



Documentation of Medicinal Plants of Botanical Garden (*Sasyodyana*) of Bidar District, Karnataka

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Abstract: This study documents the medicinal plants of *Sasyodyana*, a botanical garden in Bidar District, Karnataka. A systematic survey was conducted to identify and classify plant species based on their medicinal properties. The study recorded a diverse range of species used in traditional medicine for ailments such as liver disorders, skin diseases, diabetes, respiratory conditions, and inflammatory disorders. The research also highlights the ethnobotanical significance of these plants and their role in biodiversity conservation. Findings emphasize the need for preserving indigenous knowledge and promoting sustainable utilization of medicinal plants for future pharmacological applications.

Index Terms - Medicinal plants, *Sasyodyana*, Ethnobotany, Traditional medicine, Biodiversity conservation, Pharmacological applications, Plant documentation, Karnataka flora.

I. INTRODUCTION

Medicinal plants have played a crucial role in healthcare systems for centuries, particularly in traditional medicine practices like Ayurveda, Siddha, and Unani. India is one of the richest sources of medicinal plants, with a vast repository of flora that holds immense therapeutic potential. Conservation and systematic documentation of these plants are vital for their sustainable use and future pharmacological exploration.

This study aims to document and analyze the medicinal plants found in *Sasyodyana*, a botanical garden in Bidar District, Karnataka. The research focuses on plant identification, medicinal uses, and biodiversity conservation, emphasizing the need to integrate traditional knowledge with modern scientific validation.

Identifying and documenting medicinal plant species in *Sasyodyana*.
Classifying plants based on their therapeutic properties and traditional usage.

Evaluating the conservation status of these species.

Highlighting the significance of traditional medicinal practices in modern healthcare

II. OBJECTIVES

Identifying and documenting medicinal plant species in *Sasyodyana*.
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III. MATERIAL AND METHODS

2.1 Study Area

The study was conducted in *Sasyodyana*, a well-maintained botanical garden in Bidar District, Karnataka. This region is characterized by its rich biodiversity, with a favorable climate that supports the growth of diverse medicinal plant species. The garden serves as a center for conservation, education, and research on plant diversity.

Bidar, located in the northeastern part of Karnataka, is known for its semi-arid climate with distinct wet and dry seasons. The soil composition, topography, and climatic conditions significantly influence the distribution of plant species in the region. *Sasyodyana* hosts a wide variety of medicinal plants, many of which have been traditionally used by local communities and Ayurvedic practitioners.

2.2 Data Collection and Identification

A systematic field survey was carried out over a period of six months to document medicinal plant species in *Sasyodyana*. The methodology included:

Plant Identification: Identification was conducted using field guides, botanical keys, and expert consultation. Taxonomic classification was verified using standard flora references.

Ethnobotanical Data Collection: Traditional knowledge on medicinal properties, methods of preparation, and modes of administration was collected through interviews with local healers, Ayurvedic practitioners, and botanical experts.

Data Analysis: The collected plant species were categorized based on their families, growth habits (herbs, shrubs, trees, climbers), and medicinal applications.

IV. RESULTS AND DISSICISSIONS

TABLE: NAME OF THE FAMILY,HABIT AND MEDICINAL USES OF THE MEDICINAL PLANTS OF THE SASODHYANA

S/ No	Botanical name of Plant	Family	Habit	Local Name of the Plant	Medicinal Uses
1.	<i>Abutilon indicum</i>	Malvaceae	Herb	Kisangi,Gidutingi, Neladuruva,Haagade,Indian mallow,Ubati.	• Anti-inflammatory: Rheumatism, arthritis • Antidiabetic: Blood sugar management • Hepatoprotective: Liver protection • Antimicrobial: Infection treatment • Wound healing: Skin injuries, ulcers
2.	<i>Abrus precatorius</i>	Fabaceae	Herb	Rosary Pea, Crab's Eye, Jequirity Bean, Gunja, Kundu Mani, Gulganji	• Traditional Remedies: Arthritis, fever, inflammation • Aphrodisiac: Roots, leaves • Skin Conditions: Eczema, dermatitis • Anti-inflammatory: Roots, leaves • Hair Care: Hair growth, dandruff • Eye Conditions: Historical use (not recommended) • Respiratory Issues: Coughs, colds
3.	<i>Acorus calamus</i>	Acoraceae	Herb	Vekhand,Baji,Naaru, Sweet flag,	• Digestive Health: Dyspepsia, flatulence, colic • Nervous System: Anxiety, insomnia, epilepsy • Cognitive Function: Memory, learning enhancement • Respiratory Issues: Bronchitis, sinusitis • Pain & Inflammation: Rheumatism, arthritis, pain

4.	<i>Actocarpus heterophyllus</i>	Moraceae	Tree	Jack fruit, Kathal, Halasuhannu, Halasu	• Antidiabetic: Blood sugar management • Antioxidant: Protects against oxidative stress • Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights bacterial, fungal infections • Wound Healing: Promotes wound recovery
5.	<i>Aegle marmelos</i>	Rutaceae	Tree	Bel, Bael, Bael pataa, Bilvapatri.	• Digestive Health: Diarrhea, constipation • Antidiabetic: Blood sugar management • Anti-inflammatory: Arthritis, wounds • Antimicrobial: Fights infections • Respiratory Health: Asthma, bronchitis • Heart Health: Supports cardiovascular health • Wound Healing: Heals wounds, ulcers • Antioxidant: Protects against oxidative damage
6.	<i>Albizia lebbek</i>	Fabaceae	Tree	Siris tree, Lebbeck, Frywood, Koko, East Indian walnut, Rattlepod, Shirish, Dirvi, Bagge mara.	• Respiratory Health: Asthma, bronchitis • Skin Conditions: Wounds, skin infections • Anti-inflammatory: Reduces inflammation, pain relief • Diarrhea Treatment: Manages diarrhea, dysentery • Antiallergic: Treats allergies, asthma • Fever Reduction: Reduces fever
7.	<i>Allium tricoccum</i>	Amaryllidaceae	Herb	Kadu eruli, wild onion	• Digestive Health: Aids digestion, indigestion • Respiratory Health: Colds, coughs, bronchitis • Detoxification: Cleanses body, spring tonic • Antimicrobial: Fights infections • Cardiovascular Health: Supports heart health, lowers blood pressure
8.	<i>Aloe camperi</i>	Asphodelaceae	Shrub	Lolesara, Kattale, Ghrithkumari, Eritrean Aloe, Camper's Aloe, Aloe	• Skin Care: Treats burns, irritations • Digestive Health: Laxative, digestive aid • Anti-inflammatory: Reduces inflammation • Wound Healing: Heals cuts, burns • Antimicrobial: Prevents infections
9.	<i>Aloe vera</i>	Asphodelaceae	Herb	Aloe vera, Burn plant, Medicinal aloe, True aloe,	• Skin Care: Soothes burns, cuts, irritations • Digestive Health: Laxative (use with

