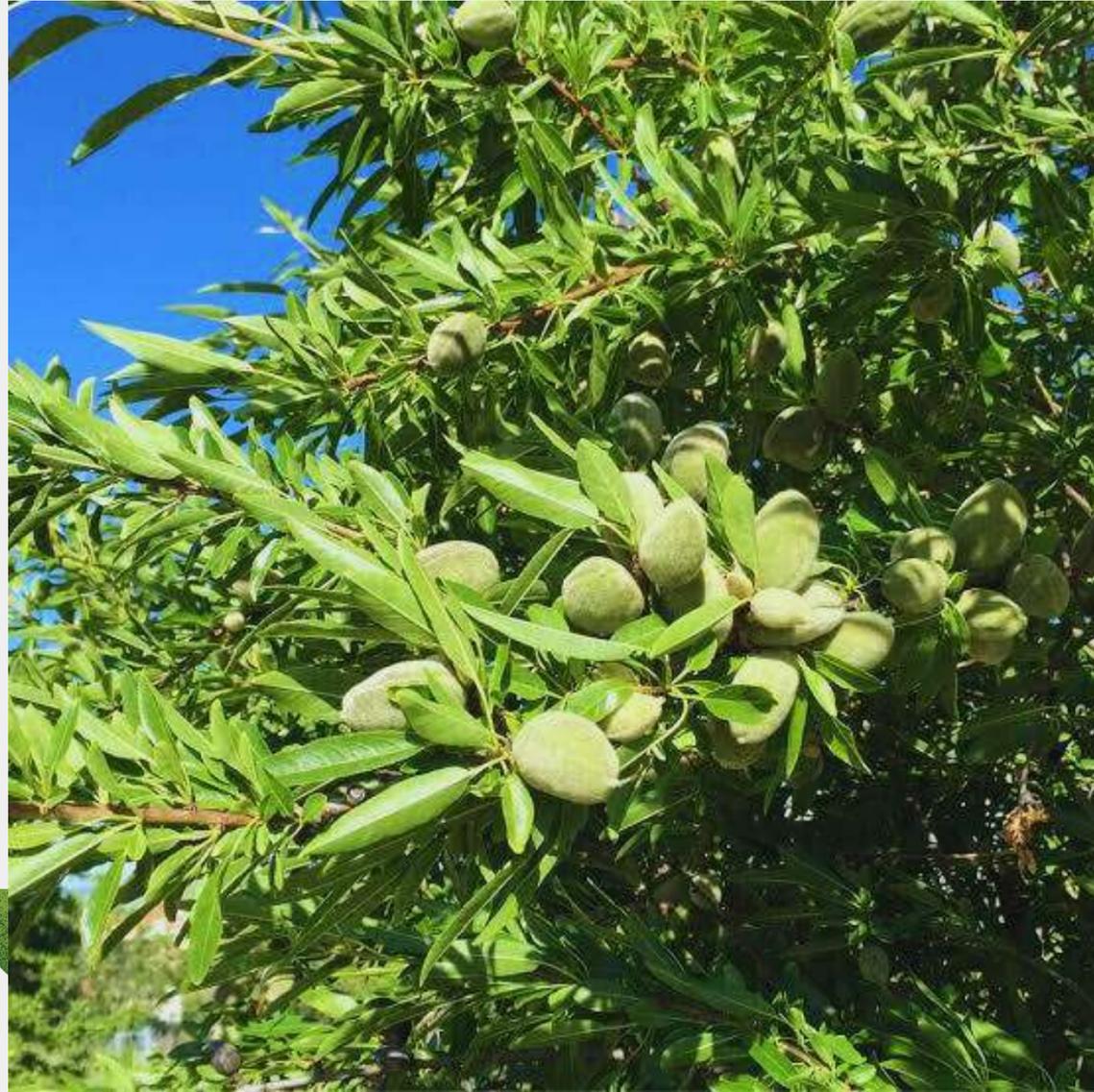
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## 1. Prunus dulcis

