

Medicinal Plants: The plants which contain some medical potentialities are known as medicinal plants. They are broadly known as jari-butis. The medicinal plants contain some chemical substances that produce a certain physiological action on the human body.

The various parts of the plant such as roots, rhizome, bark, stem, leaves, flowers, fruits and seeds are used to obtain various drugs. Some of the medicinal plants are as follows.

1. *Mentha arvensis* L.

Family– (Labiatae) Lamiaceae

English name – Field mint

Nepali name – Pudina, Babari

Parts used: Leaves, whole plant

Uses:

- a. It serves as a good blood cleanser, since it is antiseptic and anti-bacterial.
- b. Crushed leaves are applied on the forehead to cure headaches.
- c. Leaves are a great remedy to relieve the pain caused during menstrual cramps.
- d. It is used as a carminative and expectorant.

2. *Justicia adhatoda* L.

Family– Acanthaceae

English name – Malabar nut

Nepali name – Asuro

Parts used: Leaves, roots, flowers and stem bark

Uses:

- a. The leaves are rich in vit. C and carotene and yield an essential oil.
- b. The leaves, flowers, fruits and roots are extensively used for treating cold, cough, asthma, chronic bronchitis etc.
- c. The fresh juice from leaves has been used to treat tuberculosis.
- d. The leaves are known to moderate the hypotensive activity by lowering the blood pressure.

3. *Zingiber officinale* Rosc.

Family– Zingiberaceae

English name – Ginger

Nepali name – Aduwa

Parts used: Rhizomes

Uses:

- a. It forms one of the main spices for preparing curries and vegetables.
- b. Ginger tea is considered a good remedy for colds.

- c. Ginger paste applied to temples, relieves headache.
- d. The juice of rhizome with honey is given in the treatment of cough and asthma.

4. *Rouwolfia serpentina* (L.) Benth. ex Kurz.

Family– Apocynaceae

English name – Serpentine

Nepali name – Sarpagandha

Parts used: Root

Uses:

- a. The root paste is given to cattle to treat diarrhea.
- b. It has been used to treat insect stings and the bites of venomous reptiles.
- c. The compound reserpine was used to treat high blood pressure and mental disorders.
- d. The root paste is applied to the wound of snakebite.

5. *Cinnamomum zeylanicum* Blume

Family– Lauraceae

English name – Cinnamon

Nepali name – Dalchini

Parts used: Bark

Uses:

- a. It is used in dessert dishes since it is delicate in flavour.
- b. It helps in relieving vomiting, due to its mild astringency.
- c. The decoction of bark is used in the treatment of diarrhea, nausea, gastric disorder, vomiting.
- d. It reduces the proliferation of leukemia and lymphoma cancer cells.

6. *Datura stramonium* L.

Family– Solanaceae

English name – Thorn apple

Nepali name – Dhaturu

Parts used: Seeds, flowers, leave

Uses:

- a. It is internally used for dry mouth, hallucinations (illusion of hearing and seeing) and coma.
- b. The juice of fruit is applied to the scalp (skin of head), to treat dandruff and falling hair.
- c. The plant is used as a poultice (soft medicated) in treating fistulas, abscesses wounds.

d. The dried leaves are smoked to get relief from asthma.

7. *Papaver somniferum* L.

Family– Papaveraceae

English name – Opium poppy

Nepali name – Afim

Parts used: Fruit, seed, flower

Uses:

- a. It is widely used for medicine that is considered the most effective way of relieving severe pain.
- b. It is used to remedy cancer, cold, conjunctivitis, diarrhea, dysentery, fever, headache etc.
- c. Seeds are a source of a drying oil that is used for manufacture paints, varnishes and soaps.
- d. The oil cakes serve as a fodder for cattle.

8. *Santalum album* L.

Family– Santalaceae

English name – White sandal wood

Nepali name – Shrikhanda

Parts used: Bark, wood, oil

Uses:

- a. Oil has antiseptic properties that are used in healing disorders like urinary and genital organs, gonorrhoea, sexually transmitted diseases.
- b. The paste of wood is a cooling dressing in inflammatory and eruptive skin diseases.
- c. The paste applied on the temple relieves headache and bring down the temperature in fevers.
- d. The paste prevents excessive sweating and heals inflamed skin.

9. *Elettaria cardamomum* (L.) Maton

Family– Zingiberaceae

English name – Cardamom

Nepali name – Alaichi

Parts used: Fruits, seeds

Used:

- a. It is used internally for indigestion, vomiting and pulmonary disease.
- b. It is used to kidney stones and gall stones.
- c. It is used to prevent stomach pain, griping as well as flatulence.
- d. Seeds are chewed to sweeten the breath and to detoxify caffeine.

10. *Cordyceps sinensis* (Berk) Sacc.

Family– Hypocreaceae

English name – Yarchagumba

Nepali name – Yarsagumba

Parts used: Whole plants

Uses:

- a. It is used regularly in treatment of patient of leukemia, heart, liver and kidney problem.
- b. It is used as treatment against respiratory ailments such as asthma, bronchitis, cough and lung infections.
- c. It is used to relieve pain and be effective in the treatment of arthritis and cramps.

11. *Azadirachta indica* A. Juss

Family– Meliaceae

English name – Margosa tree

Nepali name – Neem tree

Parts used: Leaves, flowers, oil, seeds

Uses:

- a. Neem products are antifungal, antidiabetic, antibacterial, antiviral, antifertility.
- b. Its oil is used for preparing cosmetics.
- c. The decoction of root is used to relieve fever.
- d. The extract of neem leaves is helpful in treating malaria and purifying blood.

12. *Ocimum sanctum* L.

Family– (Labiatae) Lamiaceae

English name – Holy basil

Nepali name – Tulsi

Parts used: Root, leaves, tender of shoot, seeds

Uses:

- a. The oil has potent (strong) antioxidant, anticancer, antiviral and antibacterial properties.
- b. It serves as herbal remedy for disease related to brain, heart, lungs, bladder and kidney.
- c. Dried leaves are used in a snuff, as a remedy for colds.
- d. The herb is used in malaria, bronchitis cough, headache, lung problems, arthritis, and gastric disorders.

13. *Aloe vera* (L.) Burn f.

Family– Liliaceae

English name – Aloe, Indian alces

Nepali name – Ghyukumari

Parts used: Flowers, root, leaves

Uses:

- a. It is useful for treating dermatitis, cutaneous disorder of skin.
- b. Its juice is tonic and used in jaundice, piles etc.
- c. The juice is used as an effective pain killer.
- d. It is used to make antiseptic, which can kill mold, bacteria and fungus.

14. *Melia azedarach* L.

Family– Meliaceae

English name – China berry, Umbrella tree

Nepali name – Bakena

Parts used: Whole plant

Uses:

- a. Barks are used to treat ringworms.
- b. Flower is applied to eruptive skin diseases.
- c. Decoction of leaf is regarded as astringent and stomachic.
- d. Extract of heart wood is useful in asthma.

15. *Dactylorhiza hatagirea* (D. Don) Soo

Family– Orchidaceae

English name – Orchid

Nepali name – Panch aunle

Parts used: Root

Uses:

- a. It provides strength to the body.
- b. Root is used in urinary troubles.
- c. The paste of rhizome is applied on cuts and wounds.
- d. The paste is helpful in nervous weakness.