				Barbados aloe, First aid plant, Indian aloe, Navsara.	caution) • Wound Healing: Heals wounds, sunburns • Anti-inflammatory: Reduces skin/joint inflammation • Antimicrobial: Prevents infections • Immune Support: Boosts immunity (under research)
10	<i>Anacardium occidentale</i>	Anacardiaceae	Tree	Cashew ,Cashew nut ,Cashew apple ,Kaju .	• Nutritional Support: Rich in fats, proteins, minerals • Antioxidant: Protects against oxidative damage • Anti-inflammatory: Reduces inflammation (e.g., arthritis) • Skin Health: Treats warts, fungal infections • Digestive Health: Aids digestion, treats diarrhea • Antimicrobial: Fights bacterial infections
11	<i>Andrographis</i>	Acanthaceae	Herb	Kalmegh, Nelabevu, ನೆಲಬೆವ್ವ, King of Bitters ,Creat, Green Chiretta , Bhui-neem	• Immune Support: Boosts immunity, treats colds/flu • Anti-inflammatory: Reduces inflammation (e.g., arthritis) • Antimicrobial: Fights bacterial, viral, fungal infections • Digestive Health: Treats dysentery, colic, appetite loss • Liver Health: Supports liver function, treats hepatitis • Antipyretic: Reduces fever.
12	<i>Annona reticulata</i>	Annonaceae	Tree	Custard Apple, Bullock's Heart ,Bull's Heart ,Wild Sweetsop ,Jamaica Apple ,Sugar Apple, Sitaphal.	• Digestive Health: Treats diarrhea, aids digestion • Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Insecticidal: Natural insecticide (e.g., lice treatment) • Wound Healing: Promotes wound healing • Antioxidant: Protects against oxidative damage
13	<i>Annona squamosa</i>	Annonaceae	Tree	Sugar apple, Custard apple, Sweet sop, Sugar pineapple, Sitaphal.	• Digestive Health: Treats indigestion, diarrhea • Antidiabetic: Helps manage blood sugar levels • Anti-inflammatory: Reduces swelling and pain • Antimicrobial: Fights infections • Insecticidal: Natural insecticide (e.g., lice treatment) • Wound Healing: Aids wound

					healing and skin treatment
14	<i>Argyreia nervosa</i>	Convolvulaceae	Shrub	Hawaiian Baby Woodrose, Elephant Creeper, Woolly Morning Glory, Silver Morning Glory, Samandarballi, Samudrashinke.	• Mental Health: Treats anxiety, depression (psychoactive properties). • Anti-inflammatory/Pain Relief: Effective for arthritis, rheumatism. • Skin Healing: Treats wounds, burns, ulcers (topical application). • Digestive Health: Addresses dysentery, diarrhea, improves digestion. • Respiratory Health: Helps with asthma, bronchitis.
15	<i>Aristolochia indica</i>	Aristolochiaceae	Herb	Indian Birthwort, Duck Flower, Iswarmul, Ishwaraballi, nagaphani	• Anti-inflammatory: Reduces inflammation and swelling. • Analgesic: Provides pain relief. • Digestive Issues: Treats gastrointestinal problems. • Fever Reduction: Manages fever and symptoms. • Topical Applications: Used in poultices for localized issues
16	<i>Asparagus racemosus</i>	Asparagaceae	Herb	Shatavari	• Reproductive Health: Supports menstrual and menopausal health. • Adaptogen: Helps cope with stress, promotes vitality. • Digestive Health: Improves digestion, treats indigestion. • Immune Support: Enhances immune function. • Nourishing Tonic: Rejuvenative, combats fatigue.
17	<i>Bacopa monnieri</i>	Scrophulariaceae	Herb	Brahmi, Water Hyssop, Herb of Grace	• Cognitive Enhancement: Improves memory and mental clarity. • Stress Reduction: Manages stress, promotes relaxation. • Anti-Anxiety: Alleviates anxiety, promotes calmness. • Antioxidant Properties: Protects cells from oxidative damage. • Neurological Health: Supports neurological health, improves mood
18	<i>Barleria lupulina</i>	Acanthaceae	Shrub	Hop-headed Barleria, Philippine violet, Snake bush.	• Skin Conditions: Treats eczema, boils, abscesses. • Wound Healing: Aids wound healing, prevents infections. • Respiratory Issues: Treats bronchitis, reduces fever. • Joint Pain: Alleviates arthritis, rheumatism. • Digestive Disorders: Treats digestive issues, promotes health. • Fever Reduction: Reduces fever (leaves, flowers).

