



গড়গাঁও মহাবিদ্যালয়

GARGAON COLLEGE

NAAC accredited with 'B' Grade

Floral species of Ayurvedic importance in Gargaon College campus





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Plant species of Ayurvedic importance inside Gargaon College Campus

Ayurveda or Ayurvedic medicine is a system of traditional medicine native to India. Ayurveda includes a range of treatments including panchakarma which are Yoga, massage, acupuncture and herbal medicine to improve health and well-being. It aims to improve health and wellness by keeping the mind, body and spirit in balance. In order to promote the medicinal plants sector, the Government of India also has set up National Medicinal Plants Board (NMPB) on 24th November 2000. The main mandate of NMPB is for conservation, cultivation, trade and export of medicinal plants species.

India comprises of several indigenous tribes that uses many plant species to treat different common ailments. This mainly based on traditional or indigenous knowledge which are verbally passed from one generation to the next. So documentation of these plant species is very much important.

This report provides an overview of the different plant species that are present in our Gargaon College campus. Our Institute tries to maintain and conserve these plant species of immense medicinal importance.





List of Ayurvedic plants present inside our college campus:

| Scientific name | Local name | Significance in Ayurveda |
|------------------------------------|--------------|---|
| <i>Aloe barbadensis</i> | Sal kuwori | Used in skin injuries, fever. |
| <i>Alternanthera sessilis</i> | Matikanduri | Used in asthma, bronchitis, hypertension |
| <i>Amaranthus spinosus</i> | Khutura | Used in kidney stones and urinary troubles. |
| <i>Azadirachta indica</i> | Neem | Antibacterial, antiviral, blood purifier. |
| <i>Centella asiatica</i> | Bor-manimuni | Blood purifier, used in blood sugar, revitalizing nerves and brain cells. |
| <i>Andrographis paniculata</i> | Kalmegh | Antioxidant; used in cold, diarrhoea, fever, jaundice. |
| <i>Asparagus racemosus</i> | Satmul | Gastric ulcer, dyspepsia, used as galactagogue. |
| <i>Bryophyllum pinnatum</i> | Duportenga | Fever, kidney stone, cough, asthma, urinary infection. |
| <i>Chenopodium album</i> | Jilmilhak | Blood purifier, diuretic, anthelmintic. |
| <i>Cissus quadrangularis</i> | Harjura lota | Used in osteoporosis, diabetes, obesity, blood cholesterol. |
| <i>Clerodendrum colebrookianum</i> | Nephaphu | Antihypertensive, anti-inflammatory, antidiabetic. |
| <i>Clerodendrum infortunatum</i> | Dhopattita | Wound healing, jaundice, cirrhosis, scorpion bite. |
| <i>Clitoria ternatea</i> | Aparajita | Antidepressant, anxiolytic, anticonvulsant. |
| <i>Colocasia esculenta</i> | Kola Kosu | Used for asthma, arthritis, diarrhoea, internal hemorrhage. |
| <i>Commelina benghalensis</i> | Konashimolu | Used in leprosy, sore throat, burns and pain |
| <i>Cuscuta reflexa</i> | Akashi lota | Used as antiemetic, in emesis. |
| <i>Cynodon dactylon</i> | Duboribon | Antioxidative, diuretic, used in stone diseases. |



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| <i>Diplanizium esculantum</i> | Dhekia | Improves digestive health. |
| <i>Drymaria cordata</i> | Lai jabori | Used in cold, headache, bronchitis, leprosy. |
| <i>Eclipta alba</i> | Kenharaj | Used in asthma, bronchitis, jaundice, ulcers. |
| <i>Eryngium foetidum</i> | Mandhonia | Used in diarrhoea, stomach ache, asthma, and hypertension. |
| <i>Eupatorium odoratum</i> | Jarmani Bon | Wound healing, antimicrobial, insect repellent. |
| <i>Euphorbia hirta</i> | Gakhioti bon | Used to treat asthma, bronchitis, diarrhea, dysentery, stye, conjunctivitis, worm infestation, warts, ringworm, boils |
| <i>Fragaria vesca</i> | Gorukhis | Blood purifying. |
| <i>Hedyotis diffusa</i> | Bon-jaluk | Anti-inflammatory, used in hepatitis, appendicitis. |
| <i>Hibiscus rosa sinensis</i> | Joba | Used for the treatment of bleeding piles, emaciation, dysmenorrhea, alopecia. |
| <i>Houttuynia cordata</i> | Mosondori | Used in cold, cough, fever, pneumonia. |
| <i>Hydrocotyle sibthorpioides</i> | Soru-manimuni | Anti-inflammatory, used in dysentery, fever, whooping cough |
| <i>Lawsonia inermis</i> | Jetuka | Used in fever, dysuria, jaundice, ulcers, bleeding disorders and skin diseases. |
| <i>Leucas plukenetii</i> | Durun bon | Used for liver ailments, snake bite, scorpion sting sinusitis, and headache. |



