

**A BRIEF SATUDY OF MEDICINAL PLANTS AND THEIR PREPARATION OF MALLADIHALLI  
ANATHASEVASHRAMA**

**UNDER THE GUIDESHIP OF PROF.C.N.VENKATESH**

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**ABSRTACT;- Malladihalli:** fifty five km from Chitradurga, and 9.4 km from Holalkere, towards Shivmoga. This village is well known for the Ragavendra Swami Seva Ashram that turns an orphanage, Yoga education and Ayurvedic college and Hospital. Anatha sevashrama educational institutions: Gurukul High school PU College Teachers training College Ayurvedic College and Hospital. He build the great anatha sevashrama with the help of the begging bowl of sri raghavendraswamiji. His begginig bowl really worked as “**Akahayapathra**”. Alovera is a stem less or very short-stemmed succulent plant growing to 60–100 cm (24–39 in) tall, spreading by offsets. The leaves are thick and fleshy, greentogrey-green, with some varieties showing white flecks on their upper and lower stem surfaces. **Bael** is the most ancient sacred tree in India. Mostly, it is planted near the temple and used as a dedication to Gods. The use of this plant is seen in Scripture like Vedas and Mahabharata. The plants peciesactasa climate purifier by absorbing poisonous gas from the atmosphere. The products obtained from Bael are highly nutritive as well as therapeutic. **Neem** tree is generally considered to be an air purifier and a preventive against malarial fever and cholera. All parts of the tree possess medicinal properties. The leaves are useful in relieving flatulence, promoting the removal of catarrhal matter and phlegm from the bronchial tubes, and in increasing secretion and discharge of urine.

**KEY WORDS; MALLADIHALLI, ANATHA SEVAASHRAMA, AYRVEDIC, NEEM, ALOVERA, BEAL, YOGAGURU,**

## INTRODUCTION

**Malladihalli:** fifty five km from Chitradurga, and 9.4 km from Holalkere, towards Shivmoga. This village is well known for the Ragavendra Swami Seva Ashram that turns an orphanage, Yoga education and Ayurvedic college and Hospital. Anatha sevashrama educational institutions: Gurukul High school PU College Teachers training College Ayurvedic College and Hospital.

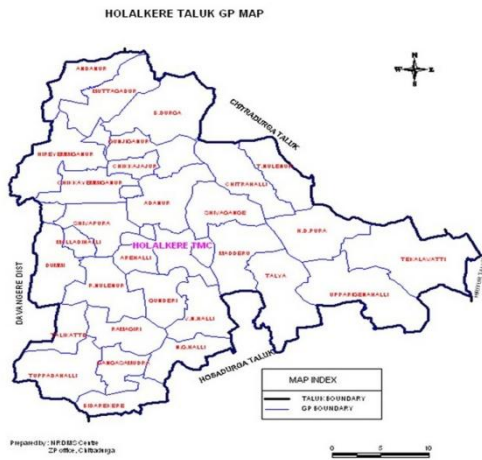
**Area** **12,2km<sup>2</sup>**

**Total Population** 14,574

**Density** 1,194.59/km<sup>2</sup>

**Pin code;** 577531

Languages: Official: Kannada



### Sri Raghavendra Swamiji

**Sri. Raghavendra Swamiji of Malladihalli** (1890–1996), was a founder of Anatha Sevashrama Trust, Malladihalli, Chitradurga dist. Raghavendra Swamiji was born in Kerala. This Yoga and Ayurvedic Guru treated more than 3 million people for various diseases through his Ayurvedic medicines, and Yoga without any operations. He constructed an Ayurvedi Hospital at Malladihalli and Vishwa Yoga and various Educational Mandir institutions.

He was an author of various Yoga and Ayurvedic books, Literature, Dramas, Bhajans etc., published in his pen name Thiruka. Raghavendra Swamiji was born in Kerala, to parents Anantha Padmanabha and mother Padmambal. His original name was Kumaraswamy.

Till 1943 **Sri B. Raghavendra Rao** who later became Raghavendra Swamiji was wandering through the coastal and rural areas of middle Karnataka, conducting a number of camps of 41 days for the purpose to impart training in yoga and in values of life. In **January 1943** during his philanthropic journey he came over to Malladihalli and conducted the training camp here.

