

HEAL PHIL FLORA

Plants that Love to Heal You



**RAMAKRISHNA MISSION
SIKSHANAMANDIRA**

HealPhilFlora

Plants that Love to Heal You

Swami Vidyamritananda

M.Sc. (Zoology), M.Ed. (Education)
Principal, Ramakrishna Mission Sikshanamandira

Br. Vinayachaitanya

M.A. (Education), M.Phil. (Education)
Faculty, Ramakrishna Mission Sikshanamandira

Sri Sounak Gupta

M.A. (Bengali), M.Ed., PGDGC
Alumnus, Ramakrishna Mission Sikshanamandira



Ramakrishna Mission Sikshanamandira

Belur Math, Howrah - 711202

Price: INR 700

HEALPHILFLORA

Authored by: Swami Vidyamritananda, Br. Vinayachaitanya, and Sri Sounak Gupta

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ISBN 978-93-95666-27-5

First Edition: May 2023

Published by:

Principal, Ramakrishna Mission Sikshanamandira
Belur Math, Howrah - 711202

Printed By:

Soumen Traders Syndicate
9/3, K. P. Coomar Street, Bally, Howrah - 711201

Computerization and Cover Page Design by: Sri Subhajit Ghosh

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Foreword

वनस्पतयः प्राणिनां च रक्षार्थं विपुलाः स्मृताः।
सर्वरोगहराः श्रेष्ठा वनस्पतय एव हि॥

Transliteration:

*Vanaspatayah praninam cha rakshartham vipulah smritah,
Sarvarogaharah shreshthah vanaspatayah eva hi.*

Medicinal plants are abundant and renowned for protecting all living beings, They are the best remedy for curing all diseases, indeed. This popular verse highlights the vast abundance and efficacy of medicinal plants in safeguarding and healing all living beings from various illnesses. Ayurveda, which is considered by some schools of thoughts as the Fifth Veda for its vast literature and immense importance on the day to day life of masses, discusses these medicinal plants elaborately. Considering the importance of Ayurveda in our life UGC has recently included Ayurveda in the Indian Knowledge System (IKS).

Ramakrishna Mission Sikshanamandira, a college of Teacher Education at the precincts of Belur Math holds a rich floral diversity with a variety of herbs, shrubs, creepers, trees etc. It also has numerous medicinal, aeromatic, ceremonial, economical plants which are not only rare but also have educational significance. The Chraka Udyan, Nabapatrika Udyan and other small gardens all around the Sikshanamandira campus are home to such exceptional plants. In our B.Ed. Curriculum, as a project work on Medicinal Plants has been included recently, there was a need to put together all the information available about these plants.

In this work, Br. Vinayachaitanya (Suhas Maharaj) and Sri Sounak Gupta (alumnus) have contributed significantly. Also, Sri Subhajit Ghosh (Office Assistant) and Sri Rajorshi Dey (Lab. Instructor) have performed crucial roles in computerization and necessary work. The gardeners, Sri Puspakanta Kunar and Sri Shankar Chakraborty have been nurturing these plants of Sikshanamandira for years after years. Without their sincere efforts these Udyans (gardens) would not have existed and this book could not have been published. Sri Soumen Ghosh has clicked all the plant photos included in this book. I take this opportunity to convey my deepest gratitude to all who have been instrumental in carrying out the work to digitally publish this book.

Date: 3 May 2023

Swami Vidyamritananda
Principal
Ramakrishna Mission Sikshanamandira

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HealPhilFlora, RKM Sikshanamandira

Plants of Charaka Udyan

Ayurveda, the ancient holistic healing system originating in India, encompasses a profound understanding of health and well-being. At its core lies a synergy between the body, mind, and spirit, aiming to maintain harmony within the individual and between the individual and their environment. One of the foundational figures in Ayurvedic tradition is Maharshi Charaka, a revered sage who lived around 300 BCE. Maharshi Charaka's significant contribution to Ayurveda can be found in the "Charaka Samhita," a comprehensive treatise on medicine and health that serves as one of the three major texts of Ayurvedic literature. In this seminal work, Charaka classified diseases, described their causes, symptoms, and treatments, and emphasized preventive measures to preserve health. His holistic approach emphasized the importance of lifestyle, diet, and natural remedies in maintaining balance and treating ailments. For his immense contribution, the medicinal plant garden of Sikshanamandira - 'Charaka Udyan' was named after him.

Today there are more than 110 different medicinal plant species that include herbs, shrubs, creepers, trees etc. belonging to more than 50 different families at the Charaka Udyan.



কুলেখাড়া

Local Name:	<i>Kulekhara</i>
Common Name:	Swamp Weeds
Scientific Name:	<i>Hygrophila schulli</i>
Family:	Acanthaceae



Used Parts:	Whole plant
Used For:	Anaemia, cough
Read more (English):	www.branoliachemicals.com : https://tinyurl.com/24zq4976
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2d23gan7
Research Article:	DOI : https://doi.org/10.2147/JIR.S269717

ब्रह्मी

Local Name:	<i>Brahmi</i>
Common Name:	Water Hyssop
Scientific Name:	<i>Bacopa monnieri</i> (L.) Pannell
Family:	Scrophulariaceae



Used Parts:	Whole plant
Used For:	Astringent, cooling, laxative, intellect promoting brain tonic, asthma, carminative, emmenagogue, neuralgia, inflammation, epilepsy
Read more (English):	www.healthline.com : https://tinyurl.com/25d7hoy7 www.planetayurveda.com : https://tinyurl.com/y2wcmgt8
Research Article:	echarak.in : https://tinyurl.com/2xsw9bwq

ভৃঙ্গরাজ

Local Name:	<i>Bhringraj</i>
Common Name:	False Daisy
Scientific Name:	<i>Wedelia chinensis</i> (Osbeck) Merr.
Family:	Asteraceae



Used Parts:	Leaves
Used For:	Cough, cephalalgia, alopecia, hemicranias, headache, nervous weakness, anaemia, chronic acidity, indigestion
Read more (English):	www.planetaryurveda.com : https://tinyurl.com/27783rj3
Read more (Bengali):	www.roddure.com : https://tinyurl.com/293pqqmr
Research Article:	www.ncbi.nlm.nih.gov : https://tinyurl.com/26plbcgf

বচ

Local Name:	<i>Bach</i>
Common Name:	Sweet Flag
Scientific Name:	<i>Acorus calamus</i>
Family:	Acoraceae



Used Parts:	Rhizomes
Used For:	Antipyretic, nerve tonic, sedative, epilepsy, mental disorders, skin diseases, general debility, cough, bronchitis, throat sores, dysentery
Read more (English):	en.wikipedia.org : https://tinyurl.com/k8g5dua www.planetaryurveda.com : https://tinyurl.com/2b5rl88q
Read more (Bengali):	mishkatbd.com : https://tinyurl.com/27bfqwzt

সঞ্জীবনী

Local Name:	<i>Sanjeevani</i>
Common Name:	Sanjeevani
Scientific Name:	<i>Selaginella bryopteris</i> (L.) Bak.
Family:	Selaginellaceae



Used Parts:	Leaves
Used For:	Spermatorrhoea, constipation, colitis, indigestion, urinary problems, unconsciousness, and to lower the body temperature in fever
Read more (English):	en.wikipedia.org : https://tinyurl.com/299rkvkm
Read more (Bengali):	www.roddure.com : https://tinyurl.com/24eetdn9
Research Article:	link.springer.com : https://tinyurl.com/28lqgtb9

থানকুনি

Local Name:	<i>Thankuni</i>
Common Name:	Indian Pennywort
Scientific Name:	<i>Centella asiatica</i> (L.) Urban
Family:	Apiaceae



Used Parts:	Leaves
Used For:	Stomach trouble, indigestion, loss of memory, weakness, anaemia, fatigue, constipation, cold and cough, dysentery, jaundice, fever, ulcer
Read more (English):	en.wikipedia.org : https://tinyurl.com/zf726at dwr.icar.gov.in : https://dwr.icar.gov.in
Read more (Bengali):	bn.vikaspedia.in : https://tinyurl.com/25tfbn4j
Research Article:	www.ncbi.nlm.nih.gov : https://tinyurl.com/2ard6qwo

লজ্জাবতী (লাল)

Local Name:	<i>Lajjabati (Red)</i>
Common Name:	Touch-me-not (Red)
Scientific Name:	<i>Neptunia oleracea</i>
Family:	Mimosaceae



Used Parts:	Roots, leaves
Used For:	Antispasmodic, treating ulcer, dysentery
Read more (English):	en.wikipedia.org : https://tinyurl.com/jknwuts
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/23qsrj3x
Research Article:	DOI : https://dx.doi.org/10.4103/0973-7847.99945

লজ্জাবতী (সাদা)

Local Name:	<i>Lajjabati (White)</i>
Common Name:	Touch-me-not (White)
Scientific Name:	<i>Mimosa pudica</i> Linn
Family:	Mimosaceae



Used Parts:	Roots, leaves
Used For:	Antispasmodic, treating ulcer, dysentery
Read more (English):	en.wikipedia.org : https://tinyurl.com/jknwuts housing.com : https://tinyurl.com/262qx000
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/23qsrj3x

বনচাঁড়াল

Local Name:	<i>Bon-Chandal</i>
Common Name:	Telegraph Plant
Scientific Name:	<i>Codariocalyx motorius</i>
Family:	Fabaceae



