



USEFUL MEDICINAL PLANTS OF UTKAL UNIVERSITY CAMPUS



**Useful medicinal plants
of
Utkal University campus**

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1. Aloe vera

Botanical name: *Aloe barbadensis* Mill.

Family: Asphodelaceae

Vernacular name: Ghikuanri, Ghritakumari

Medicinal uses

Leaf

- Used to relieve sunburn and help heal wounds.
- Juice reduces blood sugar level and blood pressure.
- Used as a laxative.
- Gel is used to moisturize skin.



2. Arjun tree

Botanical name: *Terminalia arjuna*
(Roxb.ex DC) W. & A.

Family: Combretaceae

Vernacular name: Arjuna, Akha gachha

Medicinal uses

Bark

- It improves heart health.
- It improves liver and kidney function.
- It detoxifies blood.
- It controls blood sugar level.
- Useful for patients having fractured bone.



3. Artemisia

Botanical name: *Artemisia japonica* Thunb.

Family: Asteraceae

Vernacular name: Brahmajata, Brahmanata

Medicinal uses

Leaf

- Artemisinin present in leaf is very effective against malaria.
- Used to relieve gastro intestinal discomfort, ulcer and diarrhea.
- Used to treat gynecological disorders.
- Essential oil used as insect repellent and fumigants.



4. Ashoka

Botanical name: *Saraca asoca* (Roxb.) de Wilde.

Family: Fabaceae

Subfamily: Detarioideae

Vernacular name: Ashoka

Medicinal uses

Flower

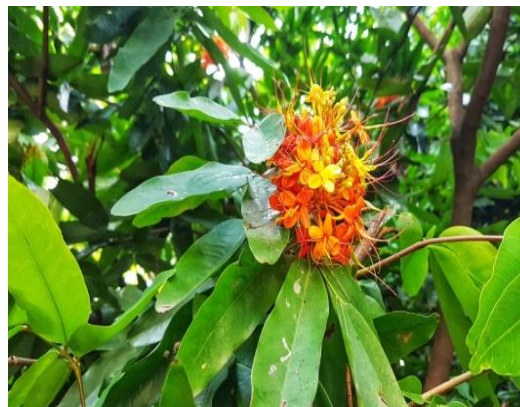
- Used to treat burning sensation and skin irritation.
- Used to check blood sugar level.
- Used to prevent internal bleeding.

Bark

- Improves skin complexion and keep the body free from toxins.
- Commonly used to regularize hormones and menstrual cycles.
- It helps to improve intellect.

Seed

- Seed powder used to treat kidney stones
- Used to treat asthma.



5. Bedda nut tree

Botanical name: *Terminalia bellirica*
Heyne ex Roth.

Family: Combretaceae

Vernacular name: Behada

Medicinal uses

Fruit

- Dried fruit helps for digestion.
- It relieves from constipation.
- Used to boost immunity.
- It lowers cholesterol level.



6. Bermuda grass

Botanical name: *Cynodon dactylon* (L.)
Pers.

Family: Poaceae

Vernacular name: Duba

Medicinal uses

Leaf

- Used to stop bleeding from wounds.
- Used for the treatment of chronic diarrhea.
- Used to treat constipation.
- Fresh juice used as eye drop to reduce redness and burning sensation.
- Decoction is used to treat menorrhagia and provides strength to the uterine muscle.
- Used to treat scabies, herpes and discoloration of skin.



Roots

- Infusion of root used to stop bleeding in piles.

7. **Bryophyllum**

Botanical name: *Bryophyllum*

pinnatum (Lam.) Oken

Family: Crassulaceae

Vernacular name: Amarapoi, Hemasagar

Medicinal uses

Leaf

- Juice is effective against diarrhea, dysentery, flatulence, indigestion, abdominal discomfort.
- Can be used for insect bites, scabies, sores and healing of wound.



8. **Chaff flower**

Botanical name: *Achyrothes aspera* L.

Family: Amaranthaceae

Vernacular name: Apamarga, Apamarang

Medicinal uses

Leaf

- It is used to treat ulcer, indigestion and gastritis.
- It used to treat asthma and bronchitis.
- It is used to reduce cholesterol levels.
- Concoctions of this herb relieves from dysuria, urinary retention and swelling.
- It is effective against cough and cold.
- It is used to treat piles and fistula.