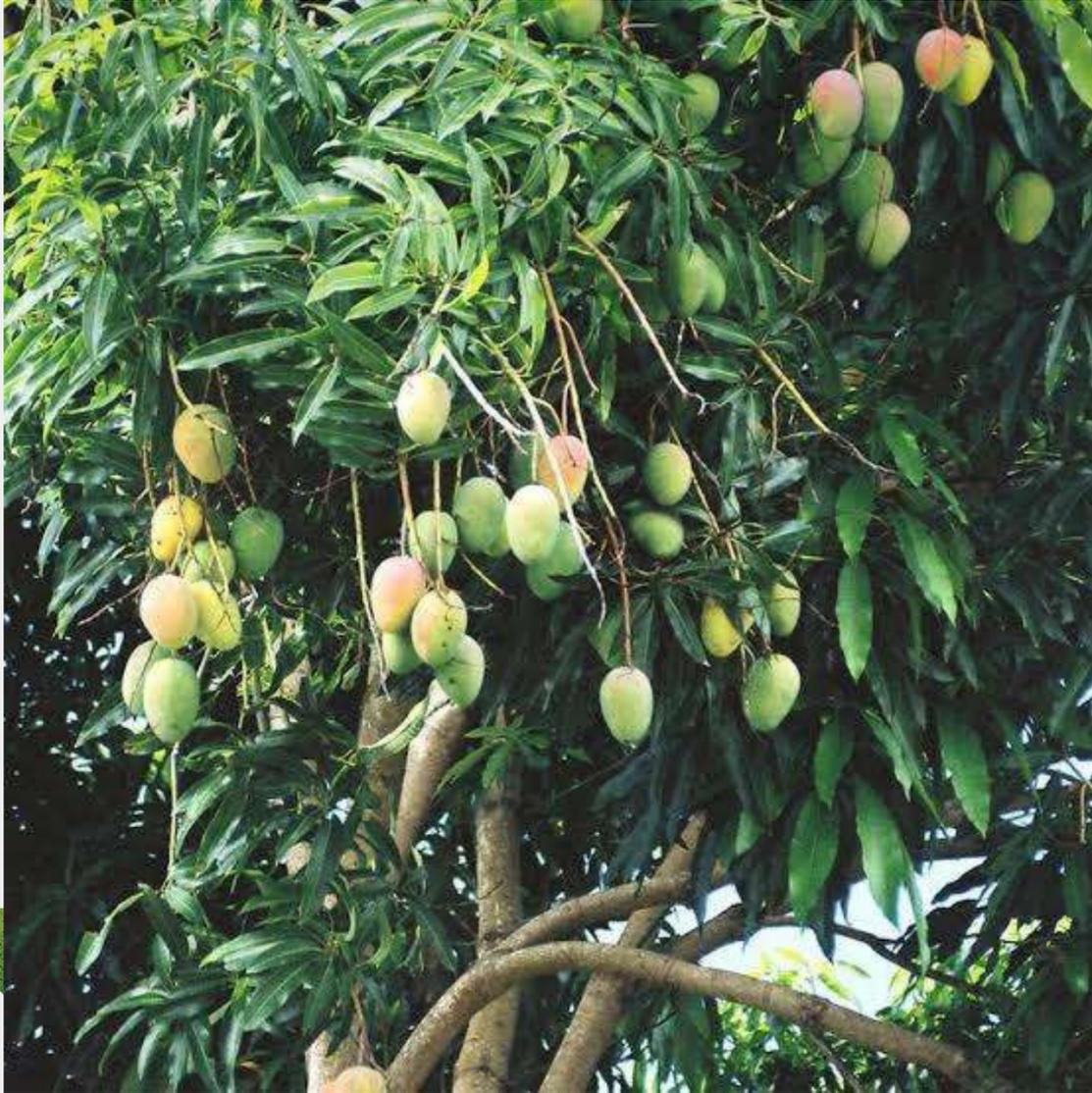
- Scientific Name: Prunus dulcis
- Common Name in India: Badam
- Name in Marathi: बदाम
- Medicinal Uses:
  1. Supports brain health
  2. Improves heart health
  3. Enhances skin health
  4. Aids in weight management
  5. Rich in antioxidants

**Additional Information:** Badam, or almonds, are not only nutritious but also versatile. They are commonly used to make almond milk, almond butter, and even almond flour, expanding their culinary uses. Apart from their role in brain health, their vitamin E content also contributes to maintaining healthy hair and nails.