Used Parts:	Leaves, stems, roots
Used For:	Rheumatism, cough, malaria, pyrexia, dysentery, hepatitis, haemoptysis
Read more (English):	en.wikipedia.org : https://tinyurl.com/yb5ert7a indiabiodiversity.org : https://tinyurl.com/23suy3va
Read more (Bengali):	agami24.com : https://tinyurl.com/237j79n6

সর্পগন্ধা

Local Name:	<i>Sarpagandha</i>
Common Name:	Indian Snakeroot
Scientific Name:	<i>Rauwolfia serpentina</i>
Family:	Apocynaceae



Used Parts:	Roots
Used For:	High blood pressure and also as sedative and tranquillizing agent
Read more (English):	en.wikipedia.org : https://tinyurl.com/yhvbtr9w www.planetayurveda.com : https://tinyurl.com/28eqpjew
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/23l9uh3n

গোলমরিচ

Local Name:	<i>Golmarich</i>
Common Name:	Black Pepper
Scientific Name:	<i>Piper nigrum</i> L.
Family:	Piperaceae



Used Parts:	Seeds, fruits
Used For:	Anti-inflammatory, analgesic, anticonvulsant, neuroprotective
Read more (English):	en.wikipedia.org : https://tinyurl.com/jv3h4h2 www.planetayurveda.com : https://tinyurl.com/2cqs5eot
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2beh3w9k

আম আদা

Local Name:	<i>Aam Ada</i>
Common Name:	Ginger (Mango)
Scientific Name:	<i>Curcuma amada</i>
Family:	Zingiberaceae



Used Parts:	Roots, rhizomes
Used For:	Astringent, carminative, stomachic, improves appetite, sprains, itching, skin diseases, bronchitis, asthma, hiccup, diarrhoea, gleet
Read more (English):	en.wikipedia.org : https://tinyurl.com/ycgnnk2w
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/22gzwlgy
Research Article:	DOI : https://doi.org/10.1007/s12038-011-9106-1

আদা

Local Name:	<i>Ada</i>
Common Name:	Ginger
Scientific Name:	<i>Zingiber officinale</i> Rosc.
Family:	Zingiberaceae



Used Parts:	Rhizome
Used For:	Appetizer, anthelmintic, stimulant, expectorant
Read more (English):	en.wikipedia.org : https://tinyurl.com/o2uoh2r www.planetayurveda.com : https://tinyurl.com/29qd229d
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/25dju7bl

হলুদ

Local Name:	<i>Halud</i>
Common Name:	Turmeric
Scientific Name:	<i>Curcuma longa</i>
Family:	Zingiberaceae



Used Parts:	Rhizome
Used For:	Blood purifier, Anti-inflammatory, Wound healing, anti-bacterial, anti-oxidant, treatment of anemia, curing cough and cold
Read more (English):	en.wikipedia.org : https://tinyurl.com/hyqrf69 www.planetaryurveda.com : https://tinyurl.com/y4axv3ho
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2ap7focd

কালো হলুদ

Local Name:	<i>Black Halud</i>
Common Name:	Black Turmeric
Scientific Name:	<i>Curcuma caesia</i> Roxb.
Family:	Zingiberaceae



Used Parts:	Rhizome
Used For:	Analgesic, Anthelmintic, Anti-asthmatic, Anti-inflammatory, Anti-bacterial, Anti-fungal, Anti-diabetic
Read more (English):	en.wikipedia.org : https://tinyurl.com/253qaxcz
Read more (Bengali):	bangla.aajtak.in : https://tinyurl.com/29h2c24s
Research Article:	DOI : https://doi.org/10.1007/s13596-022-00658-y

শেল আদা

Local Name:	<i>Shell Ada</i>
Common Name:	Shell Ginger
Scientific Name:	<i>Alpinia zerumbet</i>
Family:	Zingiberaceae



Used Parts:	Rhizome
Used For:	Prevent cardiovascular disease, stroke
Read more (English):	en.wikipedia.org : https://tinyurl.com/vflw9zo hort.extension.wisc.edu : https://tinyurl.com/228oqkk6
Research Article:	DOI : http://dx.doi.org/10.5246/jcps.2017.11.088

এরারুট

Local Name:	<i>Arrowroot</i>
Common Name:	Arrowroot
Scientific Name:	<i>Maranta arundinacea</i>
Family:	Marantaceae



Used Parts:	Rhizomes
Used For:	e body nourishment, strength, improves the quantity of sperm, and maintain electrolyte balance
Read more (English):	en.wikipedia.org : https://tinyurl.com/25allkja www.flowersofindia.net : https://tinyurl.com/23gtu9ro
Research Article:	DOI : http://dx.doi.org/10.1002/9781119750802.ch4

মিষ্টি পান

Local Name:	<i>Mishti Paan</i>
Common Name:	Betel Leaf (Sweet)
Scientific Name:	<i>Piper betle L.</i>
Family:	Piperaceae



Used Parts:	Leaf
Used For:	Antibacterial, treatment of wound, leaves applied on breast against lactation
Read more (English):	en.wikipedia.org : https://tinyurl.com/yxpvuh4u
Read more (Bengali):	www.aisekrishi.org : https://tinyurl.com/2a82jncx
Research Article:	DOI : https://doi.org/10.1111%2Fjcmm.17323

গিলয় / গুলঞ্চ

Local Name:	<i>Giloy / Gulancha</i>
Common Name:	Heart-leaved Moonseed
Scientific Name:	<i>Tinospora cordifolia</i>
Family:	Menispermaceae



Used Parts:	Stem
Used For:	Anti-spasmodic, anti-microbial, anti-osteoporotic, anti-inflammatory, anti-arthritis, anti-allergic, and anti-diabetic
Read more (English):	en.wikipedia.org : https://tinyurl.com/2n8ylf3v www.planetaryurveda.com : https://tinyurl.com/y75b96qw
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/23qemoxh

গান্দাল

Local Name:	<i>Gandal</i>
Common Name:	Skunk Vine
Scientific Name:	<i>Paederia foetida</i>
Family:	Rubiaceae



Used Parts:	Leaves
Used For:	Biliary dysentery, bowel trouble
Read more (English):	en.wikipedia.org : https://tinyurl.com/2ytf sxna www.planetayurveda.com : https://tinyurl.com/23kb33ek
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/24909ysv

ইন্সুলিন

Local Name:	<i>Insulin</i>
Common Name:	Fiery Costus
Scientific Name:	<i>Chamaecostus cuspidatus</i> (Nees & Mart.) C.Specht & D.W.Stev.
Family:	Costaceae



Used Parts:	Leaf
Used For:	Lowers blood glucose levels, antimicrobial, diuretic
Read more (English):	en.m.wikipedia.org : https://tinyurl.com/22hytsaj
Read more (Bengali):	eisamay.com : https://tinyurl.com/25byy3to
Research Article:	DOI : https://doi.org/10.4103%2F0973-7847.125536

অনন্তমূল

Local Name:	<i>Anantamool</i>
Common Name:	Indian Sarsaparilla
Scientific Name:	<i>Hemidesmus indicus</i>
Family:	Apocynaceae



Used Parts:	Roots
Used For:	Astringent, appetiser, expectorant, leucorrhoea, leprosy, skin disease
Read more (English):	www.planetayurveda.com : https://tinyurl.com/2b84mzud
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2cucsvst
Research Article:	DOI : https://doi.org/10.3923/jbs.2008.1.12

পিপুল

Local Name:	<i>Pipul</i>
Common Name:	Indian Long Pepper
Scientific Name:	<i>Piper longum</i> L.
Family:	Piperaceae



Used Parts:	Roots & fruits
Used For:	Cough and cold, chronic bronchitis, fever, headache, asthma, hiccup, skin diseases, leucoderma, fattening, indigestion, rheumatism, enlargement of spleen
Read more (English):	en.wikipedia.org : https://tinyurl.com/272vlar8
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2yxn7ltp
Research Article:	DOI : https://doi.org/10.1016/s2005-2901(11)60020-4

আয়াপান

Local Name:	<i>Ayapan</i>
Common Name:	Water Hemp
Scientific Name:	<i>Eupatorium triplinerve</i> Vahl
Family:	Asteraceae



Used Parts:	Whole plant
Used For:	Haemostatic, haematemesis, jaundice, dysentery, intestine ulcer, low blood pressure
Read more (English):	en.wikipedia.org : https://tinyurl.com/2yeyzcws www.planetayurveda.com : https://tinyurl.com/26agm23f
Research Article:	DOI : https://doi.org/10.1016/s2005-2901(11)60020-4

দাদমারি

Local Name:	<i>Dadmari</i>
Common Name:	Candle Bush
Scientific Name:	<i>Cassia alata</i> L.
Family:	Fabaceae



Used Parts:	Leaves
Used For:	Laxative, wash eczema
Read more (English):	en.wikipedia.org : https://tinyurl.com/22m6m27d
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/25qfaok6
Research Article:	DOI : https://doi.org/10.1155/2020/2580259

গুড়মার

Local Name:	<i>Gurmar</i>
Common Name:	<i>Gymnema Sylvestre</i>
Scientific Name:	<i>Gymnema sylvestre</i>
Family:	<i>Apocynaceae</i>



Used Parts:	Leaves, roots
Used For:	Anti-inflammation, treats asthma, heart problems, diabetes, wounds and ulcers
Read more (English):	en.wikipedia.org : https://tinyurl.com/hzjjnrx www.planetayurveda.com : https://tinyurl.com/23sft8sr
Research Article:	DOI : https://doi.org/10.1155/2014/830285