19	<i>Bauhina malabarica</i>	Fabaceae	Tree	Malabar Mountain Ebony, Malabar Bauhinia, Basavana pada.	• Anti-inflammatory/Analgesic: Reduces inflammation, relieves pain. • Antidiabetic: Manages blood sugar levels. • Wound Healing: Promotes healing, prevents infections. • Antimicrobial: Treats bacterial and fungal infections. • Gastrointestinal Issues: Treats diarrhea, dysentery. • Fever Reduction: Reduces fever, treats symptoms.
20	<i>Boerhavia diffusa</i>	Nyctaginaceae	Herb	Punarnava , Red Spiderling , Spreading Hogweed	• Anti-inflammatory: Reduces inflammation. • Diuretic: Treats edema, urinary infections. • Hepatoprotective: Supports liver function. • Antispasmodic: Relieves muscle spasms. • Antimicrobial: Treats infections. • Anti-diabetic: Manages blood sugar. • Antioxidant: Protects from oxidative stress. • Respiratory Disorders: Treats asthma, bronchitis. • Digestive Health: Aids digestion, treats constipation.
21	<i>Buchanania cochininensis</i>	Anacardiaceae	Tree	Cuddapah almond, Tallow tree, Chironj tree, Chorole.	• Anti-inflammatory: Reduces inflammation. • Wound Healing: Promotes healing of cuts and sores. • Skin Diseases: Treats eczema, dermatitis. • Nutritional Value: Seeds support general health. • Digestive Health: Aids digestion, treats constipation. • Antioxidant: Protects from oxidative stress. • Respiratory Disorders: Treats asthma, bronchitis.
22	<i>Buddleja salviifolia</i>	Scrophulariaceae	Shrub	Sagewood , Sage-leaved Buddleja, Beli lucky, Sage bush.	• Antimicrobial: Treats infections. • Anti-inflammatory: Reduces inflammation. • Wound Healing: Heals cuts, sores, and ulcers. • Antidiabetic: Manages blood sugar levels. • Antioxidant: Protects against oxidative stress. • Digestive Health: Treats indigestion and diarrhea. • Respiratory Disorders: Treats asthma, bronchitis.

23.	<i>Butea monosperma</i>	Fabaceae	Tree	Flame of the Forest, Palash , Dhak	• Anti-inflammatory: Reduces inflammation (leaves, bark, flowers, seeds). • Antimicrobial: Treats infections (leaves, seeds). • Antidiabetic: Manages blood sugar levels (leaves). • Astringent: Tightens tissues, reduces bleeding . • Anthelmintic: Expels parasitic worms . • Diuretic: Promotes urine production . • Wound Healing: Heals wounds, prevents infections . • Digestive Health: Treats diarrhea, dysentery. • Respiratory Disorders: Treats bronchitis, respiratory issues.
24.	<i>Cassia fistula</i>	Fabaceae	Tree	Golden Shower Tree, Amaltas, Kakke, Sondal, Bahava.	• Laxative: Treats constipation • Digestive Health: Supports digestion, treats GI issues • Skin Conditions: Treats skin infections, wounds • Antipyretic: Reduces fever • Anti-inflammatory: Eases inflammation (e.g., arthritis) • Antimicrobial: Fights infections
25.	<i>Cassytha filiformis</i>	Lauraceae	Tree	Love Vine, Devil's Gut, Woe Vine, Witch's Hair, Laurel Dodder, Antaragangi.	• Antimicrobial: Fights bacterial, viral, fungal infections • Anticancer: Traditionally used for cancer-related treatments • Wound Healing: Promotes healing of cuts, wounds • Anti-inflammatory: Reduces inflammation (e.g., arthritis) • Antioxidant: Protects against oxidative stress
26.	<i>Cestrum diurnum</i>	Solanaceae	Herb	Day-Blooming Jessamine, Day-Blooming Cestrum, and Din ka Raja	• Antidiabetic: Manages blood sugar levels • Anti-inflammatory: Reduces inflammation (e.g., arthritis) • Antioxidant: Protects against oxidative stress • Skin Conditions: Treats skin issues • Antimicrobial: Fights bacterial, fungal infections
27.	<i>Chamaecostus cuspidatus</i>	Costaceae	Herb	Fiery Costus, Insulin Plant, Spiral Flag	• Antidiabetic: Lowers blood sugar levels • Anti-inflammatory: Reduces inflammation • Antioxidant: Protects against oxidative stress

					• Wound Healing: Promotes healing of cuts, wounds • Digestive Health: Supports digestion, treats GI issues
28	<i>Chrysopogon zizanioides</i>	Poaceae	Herb	Vetiver, Khus, Vetiver Grass	• Antimicrobial: Treats infections • Anti-inflammatory: Reduces inflammation • Antioxidant: Protects against oxidative stress • Antipyretic: Reduces fever • Calming and Relaxation: Alleviates stress, anxiety • Digestive Health: Treats indigestion, stomach discomfort • Skin Care: Soothes and heals skin conditions • Aromatherapy: Promotes well-being • Wound Healing: Promotes healing of cuts, sores
29	<i>Cinnamomum verum</i>	Lauraceae	Tree	Ceylon Cinnamon, True Cinnamon, Sri Lankan Cinnamon	• Antimicrobial: Fights infections • Antioxidant: Protects against oxidative stress • Anti-inflammatory: Reduces inflammation • Antidiabetic: Manages blood sugar levels • Digestive Health: Treats indigestion, bloating • Cardiovascular Health: Improves heart health • Respiratory Health: Treats colds, coughs • Aromatherapy: Reduces stress, promotes relaxation • Skin Care: Treats skin conditions, infections
30	<i>Circumstance s aromatica</i>	Zingiberaceae	Herb	Wild Turmeric, Kasturi Turmeric, Aromatic Turmeric	• Antimicrobial: Fights infections • Anti-inflammatory: Reduces inflammation • Antioxidant: Protects against oxidative stress • Skin Care: Treats acne, wounds, pigmentation • Digestive Health: Treats indigestion, bloating • Respiratory Health: Treats colds, coughs • Aromatherapy: Reduces stress, promotes relaxation • Wound Healing: Heals cuts, sores • Anti-cancer: Inhibits cancer cell growth
31	<i>Citharexylum spinosum</i>	Verbenaceae	Tree	Fiddlewood, Spiny Fiddlewood, Jamaican	• Anti-inflammatory: Reduces inflammation • Analgesic: Relieves pain