9. Custard apple

Botanical name: *Annona squamosa* L.

Family: Annonaceae

Vernacular name: Aata, Sitafala, Atapifala

Medicinal uses

Fruit

- Maintains skin health by preventing acne, pimple and sebum production.
- Rich source of amino acids that may help in collagen production.
- Effective for hair and better vision.

Leaf

- It is anti diabetic and controls high blood pressure.
- Used to treat diarrhea, dysentery and cold.
- Infusion of leaf is used to treat rheumatism and enhances digestion.

Seed

- It has vermifugal and insecticidal properties.



10. Coffee senna

Botanical name: *Cassia occidentalis* L.

Family: Fabaceae

Subfamily: Caesalpinioideae

Vernacular name: Ghoda chakunda, Kala chakunda

Medicinal uses

Leaf

- It used to cure cough.
- Leaf powder regularizes bowel movements.
- It is mildly laxative and helpful in treating constipation.
- Leaf paste applied externally to wounds heals the wound quickly.

Seed

- Respiratory tract disorders can be relieved with seeds.
- It is used as a substitute for coffee which also acts as a tonic for asthma and convulsions.



11. Curry leaf

Botanical name: *Murraya koenigii* (L.) Spreng.

Family: Rutaceae

Vernacular name: Bhushrunga, Mershingra

Medicinal uses

Leaf

- It lowers cholesterol level.
- It strengthens the hair root thus improving the quality of hair.
- It flushes out harmful toxins from our body.
- It helps to maintain oral hygiene.
- It is rich in vitamin A which essential for good eyesight.
- It contains iron and folic acid that maintains body's red blood cell count.
- It is used to treat constipation and diarrhea.
- It is used for nausea and morning sickness.



12. Chiretta

Botanical name: *Andrographis paniculata* (Burm. F.) ex Nees

Family: Acanthaceae

Vernacular name: Bhuin nimba, Chireita, Jabitikta

Medicinal uses

Leaf

- Eliminate ringworm, flukes and tape worm infections.
- Relieves from common cold and other respiratory disorders.
- Used for the treatment of osteoarthritis.

Root

- It has antihelminthic property.



13. Creeping oxalis

Botanical name: *Oxalis corniculata* L.

Family: Oxalidaceae

Vernacular name: Kumari, Ambitali, Amliti

Medicinal uses

- Juice is used in treating burns, insect bites and various skin eruptions.
- Used in the treatment of jaundice.
- It has antihelminthic property.
- Leaf paste applied on forehead to relieve headache.
- Leaf extract is used to treat insomnia.



14. Giant milkweed

Botanical name: *Calotropis gigantea* R. Br.

Family: Apocynaceae

Subfamily: Asclepiadoideae

Vernacular name: Arakha

Medicinal uses*

Leaf

- Dried leaf powder used for healing of wounds, ulcer and old sores.
- It is used to treat jaundice.
- It is used for digestive disorders including diarrhea and constipation.
- It is used for toothache, cramp, inflammation and joint pain.



Stem

- Stem is used as tooth brush having the property of curing toothache.
- It is used to treat leucoderma.
- It is used in liver and spleen diseases.

Root

- It is used to treat liver injury.
- It is used to treat headache and severe body pain.
- It is also used for the treatment of malaria and filaria.
- It used for the treatment of skin diseases and intestinal worms.

**Overdose may cause poisoning*

15. Guava

Botanical name: *Psidium guajava* L.

Family: Myrtaceae

Vernacular name: Pijuli

Medicinal uses

Leaf

- Used for the treatment of diarrhea and dysentery.
- Juice lowers high blood pressure and blood sugar.
- Juice increases platelet count in the blood so used as remedy for dengue.

Fruit

- It lowers high blood pressure.
- Rich in vitamin C that boosts immunity.



16. Giloy

Botanical name: *Tinospora cordifolia* (Willd.)

Hook. f. & Thoms.

