



# SACRED HEART COLLEGE (AUTONOMOUS) TIRUPATTUR

## HERBAL GARDEN

### **Introduction:**

Herbal garden is a section of a garden planted with herbs having medicinal applications used for various ailments. Herbs and medicinal plants are prized for being vital components that can be used into medications that can save lives. In addition, these plants are essential to the health, happiness, and human cultures of people everywhere. The Herbal garden was initiated in the Sacred Heart College Campus by the PG & Research Department of Biochemistry coordinated by Dr. A. Jayaprakash in collaboration with Arul Murugan Garden, Chennai which included important medicinal herbs of twenty nine species.

### **Objectives:**

- The goal of the herbal garden is to educate students and faculty members about the traditional uses and conservation of herbs and medicinal plants.
- To serve as a resource for students and faculty members and others to learn how to recognize and preserve these significant plants.
- To utilize the herbal plants for the project work for undergraduate, post-graduate and research students.
- To serves as a platform for the development of new drugs produced from these herbal plants.
- To maintain rare, endangered and endemic plants and train students in developing nursery and related activities.
- To serve as a mode of conservation of plants through organic farming.

### **Outcome of the herbal garden:**

- Students and faculty members can be given opportunity to learn the techniques in raising nursery as training for self-employment.
- Versatile herbs can be grown in controlled climatic conditions which can be made available for all.
- Rare and endemic plants raised in this setup serve as germplasm conservation.

## LIST OF HERBAL PLANTS

### 1. நொச்சி

Binomial: *Vitex negundo*

Family: Lamiaceae

Common name: Chinese chaste tree

Medicinal values: Mosquito repellent, treating sinusitis, cures inflammation, pain relief, used for skin disorders & respiratory problems.

### 2. துளசி

Binomial: *Ocimum tenuiflorum*

Family: Lamiaceae

Common name: Holy Basil

Medicinal values: cures cold, cough, immunomodulator, anti-oxidant, stress reducer, supports respiratory health, blood purifier & prevent ulcers.

### 3. கருந்துளசி

Binomial: *Ocimum gratissimum*

Family: Lamiaceae

Common name: Black basil

Medicinal values: used for fever, stress relief, skin care, respiratory health, anti-cancer, anti-fungal & anti-microbial properties.

### 4. சீனிதுளசி

Binomial: *Stevia rebaudiana*

Family: Asteraceae

Common name: Candy leaf plant

Medicinal values: Natural sweetener, blood sugar management, weight management, dental health, blood pressure support, anti-hypertensive, anti-obesity & anti-oxidant properties.

### 5. கற்பூரவள்ளி

Binomial: *Coleus ambonicus*

Family: Lamiaceae

Common name: Mexican mint

Medicinal values: Cures cold, cough and congestion, reduce inflammation and swelling, heals wound and insect bites.

#### 6. வெட்டிவேர்

Binomial: *Chrysopogon zizanioides*

Family: Poaceae

Common name: Vetiver/Khus

Medicinal values: The roots of this plant are used in traditional medicine for their cooling and calming properties, used in herbal baths, oils and perfumes.

#### 7. பிரண்டை

Binomial: *Cissus quadrangularis*

Family: Vitaceae

Common name: Veldt grape

Medicinal values: Bone-regenerating properties, cures fracture and bone related health & weight management.

#### 8. ரணகள்ளி

Binomial: *Kalanchoe pinnata*

Family: Crassulaceae

Common name: Air plant

Medicinal values: Effectively used to cure kidney stones, cures piles & purifies blood.

#### 9. எலுமிச்சை புல்

Binomial: *Cymbopogon citratus*

Family: Poaceae

Common name: Lemon grass

Medicinal values: Used in teas and aromatherapy for its calming and relaxing effects, prevent growth of bacteria and yeast, relieve pain and swelling.

#### 10. முடக்கத்தான்

Binomial: *Cardiospermum halicacabum*

Family: Sapindaceae

Common name: Ballon vine

Medicinal values: Rheumatism, used for abdominal pain & nervous disorders.

### 11. தூதுவளை

Binomial: *Solanum trilobatum*

Family: Solanaceae

Common name: Alarka/Purple fruited pea eggplant

Medicinal values: Used traditionally for respiratory issues and asthma, tuberculosis & bronchial asthma.