He had just wound up the camp, there was an outbreak of cholera in the village. He, who had learnt Ayurveda from renowned **Ayurvedapandit, Laxman Baba** of Karachi, now in Pakistan, plugged into service of victims of cholera. He visited each house in the village and treated the victims of cholera. With the small Charity of the village people, he established an humble ashram and the **sevashrama** on the day of **mahashivaratri in 1943**.

He built the great **Anathasevashrama** with the help of the begging bowl of Sri Raghavendraswamiji. His begging bowl really worked as “Akahayapathra”.

In 1958 Swamiji established a teachers training institute which bears the name **Sarva Seva Bodhaka Shikashanalaya** (Shikshakara Tharabethi Kendra). Anathasevashrama Campus has spread over an area of 80 acres of land. It has become a prime educational center. It is used in the rural area for the poor and humble people of Karnataka.

### SRI RAGHAVENDRA SWAMIJI'S CONTRIBUTION TO YOGA, AYURVEDA, DRAMATICS AND LITERATURE.

**Sri raghavendra Swamiji** was trained in yoga and physical exercises by Prof. Rajarathna Manik Rai of Baroda, and he had a **B.P.E Degree**. It is obvious that he took to impart yoga Education to the youth as the first and foremost important activity of Anathasevashrama. He started **Pathanjala Mula Yoga Tarabethi Shibira** (yoga Training Camp) in the **Year 1953**. Since then the camps are held every year regularly. So far 55 such camps are held in ashrama and thousands of people from all over Karnataka are trained and initiated in **Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dyana** and Samadhi. Besides these special camps, Swamiji laid firm foundation for regular Yoga activities in Ananthasevashrama. Every day in the early morning students in ashrama pray '**Maruthi**' and perform '**Gurunamaskara**' and some essential yoga postures. 'Suryanamaskara, Considering his work in the popularizing Yoga among the community of Modern **Karnataka Government of Karnataka** invited him to head the committee to design **syllabus of yoga training** in Primary and Secondary levels of Education. And he was honored as "Honorary Director of yoga Training". He formulated the Yoga Syllabus at the state levels.

As the second priority **Swamiji** took up **Ayurveda** to treat poor people of rural area who were suffering from various chronic ailments. He was versatile Ayurveda Pandith and his expertise in Nadis and preparation of Herbal Medicines is exemplary. He was specialized in the treatment of Asthma and respiratory ailments, skin diseases including soriyasis, infertility etc. he built a huge hospital complex which now shelters **Sri Raghavendra Ayurveda Medical College and Hospital** and a Pharmacy unit.

Considering his yeomen service in the field of Ayurveda medicine Karnataka government honored him with the title of "**Abhinava Dhanawanthari**" for six times.

### INTRODUCTION TO MEDICINAL PLANTS

Medicinal plants have been identified and used throughout human history. Plants have ability to synthesize a wide variety of chemical compounds that are used perform important biological functions, and to defend against attack from predators such as insects, fungi and herbivorous mammals.

- Medicinal plants refer to using a plant seeds, bark leaves, roots or flowers for medicinal purposes.

#### Example:

1. Aloe vera
2. Amla
3. Ashwagandha
4. Beal
5. Neem
6. Tulsietc

Herbal medicine is one of the oldest forms of medical treatment in history. Conservation of natural resources and the capability to utilize the min sustained manner are essential for the well-being and continued survival of man.

Now a day's Ayurveda is a development science. It was explained in ancient time. Now people it as not ancient but it was before creation of srusti explained of in the science, some Acharyas (sage) were explained it was a science of Vedics in that ayurveda related more in the Atharvarna veda, because in the both concept have been related to same, in this science having different preparation based on the drugs availability, ayurveda science having aim and objectives "**swasthasya swastha rakshana athurasya vikara prasamanam**" that is to maintain healthy person in healthy state and preventive some diseases, by taking of this shloka ayurveda sages are explained in different

preparation of medicine based on origin.

Some preparations are prepared by using mineral components are called as mineral preparation some prepared medicine by using herbal drugs are called as Herbal preparation, some prepared medicine by using herbal and mineral drugs are called as herbal and mineral preparation, among this preparation now days public awareness towards medicinal plants so we selected medicinal plants related to Anathasevashrama trust.