Family: Menispermaceae

Vernacular name: Guluchilata, Tihadi

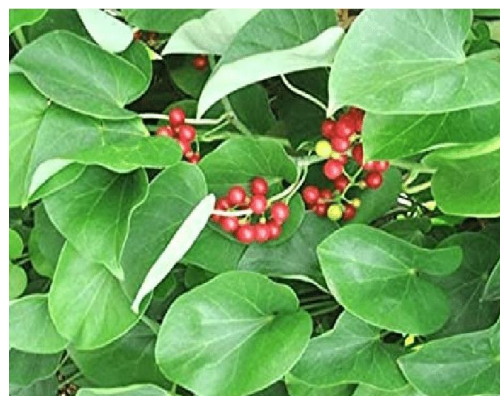
Medicinal uses

Leaf

- Used to treat constipation and beneficial for digestive system.
- It used to lower blood sugar level.

Stem

- It is used to treat viral infection and boost immune system.
- It used for inflammation and arthritis.
- It used manage fever occurring due to dengue, malaria and swine flu.
- It reduces cholesterol and fatty acid.



17. Haritaki

Botanical name: *Terminalia chebula* Retz.

Family: Combretaceae

Vernacular name: Harida, Harada

Medicinal uses

Fruit

- It controls dysentery.
- It lowers cholesterol and blood pressure.
- It is used in the treatment of constipation, colic pain and kidney dysfunction.
- It is helpful in diabetes.
- It is also used as brain tonic and stimulant.



18. Henna

Botanical name: *Lawsonia inermis* L.

Family: Lythraceae

Vernacular name: Manjuati, Mehndi

Medicinal uses

Leaf

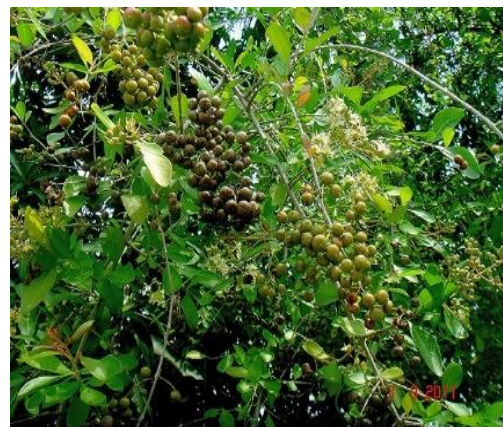
- It is used as a natural hair conditioner.
- It can be used to treat various scalp infections.
- Useful for healing skin disease and burning sensation of skin.

Seed

- Useful for relieving dysentery.

Root

- Useful in liver diseases.



19. Hibiscus

Botanical name: *Hibiscus rosa-sinensis* L.

Family: Malvaceae

Vernacular name: Mandar

Medicinal uses

Leaf

- It is helpful in circulating blood in hair follicles which improves hair and scalp health.
- Regulates high blood pressure.
- It contains antioxidant that balance free radicals in body and protect immune system.



Flower

- It contains natural pigments, antioxidant and vitamins that is useful for hair growth.
- It possesses anti-fertility property.
- It stimulates urine production and increases the rate of urination thereby flushing out toxins from the body.

20. Holy basil

Botanical name: *Ocimum sanctum* L.

Family: Lamiaceae

Vernacular name: Tulasi, Kala tulasi

Medicinal uses

Leaf

- Decoction is used to treat cough, cold and fever.
- Used to treat mouth ulcer.
- Used to cure wounds and infections.
- Used to purify blood and cleaning of digestive system.
- Lowers high blood pressure and cholesterol level.
- Essential oil has insecticidal and larvicidal properties against mosquitoes.
- Used as antidote for scorpion bite.



21. Indian gooseberry

Botanical name: *Phyllanthus emblica* L.

Family: Phyllanthaceae

Vernacular name: Amla, Anla

Medicinal uses

Fruit

- Rich source of vitamin C.
- It has antioxidant and anti-inflammatory property.
- It acts as hepatoprotective and anti-diabetic.
- It used for the treatment of cough and has analgesic property.



22. Indian pennywort

Botanical name: *Bacopa monnieri* (L.) Penn.

Family: Plantaginaceae

Vernacular name: Brahmi, Panikundi, Jalabrahmi

Medicinal uses

- It is used as brain tonic which enhances brain function.
- It helps to lower blood pressure level.
- It balances and rejuvenates nervous system.
- Improves the quality of sleep at night.
- It promotes comfortable joint movement, healthy blood, lustrous hair and a clear complexion.
- It contains compounds that have antioxidant activity.