				Fiddlewood	• Antimicrobial: Fights infections • Digestive Health: Treats indigestion, stomach cramps • Fever Reduction: Lowers fever • Respiratory Health: Treats colds, coughs • Skin Care: Heals wounds, treats infections
32	<i>Clitoria ternatea</i>	Fabaceae	Herb	Butterfly Pea, Blue Pea, Asian Pigeonwings, Aparajita.	• Antioxidant: Protects against oxidative stress • Anti-inflammatory: Reduces inflammation • Memory Enhancement: Boosts memory and cognitive function • Antimicrobial: Fights infections • Digestive Health: Treats indigestion, constipation • Diuretic: Promotes urine production • Purgative: Cleanses the digestive system • Respiratory Health: Treats colds, coughs • Skin Care: Heals wounds, treats infections
33	<i>Crotalaria agatiflora</i>	Fabaceae	Herb	Birdflower, Canary Bird Bush, Kadu buddee gida.	• Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Wound Healing: Promotes healing of wounds and sores • Digestive Health: Treats indigestion and stomach cramps • Respiratory Health: Treats colds and bronchitis • Skin Care: Heals wounds and skin infections
34	<i>Cymbopogon schoenanthus</i>	Poaceae	Herb	Camel Grass, Lemongrass, West Indian Lemongrass	• Antimicrobial: Fights infections • Anti-inflammatory: Reduces inflammation • Digestive Health: Treats indigestion and bloating • Aromatic and Calming: Alleviates stress and insomnia • Respiratory Health: Treats colds and bronchitis • Antioxidant: Protects against oxidative stress • Skin Care: Heals and treats skin conditions • Fever Reduction: Reduces fever • Pain Relief: Relieves muscle and joint pain
35	<i>Dalbergia sisso</i>	Fabaceae	Tree	Indian Rosewood, Shisham, Sissoo	• Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Analgesic: Relieves pain

					• Antidiabetic: Manages blood sugar levels • Astringent: Tightens tissues and reduces bleeding • Digestive Health: Treats indigestion and stomach cramps • Fever Reduction: Lowers fever • Respiratory Health: Treats colds and bronchitis
36	<i>Desmostachya bipinnata</i>	Poaceae	Herb	Halfa Grass, Big Cord Grass, Sacrificial Grass, Kusha Grass, Darbha Grass	• Diuretic: Promotes urine production • Antimicrobial: Fights infections • Anti-inflammatory: Reduces inflammation • Digestive Health: Treats indigestion, diarrhea, and stomach cramps • Respiratory Health: Treats colds and bronchitis • Fever Reduction: Lowers fever • Skin Care: Heals wounds and skin infections
37	<i>Eclipta prostrata</i>	Asteraceae	Herb	False Daisy, Yerba de Tago, Bhiringraj	• Liver Health: Protects and improves liver function • Hair Care: Promotes hair growth and prevents hair loss • Antimicrobial: Fights infections • Anti-inflammatory: Reduces inflammation • Digestive Health: Treats indigestion, diarrhea, and stomach cramps • Skin Care: Heals wounds and skin infections • Respiratory Health: Treats colds and bronchitis • Fever Reduction: Lowers fever
38	<i>Elaeocarpus ganitrus</i>	Elaeocarpaceae	Tree	Rudraksha, Blueberry Bead Tree, Rudraksha Tree	• Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Cardiovascular Health: Improves heart health and regulates blood pressure • Nervous System: Treats nervous disorders, promotes mental clarity • Digestive Health: Treats indigestion and stomach cramps • Skin Care: Heals wounds and skin infections • Respiratory Health: Treats colds, coughs, and asthma • Fever Reduction: Lowers fever • Stress Relief: Reduces stress and anxiety • General Health: Promotes overall

					well-being
39	<i>Euphorbia hirta</i>	Euphorbiaceae	Herb	Asthma Plant, Snakeweed, Garden Spurge	• Asthma & Respiratory Health: Treats asthma and bronchitis • Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Digestive Health: Treats diarrhea and stomach cramps • Fever Reduction: Lowers fever • Skin Care: Heals wounds and infections • Antidiabetic: Manages blood sugar levels • Anthelmintic: Expels parasitic worms • Pain Relief: Relieves pain, including headaches
40	<i>Ficus racemosa</i>	Moraceae	Tree	Cluster Fig, Gular, Indian Fig Tree, Udumbara	• Diabetes Management: Helps manage blood sugar levels • Digestive Health: Treats diarrhea, dysentery, and stomach ulcers • Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Fever Reduction: Lowers fever • Wound Healing: Heals wounds and skin infections • Respiratory Health: Treats colds and bronchitis • Pain Relief: Relieves headaches and joint pain • Liver Health: Supports liver function • Reproductive Health: Addresses menstrual disorders
41	<i>Gymnema sylvestra</i>	Apocynaceae	Herb	Gurmar, Cowplant, Periploca of the woods, Australian Cowplant	• Diabetes Management: Helps manage blood sugar levels • Weight Loss: Reduces sugar cravings and supports weight loss • Digestive Health: Treats indigestion and constipation • Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Cholesterol Reduction: Lowers cholesterol levels • Stomach Health: Treats ulcers and stomach issues • Pain Relief: Relieves headaches and muscle pain • Respiratory Health: Treats asthma and bronchitis • Diuretic: Promotes urination and treats water retention

42	<i>Hamelia patens</i>	Rubiaceae	Herb	Firebush, Hummingbird Bush, Scarlet Bush, Redhead	• Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Pain Relief: Relieves headaches and muscle pain • Digestive Health: Treats diarrhea, dysentery, and stomach cramps • Wound Healing: Heals wounds and skin infections • Respiratory Health: Treats colds, coughs, and bronchitis • Fever Reduction: Lowers fever • Menstrual Health: Alleviates menstrual pain and regulates cycles • Antioxidant: Protects against oxidative stress
43	<i>Jatropha curcas</i>	Euphorbiaceae	Tree	Barbados Nut, Physic Nut, Purging Nut	• Laxative/Purgative: Relieves constipation (use with caution due to toxicity) • Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Wound Healing: Heals wounds and skin infections • Pain Relief: Relieves muscle and joint pain • Digestive Health: Treats diarrhea and stomach cramps • Respiratory Health: Treats colds, coughs, and bronchitis • Anthelmintic: Expels parasitic worms • Skin Conditions: Treats eczema and dermatitis
44	<i>Justicia adhatoda</i>	Acanthaceae	Herb	Malabar Nut, Adhatoda, Vasaka	• Respiratory Health: Treats asthma, bronchitis, and cough • Anti-inflammatory: Reduces inflammation • Antimicrobial: Fights infections • Fever Reduction: Lowers fever • Digestive Health: Treats dyspepsia and diarrhea • Pain Relief: Alleviates headaches and joint pain • Antispasmodic: Relieves muscle spasms and cramps • Skin Care: Heals wounds and skin infections • Blood Purifier: Helps purify blood and detoxify the body • General Health: Promotes overall well-being
45	<i>Kigelia africana</i>	Bignoniaceae	Tree	Sausage Tree, Cucumber Tree, Kigelia	• Skin Care: Treats eczema, psoriasis, and fungal infections • Wound Healing: Promotes healing