শতমূল

Local Name:	<i>Shatamool</i>
Common Name:	<i>Asparagus</i>
Scientific Name:	<i>Asparagus officinalis</i>
Family:	<i>Asparagaceae</i>



Used Parts:	Tuberous roots and leaves
Used For:	Night blindness, blood dysentery, stomach disorders, blood in urine, epilepsy, filaria, sunstroke, improve eyesight, constitutional disorders
Read more (English):	en.wikipedia.org : https://tinyurl.com/l5w4jva plants.ces.ncsu.edu : https://tinyurl.com/2orro99a
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2cy7t3ou

কফি

Local Name:	<i>Coffee</i>
Common Name:	Coffee
Scientific Name:	<i>Coffea arabica</i> L.
Family:	Rubiaceae



Used Parts:	Leaf juice
Used For:	Treatment of diabetes, skin eruptions
Read more (English):	en.wikipedia.org : https://tinyurl.com/h79rohe www.britannica.com : https://tinyurl.com/25agbza4
Research Article:	DOI : https://doi.org/10.1128/aem.63.9.3676-3683.1997

মাল্টিভিটামিন

Local Name:

Common Name:

Multivitamin

Scientific Name:

***Olax scandens* Roxb.**

Family:

Olacaceae



Used Parts:

Bark

Used For:

Anaemia

Read more (English):

en.wikipedia.org : <https://tinyurl.com/29e43fch>

www.flowersofindia.net : <https://tinyurl.com/6mnzp33w>

Research Article:

DOI : <https://dx.doi.org/10.5530/097627870311>

সাদা আকন্দ

Local Name:	<i>White Akanda</i>
Common Name:	Crown Flower (White)
Scientific Name:	<i>Calotropis gigantea</i>
Family:	Apocynaceae



Used Parts:	Fresh root, root bark, leaves, latex, flowers
Used For:	Leucorrhoea, leprotic wounds, ulcer, eczema, intermittent fever, earache, toothache, gum pain, ringworm, dysentery, abdominal tumours, cold, cough, asthma
Read more (English):	en.wikipedia.org : https://tinyurl.com/2dja4nfm indiabiodiversity.org : https://tinyurl.com/26lrme79
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/29s7663f

রসুনলতা

Local Name:	<i>Rasun-lata</i>
Common Name:	Garlic Vine
Scientific Name:	<i>Mansoa alliacea</i>
Family:	Bignoniaceae



Used Parts:	Bark, leaves
Used For:	Analgesic, anti-inflammatory, anti-rheumatic, antipyretic
Read more (English):	en.wikipedia.org : https://tinyurl.com/2dceq38u www.flowersofindia.net : https://tinyurl.com/2xj6t8wc
Read more (Bengali):	www.roddure.com : https://tinyurl.com/2czcp4pa

লেমন ঘাস

Local Name:	<i>Lemon Ghaas</i>
Common Name:	Lemongrass
Scientific Name:	<i>Cymbopogon schoenanthus</i>
Family:	Solanaceae



Used Parts:	Whole plant
Used For:	Aromatic, anthelmintic, loss of appetite, dyspepsia
Read more (English):	en.wikipedia.org : https://tinyurl.com/zqleb9x www.webmd.com : https://tinyurl.com/2ql4lt5k
Read more (Bengali):	www.logintohealth.com : https://tinyurl.com/2c4myubq

ছোট এলাচ

Local Name:	<i>Small Elaichi</i>
Common Name:	True Cardamom
Scientific Name:	<i>Elettaria cardamomum</i> (L.) Maton
Family:	Zingiberaceae



Used Parts:	Fruits
Used For:	Control of asthma, teeth and gum infections, cataracts, nausea, diarrhea, as well as cardiac, digestive and kidney disorders
Read more (English):	en.wikipedia.org : https://tinyurl.com/28rrg5wn www.planetaryurveda.com : https://tinyurl.com/yjfjqrnz
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2989bkju

কালো ধতুরা

Local Name:	<i>Black Dhutura</i>
Common Name:	Datura (Black)
Scientific Name:	<i>Datura metel L.</i>
Family:	Solanaceae



Used Parts:	Whole plant
Used For:	Fever, bronchial asthma, cough, ulcer, gastropathy, skin diseases, neuralgia, mumps, painful swellings, epilepsy, hydrophobia, antiseptic, antipyretic
Read more (English):	en.wikipedia.org : https://tinyurl.com/jbd7v4w www.planetaryurveda.com : https://tinyurl.com/25ymeut5
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/26z3plv2

অন্তমূল

Local Name:	<i>Antamool</i>
Common Name:	<i>Antamool</i>
Scientific Name:	<i>Tylophora indica</i> (Burm. f.) merr
Family:	Asclepiadaceae



Used Parts:	Aerial parts (mostly leaves), roots
Used For:	Bronchial asthma, whooping cough, dysentery, piles, and allergic rhinitis
Read more (English):	vikaspedia.in : https://tinyurl.com/2zmthtno
Read more (Bengali):	www.roddure.com : https://tinyurl.com/26vrftbj
Research Article:	DOI : https://doi.org/10.1016/j.jep.2020.113122

অড়হর

Local Name:	<i>Arhar</i>
Common Name:	Pigeon Pea
Scientific Name:	<i>Cajanus cajan</i> (L.) Millsp.
Family:	Fabaceae



Used Parts:	Green seeds, pods
Used For:	Treating food poisoning, constipation, as an analgesic
Read more (English):	en.wikipedia.org : https://tinyurl.com/zzspvxv
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/294s5rxy
Research Article:	DOI : https://doi.org/10.1007/s10722-019-00774-w

কারিপাতা

Local Name:	<i>Karipata</i>
Common Name:	Curry Tree
Scientific Name:	<i>Murraya koenigii Spreng.</i>
Family:	Rutaceae



Used Parts:	Leaf
Used For:	Aromatic, stimulant, dyspepsia,
Read more (English):	en.wikipedia.org : https://tinyurl.com/okx4z5n biodiversity.bt : https://tinyurl.com/2277dfff
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2adx9g7j

ঘৃতকুমারী

Local Name:	<i>Ghritakumari</i>
Common Name:	<i>Aloevera</i>
Scientific Name:	<i>Aloe vera</i> (L.) Burm.f.
Family:	Liliaceae



Used Parts:	Fleshy leaves
Used For:	Brain tonic, burns, colic, skin diseases, piles, constipation, dyspepsia, abdominal tumours
Read more (English):	en.wikipedia.org : https://tinyurl.com/oitxpyy
Read more (Bengali):	wikieducator.org : https://tinyurl.com/254qtpqn
Research Article:	www.pharmacognosyasia.com : https://tinyurl.com/2b2w4rge

পাথরচুর / আজোয়ান

Local Name:	<i>Patharchur / Ajwain</i>
Common Name:	Indian Borage
Scientific Name:	<i>Coleus aromaticus</i>
Family:	Lamiaceae



Used Parts:	Roots, leaves
Used For:	Anti-microbial, Anti-oxidant, Anti-epileptic, Diuretic, Treats sore throat, Increases immunity
Read more (English):	www.nparks.gov.sg : https://tinyurl.com/29bwc7x3 www.planetayurveda.com : https://tinyurl.com/2aoerzsh
Research Article:	DOI : https://doi.org/10.1007/s13197-016-2292-y

পুদিনা

Local Name:	<i>Pudina</i>
Common Name:	Spearmint
Scientific Name:	<i>Mentha spicata</i>
Family:	Lamiaceae



Used Parts:	Leaves, whole plant, oil
Used For:	Carminative, gastric stimulant, antiseptic, stomachic, nausea, flatulence, cold, cough, sickness, vomiting, local pains, headache
Read more (English):	en.wikipedia.org : https://tinyurl.com/7pa2hb8 www.britannica.com : https://tinyurl.com/28w4rskj
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/288n5vt2

হাড়জোড়া

Local Name:	<i>Harjora</i>
Common Name:	Veldt Grape
Scientific Name:	<i>Cissus quadrangularis</i>
Family:	Vitaceae



Used Parts:	Leaves, stem
Used For:	Bowel complaints, wound, burns, one-sided headache, bone fracture, scurvy, irregular menstruation, epistaxis, asthma
Read more (English):	en.wikipedia.org : https://tinyurl.com/javnpk5 www.planetayurveda.com : https://tinyurl.com/246copu5
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2ygpozv

পাথরকুচি

Local Name:	<i>Patharkuchi</i>
Common Name:	Leaf of Life
Scientific Name:	<i>Kalanchoe pinnata</i>
Family:	Crassulaceae



Used Parts:	Crassulaceae
Used For:	Urinary trouble, wounds, cuts, corns, dysentery
Read more (English):	en.wikipedia.org : https://tinyurl.com/2yrb3pat indiabiodiversity.org : https://tinyurl.com/278zezuj
Research Article:	DOI : http://dx.doi.org/10.7324/JAPS.2016.60326

নাগদানা

Local Name:	<i>Nagdana</i>
Common Name:	Nilgiri Mugwort
Scientific Name:	<i>Artemisia nilagirica</i> (Clarke) Pamp.
Family:	Asteraceae



Used Parts:	Leaves, flowers
Used For:	Cough, asthma, antiseptic, leprosy
Read more (English):	medplants.blogspot.com : https://tinyurl.com/243pwgj7 www.flowersofindia.net : https://tinyurl.com/26rrob92
Read more (Bengali):	hdhealth.org : https://tinyurl.com/27hmvalu

ঘৃতকুমারী

Local Name:	<i>Ghritakumari</i>
Common Name:	<i>Aloevera</i>
Scientific Name:	<i>Aloe indica Royle</i>
Family:	<i>Liliaceae</i>