Herbal garden having 260 drugs are available among so many drugs are very important for use of therapeutic uses in single drug therapy or combination of drugs in different forms for eradication of chronic diseases. In the Ashrama having herbal garden and pharmacy both are under working in the herbal preparation.

Medicines which are drugs used to reduce the diseases without having any adverse effect called as medicine.

Medicinal plant used to reduce or eradication of diseases without any complication is called medicinal plant.



## ALOEVERA

**Kingdom :** Plantae

**Order :** Asparagales

**Family :** Agavaceae

**Genus :** Aloe

**Species :** Avera

### Description:

Aloevera is a stem less or very short-stemmed succulent plant growing to 60–100 cm (24–39 in) tall, spreading by offsets. The leaves are thick and fleshy, greentogrey-green, with some varieties showing white flecks on their upper and lower stem surfaces. The margin of the leaf is serrated and has small white teeth. The flowers are produced in summer on as pike up to 90cm (35in) tall, each flower being pendulous, with a yellow tubule a corolla 2–3cm (0.8–1.2in) long. Aloevera leaves containphy to chemical sunder study for possible bioactivity



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### Distribution

The natural range of *A. vera* is unclear, as the species has been widely cultivated throughout the world. Naturalised stands of the species occurring the southern half of the Arabian Peninsula, through North

Africa (Morocco, Mauritania, Egypt), as well as Sudan and neighboring countries. Several closely related (or sometimes identical) species can be found on the two extreme sides of the Sahara: dragon trees (*Dracaena*) and Aeonium being two of the most representative examples.

### Partused

- Leaves, Root Medicinal uses:

Green leaves contain aloe gel and sticky yellow residue called latex. **Burn healing. Wound healing. Treat sunburn.** Radiation-induced skin reactions. Aloe with conditioner for silkier, smoother hair.



- Take orally to reduce cholesterol and triglycerides for a healthy heart.
- Aloe vera is very versatile. It's your immediate assistant for relieving burns from sun exposure, chemical burns, or burns from a fire.
- It's even used in the burn units of some hospitals. However, beyond the emergencies and immediate medicinal uses of aloe vera.
- It can be added to their ingredients to make soap, facial toners, facial scrubs and masks, aftershave, mists, lip balm, salve, tinctures, washes, creams and astringents.
- One of my favorite ways to use aloe vera is to drink its juice. It's incredibly cleansing and has a really tasty punchy flavor.
- Aloe vera remedies come in the form of shampoos that make your hair naturally sparkle. When combined with other plants and oils for this particular use, the medicinal uses of aloe vera truly shine (no pun intended)
- Aloe vera gel has a pH of 4.3 that makes it wonderful for shampoo and lotions.
- Aloe vera has been known as herbal medicine for healing wounds, cuts, burns.

#### Preparation

**Juice;** selected fleshy leaves of aloe vera washed with clear water with the help of knife, leaves of the above layer should be removed inside the transparent pulp collected and kept in mortar and pestle make it proper paste, then it turns to liquid, that liquid is taken in cleaned cloth, squish it then after liquid is called as juice.

**Therapeutic uses;** Liver disorder, anemia, disorder and indigestion etc. **Fungal infection, menstrual disorder, intestinal**

#### AMLA

##### Classification

<b>Kingdom</b>	: Plantae
<b>Class</b>	: Magnoliopsida
<b>Order</b>	: Malpighiales
<b>Family</b>	: Phyllanthaceae
<b>Genus</b>	: Phyllanthus
<b>Species</b>	: Emblica



##### Description:

Amla is the medium size deciduous plant. It grows with spreading branches. Its flower is yellow greenish in color.

The fruit is spherical pale yellow with six vertical furrows. The mature fruits are hard and do not fall for the gentle touch. The average weight of the fruit is 60-70g. It has a gray bark and reddish wood. Its leaves are feathery, linear oblong in shape and smell like lemon. Its wood is hard in texture. It cracks and splits when exposed in the Sun or in the excessive heat. Amla has been regarded as the sacred tree in India.