23. Indian sarsaparilla

Botanical name: *Hemidesmus indicus* (L.)

R.Br.var indicus

Family: Apocynaceae

Vernacular name: Anantamoola, Sugandhilai

Medicinal uses

Leaf

- It used to treat toothache.
- It is used relieve from gastric.

Root

- Root extract promotes wound healing and effective in psoriasis.
- It helps to purify blood and improves skin texture.
- It used for the management of gynecological disorders such as menorrhagia and dysmenorrhea etc.
- It has diuretic property.
- It is used treat fever, cough, headache, jaundice etc.



24. Indian snakeroot

Botanical name: *Rauvolfia serpentina* (L.)

Benth ex Kurz.

Family: Apocyanaceae

Vernacular name: Patala garuda, Sarpa gandha

Medicinal uses

- Used for the treatment of mental diseases, including schizophrenia and bipolar disorder.
- Contain reserpine used for the treatment of hypertension.



25. Jamun

Botanical name: *Syzygium cumini* L.

Family: Myrtaceae

Vernacular name: Jamu koli, Jamu

Medicinal uses

Leaf

- Juice used as an antidote opium poisoning.
- Effective in reducing jaundice.

Fruit

- Used to treat diabetes and dysentery.

Seed

- Applied externally to treat ulcer and sores.
- It controls blood sugar level.

Bark

- Decoction given to females with recurrent miscarriages.
- Used to treat constipation.



26. Lemon

Botanical name: *Citrus aurantifolia* (Christm. & Panz.) Sw.

Family: Rutaceae

Vernacular name: Kagaji lembu, Lembu

Medicinal uses

- It is a rich source of vitamin C an antioxidant which helps to protect cells from damage.
- It improves immune system.
- Lemon water is used for weight management.
- It helps the body to absorb more iron from plant based food.
- Citric acid present in it helps in prevention of kidney stone formation.



27. Marigold

Botanical name: *Tagetes erecta* L.

Family: Asteraceae

Vernacular name: Gendu, Makhamalli

Medicinal uses

Leaf

- Leaves are used as an antiseptic agent.
- It is also used in kidney troubles, muscular pain, piles, and applied to boils.
- Juices of leaf put on the skin to treat eczema.
- It is used to treat intestinal worm, gas, stomach pain and dysentery.
- It is used to treat sores and ulcer.

Flower

- It is used as mosquito repellent.



28. Moringa

Botanical name: *Moringa oleifera* Lam.

Family: Moringaceae

Vernacular name: Sajana, Muniga

Medicinal uses

Leaf

- It is considered as super food as it contains a lot of vitamins and minerals.
- Used in the treatment of diabetes and hypertension.
- It has liver protective activity.

Seed

- Helps to lower blood sugar level.
- It has anti inflammatory activity.



29. Neem

Botanical name: *Azadirachta indica* A. Juss.

Family: Meliaceae

Vernacular name: Neem, Nimba

Medicinal uses

Leaf

- Juice is used to cure skin diseases.
- Decoction of leaf is used to alleviate dandruff.
- Act as a blood purifier.
- Powdered leaf can be used to manage diabetes.

Seed

- Oil extracted from seed used as mosquito repellent.

Twig

- Brushing teeth with neem twig maintains oral health.



30. Night blooming jasmine

Botanical name: *Nyctanthes arbor-tristis* L.

Family: Oleaceae

Vernacular name: Gangasiuli, Sephali, Sringarahara

Medicinal uses

Leaf

- Juices are useful to treat fever, cough and cold.
- It used to kill intestinal worm.

Stem

- It used to treat rheumatic joint pain and malaria.

Flower

- It is used to treat mouth ulcer, scabies and skin disease.

Seed

- It is used to prevent hair fall.
- It is used treat piles, scabies and other skin diseases.



31. Nut grass

Botanical name: *Cyperus rotundus* L.

Family: Cyperaceae

Vernacular name: Mutha

Medicinal uses

Tuber

- Used to treat diarrhoea, stomach and bowel disorders.
- Used for the treatment of menstrual irregularities.
- Used in the treatment of malaria, fever and cough.



32. Papaya

Botanical name: *Carica papaya* L.