Used Parts:	Fleshy leaves
Used For:	Brain tonic, burns, colic, skin diseases, piles, constipation, dyspepsia, abdominal tumours, eczema
Read more (English):	en.wikipedia.org : https://tinyurl.com/oypxpyy www.planetayurveda.com : https://tinyurl.com/2678mg1q
Read more (Bengali):	wikieducator.org : https://tinyurl.com/254qtpqn

ঘৃতকুমারী

Local Name:	<i>Ghritakumari</i>
Common Name:	<i>Aloevera</i>
Scientific Name:	<i>Aloe barbadensis</i> Mill
Family:	Liliaceae



Used Parts:	Fleshy leaves
Used For:	Brain tonic, burns, colic, skin diseases, piles, constipation, dyspepsia, abdominal tumours
Read more (English):	en.wikipedia.org : https://tinyurl.com/oypxpyy www.planetayurveda.com : https://tinyurl.com/2678mglq
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/224bqdb7

নয়নতারা

Local Name:	<i>Nayantara</i>
Common Name:	Periwinkle
Scientific Name:	<i>Catharanthus roseus</i>
Family:	Apocynaceae



Used Parts:	Entire plant
Used For:	Improving memory, leucorrhoea, leukemia, diabetes, septic wounds, fever, asthma, hypertension, blood dysentery, griping pain of babies, piles
Read more (English):	en.wikipedia.org : https://tinyurl.com/zoztsw8 edis.ifas.ufl.edu : https://tinyurl.com/2pf7y6os
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/24n7ts87

কালমেঘ

Local Name:	<i>Kalmegh</i>
Common Name:	Green Chiretta
Scientific Name:	<i>Andrographis paniculata</i> (Burm.f.) Nees
Family:	Acanthaceae



Used Parts:	Whole plant
Used For:	Liver tonic, chronic fever, asthma
Read more (English):	en.wikipedia.org : https://tinyurl.com/qaa7xk8
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2a053k66
Research Article:	DOI : https://doi.org/10.1155/2014/274905

তুলসী (মিנט)

Local Name:	<i>Tulsi (Mint)</i>
Common Name:	Basil (Mint)
Scientific Name:	<i>Mentha x piperita f.citrata 'Basil'</i>
Family:	Lamiaceae



Used Parts:	Leaves
Used For:	Anti-inflammatory, antiseptic, anti-bacterial, antispasmodic, anti-flatulent, stimulant
Read more (English):	herbgarden.co.za : https://tinyurl.com/2p8puhej www.jekkas.com : https://tinyurl.com/2cwr5ul
Research Article:	DOI : https://doi.org/10.31925/farmacia.2022.3.9

তুলসী

Local Name:	<i>Tulsi</i>
Common Name:	Basil
Scientific Name:	<i>Ocimum sanctum</i> Linn
Family:	Lamiaceae



Used Parts:	Leaves, roots, seeds
Used For:	Anti-stress, Treatment of asthma, colds, influenza, fungal infections, Lowers cholesterol
Read more (English):	www.ncbi.nlm.nih.gov : https://tinyurl.com/ycydpb3b www.planetayurveda.com : https://tinyurl.com/smu6v36
Read more (Bengali):	en.wikipedia.org : https://tinyurl.com/kujkoc2

তুলসী (কৃষ্ণ)

Local Name:	<i>Tulsi (Krishna)</i>
Common Name:	Basil (Krishna)
Scientific Name:	<i>Ocimum tenuiflorum L.</i>
Family:	Lamiaceae



Used Parts:	Leaves, roots, seeds
Used For:	Snakebite, scorpion sting, leucoderma, asthma, bronchitis, hepatopathy, lumbago, vomiting, genitourinary disorder
Read more (English):	en.wikipedia.org : https://tinyurl.com/kujkoc2 www.planetayurveda.com : https://tinyurl.com/smu6v36
Read more (Bengali):	www.roddure.com : https://tinyurl.com/2y26ol5f

অশ্বগন্ধা

Local Name:	<i>Ashwagandha</i>
Common Name:	Indian Ginseng
Scientific Name:	<i>Withania somnifera</i>
Family:	Solanaceae



Used Parts:	Roots, leaves, fruits, seeds
Used For:	Diuretic, carbuncles, scabies, ulcers, cough, tuberculosis, emaciation, boils and eruptions, heart disease, leucorrhoea, fatigue
Read more (English):	en.wikipedia.org : https://tinyurl.com/zpxfetw www.planetaryurveda.com : https://tinyurl.com/y3gzm6aq
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/22h76ujp

তুলসী (রাম)

Local Name:	<i>Tulsi (Ram)</i>
Common Name:	Basil (Ram)
Scientific Name:	<i>Ocimum gratissimum</i>
Family:	Lamiaceae



Used Parts:	Leaves, roots, seeds
Used For:	Anti-stress, Treatment of asthma, colds, influenza, fungal infections, Lowers cholesterol
Read more (English):	en.wikipedia.org : https://tinyurl.com/276qvwgk www.planetayurveda.com : https://tinyurl.com/smu6v36
Read more (Bengali):	www.roddure.com : https://tinyurl.com/2adsj6cz

তুলসী (কর্পুর)

Local Name:	<i>Tulsi (Karpur)</i>
Common Name:	Basil (Karpur)
Scientific Name:	<i>Ocimum kilimandscharicum</i>
Family:	Lamiaceae



Used Parts:	Leaves
Used For:	Treats colds, coughs, abdominal pains, measles, diarrhea
Read more (English):	medicinalplants.co.in : https://tinyurl.com/23ykuodf www.sdach.ac.in : https://tinyurl.com/243jq8ex
Research Article:	DOI : https://doi.org/10.5958/0974-360X.2020.00837.9

গুগুল

Local Name:	<i>Guggul</i>
Common Name:	Indian Myrrh
Scientific Name:	<i>Commiphora wightii</i> (Arn.) Bhandari
Family:	Burseraceae



Used Parts:	Oleo-gum resin
Used For:	Facial paralysis, leucoderma, helminthiasis, coronary thrombosis
Read more (English):	en.wikipedia.org : https://tinyurl.com/4hdr7te6 www.planetayurveda.com : https://tinyurl.com/25q647tl
Read more (Bengali):	vikaspedia-in.translate.goog : https://tinyurl.com/2cljshav

বিশল্যকরণী

Local Name:	<i>Bishalyakarani</i>
Common Name:	Snake Bush
Scientific Name:	<i>Barleria lupulina</i> Lindl.
Family:	Acanthaceae



Used Parts:	Leaves
Used For:	Reducing inflammation caused by insect bites, snakebites, boils, rheumatism
Read more (English):	indiabiodiversity.org : https://tinyurl.com/28ew2lo5 www.nparks.gov.sg : https://tinyurl.com/23cjzk6s
Research Article:	DOI : https://doi.org/10.1016/S0378-8741(02)00087-9

কাকমাচি

Local Name:	<i>Kakmachi</i>
Common Name:	Black Nightshade
Scientific Name:	<i>Solanum nigrum</i>
Family:	Solanaceae



Used Parts:	The whole plant, fresh leaves, fruits
Used For:	Tonsillitis, pain, fever, tumor, relieves constipation
Read more (English):	en.wikipedia.org : https://tinyurl.com/25oqgn2a www.planetayurveda.com : https://tinyurl.com/2cq98ss
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/24vqrsou

পাথরচুর / কালিয়াস

Local Name:	<i>Patharchur / Coleus</i>
Common Name:	Indian Coleus
Scientific Name:	<i>Coleus forskohlii</i> (Poir.)
Family:	Lamiaceae



Used Parts:	Roots, leaves
Used For:	Improves heart condition, treats asthma
Read more (English):	en.wikipedia.org : https://tinyurl.com/2bwj227y www.flowersofindia.net : https://tinyurl.com/22vxzmlc
Research Article:	actascientific.com : https://tinyurl.com/26wy7ca6

আপাং

Local Name:	<i>Apang</i>
Common Name:	Chaff Flower
Scientific Name:	<i>Achyranthes aspera</i> L.
Family:	Amaranthaceae



Used Parts:	Entire plant
Used For:	Bites of poisonous insects, hydrophobia, piles, allergy, blood diseases, eruption, colic, gonorrhoea, dropsy, dyspepsia, dysentery, pneumonia
Read more (English):	en.wikipedia.org : https://tinyurl.com/284mz7uh www.planetaryurveda.com : https://tinyurl.com/26x68fdq
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2xn6kryt

আকরকরা

Local Name:	<i>Akarkara</i>
Common Name:	Spanish Pellitory
Scientific Name:	<i>Spilanthes acmella</i>
Family:	Compositae



Used Parts:	Leaves
Used For:	Toothache, affection of throat and gum
Read more (English):	www.chandigarhayurvedcentre.com : https://tinyurl.com/29crlu52 www.planetayurveda.com : https://tinyurl.com/2cshsm5q
Research Article:	www.excli.de : https://tinyurl.com/2dh3a58z

তুলসী (চিনি)

Local Name:	<i>Tulsi (Cheeni)</i>
Common Name:	Stevia
Scientific Name:	<i>Stevia rebaudiana</i> (Bertoni) Hemsl.
Family:	Asteraceae



Used Parts:	Dried leaves
Used For:	Natural sweetener
Read more (English):	en.wikipedia.org : https://tinyurl.com/4v7crje4 www.webmd.com : https://tinyurl.com/29ec229q
Research Article:	DOI : https://doi.org/10.17179/excli2021-4211