##### Location:

It is planted throughout the deciduous of tropical India and on the hill slopes up to 2000 meter. It is commercially cultivated in the state of Uttar Pradesh in India. It is also highly grown in Tamil Nadu, Rajasthan and Madhya Pradesh.

also.

**Cultivation methods:**

Amla can grow in light as well as the heavy soils. It is grown under the tropical conditions. The young plants are protected from the hot winds as they dye easily. Amla is generally propagated through seeds. It requires proper sunlight. It is irrigated during the monsoon season. It starts bearing fruits in seven years from the day of planting.

**Part used:**

Fruit

**Medicinal uses:**

The fruit is the richest source of **Vitamin C** and is a **diuretic, aperients, Laxative** and hair dye. It cures in somnia and is healthy for hair. It is used as the cardio protective, useful in hemorrhage, and discharge of blood from uterus. Amla powder and oil are used traditionally in Ayurvedic applications for the treatment of scalp. Amla power improves immunity and gives physical strength. It improves complexion and removes wrinkles. Amla is also used to treat constipation and is used as a cooling agent to reduce the effects of sun strokes and sun burns.

Popularly used in inks, shampoos and hair oils, the high tannin content of Indian Goose berry Fruit serves as a mordant for fixing dyes in fabrics. Amla shampoos and hair oil are traditionally believed to nourish the hair and scalp and prevent premature grey hair.

It is the main ingredient used in the shampoo. Amla oil is used the entire world. Amla is used in sauces, candy, dried chips, pickle, jellies and powder. It is even used in the dyeing industry. Its extract is popularly used in the ink. Amla wood is commonly used in firework.

- Treats increased impure blood, blood fever, and bad ken and trip a combined disorders. Helps to balance the imbalance defective energies.
- Treats frequent urination.
- Hair Loss.
- Helps to improve immunity.
- Amla is most useful treatment of ulcers and hyperacidity. It is very helpful in skin diseases.
- Helps to accelerate the wound healing process. Helps to reduce the risk of cancers.
- Protects from bacterial, viral and fungal infections.
- It is helpful in improving liver function. It acts as an effective natural cure for indigestion, acidity, constipation, gastric troubles, and flatulence.
- It also acts as anti-inflammatory gent here by suppresses pain and swelling. It provides nourishment to the nerves and is helpful in paralytic conditions.
- It also works as brain tonic and helps to alertness and memory. It helps in lowering cholesterol and blood sugar level.
- Lowers the risk of cold, cough and other infections of respiratory tract. For hemorrhage, diarrhea and dysentery. Benefits heart, eye and brain.

**Preparation:**

**Amlaki churna:** take the amla fruits remove the seeds then external part of the amla are taken in mortar and pestle and powdered well till it become powdered form. Then powder filter through the series obtained powder is called amlaki churna. This churna can make in different forms and it should be used in different therapeutic aspects.

#### The Rapeutic uses:

Prevent falling of hair, useful in eye disorder, asthma, mouth ulcer, etc.

#### Aswagandha (*withaniasomnifera*)

#### Classification:

<b>Kingdom :</b>	Plantae
<b>Order :</b>	solanales
<b>Family :</b>	Solanaceae
<b>Genus :</b>	Withania
<b>Species :</b>	Wsomnifera.

#### Description:

**Ashwagandha** is an important ancient ayurvedic plant and a known medicinal plant. It is composed of two Sanskrit words: **Ashwa** means 'horse,' **Gandha** means 'smell' because of the strong aroma of the root described as Horse-like. Areas receiving 600-750 mm rainfall are best for the cultivation. It grows as a heavy shrub with its height reaching 170 cm.

It bears yellow color flowers and red color fruits. Unlike tomato though come from the same family, the fruits are of berry-like in size and shape. The cultivated plants are different from wild plants morphologically. The roots, leaves and berries of the plant are most useful. The harvesting starts in January and goes on till March. The root must be trimmed, cleaned and graded before sent for medicinal use.

#### Location:

The climates of India, Pakistan, Srilanka and Bangladesh are good for Ashwagandha cultivation. In India, it grows well in Maharashtra, Madhya Pradesh, Uttar Pradesh, Rajasthan, Punjab and Haryana. The development of root. Increases in 2-3 winter rains. The temperature range of 20-38degree can be tolerant for the growth of the plant.