					of wounds, sores, and ulcers • Anti-inflammatory: Reduces inflammation • Antimicrobial: Effective against bacterial and fungal infections • Cancer Treatment: Researching potential anti-cancer properties • Respiratory Health: Treats asthma and bronchitis • Digestive Health: Treats dysentery and stomach cramps • Pain Relief: Alleviates headaches and muscle pain • Fever Reduction: Lowers fever • Muscle Relaxant: Relieves cramps and spasms
46	<i>Lawsonia inermis</i>	Lythraceae	Shrub	Henna, Mehndi, Mignonette Tree, Egyptian Privet	• Skin Care: Treats eczema, fungal infections, burns; henna paste aids wound healing • Anti-inflammatory: Reduces inflammation • Antimicrobial: Effective against bacterial and fungal infections • Fever Reduction: Lowers fever and treats related symptoms • Pain Relief: Relieves pain, including headaches and joint pain • Hair Care: Natural hair dye and conditioner; treats dandruff • Digestive Health: Treats dysentery and stomach cramps • Liver Health: Supports liver function and treats liver disorders • Respiratory Health: Treats colds, coughs, and bronchitis • Blood Purifier: Helps purify blood and detoxify the body
47	<i>Madhuca longifolia</i>	Sapotaceae	Tree	Mahua, Butter Tree, Indian Butter Tree	• Nutritional Supplement: Rich in sugars, vitamins, and minerals; used as a dietary supplement • Digestive Health: Treats constipation, diarrhea, and dysentery • Skin Care: Seed oil treats eczema, psoriasis, wounds; also used as a moisturizer • Anti-inflammatory: Reduces inflammation • Pain Relief: Relieves headaches, joint pain, and muscle pain • Antimicrobial: Effective against various infections • Respiratory Health: Treats colds, coughs, and bronchitis • Fever Reduction: Reduces fever and treats related symptoms • Liver Health: Supports liver

					function and treats liver disorders
48	<i>Mallotus philippensis</i>	Euphorbiaceae	Tree	Kamala tree, Kumkum tree, Monkey-face tree, Kamala dye	• Anthelmintic: Expels parasitic worms and internal parasites • Skin Care: Treats eczema, fungal infections, and other skin conditions • Digestive Health: Addresses diarrhea, dysentery, and indigestion • Anti-inflammatory: Reduces inflammation and treats inflammatory conditions • Antimicrobial: Effective against various infections • Fever Reduction: Lowers fever and treats related symptoms • Pain Relief: Relieves headaches and joint pain • Wound Healing: Promotes healing of wounds and sores • Liver Health: Supports liver function and treats liver disorders • Antioxidant: Protects against oxidative stress and related diseases
49	<i>Melia dubia</i>	Meliaceae	Tree	Malabar Neem, Malai Vembu, Hebbev, White Cedar, Persian Lilac	• Antimicrobial: Effective against bacterial and fungal infections • Anti-inflammatory: Reduces inflammation and treats inflammatory conditions • Anthelmintic: Expels parasitic worms and other internal parasites • Respiratory Health: Treats colds, coughs, and bronchitis • Digestive Health: Addresses indigestion, diarrhea, and dysentery • Skin Care: Treats eczema, rashes, and wounds • Fever Reduction: Lowers fever and treats related symptoms • Pain Relief: Relieves headaches and joint pain • Liver Health: Supports liver function and treats liver disorders • Antioxidant: Protects against oxidative stress and related diseases
50	<i>Millingtonia hortensis L</i>	Bignoniaceae	Tree	Indian Cork Tree, Tree Jasmine, Akash Neem	• Respiratory Health: Treats asthma, bronchitis, and colds • Anti-inflammatory: Reduces inflammation and treats inflammatory conditions • Antimicrobial: Effective against bacterial and fungal infections • Pain Relief: Relieves headaches and joint pain • Fever Reduction: Lowers fever and treats related symptoms • Digestive Health: Addresses indigestion and dysentery

					• Skin Care: Treats wounds, sores, and rashes • Antioxidant: Protects against oxidative stress and related diseases • Liver Health: Supports liver function and treats liver disorders • Sedative: Promotes relaxation and treats insomnia
51	<i>Mimosa pudica</i>	Fabaceae	Tree	Sensitive Plant, Touch-Me-Not, Shameplant, Humble Plant	• Anti-inflammatory: Reduces inflammation and treats inflammatory conditions • Antimicrobial: Effective against bacterial and fungal infections • Digestive Health: Treats constipation, diarrhea, and indigestion • Skin Care: Applied to wounds, ulcers, and skin infections • Pain Relief: Relieves headaches, joint pain, and muscle aches • Fever Reduction: Lowers fever and treats related symptoms • Antioxidant: Protects against oxidative stress and related diseases • Respiratory Health: Treats coughs and bronchitis • Sedative: Promotes relaxation and manages anxiety and stress • Wound Healing: Promotes healing of wounds and sores
52	<i>Mimusops elengi</i>	Sapotaceae	Herb	Spanish Cherry, Medlar, Bullet Wood, Bakul	• Oral Health: Strengthens gums and teeth, treats bleeding gums and dental caries • Anti-inflammatory: Reduces inflammation and treats inflammatory conditions • Antimicrobial: Effective against bacterial and fungal infections • Skin Care: Applied to wounds, ulcers, and acne • Digestive Health: Treats diarrhea, dysentery, and indigestion • Pain Relief: Relieves headaches and joint pain • Fever Reduction: Lowers fever and treats related symptoms • Respiratory Health: Treats colds, coughs, and asthma • Antioxidant: Protects against oxidative stress and related disease
53	<i>Morinda citrifolia</i>	Rubiaceae	Tree	Noni, Indian Mulberry, Cheese Fruit, Beach Mulberry	• Pain Relief: Relieves headaches and joint pain • Anti-inflammatory: Reduces inflammation and treats inflammatory conditions • Digestive Health: Treats constipation, indigestion, and diarrhea

