

## Brief description of plants under the Community Outreach Programme of Home Herbal Gardens in Delhi

1

Common name : Holy basil (English), Rama tulsi (Hindi)  
Botanical name : *Ocimum sanctum* L.  
Family : Lamiaceae  
Part used : Leaves  
Uses : The plant is used in the treatment of cough, cold, bronchitis, diarrhea and dysentery.

2

Common name : Stevia (English)  
Botanical name : *Stevia rebaudiana* Bertoni.  
Family : Asteraceae  
Part used : Leaves  
Uses : The processed leaves yield a natural sweetener which is a substitute for table sugar, safe for diabetics, as it does not affect blood sugar levels.

3

Common names : King of biters (English), Kalmegh (Hindi)  
Botanical name : *Andrographis paniculata* Nees  
Family : Acanthaceae  
Part used : Whole plant  
Uses : The plant is used for treating dysentery, cholera, diabetes, influenza, bronchitis, piles, gonorrhoea, and snake venom poisoning.

4

Common names : Asparagus (English), Shatavari (Hindi)  
Botanical name : *Asparagus racemosus* Willd.  
Family : Liliaceae  
Part used : Roots  
Uses : The plant part is used for treating nervous disorders, tumours, scalding of urine, throat infections, tuberculosis and bronchitis.

5

Common names : Tinospora Gulancha (English), Giloy (Hindi)  
Botanical name : *Tinospora cordifolia* (Willd.) Miers ex Hook.f & Thomas.  
Family : Menispermaceae  
Parts used : Stem, leaves, and roots  
Uses : The plant is used in the treatment of fever, jaundice, thirst, loss of appetite, urinary diseases, and skin ailments.

6

Common names : Aloe (English), Gwar Patha (Hindi)  
Botanical name : *Aloe barbadensis* (L.) Burm.f.  
Family : Liliaceae  
Part used : Leaves  
Uses : The plant part is used to heal wounds, ulcers, and burns. It is also used to treat liver and spleen ailments.

**Note:** Information compiled based on secondary information. TERI has not researched the specific benefits and uses that have been indicated for each plant

7

Common names : Winter Cherry (English), Ashwagandha (Hindi)  
Botanical name : *Withania somnifera* (L.) Dunal.  
Part used : Roots  
Family : Solanaceae  
Uses : The plant part is used in Ayurvedic medicines to treat ulcers, fever, cough, rheumatism, leucoderma and to restore memory loss.

8

Common names : Lemon grass (English), Gandhatrina (Hindi)  
Botanical name : *Cymbopogon citratus* (DC.) Stapf.  
Family : Poaceae  
Parts used : Stem, flowers, and leaves

The herb is a stimulant (increases physical or nervous activity), diaphoretic (increases perspiration), and anti-spasmodic (reduce spasm).

9

Common names : Mint (English), Pudina (Hindi)  
Botanical name : *Mentha arvensis* Linn.  
Family : Lamiaceae  
Parts used : Whole plant  
Uses : The infusion of leaves is used in the treatment of rheumatism. Oil from the plant; know as Japanese Mint Oil is used to cure fever.

10

Common names : Vasaka (English), Adusa (Hindi)  
Botanical name : *Adhatoda vasica* Nees.  
Family : Acanthaceae  
Part used : Leaves  
Uses : Used for treating bronchitis, asthma, and dental ailments.

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