#### Useful part:

**Roots:** The root of one year old plants are harvested from January to March then dried in the sun.

#### Medicinal use: Leaves, Fruits Seeds

- **Leaves:** The leaves of Ashwagandha can be used as a cure for inflammation, to reduce the formation of pus in boils, ulcers, swellings and skin lesions. The leaves are curative in nature because of the presence of with a ferin A. Leaves are also
  - given in fever. The ointment prepared from boiled leaves can be used to cure bed sores.
- **Roots:** Extract from the roots can be used in the treatment of dropsy, disorders of female, hiccup, dropsy, rheumatism, and cough. It is used in weaknesses to gain strength.





- It is used as a sedative for the treatment of insanity and drugs prepared from it can be used for the nervous disorder.
- People suffering from joint pain and paralysis can use the drug prepared from Ashwagandha.
- It can be used for the treatment of high blood sugar, blood pressure, and cholesterol.
- Ashwagandha also can be used for increase of hemoglobin. It also reduces chronic stress and causes relaxation.
- It has been used as antioxidant, and it slows down the growth of lungs, breasts, and colon cancer cells.
- It also has an anti-anxiety effect.
- Ashwagandha capsules can also be used to recover memory losses.
- As a tonic, it increases sexual potential.
- It also thickens and increases the nutritive value of milk in nursing mothers.
- The powder mixed with oil reduces and
- Cures skin infection.
- It protects the liver and reduces constipation and cures hypothyroidism.



#### Seeds and fruits:

The seeds and fruits are diuretic in nature and promote passing of urine. The seeds are also used as rennet in cheese making. It is to be noted that excess use of the drug causes abortion, vomiting or diarrhea.

#### Preparation:

Take Ashwagandha root, it should not be infected by fungus or bacteria. The root taken in mortar and pestle. Make properly pounding till it became fine powder that fine powder filtered through cloth after the powder is called ashwagandha churna.

**The Therapeutic uses:** In fertility General weakness, stress and strain.

#### BAEL

#### Classification

**Kingdom** : Sapindales

**Order** : Rutaceae

**Family** : Aegle

**Genus** : Plantae

**Species** : Amarmelos

#### Description:

**Bael** is the most ancient sacred tree in India. Mostly, it is planted near the temple and used as a dedication to Gods. The use of this plant is seen in Scripture like Vedas and Mahabharata.

The plant species acts as a climate purifier by absorbing poisonous gas from the atmosphere. The products





obtained from Bael are highly nutritive as well as therapeutic.

Indian bael (*Aegle marmelos*) is a deciduous tree, 6 to 8 meters in height with trifoliate aromatic leaves. Its flowers are nearly 2cm wide, borne in clusters, sweet scented and greenish white. The 5 petals are oblong ovoid, blunt, thick, pale greenish white in color and dotted with oil glands. Stamens are numerous, sometimes coherent in bundles. Bael fruits are 5 to 7.5 cm in diameter, oblong pyri form in shape, with a gray or yellow rind. The pulp is sweet and thick, a yellowish-orange to brown color. It takes about 11 months for the fruit to ripen on the tree and they can reach the size of a large grape fruit and some are even larger. The shell is so hard it must be cracked with a hammer or machete. During the bael season there is danger from falling fruits which are very hard and heavy.

#### Geological distribution

Bael trees are found in Indian sub-continent, tropical and sub-tropical countries. It is mostly found in Deccan Plateau, East Coast, Chhattisgarh, Uttaranchal, Jharkhand, Bihar, Himalayas, and Madhya Pradesh. It is also found in Egypt, Burma, Bangladesh, Java, Philippines, and Malay. The warm humid climate is good for cultivation of the plant.

#### Part used

Fruits Leaves Flowers Root Stem Dried fruit Bark.

#### Medicinal uses of Beal tree:

- **Fruits:** The fruit has enough medicinal value.
- The juice of the fruit gives comfort from constipation and dyspepsia. The fruits are used against viral and in test in alpara sites.
- The fruits are used to prepares quashes and cold drinks. The unripe fruits can be used after roasting.
- It can be used for the treatment of tuberculosis and gynecological disorders.
- It also can be used against the urinary complaint.
- The fruits are also used to increase appetite.
- Because of bitter and pungent taste of the fresh fruit, it can be used to decrease the blood sugar.
- The fruit is also used in intestinal disorder. The fruit also can be used in treatment of diarrhea, dysentery, bacillary and irritation in the elementary canal. The juice can be used as brain and heart tonic.