					• Immune System Support: Boosts the immune system and enhances overall health • Antimicrobial: Effective against bacterial, viral, and fungal infections • Antioxidant: Protects against oxidative stress and related diseases • Respiratory Health: Treats asthma, bronchitis, and coughs • Skin Care: Treats wounds, sores, and rashes • Cancer Prevention: Potentially prevents cancer due to high antioxidant content
54	<i>Moringa olifera</i>	Moringaceae	Tree	Drumstick Tree, Horseradish Tree, Ben Oil Tree, Miracle Tree	• Nutritional Supplement: Rich in vitamins, minerals, and proteins • Anti-inflammatory: Reduces inflammation and treats inflammatory conditions • Antioxidant: Protects against oxidative stress and related diseases • Antimicrobial: Effective against bacterial, viral, and fungal infections • Diabetes Management: Helps manage blood sugar levels • Digestive Health: Treats constipation, ulcers, and gastritis • Heart Health: Supports cardiovascular health and helps manage high blood pressure and cholesterol • Anti-cancer: Potential cancer-preventive properties due to high antioxidant content • Bone Health: Maintains strong and healthy bones with high calcium and phosphorus content • Skin and Hair Care: Moisturizes and nourishes skin and hair
55	<i>Neolamarckia cadamba</i>	Rubiaceae	Tree	Kadamba, Burflower Tree, Kadam, Yellow Kadamba	• Anti-inflammatory: Reduces inflammation and treats inflammatory conditions • Antimicrobial: Effective against bacterial and fungal infections • Digestive Health: Treats diarrhea, dysentery, and stomach pain • Skin Care: Treats wounds, ulcers, and rashes • Fever Reduction: Reduces fever and treats related symptoms • Pain Relief: Relieves pain, including headaches and joint pain • Respiratory Health: Treats respiratory conditions like coughs and bronchitis • Antioxidant: Protects against

					oxidative stress and related diseases • Wound Healing: Promotes healing of wounds and sores
56	<i>Ocimum sanctum</i>	Lamiaceae	Tree	Holy Basil, Tulsi, Sacred Basil, Tulasi, Thulasi	• Respiratory Health: Treats colds, coughs, asthma, and bronchitis • Anti-inflammatory: Reduces inflammation and treats inflammatory conditions • Antimicrobial: Effective against bacterial, viral, and fungal infections • Digestive Health: Treats indigestion, bloating, and constipation • Stress Relief: Promotes relaxation, reduces stress, and manages anxiety • Immune System Support: Enhances immune system and supports overall health • Anti-cancer: May have cancer-preventive properties due to high antioxidant content • Skin Care: Treats acne, wounds, and skin infections • Fever Reduction: Reduces fever and treats related symptoms • Cardiovascular Health: Supports heart health, manages cholesterol levels, and reduces high blood pressure
57	<i>Passiflora edulis</i>	Passifloraceae	Herb	Passion Fruit, Purple Granadilla, Maracuja, Passionflower	• Anxiety and Stress Relief: Promotes relaxation, reduces anxiety • Sleep Aid: Manages insomnia, improves sleep • Digestive Health: Indigestion, constipation, stomach cramps • Antioxidant: Protects against oxidative stress • Immune System Support: Rich in vitamins, boosts immunity • Cardiovascular Health: Manages cholesterol, supports heart health • Anti-inflammatory: Reduces inflammation • Respiratory Health: Coughs, bronchitis • Skin Care: Treats acne, promotes skin health • Antimicrobial: Fights bacterial, fungal infections
58	<i>Phyllanthus amarus</i>	Phyllanthaceae	Herb	Black Catnip, Stonebreaker, Chanca Piedra, Bhui Amla	• Liver Health: Supports liver detoxification • Anti-hepatotoxic: Protects liver from toxins • Digestive Health: Treats dyspepsia, constipation, stomach pain • Antiviral: Combats viral infections, notably hepatitis B

					• Anti-inflammatory: Reduces inflammation, treats arthritis • Antioxidant: Protects against oxidative stress • Immune System Support: Enhances immune function • Kidney Health: Supports kidney function • Skin Care: Treats wounds, rashes, infections • Anti-cancer: Potential anti-cancer properties
59	<i>Phyllanthus acidus</i>	Phyllanthaceae	Herb	Otaheite Gooseberry, Malay Gooseberry, Star Gooseberry, Tahitian Gooseberry	• Digestive Health: Aids digestion, treats constipation and indigestion • Anti-inflammatory: Reduces inflammation • Antioxidant: Protects against oxidative stress • Antimicrobial: Effective against bacterial and fungal infections • Skin Care: Treats acne, rashes, wounds • Liver Health: Supports liver health and detoxification • Respiratory Health: Treats colds, coughs, bronchitis • Fever Reduction: Reduces fever, treats symptoms • Pain Relief: Relieves headaches, joint pain • Blood Sugar Regulation: Manages blood sugar levels
60	<i>Phyllanthus emblica</i>	Phyllanthaceae	Tree	Indian Gooseberry, Amla, Amalaki, Emblic	• Antioxidant: Protects against oxidative stress, rich in vitamin C • Immune System Support: Boosts immune system • Digestive Health: Improves digestion, treats constipation, alleviates acidity • Liver Health: Supports liver function and detoxification • Cardiovascular Health: Manages cholesterol, reduces hypertension, promotes heart health • Anti-inflammatory: Treats inflammatory conditions like arthritis • Diabetes Management: Regulates blood sugar levels • Skin Care: Treats acne, eczema, promotes skin health • Hair Care: Strengthens hair, prevents hair loss, promotes growth • Respiratory Health: Treats colds,