স্যানসেভেরিয়া

Local Name:	<i>Sansevieria</i>
Common Name:	Cylindrical Snake Plant
Scientific Name:	<i>Sansevieria cylindrica</i>
Family:	Asparagaceae



Used Parts:	Leaf sap
Used For:	Treats fungal diseases, ringworm, scabies infections
Read more (English):	en.wikipedia.org : https://tinyurl.com/2ynyl8jy www.gardenersworld.com : https://tinyurl.com/24ljvwjc
Read more (Bengali):	www.jardineriaon.com : https://tinyurl.com/2b357e9p

নিশিন্দা

Local Name:	<i>Nishinda</i>
Common Name:	Chinese Chaste Tree
Scientific Name:	<i>Vitex negundo</i> L.
Family:	Verbenaceae



Used Parts:	Leaves
Used For:	Leaf decoction used as vermifuge, smoke of leaves inhaled for headache, paste of leaves for washing ulcer, also used as pesticide
Read more (English):	en.wikipedia.org : https://tinyurl.com/268vco2n indiabiodiversity.org : https://tinyurl.com/2kvlhp6m
Read more (Bengali):	wikieducator.org : https://tinyurl.com/27w8v87d

হাতিশুঁড়

Local Name:	<i>Hatishunr</i>
Common Name:	Indian Heliotrope
Scientific Name:	<i>Heliotropium indicum</i>
Family:	Boraginaceae



Used Parts:	Whole plant
Used For:	Cough, bronchitis, fever, ringworm, rheumatism, ophthalmopathy
Read more (English):	en.wikipedia.org : https://tinyurl.com/26e34uwh www.flowersofindia.net : https://tinyurl.com/2q598r8r
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2c50eyzx

পেন্সিল ক্যাক্টাস

Local Name:	<i>Pencil Cactus</i>
Common Name:	<i>Euphorbia</i>
Scientific Name:	<i>Euphorbia tirucalli</i>
Family:	<i>Euphorbiaceae</i>



Used Parts:	Whole plant
Used For:	Treats warts, asthma, cough, earache, neuralgia, rheumatism, toothaches
Read more (English):	en.wikipedia.org : https://tinyurl.com/wj6bsth
Read more (Bengali):	greeneryunlimited.co : https://tinyurl.com/25uvsmd9
Research Article:	DOI : https://doi.org/10.1016/j.apjtb.2017.06.002

তুলসী (বাবুই)

Local Name:	<i>Tulsi (Babui)</i>
Common Name:	Common Basil
Scientific Name:	<i>Ocimum basilicum</i> L.
Family:	Lamiaceae



Used Parts:	Leaf, flowering tops
Used For:	Flavouring agent in confectionary baked goods, sauces, ketchups, spiced meats, beverages
Read more (English):	en.wikipedia.org : https://tinyurl.com/hkakype indiabiodiversity.org : https://tinyurl.com/24qajbdn
Read more (Bengali):	www.roddure.com : https://tinyurl.com/2bz5c6uo

শ্বেত বেড়েলা

Local Name:	<i>Swet Berela</i>
Common Name:	Country Mallow
Scientific Name:	<i>Sida cordifolia</i> L.
Family:	Malvaceae



Used Parts:	Seeds, root
Used For:	Treats bronchial asthma, cold and flu, chills, headache, nasal congestion, aching joints and bones, cough and wheezing, edema
Read more (English):	en.wikipedia.org : https://tinyurl.com/23a6sou5 indiabiodiversity.org : https://tinyurl.com/2235xcos
Read more (Bengali):	www.roddure.com : https://tinyurl.com/2xlytzmf

বনরসুন

Local Name:	<i>Ban-rasun</i>
Common Name:	Wild Garlic
Scientific Name:	<i>Allium ursinum</i>
Family:	Amaryllidaceae



Used Parts:	Leaves, foliage, bulbs
Used For:	Reducing risk of high blood pressure, stroke, heart disease
Read more (English):	www.indiamart.com : https://tinyurl.com/25cqcsvo www.missouribotanicalgarden.org : https://tinyurl.com/2bqqvp2h
Read more (Bengali):	samakal.com : https://tinyurl.com/2d3kx9vu

বরুণ

Local Name:	<i>Barun</i>
Common Name:	Large Garlic Pear
Scientific Name:	<i>Crataeva magna</i> (Lour.) DC
Family:	Capparaceae



Used Parts:	Bark
Used For:	Inflammation, rheumatic fever, gastric irritation, constipation
Read more (English):	en.wikipedia.org : https://tinyurl.com/27bvo6de www.planetayurveda.com : https://tinyurl.com/22bnvd8z
Read more (Bengali):	www.flowersofindia.net : https://tinyurl.com/2cgxvfb1

ঘৃতকুমারী

Local Name:	<i>Ghritakumari</i>
Common Name:	<i>Aloevera</i>
Scientific Name:	<i>Aloe bakeri</i> Scott-Elliot
Family:	Liliaceae



Used Parts:	Fleshy leaves
Used For:	Brain tonic, burns, colic, skin diseases, piles, constipation, dyspepsia, abdominal tumours, eczema, diarrhoea, dysentery
Read more (English):	en.wikipedia.org : https://tinyurl.com/26hhaojd worldofsucculents.com : https://tinyurl.com/2asveglk
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/224bqdb7

রাম বাসক

Local Name:	<i>Ram Basak</i>
Common Name:	Nongmangkha (Red)
Scientific Name:	<i>Phlogacanthus thyrsiflorus</i> Nees
Family:	Acanthaceae



Used Parts:	Leaf, flower, root
Used For:	Treats Diarrhoea, dysentery, cholera, burns, boils, high blood pressure, sprains and body pains
Read more (English):	www.newindianexpress.com : https://tinyurl.com/2a8wlp9y
Read more (Bengali):	www.roddure.com : https://tinyurl.com/28tnclzr
Research Article:	DOI : https://doi.org/10.1016/j.sajb.2021.08.013

বামনহাটি

Local Name:	<i>Bamanhati</i>
Common Name:	Tube Flower
Scientific Name:	<i>Clerodendrum indicum</i> (L.) Kuntze
Family:	Verbenaceae



Used Parts:	Roots, wood resin, leaves, stem
Used For:	Asthma, cold, cough, worm, leprosy, septic wounds, syphilitic rheumatism, herpetic eruptions, antidote to snake bite, remittent fever
Read more (English):	vikaspedia.in : https://tinyurl.com/26ocmbq5 indiabiodiversity.org : https://tinyurl.com/227eftgn
Read more (Bengali):	www.prothomalo.com : https://tinyurl.com/22lur9e3

বনধনে

Local Name:	<i>Ban-dhane</i>
Common Name:	Sweet-broom
Scientific Name:	<i>Scoparia dulcis</i> L.
Family:	Scrophulariaceae



Used Parts:	Whole plant
Used For:	Treating bladder stone, kidney complaints, diarrhea, cough, burning
Read more (English):	en.wikipedia.org : https://tinyurl.com/29tffthx
Read more (Bengali):	www.facebook.com : https://tinyurl.com/239gt4yc
Research Article:	DOI : https://doi.org/10.1007/978-3-662-08618-6_22

তুলসী (থাই)

Local Name:	<i>Tulsi (Thai)</i>
Common Name:	Basil (Thai)
Scientific Name:	<i>Ocimum basilicum var. thyrsiflora</i>
Family:	Lamiaceae



Used Parts:	Leaves, flowers
Used For:	Anti-bacterial, anti-inflammatory
Read more (English):	www.thespruce.com : https://tinyurl.com/2c5cyz7j en.wikipedia.org : https://tinyurl.com/22l563u7
Research Article:	DOI : https://doi.org/10.1016/j.indcrop.2020.112769

ননী

Local Name:	<i>Noni</i>
Common Name:	Indian Mulberry
Scientific Name:	<i>Morinda citrifolia</i> L.
Family:	Rubiaceae



Used Parts:	Fruit, leaves, bark, root
Used For:	Prevents infections, treats high blood pressure
Read more (English):	en.wikipedia.org : https://tinyurl.com/jvxa4b4
Read more (Bengali):	allplantshere.blogspot.com : https://tinyurl.com/29rzvtwo
Research Article:	www.ctahr.hawaii.edu : https://tinyurl.com/222t98ae

বাসক

Local Name:	<i>Basak</i>
Common Name:	Malabar Nut
Scientific Name:	<i>Justicia adhatoda</i> L.
Family:	Acanthaceae



Used Parts:	Whole plant
Used For:	Cough, colds, asthma, to liquefy sputum, as a bronchodilator, bronchial catarrh, bronchitis, tuberculosis
Read more (English):	en.wikipedia.org : https://tinyurl.com/yfh95twv www.planetayurveda.com : https://tinyurl.com/26jfsoqk
Read more (Bengali):	www.curious24world.com : https://tinyurl.com/26uzyb44

সুপারি

Local Name:	<i>Supari</i>
Common Name:	Areca Nut
Scientific Name:	<i>Areca catechu L.</i>
Family:	Areaceae



Used Parts:	Leaf, nuts
Used For:	Aphrodisiac, urinary disorder
Read more (English):	en.wikipedia.org : https://tinyurl.com/26z5zxn4
Read more (Bengali):	www.roddure.com : https://tinyurl.com/2b9je6ey
Research Article:	DOI : https://doi.org/10.1016/j.jep.2015.02.010

