



গড়গাঁও মহাবিদ্যালয়

GARGAON COLLEGE

NAAC accredited with 'B' Grade

Floral species of Ayurvedic importance in Gargaon College campus





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 plukeneti</i>	Durun bon	Used for liver ailments, snake bite, scorpion sting sinusitis, and headache.



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Scientific name	Local name	Significance in Ayurveda
<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 thysiflorus</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>Rauwolfia 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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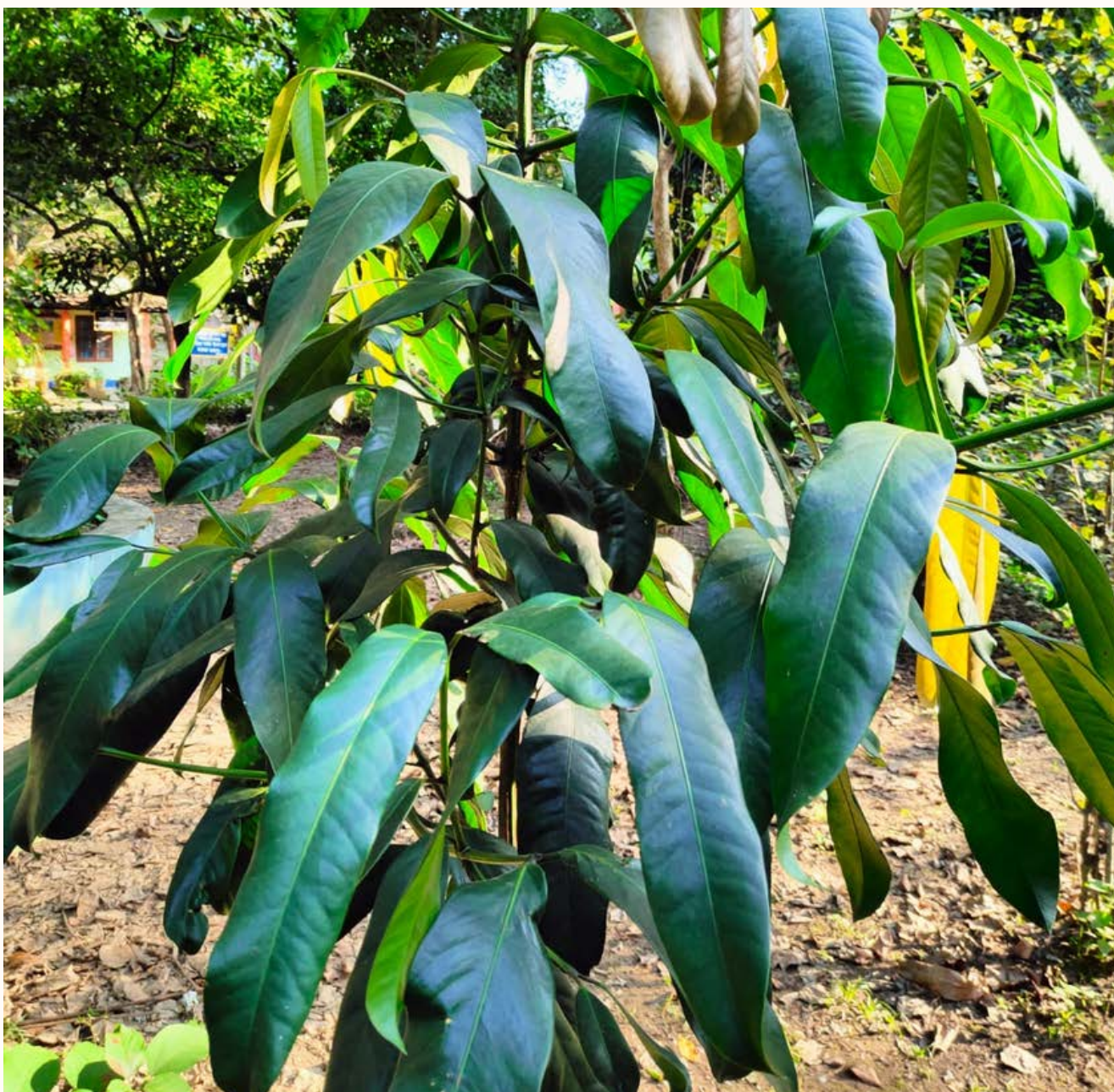
Photographs of some Ayurvedic plants present inside our college campus:



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



Photographs of some Ayurvedic plants present inside our college campus:



Smilax zeylanica



Paederia foetida



Rawolfia serpentina



Bryophyllum pinnatum