					coughs, asthma • Anti-aging: Slows aging process, improves vitality • Eye Health: Improves vision, treats eye conditions
61	<i>Plumbago zeylanica</i>	Apocynaceae	Herb	Wild Frangipani, White Frangipani, Nagchampa	• Anti-inflammatory: Reduces inflammation, treats inflammatory conditions • Antimicrobial: Effective against bacterial and fungal infections • Skin Care: Treats rashes, sores, infections • Pain Relief: Relieves headaches, joint pain, muscle aches • Fever Reduction: Reduces fever, treats related symptoms • Wound Healing: Promotes wound healing, reduces infection • Digestive Health: Treats constipation, stomach cramps • Respiratory Health: Treats coughs, bronchitis • Detoxification: Supports liver health, detoxification processes
62	<i>Plumeria obtuse</i>	Apocynaceae	Tree	Singapore Graveyard Flower, White Frangipani, Temple Tree, Pagoda Tree	• Anti-inflammatory: Treats arthritis, sore muscles • Antimicrobial: Fights bacterial, fungal infections • Skin Care: Heals rashes, ulcers, sores • Pain Relief: Eases headaches, joint, muscular pain • Fever Reduction: Lowers fever, alleviates symptoms • Wound Healing: Promotes healing, prevents infection • Respiratory Health: Treats coughs, bronchitis, asthma • Digestive Health: Relieves constipation, stomach cramps • Detoxification: Supports liver health, detox processes
63	<i>Pongamia pinnata</i>	Fabaceae	Tree	Karanja, Indian Beech, Pongam Tree, Honge Tree	• Skin Disorders: Treats eczema, psoriasis, scabies • Anti-inflammatory: Reduces inflammation in arthritis, rheumatism • Antimicrobial: Effective against bacterial, fungal infections • Wound Healing: Promotes healing of wounds, sores • Digestive Health: Treats diarrhea, dysentery, constipation • Liver Health: Supports liver function, treats liver disorders • Pain Relief: Alleviates joint pain, muscle aches

					• Respiratory Health: Treats coughs, colds • Fever Reduction: Lowers fever, treats symptoms • Anti-diabetic: Helps manage blood sugar levels
64	<i>Premna serratifolia</i>	Lamiaceae	Shrub	Headache Tree, Agya, Mu Long Gao, Arni	• Anti-inflammatory: Treats arthritis, rheumatism • Digestive Health: Alleviates diarrhea, dysentery, stomach cramps • Pain Relief: Eases headaches, joint pain, muscle aches • Antimicrobial: Fights bacterial, fungal infections • Respiratory Health: Treats coughs, colds, asthma • Fever Reduction: Lowers fever, treats related symptoms • Wound Healing: Promotes healing of wounds, reduces infection • Skin Care: Treats rashes, sores, infections • Immune System Support: Enhances immune function, overall health • Anti-diabetic: Manages blood sugar levels in diabetes
65	<i>Prosopis cineraria</i>	Fabaceae	Tree	Khejri, Jand, Ghaf, Shami, Vanni	• Anti-inflammatory: Treats arthritis, swelling • Antimicrobial: Effective against bacterial, fungal infections • Digestive Health: Alleviates diarrhea, dysentery, stomach cramps • Respiratory Health: Treats asthma, bronchitis, coughs • Fever Reduction: Lowers fever, alleviates related symptoms • Pain Relief: Eases headaches, joint pain, muscle aches • Skin Care: Treats rashes, sores, wounds; promotes healing • Immune System Support: Boosts immune function, overall health • Anti-diabetic: Manages blood sugar levels in diabetes
66	<i>Pterocarpus santalinus</i>	Fabaceae	Tree	Sandalwood, Red Sanders, Rakta Chandan, Lal Chandan, Raktachandana	• Anti-inflammatory: Treats arthritis, skin irritation • Skin Care: Treats acne, pimples, blemishes; improves complexion • Blood Purification: Used for detoxification in traditional medicine • Anti-pyretic: Reduces fever, alleviates related symptoms • Wound Healing: Promotes healing of wounds, cuts, sores • Digestive Health: Treats diarrhea,

					dysentery • Respiratory Health: Alleviates coughs, colds, respiratory conditions • Stress Relief: Reduces stress, anxiety; used in aromatherapy • Antioxidant: Protects against oxidative stress, free radical damage • Liver Protection: Supports liver health, treats liver conditions
67	<i>Punica granatum</i>	Lythraceae	Tree	Pomegranate, Anar , Dalimb	• Antioxidant: Protects against oxidative stress, free radical damage • Anti-inflammatory: Reduces inflammation, aids arthritis, joint pain • Cardiovascular Health: Improves heart health, reduces cholesterol, blood pressure • Anti-cancer: Potentially reduces the risk of breast and prostate cancer • Digestive Health: Treats diarrhea, dysentery, intestinal worms • Antimicrobial: Effective against bacterial and fungal infections • Skin Care: Anti-aging, reduces wrinkles, improves skin texture • Wound Healing: Promotes healing, prevents infection • Immune System Support: Boosts immune system, enhances overall health
68	<i>Rauvolfia tetraphylla</i>	Apocynaceae	Shrub	Devil Pepper, Four-Leaved Devil-Pepper, Indian Snakeroot, Bara Chandrika , Sarpagandha	• Antihypertensive: Treats high blood pressure • Sedative: Calms anxiety, insomnia, nervous disorders • Antipsychotic: Manages schizophrenia, paranoia • Antiarrhythmic: Treats heart arrhythmias • Antimalarial: Used in malaria treatment • Anti-inflammatory: Reduces inflammation, aids arthritis • Digestive Health: Treats diarrhea, dysentery • Snakebite Treatment: Reputed antidotal properties • Fever Reduction: Lowers fever, alleviates symptoms • Menstrual Disorders: Addresses menstrual irregularities
69	<i>Ruta chalepensis</i>	Rutaceae	Shrub	Fringed Rue, Syrian Rue, Common Rue	• Digestive Health: Treats indigestion, bloating, cramps • Antispasmodic: Relieves muscle spasms, menstrual cramps • Anti-inflammatory: Reduces inflammation, alleviates arthritis pain • Emmenagogue: Stimulates