শমী

Local Name:	<i>Shami</i>
Common Name:	Mesquite
Scientific Name:	<i>Prosopis cineraria</i>
Family:	Fabaceae



Used Parts:	Bark, leaves, fruits
Used For:	Pacifies mouth ulcers, joint pain, chronic dysentery
Read more (English):	en.wikipedia.org : https://tinyurl.com/ob4eedp www.easyayurveda.com : https://tinyurl.com/2heqhlnc
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/23t7l8gm

তেজপাতা

Local Name:	<i>Tejpata</i>
Common Name:	Bay Leaf
Scientific Name:	<i>Cinnamomum tamala</i>
Family:	Lauraceae



Used Parts:	Leaves
Used For:	Anti-bacterial, Anti-fungal, Anti-inflammation, Regulates blood sugar levels
Read more (English):	en.wikipedia.org : https://tinyurl.com/233wodr4 www.planetayurveda.com : https://tinyurl.com/2b8qqxu5
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2dyy46hx

নিম

Local Name:	<i>Neem</i>
Common Name:	Margosa
Scientific Name:	<i>Azadirachta indica</i> Juss.
Family:	Meliaceae



Used Parts:	Roots, bark, leaves, flowers, seeds, fruits
Used For:	Skin diseases, leprosy, eczema, leucoderma, malignant fever, ulcer, burning sensation
Read more (English):	en.wikipedia.org : https://tinyurl.com/onlrtw5 www.planetayurveda.com : https://tinyurl.com/yegtuxej
Read more (Bengali):	bn.vikaspedia.in : https://tinyurl.com/27drklwz

সোনালু / বাঁদরলাঠি

Local Name:	<i>Bandarlathi</i>
Common Name:	Golden shower
Scientific Name:	<i>Cassia fistula</i>
Family:	Fabaceae



Used Parts:	Roots, leaves
Used For:	Treating flues and colds, relieving pain, edema, reducing skin irritation as a result of swelling
Read more (English):	bn.wikipedia.org : https://tinyurl.com/2aqpp2d5
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2aqpp2d5
Research Article:	DOI : https://doi.org/10.1016/j.biopha.2021.112240

হরিতকী

Local Name:	<i>Haritaki</i>
Common Name:	Black myrobalan
Scientific Name:	<i>Terminalia chebula</i> Retz.
Family:	Combretaceae



Used Parts:	Fruits (Dry)
Used For:	Immunity booster, Diuretic, Expectorant, Improves digestion, Reduces fever, Provides strength to gums
Read more (English):	en.wikipedia.org : https://tinyurl.com/222mwbqb www.planetayurveda.com : https://tinyurl.com/y48pqqd9
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2d4fax3t

মেহেন্দি

Local Name:	<i>Mehendi</i>
Common Name:	Henna tree
Scientific Name:	<i>Lawsonia inermis</i> L.
Family:	Lythraceae



Used Parts:	Roots
Used For:	Against burning sensation, leprosy, skin diseases, premature greying of hair
Read more (English):	en.wikipedia.org : https://tinyurl.com/y8tyz93n
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/22hlbpm8
Research Article:	DOI : http://dx.doi.org/10.4038/jepsl.v3i2.7846

পেয়ারা

Local Name:	<i>Peyara</i>
Common Name:	Guava
Scientific Name:	<i>Psidium guajava</i> L.
Family:	Myrtaceae



Used Parts:	Fruits, leaves
Used For:	Anti-oxidant, Metabolism booster, Management of Diabetes, Cholesterol, Constipation
Read more (English):	en.wikipedia.org : https://tinyurl.com/28h9g3un www.planetayurveda.com : https://tinyurl.com/2y4e4e5w
Research Article:	kvk.icar.gov.in : https://tinyurl.com/26folyp

দোলনচাঁপা

Local Name:	<i>Dolonchampa</i>
Common Name:	Butterfly Ginger Lily
Scientific Name:	<i>Hedychium coronarium</i>
Family:	Zingiberaceae



Used Parts:	Rhizomes, roots, seeds
Used For:	Treating high-temperature fevers, chest and arm pain
Read more (English):	en.wikipedia.org : https://tinyurl.com/2a4g3rfv
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2693mqbt
Research Article:	ijrap.net : https://tinyurl.com/2dzs7aty

ওলটকম্বল

Local Name:	<i>Olat-kambal</i>
Common Name:	Devil's Cotton
Scientific Name:	<i>Abroma augustum</i> L.
Family:	Sterculiaceae



Used Parts:	Young leaves, bark, roots
Used For:	Menstrual disorders, uterine tonic, female venereal diseases, gonorrhoea, haemostasis, leucorrhoea, congestive and neuralgic dysmenorrhea, snakebites
Read more (English):	vikaspedia.in : https://tinyurl.com/2cduwzo9
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/25jryzem
Research Article:	echarak.in : https://tinyurl.com/2aod5sfb

অপরাজিতা

Local Name:	<i>Aparajita</i>
Common Name:	Blue Pea
Scientific Name:	<i>Clitoria ternatea</i>
Family:	Fabaceae



Used Parts:	Petal
Used For:	Memory enhancer, nootropic, antistress, anxiolytic, antidepressant, anticonvulsant, tranquilizer, sedator
Read more (English):	en.wikipedia.org : https://tinyurl.com/porlnnr
Read more (Bengali):	bangla.aajtak.in : https://tinyurl.com/277298fq
Research Article:	DOI : https://doi.org/10.1016/j.jep.2008.09.009

অর্জুন

Local Name:	<i>Arjuna</i>
Common Name:	The Arjuna Tree
Scientific Name:	<i>Terminalia arjuna</i>
Family:	Combretaceae



Used Parts:	Bark
Used For:	Treats anginal pain, hypertension, congestive heart failure, dyslipidemia
Read more (English):	https://en.wikipedia.org/wiki/Terminalia_arjuna : https://tinyurl.com/2khsvyol
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2avhk95e
Research Article:	DOI : https://doi.org/10.4103/2225-4110.139103

আমলকী

Local Name:	<i>Amlaki</i>
Common Name:	Indian Gooseberry
Scientific Name:	<i>Phyllanthus emblica</i>
Family:	Phyllanthaceae



Used Parts:	Fruit
Used For:	Improves Immunity, Reduces Stress, Eye Care, Respiratory Health, Treats Anemia, Blood Purifier, Diuretic, Improve Digestion, Weight Management, Skin Care
Read more (English):	www.planetaryurveda.com : https://tinyurl.com/ybbdo4p5
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/vx85am2
Research Article:	DOI : https://doi.org/10.1016/j.jep.2021.114570

কুলথ কলাই

Local Name:	<i>Kulattha Kalai</i>
Common Name:	Horsegram
Scientific Name:	<i>Dolichos biflorus</i>
Family:	Fabaceae



Used Parts:	Seeds
Used For:	Tonic, astringent, diuretic, used to treat kidney stones, cough, asthma, bronchitis, piles, heart trouble
Read more (English):	www.easyayurveda.com : https://tinyurl.com/28vx5ss6
Read more (Bengali):	tv9bangla.com : https://tinyurl.com/279ayd4q
Research Article:	DOI : https://doi.org/10.1016/j.jfda.2014.02.002

জাম (কালো)

Local Name:	<i>Jaam (Black)</i>
Common Name:	Black Plum
Scientific Name:	<i>Syzygium cumini</i>
Family:	Myrtaceae



Used Parts:	Whole plant
Used For:	Treats sore throat, bronchitis, asthma, dysentery, ulcers
Read more (English):	en.wikipedia.org : https://tinyurl.com/2qbuq6fs
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/28m2ohu3
Research Article:	DOI : https://doi.org/10.1016/S2221-1691(12)60050-1

নারকেল

Local Name:	<i>Narkel</i>
Common Name:	Coconut
Scientific Name:	<i>Cocos nucifera</i>
Family:	Areaceae



Used Parts:	Roots, young spadix, water, kernel
Used For:	Treats bronchitis, dyspepsia, leprosy, digestive aphrodisiac, tumors, skin diseases, uterine disorders.
Read more (English):	en.wikipedia.org : https://tinyurl.com/px72cbt
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2al82sbq
Research Article:	DOI : https://doi.org/10.1590%2F1414-431X20154773

চাঁপা (স্বর্ণ)

Local Name:	<i>Champa (Swarna)</i>
Common Name:	Champaka (Swarna)
Scientific Name:	<i>Magnolia Champaca</i>
Family:	Magnoliaceae



Used Parts:	Bark, flowers, leaves
Used For:	Treats dysuria, leprosy, infections
Read more (English):	en.wikipedia.org : https://tinyurl.com/yg6ypvrx tropical.theferns.info : https://tinyurl.com/28jj9mch
Research Article:	DOI : https://doi.org/10.1016/j.jssas.2021.02.003

চাঁপা (শ্বেত)

Local Name:	<i>Champa (Shweta)</i>
Common Name:	Champaka (Shweta)
Scientific Name:	<i>Magnolia x Alba</i>
Family:	Magnoliaceae



Used Parts:	Whole plant
Used For:	Treats headache, sinusitis, cough, inflammation, flatulence, nausea
Read more (English):	www.flowersofindia.net : https://tinyurl.com/2d8awas5 icflora.blogspot.com : https://tinyurl.com/27wx7rp8
Research Article:	DOI : https://doi.org/10.1080/23802359.2016.1275850

চাঁপা (কাঁঠালি)

Local Name:	<i>Champa (Kanthali)</i>
Common Name:	Tail Grape
Scientific Name:	<i>Artabotrys hexapetalus</i>
Family:	Annonaceae