#### Leaf:

- The leaves are used for a diabetic.
- The infusion of leaves can be used against peptic ulcer. Leaves are also useful for the treatment of Jaundice, leucorrhea, wounds, deafness, conjunctivitis.
- Raw leaves can be used to cure gastric problems and irritation in the bowel.
- Oil prepared from leaves is proved to stop insect infestation.
- The leaves are also used in pediatric disorder. Extract from leaves is used in the anti-fungal activity.



- The leaf juice with honey is used during fever and cold.

**Flowers:**

- Tonic prepared from flowers can be used in epilepsy.
- The extract also can be used for the treatment of dysentery and diabetics.

**Roots:** Methanol content of the root is used in anti- micro filarial activity.

- **Stem:** Stem Yields gums.
- **Dried fruit:** Dried fruit without pulp can be used as pill boxes for storage.
- **Bark:** The bark is used as fish poison.
- Bael's are full of beta carotene, Vitamin B and a small quantity of Vitamin C and numerous bioactive compounds are extracted from it.



**Medicinal use of Bael tree**

- Bael has enough medicinal value because of the presence of various alkaloids, polysaccharides, and essential oils. And it shows high antioxidant activity. It is used in the anti-cancer activity.
- Gastro protection properties. Control of diabetes. Cholesterol control. Anti- inflammatory properties. Dysentery and diarrhea.

**Preparation:**

**Bilva churna:**

- Take the fruit of bilva and broken it. Inside this gum like resins is collected
- And on tray. It should be dried and it is taken in mortar and paster and pounded it become powder form is called as bilva churna
- **The Rapeutic uses:** Dysentery, indigestion

**NEEM**

**Classification**

**Kingdom** : Plantae

**Order** ; Sapindales

Family : Meliaceae

Genus : A.indica

Species : Azadirachta

**Part used** : Twig Seed Leaves Bark Flower

**Uses of neem plant parts**

**Neem twigs**

- Chewing young, supple branches, and then using them as a toothbrush, prevents activities and gum disease.
- Indian villagers have used this method for centuries.(though in modern India neem tooth paste, mouth wash, and bark powders are the preferred method.)

### Neem seeds

The fruit of the neem plant looks a lot like an olive. The flesh surrounds a seed that contains one or several kernels.

### Neem oil

The most popular neem plant product, is made by pressing the neem seed. In the western world the neem seed oil is mostly known and valued as a safe and effective insecticide.

Neem seed oil is also an ingredient in many skin care products. In India most of the neem oil is used in neem soap, but there are also neem shampoos, lotions, creams etc.

Pressing them for oil is one way to get at them, but you can also make various extracts from the seeds.

A warning: the seed oil can be toxic and should not be taken internally

### Neem leaves

Leaves are available all year round, nice the neem plant is evergreen.(seeds are obviously only available once a year).

It's easy to make your own neem home remedies from leaves.

Leaf pastes and extracts are used in skin care products, hair oils, in neem tooth pastes and mouth wash, and they also have lots of medicinal uses. Many herbalists recommend chewing the leaves, taking capsules of dried leaf, or drinking the bitter tea. The leaves cleanse the blood, help the

Gastrointestinal system (ulcers!), Support the liver, and strengthen the immune system, to name some of the most popular benefits.

Although the leaves of the neem tree have been used this way for thousands of years in India. I recommend you are careful when taking them internally. Neem is a very powerful herb. It's best to ask a qualified herbalist first, and to not take it internally over long periods.

However, the topical use of neem leaf extracts and leaf paste is safe.

Skin care and the treatment of skin disorders is where the neem plant really shines.

It is extremely effective in eliminating bacterial and fungal infections or parasites.

Its anti viral activity can treat warts and cold sores. Its anti viral activity can treat warts and cold sores it so othes in fammation and reduces redness. It moisturizes the skin and keeps it supple . It can even lighten scars and pigmentation.