Family: Caricaceae

Vernacular name: Amrutabhanda, Bhandra

Medicinal uses

Leaf

- Fresh juice increases blood platelet count and reduce fever during dengue.
- Treatment of diabetes and controls blood sugar level.

Raw fruit

- Raw papaya contains enzyme papain which improves digestion.
- Topical application promotes wound healing.

Seed

- Regulates metabolism and helps to reduce obesity.
- Rich in fibre which check cholesterol level in body.



33. Periwinkle

Botanical name: *Catharanthus roseus* (L.) G. Don.

Family: Apocyanaceae

Vernacular name: Sadabihari, Panitagar

Medicinal uses

Leaf

- Contains alkaloids vinblastine and vincristine which have potent anticancer property.
- Relieves muscle pain.
- The dried leaf or complete plant taken orally to treat diabetes after boiling with water.

Root

- Ground and decocted root is used for curing urinogenital infections



34. Pomegranate

Botanical name: *Punica granatum* L.

Family: Lythraceae

Vernacular name: Dalimba, Anar

Medicinal uses

Leaf

- Used for the treatment of stomach ache and diarrhea.

Fruit

- Juice helps to reduce diabetes.
- Antioxidants present in the blood act as blood thinner.
- Juice is a good source of potassium that regulates healthy muscle function, nerve function and heart rate.

Peel

- Used to treat ulcer and diarrhea.



35. Pongamia

Botanical name: *Pongamia pinnata* L.

Family: Fabaceae

Vernacular name: Karanja

Medicinal uses

Leaf

- Juice used in the treatment of leprosy, diarrhea, flatulence, cough and cold.
- Act as blood purifier and antiseptic.

Seed

- Helpful in the treatment of whooping cough, piles, liver pain, chronic fever, ulcer.
- Oil extracted from seeds useful to treat skin infections.

Root

- Used as a tooth brush for oral hygiene.
- Used to treat vaginal and skin diseases.



36. Punarnava

Botanical name: *Boerhavia diffusa* L.

Family: Nyctaginaceae

Vernacular name: Puruni, Ghoda puruni, Atikapodi

Medicinal uses

Leaf

- It is a good liver stimulant and cures jaundice.
- Used as appetizer.
- Fine leaf paste brings cooling effect and relieves swelling of eyes.

Root

- Decoction is effective against conditions like painful urination and urinary obstruction.
- Used for treatment of cough and asthma.
- Can be used as hepatic protective, laxative and anti helminthic.



37. Tridax daisy

Botanical name: *Tridax procumbens* L.

Family: Asteraceae

Vernacular name: Visalyakarani,
Raktakhai, Vana sehati

Medicinal uses

- Concoctions of extracts leaf, stem, flower, and roots are used to treat diabetes and arthritis.
- It has wound healing activity.
- It has liver protective, anti-dysentery and anti-inflammatory property.
- It is used to treat various elements.
- It improves immunity.



38. Vasaka

Botanical name: *Justicia adhatoda* L.

Family: Acanthaceae

Vernacular name: Vasanga

Medicinal uses

Leaf

- Effective against cough, bronchitis, asthma.
- Used in medicine to remove sputum.
- Used to prepare medicine for eye ailments.
- It has antimicrobial property so helpful against tuberculosis.

Root

- Effective against cough and asthma.



39. White thorn apple

Botanical name: *Datura stramonium* L.

Family: Solanaceae

Vernacular name: Dhatura, Dudura

Medicinal uses

Leaf

- It is used to treat respiratory troubles including common cold, flu, whooping cough, asthma, bronchitis etc.
- Due to its sedative and hypnotic property it relieves stress.
- It helps to reduce various symptoms of anxiety like uneasiness, restlessness, cold hands and feet.
- It is used as remedy for various psychotic problems like depression and dementia.
- It improves fertility.
- It improves immune system.
- It is used to treat flatulence, bloating, constipation etc.



40. Wood apple

Botanical name: *Aegle marmelos* (L.) Corr.

Family: Rutaceae

Vernacular name: Bela

Medicinal uses

Leaf

- Fresh juice reduce diarrhea.
- Juice reduces blood sugar in diabetic patient.

Fruit

- Unripe fruit pulp help to reduce diarrhea and blood sugar level.
- Prevent stomach ulcer formation.
- Ripen fruit pulp has laxative and digestive effects.