Used Parts:	Roots, fruits
Used For:	Treats malaria, leishmania
Read more (English):	en.wikipedia.org : https://tinyurl.com/28wnp954 tropical.theferns.info : https://tinyurl.com/23qr6jm3
Research Article:	DOI : https://doi.org/10.22159/ijpps.2020v12i6.37778

পলাশ

Local Name:	<i>Palash</i>
Common Name:	Flame of the Forest
Scientific Name:	<i>Butea monosperma</i> (Lam.) Taub.
Family:	Fabaceae



Used Parts:	Seeds
Used For:	Treats skin ailments, keratitis, piles
Read more (English):	en.wikipedia.org : https://tinyurl.com/ydlon755 www.planetayurveda.com : https://tinyurl.com/26bdsgbl
Research Article:	DOI : https://doi.org/10.1093/aob/mcg193

কাঞ্চন (শ্বেত)

Local Name:	<i>Kanchan (Shwet)</i>
Common Name:	White Orchid Tree
Scientific Name:	<i>Bauhinia acuminata</i>
Family:	Fabaceae



Used Parts:	Roots, leaves, bark
Used For:	Treats cough and cold, asthma
Read more (English):	en.m.wikipedia.org : https://tinyurl.com/23sqs2g3 www.flowersofindia.net : https://tinyurl.com/2ddkraad
Read more (Bengali):	bn.m.wikipedia.org : https://tinyurl.com/24dfhg72

কাঞ্চন (রক্ত)

Local Name:	<i>Kanchan (Rakta)</i>
Common Name:	Mountain Ebony
Scientific Name:	<i>Bauhinia variegata</i>
Family:	Fabaceae



Used Parts:	Bark, roots
Used For:	Treats ulcers, skin diseases, antidote to snake poison
Read more (English):	en.m.wikipedia.org : https://tinyurl.com/28enjhwq
Read more (Bengali):	bn.m.wikipedia.org : https://tinyurl.com/2btd6hjb
Research Article:	www.ncbi.nlm.nih.gov : https://tinyurl.com/27uyu48q

দারুচিনি

Local Name:	<i>Daruchini</i>
Common Name:	True Cinnamon
Scientific Name:	<i>Cinnamomum verum</i>
Family:	Lauraceae



Used Parts:	Bark, leaves, flowers
Used For:	Anti-diabetic, antibacterial, antioxidant, anti-inflammatory, anticancer
Read more (English):	en.wikipedia.org : https://tinyurl.com/2d7fmkn6
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2dbdlrxl
Research Article:	DOI : https://doi.org/10.3390/molecules26206303

কামরাঙা

Local Name:	<i>Kamranga</i>
Common Name:	Star Fruit
Scientific Name:	<i>Averrhoa carambola</i>
Family:	Oxalidaceae



Used Parts:	Leaves, fruits, roots
Used For:	Fever, cough, diarrhea, chronic headache, inflammatory skin disorders
Read more (English):	en.wikipedia.org : https://tinyurl.com/2bf5muf8 www.easyayurveda.com : https://tinyurl.com/24fmmwgr
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2ajhgfyf

কদম

Local Name:	<i>Kadam</i>
Common Name:	Burflower Tree
Scientific Name:	<i>Neolamarckia cadamba</i>
Family:	Rubiaceae



Used Parts:	Bark, flowers, leaves, fruits
Used For:	Treats fever, blood diseases, skin diseases, tumour, anaemia, eye inflammation, diarrhoea
Read more (English):	en.wikipedia.org : https://tinyurl.com/2jnehluk
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/29p33x7r
Research Article:	DOI : https://doi.org/10.1016/j.jep.2016.01.036

নাগলিঙ্গম

Local Name:	<i>Nagalingam</i>
Common Name:	Cannonball Tree
Scientific Name:	<i>Couroupita guianensis</i>
Family:	Lecythidaceae



Used Parts:	Leaves, flowers, fruits, stem
Used For:	Treats gastritis, scabies, bleeding piles, dysentery, scorpion poison
Read more (English):	en.wikipedia.org : https://tinyurl.com/25jd8ce3 www.healthbenefitstimes.com : https://tinyurl.com/2xkq657a
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2a5qq7lb

লেবু (পাতি)

Local Name:	<i>Lebu (Pati)</i>
Common Name:	Lemon
Scientific Name:	<i>Citrus × limon</i>
Family:	Rutaceae



Used Parts:	Fruit, leaves
Used For:	Anthelmintic, appetizer, astringent, refrigerant, diaphoretic, anti-dehydrating
Read more (English):	www.planetaryurveda.com : https://tinyurl.com/y3nzc5na en.wikipedia.org : https://tinyurl.com/omoot2c
Read more (Bengali):	www.anandabazar.com : https://tinyurl.com/2yljc489

লেবু (গন্ধরাজ)

Local Name:	<i>Lebu (Gandharaj)</i>
Common Name:	Mandarin Lime
Scientific Name:	<i>Citrus × limonia</i>
Family:	Rutaceae



Used Parts:	Leaves, bark, roots, fruits
Used For:	Treats chronic diarrhoea, dysentery, peptic ulcers
Read more (English):	en.wikipedia.org : https://tinyurl.com/yxdzejm2 www.telegraphindia.com : https://tinyurl.com/25r8wfb8
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/267g3jov

মহুয়া

Local Name:	<i>Mahua</i>
Common Name:	Indian Butter Tree
Scientific Name:	<i>Madhuca longifolia</i>
Family:	Sapotaceae



Used Parts:	Flowers, bark, seeds
Used For:	Treats cough, cold, bronchitis, leprosy, diabetes, bleeding gums, skin diseases
Read more (English):	en.wikipedia.org : https://tinyurl.com/2f4hq4dv ayurwiki.org : https://tinyurl.com/22u8ytfl
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/24yfdm3g

আম

Local Name:	<i>Aam</i>
Common Name:	Mango
Scientific Name:	<i>Mangifera indica L.</i>
Family:	Anacardiaceae



Used Parts:	Roots, bark, leaves, fruits, seeds, flowers, kernels
Used For:	Dentifrice, antiseptic, astringent, diaphoretic, stomachic, vermifuge, tonic, laxative, diuretic
Read more (English):	www.planetaryurveda.com : https://tinyurl.com/2a8o5lhl en.wikipedia.org : https://tinyurl.com/y9rjr2rk
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/29sh8qrn

তেলাকুচা

Local Name:	<i>Telakucha</i>
Common Name:	Ivy Gourd
Scientific Name:	<i>Coccinia grandis</i> (L.) J.Voigt
Family:	Cucurbitaceae



Used Parts:	Young, tender and long slender stem tops, leaves, tuberous roots
Used For:	Treats skin diseases, bronchitis, anorexia, cough, asthma, catarrh, epilepsy
Read more (English):	en.wikipedia.org : https://tinyurl.com/y8pltxdf
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/259khbby
Research Article:	phytokeys.pensoft.net : https://tinyurl.com/27b6emvf

চন্দন (শ্বেত)

Local Name:	<i>Chandan (Shwet)</i>
Common Name:	Indian Sandalwood
Scientific Name:	<i>Santalum album</i>
Family:	Santalaceae



Used Parts:	Heartwood
Used For:	Antipyretic, antiseptic, anti-scabiectic, diuretic
Read more (English):	en.m.wikipedia.org : https://tinyurl.com/25h8h4ym
Read more (Bengali):	www.dhakatimes24.com : https://tinyurl.com/2bo8eamh
Research Article:	DOI : https://doi.org/10.47070/ijapr.v9i4.1895

চন্দন (রক্ত)

Local Name:	<i>Chandan (Rakta)</i>
Common Name:	Saunderswood
Scientific Name:	<i>Pterocarpus santalinus</i>
Family:	Fabaceae



Used Parts:	Heartwood
Used For:	Analgesic, anti-inflammatory, febrifuge
Read more (English):	en.m.wikipedia.org : https://tinyurl.com/2xogeyb8
Read more (Bengali):	www.google.com : https://tinyurl.com/23rk2yto
Research Article:	DOI : https://doi.org/10.4103/0973-7847.176575

কলমি শাক

Local Name:	<i>Kalmi Shaak</i>
Common Name:	Water Spinach
Scientific Name:	<i>Ipomoea aquatica</i> Forssk.
Family:	Convolvulaceae



Used Parts:	Young shoots, leaves
Used For:	For lactification, as an anthelmintic treats piles, nosebleeds, high blood pressure
Read more (English):	publish.plantnet-project.org : https://tinyurl.com/23vqtyxg
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2c54ekc7
Research Article:	DOI : https://doi.org/10.1016/j.fct.2017.05.002

কাবাবচিনি

Local Name:	<i>Kababchini</i>
Common Name:	Tailed Pepper
Scientific Name:	<i>Piper cubeba</i>
Family:	Piperaceae



Used Parts:	Fruits
Used For:	Treats gonorrhoea, dysentery, syphilis, abdominal pain, diarrhoea, enteritis, asthma
Read more (English):	en.wikipedia.org : https://tinyurl.com/2bsf89q9
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2czs4rpo
Research Article:	DOI : https://doi.org/10.3389/fnut.2022.1048520

শিবজটা

Local Name:	<i>Shivjata</i>
Common Name:	Chenille Plant
Scientific Name:	<i>Acalypha hispida</i>
Family:	Euphorbiaceae