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| <i>Litsea salicifolia</i> | Dighloti | Used in skin problems. |
| <i>Lygodium flexuosum</i> | Kopoudhekia | Used in Asthma, cough, fever. Antipyretic, anti-inflammatory. |
| <i>Melastoma melabathricum</i> | Futukola | Used for wound healing, tooth decay, diarrhoea. |
| <i>Mikania micrantha</i> | Prem lota | Anti-inflammatory, analgesic. |
| <i>Mimosa pudica</i> | Nilajibon | diarrhoea, small pox, fever, ulcer, jaundice, haemorrhoids, asthma, fistula and leucoderma |
| <i>Oroxylum indicum</i> | Bhatghila | Used in jaundice, arthritic and rheumatic problems, gastric ulcer, diabetes. |
| <i>Oxalis corniculata</i> | Horu-tengesi | Used in digestive disorders. |
| <i>Oxalis debilis</i> | Bor-tengesi | Used in dysentery and diarrhoea. |
| <i>Paederia foetida</i> | Bhedai-lota | Used in inflammation, piles, diarrhoea. |
| <i>Phlogocanthus thyrsoiflorus</i> | Tita-phul | Antioxidant; Used in fever, bronchitis, asthma, diarrhoea, blood pressure. |
| <i>Phyllanthus fraternus</i> | BhuiAamlokhi | Improves kidney health, relieves constipation. |
| <i>Piper longum</i> | Pipoli | Analgesic, headache, asthma, bronchitis. |
| <i>Piper nigrum</i> | Jaluk | Used in cold, cough, throat disorder, to treat pain. |



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| <i>Rauvolfia serpentina</i> | Sarpagandha | Used for high blood pressure, insomnia, asthma, schizophrenia. |
| <i>Phyllanthus emblica</i> | Aamlokhi | In treatment of diarrhoea, jaundice, hair problems. |
| <i>Ricinus communis</i> | Era gos | Used in arthritis, chronic headache, rheumatism. |
| <i>Sida rhombifolia</i> | Borial | Used in urinary tract infection. |
| <i>Smilax zeylanica</i> | Tikoniborua | Used in piles, dysentery, rheumatism, toothache, arthritis and urinary problems. |
| <i>Solanum indicum</i> | Tita-bhekuri | Blood purifier, used in blood sugar. |
| <i>Spilanthes acmella</i> | Huhoni bon | Anti-inflammatory, diuretic, in toothache. |
| <i>Terminalia arjuna</i> | Arjun | Used in cardiovascular disorders, hypertension, improves liver health. |
| <i>Terminalia bellirica</i> | Bhomora | Used in Hepatitis, bronchitis, asthma, diabetes. |
| <i>Tinospora cordifolia</i> | Hoguni lota | Used in fever, jaundice, chronic diarrhea, dysentery, cancer |
| <i>Xanthoxylum nitidum</i> | Tezmooi | Used for treating stomach ache, toothache, rheumatic arthralgia, venomous snakebite. |



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Photographs of some Ayurvedic plants present inside our college campus:



Oxalis corniculata



Solanum torvum



Eclipta alba



Clitoria ternatea



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Photographs of some Ayurvedic plants present inside our college campus:



Drymaria cordata



Houttuynia cordata



Garcinia xanthochymus



Cassia fistula



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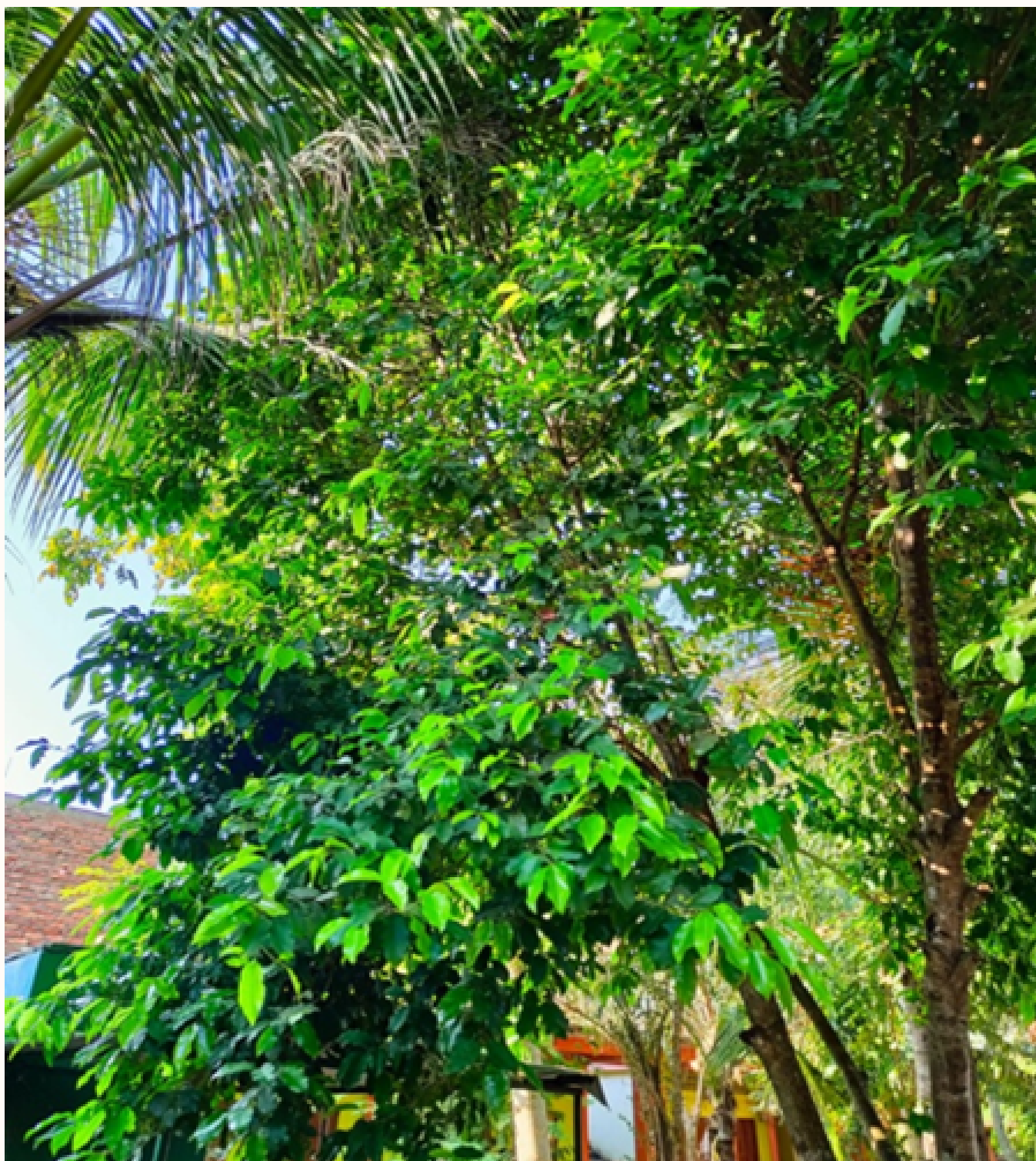
Photographs of some Ayurvedic plants present inside our college campus:



Piper longum



Oxalis debilis



Mimusops elengi



Averrhoa carambola



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Photographs of some Ayurvedic plants present inside our college campus:



Smilax zeylanica



Paederia foetida



Rawolfia serpentina



Bryophyllum pinnatum