### 12. கற்றாழை

Binomial: *Aloe vera*

Family: Asphodelaceae

Common name: Aloe vera

Medicinal values: Fights acne, anti-ageing, hydrating, supports digestion & immune system.

### 13. சிரியா நங்கை

Binomial: *Andrographis alata*

Family: Acanthaceae

Common name: green chiretta

Medicinal values: Cures fever and liver disorders, treatment of jaundice.

### 14. திருநீற்றுப்பச்சிலை

Binomial: *Ocimum basilicum*

Family: Lamiaceae

Common name: Sweet basil

Medicinal values: Treating blood vomiting, anti-bacterial, cures acne & pimples.

### 15. வெற்றிலை

Binomial: *Piper betle*

Family: Piperaceae

Common name: betel

Medicinal values: Helps digestion, cures cold and cough, prevents halitosis, improves vocalization & strengthens gums.

16.பூனை மீசை

Binomial: *Orthosiphon stamineus*

Family: Lamiaceae

Common name: Cat whiskers plant

Medicinal values: Cures asthma, used to heal bladder problems, reduces blood sugar & weight loss.

17.இன்சலின் செடி

Binomial: *Costus igneus*

Family: Costaceae

Common name: Insulin plant

Medicinal values: Used to treat diabetes, reduces blood pressure & blood glucose.

18.சித்தரத்தை

Binomial: *Alpinia calcarata*

Family: Zingiberaceae

Common name: Galangal plant

Medicinal values: Expels toxin from the body and improve blood circulation, cures cough.

19.தவசி முருங்கை

Binomial: *Sauropus androgynus*

Family: Phyllanthaceae

Common name: Sweet leaf bush

Medicinal values: Used as tonic and as a febrifugal to relieve internal fever, used in food for its nutritive value.

20.முருங்கை

Binomial: *Moringa oleifera*

Family: Moringaceae

Common name: Moringa

Medicinal values: Fights inflammation, protects liver, lowers cholesterol & rich in nutrition.

### 21.நித்திய கல்யாணி

Binomial: *Catharanthus roseus*

Family: Apocynaceae

Common name: Madagascar periwinkle

Medicinal values: Used as anti-cancer drug & treatment of acute leukaemia.

### 22.சங்கு பூ

Binomial: *Clitoria ternatea*

Family: Fabaceae

Common name: Butterfly pea plant

Medicinal values: Used in herbal tea, anti-inflammatory properties & reduces stress

### 23.மருதானி

Binomial: *Lawsonia inermis*

Family: Lythraceae

Common name: Henna

Medicinal values: Used as natural dye, medicine for skin conditions, intake for stomach and intestinal ulcers.

### 24.செம்பருத்தி

Binomial: *Hibiscus rosasinensis*

Family: Malvaceae

Common name: Shoeblack plant

Medicinal values: Regulates blood pressure & promotes hair growth.

### 25.தொட்டாச் சிணுங்கி

Binomial: *Mimosa pudica*

Family: Fabaceae

Common name: Touch me not plant

Medicinal values: Anti-diabetic, anti-hepatotoxic, anti-asthmatic & aphrodisiac.

### 26.ரோஸ் மேரி

Binomial: *Rosmarinus officinalis*

Family: Lamiaceae

Common name: Rosemary

Medicinal values: Used in cooking for its aroma, reduces stress & used in aroma therapy.

### 27. திப்பிலி

Binomial: *Piper longum*

Family: Piperaceae

Common name: Long pepper

Medicinal values: Respiratory ailments, treats acute and chronic bronchitis, fever, cough & piles.

### 28. சந்தன மரம்

Binomial: *Santalum album*

Family: Santalaceae

Common name: Sandal wood

Medicinal values: Sandal wood oil is used curing various skin conditions, anti-septic, astringent & treatment for headaches.

### 29. செம்மரம்

Binomial: *Pterocarpus santalinus*

Family: Fabaceae

Common name: Red sandal tree

Medicinal values: Skin health benefits, anti-pyretic effect, reduce inflammation & cooling agent.

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