## 2. Mangifera indica

- Scientific Name: Mangifera indica
- Common Name in India: Mango
- Name in Marathi: आंबा
- Medicinal Uses:
  1. Boosts immunity
  2. Promotes digestion
  3. Treats anemia
  4. Supports eye health
  5. Acts as a natural cleanser

**Additional Information:** Mangoes come in various varieties, each with its unique flavor profile. They are often celebrated in Indian culture and are used in a wide range of dishes, from salads to chutneys. The abundance of vitamin A in mangoes not only supports eye health but also enhances the health of your skin and mucous membranes.



### 3. Syzygium cumini

- Scientific Name: Syzygium cumini
- Common Name in India: Jamun
- Name in Marathi: जांभूळ
- Medicinal Uses:
  1. Manages diabetes
  2. Supports oral health
  3. Aids in digestion
  4. Improves skin health
  5. Acts as a natural detoxifier

**Additional Information:** The Jamun tree is revered not only for its fruit but also for its leaves, which are used in traditional medicine. In addition to managing diabetes, Jamun is believed to have antibacterial properties and is used to treat various infections. Its seeds are rich in protein and are used to make Jamun seed powder, known for its potential anti-diabetic effects.



#### 4. Ficus Religiosa

- Scientific Name: Ficus religiosa
- Common Name in India: Peepal
- Name in Marathi: पिंपळ
- Medicinal Uses:
  1. Dental use: Strengthens teeth and gums
  2. Treats respiratory disorders
  3. Manages diabetes
  4. Improves heart health
  5. Relieves constipation

**Additional Information:** The Peepal tree holds immense cultural and spiritual significance in India. Apart from its medicinal uses, its large leaves provide shade and shelter. In Ayurveda, Peepal leaves are used for wound healing, and the latex from the tree has been used to treat skin conditions and infections.



## 5. Cinnamomum verum

- Scientific Name: Cinnamomum verum

- Common Name in India: Dalchini

- Name in Marathi: दालचीनी

- Medicinal Uses:

1. Dental use: Fights bad breath and oral infections

2. Regulates blood sugar levels

3. Enhances cognitive function

4. Relieves menstrual discomfort

5. Has anti-inflammatory properties

**Additional Information:** Beyond its medicinal properties, dalchini's fragrant aroma makes it a popular spice in both sweet and savory dishes. Its essential oils are used in aromatherapy for relaxation and stress relief. In traditional medicine, dalchini is believed to improve circulation and promote digestive health.





## 6. *Murraya koenigii*

- Scientific Name: *Murraya koenigii*
- Common Name in India: Curry leaves
- Name in Marathi: कढीपत्ता
- Medicinal Uses:
  1. Dental use: Strengthens teeth and gums
  2. Aids in digestion
  3. Manages diabetes
  4. Promotes hair growth
  5. Supports heart health

**Additional Information:** Curry leaves are a staple in Indian cuisine, adding flavor and aroma to many dishes. These leaves are a rich source of iron and are used in traditional remedies for anemia. Apart from promoting hair growth, curry leaves are also known for their potential to reduce cholesterol levels.

## 7. Bambusa vulgaris

- Scientific Name: Bambusa vulgaris
- Common Name in India: Bamboo
- Name in Marathi: वंदारू
- Medicinal Uses:

1. Dental use: Natural toothbrush and mouth freshener
2. Supports bone health
3. Aids in weight loss
4. Relieves respiratory issues
5. Improves skin health

**Additional Information:** Bamboo shoots, commonly used in Asian cuisine, are low in calories and rich in fiber, making them a great addition to a weight-loss diet. The sturdy stems of bamboo are also used to make various utensils and even furniture. Bamboo's fast growth and eco-friendly properties contribute to its popularity in sustainable practices.