Used Parts:	Leaves, whole plant
Used For:	Expectorant, treats sores, ulcers, scabies
Read more (English):	en.wikipedia.org : https://tinyurl.com/2c2ajuxy
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2376a9zl
Research Article:	DOI : https://doi.org/10.30574/wjbphs.2022.12.2.0194

কামিনী

Local Name:	<i>Kamini</i>
Common Name:	Orange Jasmine
Scientific Name:	<i>Murraya paniculata</i> (L.) Jack
Family:	Rutaceae



Used Parts:	Root, stem, bark
Used For:	Diuretic, anodyne, treats diarrhoea, treats fresh cuts on skin
Read more (English):	en.wikipedia.org : https://tinyurl.com/mbatc65 www.asia-medicinalplants.info : https://tinyurl.com/236aq9mu
Research Article:	DOI : https://doi.org/10.3390/medicines3010007

Plants of Nabapatrika Udyan

Nabapatrika, a sacred emblem of reverence and an integral part of Durga Puja, holds a distinct significance in the rich tapestry of Hindu rituals. This ceremonial ritual involves the worship of nine different plants, representing the nine forms of Goddess Durga. Each plant, chosen for its unique characteristics, symbolizes different aspects of the divine feminine energy. Traditionally, these plants include banana, turmeric, wood apple (bilva), pomegranate, colocasia, arum plant, rice paddy, jayanti (barley), and ashoka. On the auspicious day of Maha Saptami, these plants are symbolically bathed and draped in a single cloth to create the Nabapatrika, which is then ritually worshipped alongside the idol of Goddess Durga. This ceremonial fusion of nature and devotion underscores the interconnectedness of all life forms and pays homage to the life-sustaining forces of the Earth. Nabapatrika serves as a poignant reminder of the inherent bond between human existence and the natural world, making Durga Puja a celebration that not only venerates the divine feminine but also acknowledges the sanctity of ecological balance.

At Sikshanamandira, these sacred nine plants are displayed in earthen pots with their details in placards kept beside them in a small garden named Nabapatrika Udyan.

কলা/রম্ভা

Local Name:	<i>Kola/Rambha</i>
Common Name:	Banana
Scientific Name:	<i>Musa acuminata</i>
Family:	Musaceae



Used Parts:	Whole plant
Used For:	Treating fever, cough, bronchitis, dysentery, allergic infections
Read more (English):	en.wikipedia.org : https://tinyurl.com/cwt8y2b
Read more (Bengali):	www.anandabazar.com : https://tinyurl.com/2xownxha
Research Article:	DOI : https://doi.org/10.1016/j.jep.2016.12.009

কচু/কচুী

Local Name:	<i>Kochu/Kachwi</i>
Common Name:	Taro
Scientific Name:	<i>Colocasia esculenta</i>
Family:	Araceae



Used Parts:	Edible corms, leaves
Used For:	Treating liver ailments
Read more (English):	en.wikipedia.org : https://tinyurl.com/jerfxh9 www.nparks.gov.sg : https://tinyurl.com/25a9wzma
Research Article:	DOI : https://doi.org/10.3390%2Fijms22010265

হলুদ/হরিদ্রা

Local Name:	<i>Halud/Haridra</i>
Common Name:	Turmeric
Scientific Name:	<i>Curcuma longa</i>
Family:	Zingiberaceae



Used Parts:	Rhizome
Used For:	Blood purifier, Anti-inflammatory, Wound healing, anti-bacterial, anti-oxidant, treatment of anemia, curing cough and cold
Read more (English):	en.wikipedia.org : https://tinyurl.com/63byfk www.planetaryurveda.com : https://tinyurl.com/y3d4a3wg
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/25ategxw

জয়ন্তী

Local Name:	<i>Jayanti</i>
Common Name:	Common Sesban
Scientific Name:	<i>Sesbania sesban</i>
Family:	Fabaceae



Used Parts:	Leaves, root, seeds, flowers
Used For:	Anthelmintic, demulcent, purgative, anti-inflammatory
Read more (English):	en.wikipedia.org : https://tinyurl.com/269d8xzk
Read more (Bengali):	www.roddure.com : https://tinyurl.com/2d43kv6t
Research Article:	DOI : https://doi.org/10.5897/AJPS2012.0716

বেল/বিষ্ণু

Local Name:	<i>Bael/Bilwa</i>
Common Name:	Wood Apple
Scientific Name:	<i>Aegle marmelos</i>
Family:	Rutaceae



Used Parts:	Fruit, leaf, root, bark, seed
Used For:	Treats diabetes, respiratory problems, inflammation, dysentery, diarrhea
Read more (English):	en.wikipedia.org : https://tinyurl.com/gn4flh3
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2465gkda
Research Article:	DOI : https://doi.org/10.1016%2FS2222-1808(14)60318-2

ডালিম/দাড়িম্ব

Local Name:	<i>Dalim/Darimba</i>
Common Name:	Pomegranate
Scientific Name:	<i>Punica granatum</i>
Family:	Lythraceae



Used Parts:	Whole plant
Used For:	Treats ulcers, diarrhea
Read more (English):	en.wikipedia.org : https://tinyurl.com/olo5zqb
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/223zwgbo
Research Article:	www.ncbi.nlm.nih.gov : https://tinyurl.com/26v6wyl9

অশোক

Local Name:	<i>Ashoka</i>
Common Name:	Ashoka Tree
Scientific Name:	<i>Saraca asoca</i>
Family:	Fabaceae



Used Parts:	Stem bark, flowers, seeds
Used For:	Treats uterine, genital disorders, ailments of urogenital tract, fever, pain
Read more (English):	en.wikipedia.org : https://tinyurl.com/2ywuo8nk
Read more (Bengali):	bn.wikipedia.org : https://tinyurl.com/2ye9b8eh
Research Article:	DOI : https://doi.org/10.1155%2F2014%2F959687

মানকচু /মান

Local Name:	<i>Maan Kachu/Maan</i>
Common Name:	Giant Taro
Scientific Name:	<i>Alocasia macrorrhizos</i>
Family:	Araceae



Used Parts:	Roots, leave, rhizome
Used For:	Laxative, rubefacient, treats cough, treats furuncles.
Read more (English):	en.wikipedia.org : https://tinyurl.com/2jmo7tn2 uses.plantnet-project.org : https://tinyurl.com/28hkezbz
Read more (Bengali):	www.prothomalo.com : https://tinyurl.com/26rkg5p7

ধান/ধান্য

Local Name:	<i>Dhaan/Dhaanya</i>
Common Name:	Rice
Scientific Name:	<i>Oryza sativa</i>
Family:	Poaceae



Used Parts:	Grain
Used For:	Treat boils, sores, swellings, blemishes, stomach upsets, heartburn, indigestion
Read more (English):	en.wikipedia.org : https://tinyurl.com/px5k8zq
Read more (Bengali):	bn.vikaspedia.in : https://tinyurl.com/27su87qx
Research Article:	DOI : https://doi.org/10.1007%2Fs10722-017-0518-0



HealPhiFlora

PLANTS THAT LOVES TO HEAL YOU

Swami Vidyamritananda

Br. Vinayachaitanya

Sri Sounak Gupta

त्रिवृतां त्रिफलां दन्तीं नीलिनीं सप्तलां वचाम् | (त्रिवृतां त्रिफलां दन्तीं नीलिनीं सप्तलां वचाम् |)

कम्पिल्लकं गवाक्षीं च क्षीरिणीमुदकीर्यकाम् ||९|| (कम्पिल्लकं गवाक्षीं च क्षीरिणीमुदकीर्यकाम् ||९||)

पीलून्यारग्वधं द्राक्षां द्रवन्तीं निचुलानि च | (पीलून्यारग्वधं द्राक्षां द्रवन्तीं निचुलानि च |)

पक्वाशयगते दोषे विरेकार्थं प्रयोजयेत् ||१०|| (पक्वाशयगते दोषे विरेकार्थं प्रयोजयेत् ||१०||)

- चरकसंहिता, सूत्रस्थानम्, अपामार्गतण्डुलीयोऽध्यायः
- (चरकसंहिता, सूत्रस्थानम्, अपामार्गतण्डुलीयोऽध्यायः)

Trivrit (*Operculina turpethum* (Linn.) Silva Manso), Triphala (Three myrobalans), Danti (*Baliospermum montanum* (Wild.) Muell-Arg.), Nilini (*Indigofera tinctoria* Linn.), Saptala (*Acacia concinna* DC.), Vacha (*Acorus calamus* Linn.), Kampillaka (*Mallotus philippensis* (Lam.) Muell.- Arg.), Gavakshi (*Citrullus colocynthis* (Linn.) Schrader), Kshirini (*Mimusops hexandra* Roxb.), Udaakeerya (*Pongamia pinnata* (Linn.) Pierre), Pilu (*Salvadora persica* Linn.), Aragwadha (*Cassia fistula* Linn.), Draksha (*Vitis vinifera* Linn.), Dravanti (*Croton tiglium* Linn.), Nichula (*Barringtonia acutangula* (Linn.) Gaertn.) are the drugs used for purgation when vitiating factors are located in Pakwashaya (colon) .

Source: Charak Samhita, Sutra Sthana, Chapter 2, Dehusked Seeds of Apamarga and other medicines [9-10]

Ref: Nesari T., Mallya S., Sawant B. (2020). Apamarga Tanduliya Adhyaya. In: Sawant B., Deole Y.S., Basisht G., (Eds), Charak Samhita New Edition (1st ed. pp.4). CSRTSDC. <https://doi.org/10.47468/CSNE.2020.e01.s01.004>



ISBN 978-93-95666-27-5



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