

Systematic position and medicinal uses of the following herbs

➤ **Tulsi** –

Systematic position

Kingdom : Plantae
Family : **Lamiaceae**
Genus : Ocimum
Species : tenuiflorum
Scientific Name : ***Ocimum tenuiflorum L.***
Syn.- *Ocimum sanctum L.*



Medicinal uses

- Used as expectorant, anti-aging, carminative, antiperiodic, promotes healthy heart; used in cold, cough, gastric disorder; treats kidney stones; relieves fever and headaches; fights acne and maintain eye health and oral health.

Leaf—carminative, stomachic, antispasmodic, antiasthmatic, antirheumatic, expectorant, stimulant, hepatoprotective, antiperiodic, antipyretic and diaphoretic.

Seed— used in genitourinary diseases.

Root—antimalarial.

Whole Plant—adaptogenic, antistress.

Essential oil (mostly eugenol)— antibacterial, antifungal.

The **Ayurvedic Pharmacopoeia of India** recommends the use of the leaf and seed in rhinitis and influenza; the seed in psychological disorders, including fear-psychosis and obsessions

Chemical composition

Some of the phytochemical constituents of *tulsi* are oleanolic acid, ursolic acid, rosmarinic acid, eugenol, carvacrol, linalool, β -caryophyllene. Tulsi essential oil consists mostly of eugenol.

➤ **Ginger –**

Systematic position

Kingdom : Plantae
Family : **Zingiberaceae**
Genus : Zingiber
Species : officinale
Scientific Name : ***Zingiber officinale* Roscoe**



Medicinal uses

Used as aromatic stimulant, carminative, flavouring agent; used in cold, cough and asthma; curing sore in throat, dyspepsia; relieves vomiting spasm

Rhizome—antiemetic, antifatulent, hypocholesterolaemic, anti-inflammatory, antispasmodic, expectorant, circulatory stimulant, diaphoretic, increases bioavailability of prescription drugs. Used for irritable bowel and diarrhoea, colds and influenza. Showed encouraging results in migraine and cluster headache. Prevent motion sickness

The Ayurvedic Pharmacopoeia of India recommends dried rhizomes in dyspepsia, loss of appetite, tympanitis, anaemia, rheumatism, cough and dyspnoea; fresh rhizomes in constipation, colic, oedema and throat infections.

Chemical composition

Some of the phytochemical constituents are gingerols, shogaols, β -sesquiphellandrene, β bisabolene, α -curcumene and alpha zingiberene, etc.

➤ Fenugreek –

Systematic position

Kingdom : Plantae
Family : **Leguminosae**
Genus : Trigonella
Species : foenum-graecum
Scientific Name : ***Trigonella foenum-graecum* L.**



Medicinal uses

Used as hypocholesterolemic, antioxidant, hepatoprotective, anti-inflammatory, antibacterial, antifungal, antiulcer, antilithigenic; used in diabetes, dysmenorrhea, eczema; promotes breast milk production; treats weight loss, baldness, male infertility; relieves chronic cough, fever, constipation.

Seeds— used in loss of appetite, flatulence, dyspepsia, colic, diarrhoea, dysentery; enlargement of liver and spleen; and as a lactagogue and puerperal tonic.

Chemical composition

Some of the phytochemical constituents of fenugreek are Trigonelline,

N-Methylhomopiperazine, Vitamin E, Choline etc.

➤ Indian Goose berry –

Systematic position

Kingdom : Plantae
Family : **Phyllanthaceae**
Genus : Phyllanthus
Species : emblica
Scientific Name : ***Phyllanthus emblica* L.**

Syn.- *Emblica officinalis* Gaertn.



Medicinal uses

Fruit—antianaemic, anabolic, antiemetic, bechic, astringent, antihaemorrhagic, antidiarrhoeal, diuretic, antidiabetic, carminative, antioxidant. Used in jaundice, dyspepsia, bacillary dysentery, eye trouble and as a gastrointestinal tonic. Juice with turmeric powder and honey is prescribed in diabetes insipidus.

Seed—antibilious, antiasthmatic. Used in bronchitis.

Bark— used as astringent.

Leaf—juice is given in vomiting. A decoction of powdered pericarp is prescribed for peptic ulcer.

Chemical composition

Some of the major phytochemical constituents are **vitamin-C** (Ascorbic acid); Emblicanin-A,-B; Punigluconin; Pedunculagin; Chlorogenic acid; Glucogallin; 3,6-di-*O*-galloyl-D-glucose; 1,6-di-*O*-galloyl- β -D-glucose; Chebulagic acid; Corilagin; L-malic acid 2-*O*-gallate; Mucic acid 2-*O*-gallate; Coumaric acid; Myricetin; Caffeic acid, etc.

➤ Ashoka –

Systematic position

Kingdom : Plantae
Family : **Leguminosae**
Genus : Saraca
Species : asoca
Scientific Name : ***Saraca asoca* (Roxb.) Willd.**



Medicinal uses

Bark—uterine tonic, used for suppressed menses, leucorrhoea, menstrual pain, menorrhagia, complaints of menopause. Also used for dyspepsia, biliousness, colic, burning sensation.

Flowers—pounded and mixed with water, used in haemorrhagic dysentery, bleeding piles and retention of urine.

The Ayurvedic Pharmacopoeia of India recommends the bark in menorrhagia, chronic lymphadenitis (inflamed and enlarged lymph nodes) and inflammations.

Chemical composition

Some of the phytochemical constituents of Ashoka are tannin, catechol, ketosterol, haemotoxylene etc.

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