## 8. Clerodendrum serratum

- Scientific Name: Clerodendrum serratum
- Common Name in India: Bharangi
- Name in Marathi: भरंगी
- Medicinal Uses:
  1. Treats respiratory disorders
  2. Supports liver health
  3. Aids in digestion
  4. Relieves fever and cough
  5. Has anti-inflammatory properties

**Additional Information:** Bharangi is recognized for its use in Ayurveda as an expectorant and bronchodilator. Its roots are used to treat respiratory disorders, while the leaves and flowers are used in traditional remedies for fever and cough. Bharangi's anti-inflammatory and immunomodulatory properties contribute to its medicinal significance.

## 9. Ziziphus mauritiana

- Scientific Name: Ziziphus mauritiana

- Common Name in India: Ber

- Name in Marathi: बोर

- Medicinal Uses:

1. Dental use: Strengthens teeth and gums

2. Boosts immunity

3. Supports digestive health

4. Manages diabetes

5. Improves skin complexion

**Additional Information:** Ber, or Indian jujube, is not only enjoyed as a fruit but also used to make jams, juices, and pickles. The leaves have been traditionally used for wound healing, and the bark is believed to have antidiabetic properties. Ber is also known to have a cooling effect on the body.



## 10. Manikara zapota

- Scientific Name: Manilkara zapota
- Common Name in India: Chiku/Sapota
- Name in Marathi: चिकू
- Medicinal Uses:

1. Dental use: Strengthens teeth and gums
2. Aids in digestion
3. Supports heart health
4. Relieves constipation
5. Provides energy and stamina

**Additional Information:** Chiku, or sapota, is known for its creamy texture and sweet flavor. Its latex is used to make chewing gum and is also used as an adhesive. Chiku's fiber content aids in digestion, and its high carbohydrate content provides a quick energy boost.





## 11. Tamarindus indica

- Scientific Name: Tamarindus indica

- Common Name in India: Tamarind

- Name in Marathi: चिंच

- Medicinal Uses:

1. Dental use: Cleanses and strengthens teeth

2. Aids in digestion

3. Manages diabetes

4. Supports heart health

5. Relieves joint pain

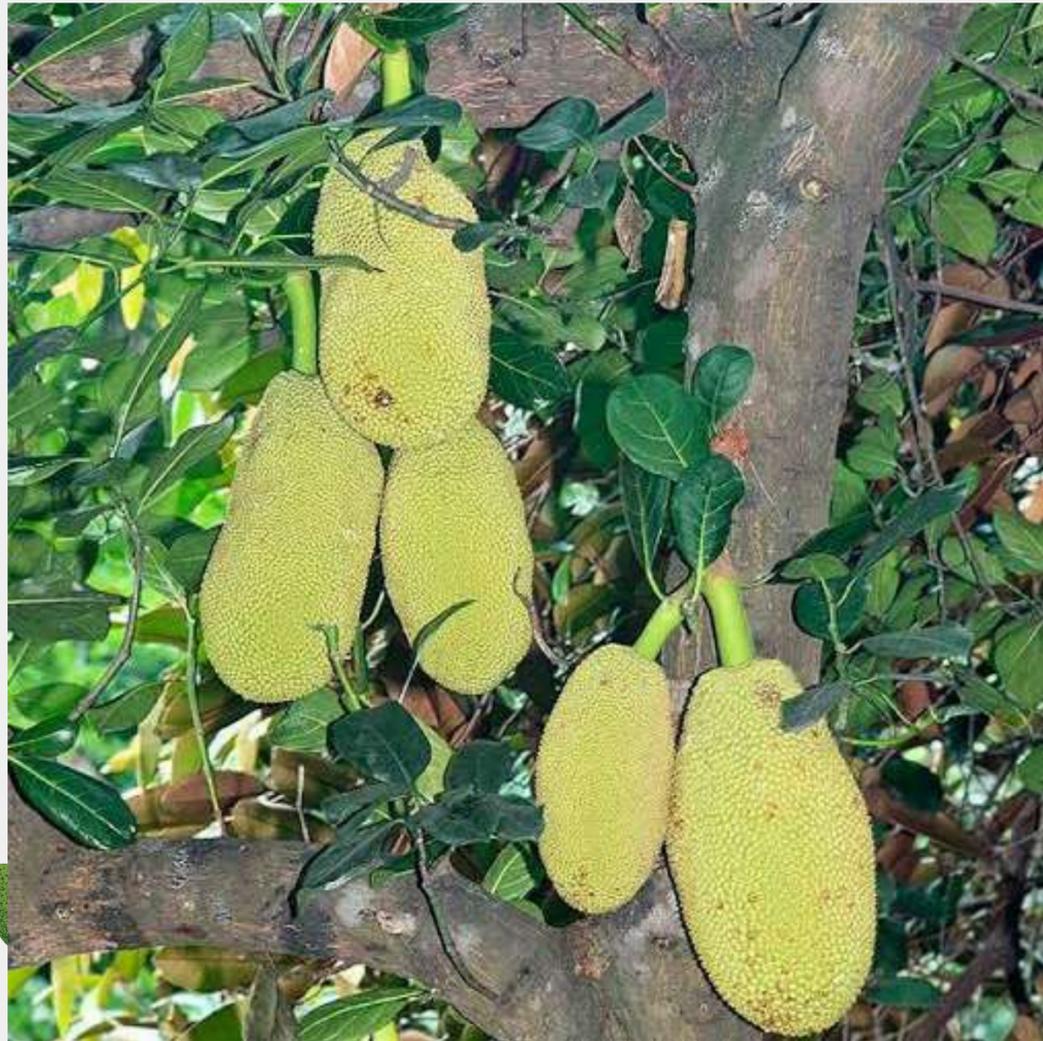
**Additional Information:** Tamarind's tangy taste makes it a popular ingredient in Indian cooking, adding flavor to various dishes and chutneys. Tamarind pulp is used to treat digestive disorders and is known for its potential to reduce acidity. Tamarind's natural tartness enhances both culinary and medicinal applications.