### Neem bark

The bark of the neem tree is not used as much as the seeds or leaves, for obvious reasons. It is slightly more difficult to use because of its dry and hard nature the ingredient dare more difficult to extract. However, in one medicinal field the bark is the recommended plant part to use. That field is dental care. The bark contains a higher concentration of active ingredients than the leaves, and is especially high in ingredients with antiseptic and anti-inflammatory action. Neem bark is highly effective when treating gingivitis (gum disease).





### Neem flowers

The flowers of the neem plant have a lovely, sweet, honey-like smell. It is quite intense, noticeable from a distance, but never overpowering. Bees love neem honey is popular. The flower oil is also used in aroma therapy and has a calming and restorative effect.

### Diseases can be controlled by the neem plant

**Neem** tree is generally considered to be an air purifier and a preventive against malarial fever and cholera. All parts of the tree possess medicinal properties. The leaves are useful in relieving flatulence, promoting the removal of catarrhal matter and phlegm from the bronchial tubes, and in increasing secretion and discharge of urine. They also act as an insecticide. The bark is a bitter tonic and a stimulant. It arrests secretions and bleeding besides counter-acting any spasmodic disorders. The root bark has the same properties as the bark of the trunk. The gum discharged by the stamina stimulant and tonic with a soothing effect on the skin and mucous membranes.

### Malaria

An infusion or a decoction of the fresh leaves is a bitter vegetable tonic and alterative, especially in chronic malarial fever because of its action on the liver. It should be taken in doses of 15 to 60 grams.

### Piles

The use of 3 grams of the inner bark of neem with 6 grams of jiggery every morning is very effective in piles. To check bleeding piles, 3 or 4 neem fruits can be administered with water.

### Skin Disorders

The leaves, applied externally, are very useful in skin diseases. They are especially beneficial in the treatment of boils, chronic ulcers, eruptions of smallpox, syphilitic sores, glandular swellings and wounds. They can be used either as a poultice, decoction or liniment. An ointment prepared from neem leaves is also very effective in healing ulcers and wounds. This ointment is prepared by frying 50 gram soft leaves in 50 grams of pure ghee and mashing the mixture thoroughly in the same ghee till an ointment consistency is obtained. A paste prepared from the bark by rubbing it in water can also be applied on wounds.

### Hair Disorders

If there is any hair loss or it has ceased to grow, washing with the decoction of neem leaves may help. This will not only stop hair from falling but also help their growth. Frequent application of oil also destroys insects in the hair.

### Eye Diseases

Neem is very useful in eye diseases. Application of the juice of neem leaves to the eyes every night is highly effective in the treatment of night blindness. The leaves should be pounded and made into a thin paste with water. The juice should then be pressed out through a clean piece of cloth and applied to the eyes with an eye rod. The juice obtained by rubbing a few neem leaves with a little water and strained through a clean piece of cloth is useful in pain in the eyes can be used by conjunctivitis. It is warned, and a few drops put in to the ear opposite the ailing eye to give relief.



neem

juice

into a

a



Eyes are cured after a few applications.

### Oral Disorders

Cleaning the teeth regularly with a neem twig prevents gum diseases. It loosens up loose teeth, relieves toothache, evacuates the bad odor and protects the mouth from various infections. Reduced insulin requirements by between 30% and 50% for diabetes. Neem inhibits allergic actions when applied externally or eaten.

### Preparation:

**Neem paste:** Take fresh leaves of neem plant and leaves are washed with cleaned water and take in the mortar and paste make it properly pounding fill it. It became in the form of paste is called as neem paste.

### The therapeutic uses:

Internal skin diseases, External: to reduce the skin infection.

### Benefits

They costless-The cost rising cost of prescription drugs have led the people to look alternatives. While medicinal herbs may not be as strong as fast as action as conventional medicine, there is growing body of scientific evidence that shows their efficacy and in what doses. They may have fewer side effects: While the side effects of any herbal medication depend on the drug in question, many have fewer side effects than conventional medicine.

There is a choice on how to use them-medicinal herbs can be used in variety of ways, depending on the kind of herb that is to be used. Some herbs can be mixed with food. Some can be made in to tea, and there are some that are available in capsule or tablet form.