## 12. Cestrum nocturnum

- Scientific Name: Cestrum nocturnum
- Common Name in India: Raat ki Rani
- Name in Marathi: रात्रीच्या राणी
- Medicinal Uses:
  1. Fragrant flowers for aromatherapy
  2. Relieves headache and stress
  3. Supports skin health
  4. Treats respiratory issues
  5. Aids in sleep disorders

**Additional Information:** The fragrant flowers of Raat ki Rani are not just pleasing to the senses but also serve as a natural aromatherapy aid, helping to alleviate stress and anxiety. The gentle fragrance of these blooms is often used to create a relaxing environment, which can aid in inducing sleep and relieving headaches.



### 13. Artocarpus species

- Scientific Name: Artocarpus spp.
- Common Name in India: Jackfruit
- Name in Marathi: फणस
- Medicinal Uses:

1. Aids digestion
2. Supports immune system
3. Promotes skin health
4. Regulates blood pressure
5. Provides energy and stamina

**Additional Information:** Jackfruit is a tropical treasure, recognized not only for its flavorful flesh but also for its seeds and leaves. Jackfruit seeds, when boiled or roasted, are rich in protein and can be consumed as a snack. Jackfruit leaves are known for their potential in wound healing and reducing inflammation.



#### 14. *Ocimum tenuiflorum*

- Scientific Name: *Ocimum tenuiflorum*
- Common Name in India: Holy Basil/Tulsi
- Name in Marathi: तुळशी
- Medicinal Uses:
  1. Dental use: Fights oral infections
  2. Boosts immunity
  3. Relieves stress and anxiety
  4. Supports respiratory health
  5. Regulates blood sugar levels

**Additional Information:** Holy Basil, or Tulsi, is not only revered for its spiritual significance but also for its medicinal properties. Apart from its oral health benefits, Tulsi is also used to prepare herbal teas that are known for their calming effects and ability to boost immunity.



## 15. Bryophyllum pinnatum

- Scientific Name: Bryophyllum pinnatum
- Common Name in India: Patharchatta
- Name in Marathi: पाठरचट्टा
- Medicinal Uses:

1. Heals wounds and burns
2. Relieves kidney stones
3. Supports digestive health
4. Treats respiratory disorders
5. Manages hypertension.

**Additional Information:** Patharchatta, also known as "Life Plant," has leaves that can reproduce new plants from their edges, making it an interesting succulent to observe. In addition to its wound-healing properties, this plant is believed to have diuretic effects that aid in kidney stone management.



## 16. Psidium guajava

- Scientific Name: Psidium guajava

- Common Name in India: Guava

- Name in Marathi: पेरू

- Medicinal Uses:

1. Dental use: Strengthens teeth and gums

2. Boosts immunity

3. Supports digestive health

4. Manages diabetes

5. Promotes heart health

**Additional Information:** Guava is not only delicious but also a rich source of dietary fiber. Beyond its immune-boosting properties, guava's skin and seeds contain antioxidants that contribute to skin health. Guava leaves are used in traditional remedies for their potential to regulate blood sugar levels.

## 17. Carica papaya

- Scientific Name: Carica papaya
- Common Name in India: Papaya
- Name in Marathi: पपई
- Medicinal Uses:
  1. Aids digestion
  2. Supports skin health
  3. Enhances wound healing
  4. Boosts immune system
  5. Improves eye health

**Additional Information:** Papaya's enzyme, papain, aids digestion and can be used as a natural meat tenderizer. The fruit is also recognized for its skin-rejuvenating properties and is used in skincare products. The seeds of papaya are believed to have anti-parasitic properties and can support digestive health.



## 18. Pterocarpus santalinus

- Scientific Name: Pterocarpus santalinus
- Common Name in India: Red Sandalwood
- Name in Marathi: राखांडी
- Medicinal Uses:

1. Treats skin disorders
2. Improves complexion
3. Relieves joint pain
4. Supports dental health
5. Acts as a blood purifier

**Additional Information:** Red Sandalwood, prized for its aromatic wood, is also used in Ayurvedic skincare preparations. It's recognized for its potential to soothe skin irritations and improve skin complexion. Apart from its external applications, it's believed to promote internal health as well.



## 19. Syzygium aromaticum

- Scientific Name: Syzygium aromaticum
- Common Name in India: Clove
- Name in Marathi: लवंग
- Medicinal Uses:

1. Dental use: Relieves toothache and gum pain
2. Supports digestive health
3. Relieves respiratory issues
4. Anti-inflammatory properties
5. Enhances sexual health

**Additional Information:** Cloves are well-known for their dental benefits, but they are also used in various traditional remedies. Clove oil is used to alleviate toothache and gum pain. These aromatic flower buds are loaded with antioxidants and are known for their potential anti-inflammatory and analgesic effects.





## 20. Aegle marmelos

- Scientific Name: Aegle marmelos
- Common Name in India: Bael
- Name in Marathi: बेल
- Medicinal Uses:
  1. Supports digestive health
  2. Treats gastric ulcers
  3. Boosts immunity
  4. Relieves constipation
  5. Manages diabetes

**Additional Information:** Bael fruit is recognized for its digestive properties and is used to prepare traditional drinks. The leaves of the Bael tree are used in Ayurveda for their potential in managing diabetes and improving heart health. Bael is also known for its cooling and soothing effects on the digestive system.



## 21. Hibiscus species

- Scientific Name: Hibiscus spp.
- Common Name in India: Hibiscus/Gudhal
- Name in Marathi: गुडहळ
- Medicinal Uses:
  1. Supports hair health and growth
  2. Reduces blood pressure
  3. Rich in antioxidants
  4. Aids in digestion
  5. Enhances skin health

**Additional Information:** Hibiscus flowers are not only visually appealing but also have numerous health benefits. The petals are used in herbal teas that are known for their potential to lower blood pressure. Hibiscus is also used in hair care for its potential to promote hair growth and maintain its natural color.



## 22. Phyllanthus emblica

- Scientific Name: Phyllanthus emblica
- Common Name in India: Indian Gooseberry/Amla
- Name in Marathi: आवळा
- Medicinal Uses:
  1. Boosts immunity
  2. Rich in vitamin C
  3. Supports hair health
  4. Improves digestion
  5. Promotes heart health

**Additional Information:** Amla is a vitamin C powerhouse that supports immunity and has potent antioxidant properties. Apart from its traditional use for hair health, Amla is known to improve digestion, regulate blood sugar levels, and promote heart health.

Thank You!