They are good for more than one condition-most prescriptive drugs are designed for one specific health problem. By contrast, many herbal medicines act on several parts of the body at once.

### Advantages

It's having following advantages:

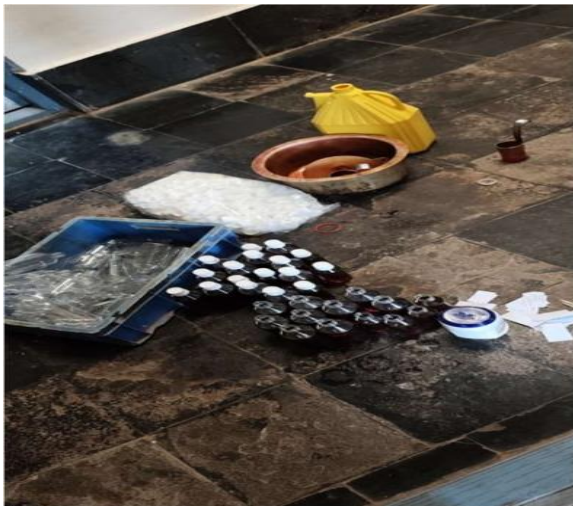
1. With growing interest in health and wellness, alternative medicines are becoming increasingly popular worldwide.
2. Also with the increasing prices of prescription medicine, herbal medicines are often cheaper than their conventional medicine counterparts.
3. In addition, growing body of scientific research shows that herbal medicines can be highly effective for certain diseases and conditions. Moreover, as research in this area increases, the optimum doses for herbal medicines are known to ever greater accuracy.



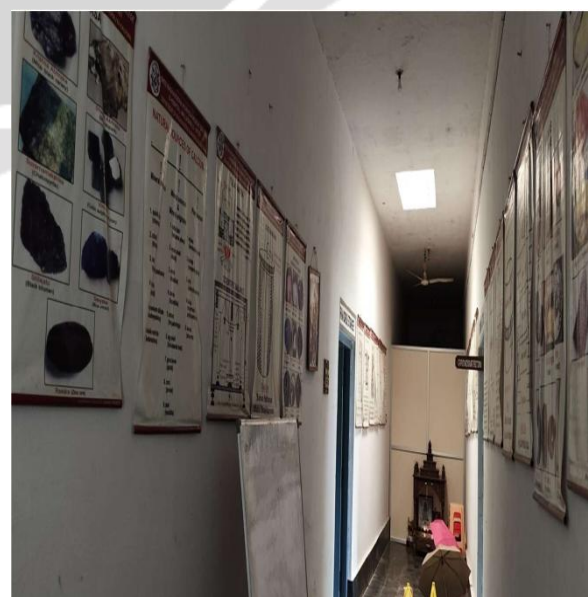
## CONCLUSION

Medicinal herbs can be a good alternative for many diseases and conditions. They are low cost, and tend to have fewer side effects. Moreover, they can be brought in health food shops, pharmacies and on line without need for a prescription. However, herbal medicines can still have unwanted health effects, especially when used in combination with other drugs. If you are using more than one herbal medicine, or using them for a serious conditions, it's best to consult with established herbalist. It's also important to tell your physician that you are using an alternative medicine to prevent drug interaction.





Sri Raghavendra Ayurveda Medical College & Hospital		
Department of Dravyaguna Vigyana		
Jnana Vikasa Vana - Medicinal Herb Gardens		
Number of Medicinal Plants		
1. Sanjivini Vana	344	
2. Chandradrona Vana	24	
3. Sharangadhara Vana	11	
4. Sushruta Vana	01	
5. Charaka Vana	27	
6. Raja Vana	09	
7. Ashwini Vana	07	
8. Phala-Pushpa Vana	21	
9. Ashoka Vana	08	
10. Bhavaprakasha Vana	13	
11. Yoga Vana	30	
12. Nimi Vana	34	
13. Panchakarma Vana	15	
14. Dhanvantari Vana	17	
15. Jeevaka Vana	02	
16. Dhatri Vana	12	
17. Kashyapa Vana	09	
	584	







He build the great anatha sevashrama with the help of the begging bowl of sri raghavendraswamiji. His begginig bowl really worked as “Akahayapathra”.

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