					menstruation, treats menstrual disorders • Antimicrobial: Effective against bacterial, fungal infections • Anthelmintic: Expels intestinal worms, parasites • Sedative: Mild sedative for anxiety, insomnia • Wound Healing: Promotes healing of wounds, cuts, sores • Anti-fertility: Used as contraceptive, requires caution
70	<i>Roheca serrata</i>	Crassulaceae	Tree	Bonsai Crassula, Crassula bonsai	• Wound Healing: Promotes healing of wounds and cuts. • Skin Care: Treats rashes and minor burns. • Anti-inflammatory: May reduce inflammation. • Antioxidant: Potential antioxidant properties.
71	<i>Salvia rosmarinus</i>	Lamiaceae	Herb	Rosemary, Compass Weed, Polar Plant, Dew of the Sea	• Cognitive Health: Enhances memory, concentration, and mental clarity. • Antioxidant: Protects cells from oxidative stress. • Anti-inflammatory: Treats inflammatory conditions like arthritis. • Digestive Health: Alleviates bloating, indigestion, and stimulates appetite. • Hair Care: Promotes hair growth and treats scalp conditions. • Pain Relief: Relieves muscle and joint pain. • Respiratory Health: Eases respiratory conditions like coughs and colds. • Antimicrobial: Effective against bacteria and fungi. • Circulatory Health: Improves blood circulation. • Mood Enhancement: Reduces stress, anxiety, and lifts mood.
72	<i>Saraca asoca</i>	Fabaceae	Tree	Ashoka Tree, Sorrowless Tree, Asoka Tree, Ashok. Ashok	• Menstrual Disorders: Treats heavy bleeding, painful menstruation, and irregular cycles. • Uterine Health: Strengthens the uterus and manages uterine fibroids. • Skin Health: Treats acne, blemishes, and skin irritations. • Anti-inflammatory: Relieves arthritis, joint pain, and internal inflammation. • Gastrointestinal Health: Treats diarrhea, dysentery, and indigestion. • Anti-Ulcer: Helps heal peptic

					ulcers. • Cardiac Health: Promotes heart health and manages palpitations and angina. • Diabetes Management: Regulates blood sugar levels. • Fever Reduction: Reduces fever and related symptoms.
73	<i>Satureja Montana</i>	Lamiaceae	Herb	Winter Savory, Mountain Savory, Savory	• Digestive Health: Treats indigestion, bloating, gas, and cramps; stimulates appetite and promotes digestion. • Antimicrobial: Effective against bacteria, fungi, and viruses; used in natural disinfectants and for treating infections. • Respiratory Health: Treats coughs, colds, bronchitis; helps clear mucus and ease breathing. • Anti-inflammatory: Useful for arthritis and other inflammatory disorders. • Pain Relief: Relieves muscle pain, joint pain, and neuralgia. • Antioxidant: Protects the body from oxidative stress. • Antispasmodic: Relieves spasms in digestive and respiratory systems, and menstrual cramps. • Oral Health: Used in natural mouthwashes and toothpastes for oral hygiene and infection prevention. • Immune Support: Boosts the immune system to resist infections and illnesses. • Aphrodisiac: Traditionally enhances libido and sexual function.
74	<i>Senna tora</i>	Fabaceae	Herb	Sicklepod, Foetid Cassia, Sickle Senna, Chakunda Togarika	• Laxative: Treats constipation and promotes bowel movements. • Skin Disorders: Used for ringworm, eczema, and fungal infections; applied topically. • Liver Health: Has hepatoprotective properties; treats liver disorders like jaundice and hepatitis. • Antimicrobial: Effective against bacterial and fungal infections. • Anti-inflammatory: Reduces inflammation in arthritis and joint pain. • Digestive Health: Improves digestion, reduces gas, and alleviates indigestion. • Eye Health: Treats eye problems like conjunctivitis and night blindness. • Antioxidant: Protects against

					oxidative stress and supports overall health. • Diabetes Management: May help manage blood sugar levels. • Antimalarial: Traditionally used to treat malaria and febrile conditions.
75	<i>Simarouba glauca</i>	Simaroubaceae	Tree	Paradise Tree, Laxmitaru, Bitterwood	• Antimalarial: Bark traditionally used to treat malaria; possesses antimalarial properties. • Antidiarrheal: Bark and leaves used to treat diarrhea and dysentery; soothes the digestive system. • Anti-inflammatory: Reduces inflammation in conditions like arthritis and joint pain. • Antimicrobial: Effective against certain bacterial and fungal infections. • Anticancer: Compounds may have anticancer properties; under research for cancer treatment. • Hepatoprotective: Supports liver health; used to treat liver disorders like jaundice and hepatitis. • Antioxidant: Protects cells from oxidative stress; supports overall health. Diabetes Management: Used in traditional medicine to manage blood sugar levels. • Fever Reduction: Bark used to reduce fever and treat related symptoms. • Wound Healing: Leaves and bark applied to wounds to promote healing and prevent infection.
76	<i>Solanum virginianum</i>	Solanaceae	Herb	Yellow-berried Nightshade/ Poisonberry, Indian Nightshade, Kantakari, Nelagulla	• Respiratory Health: Roots and fruits treat asthma, bronchitis, cough, and colds; key ingredient in "Dashmoola." • Anti-inflammatory: Useful for arthritis, joint pain, and inflammation of internal organs. • Antimicrobial: Treats various bacterial and fungal infections. • Diuretic: Promotes urine production; helps in treating urinary tract infections and edema. • Anthelmintic: Expels intestinal worms. • Digestive Health: Treats indigestion, constipation, and bloating; aids in detoxification. • Fever Reduction: Used to reduce fever and related symptoms. • Skin Disorders: Treats acne, eczema, and other skin infections. • Cardiac Health: Supports heart

					health; manages conditions like palpitations and angina.
77.	<i>Stachytarpheta jamaicensis</i>	Verbenaceae	Herb	Blue Porterweed, Brazilian Tea, Jamaica Vervain, Bastard Vervain, Snakeweed.	• Digestive Health: Treats indigestion, constipation, and stomach ulcers; often consumed as herbal tea. • Respiratory Health: Used for colds, coughs, bronchitis, and asthma; helps clear mucus and ease breathing. • Anti-inflammatory: Useful for arthritis, joint pain, and other inflammatory disorders. • Antimicrobial: Effective against bacterial, viral, and fungal infections. • Wound Healing: Leaves and roots promote healing of wounds, sores, and skin infections. • Pain Relief: Relieves headaches, toothaches, and general body aches. • Fever Reduction: Reduces fever and treats associated symptoms like body aches and chills. • Anti-diabetic: Helps manage blood sugar levels, beneficial for diabetes. • Antioxidant: Contains antioxidants that protect against oxidative stress. • Sedative: Mild sedative properties, used for anxiety, stress, and insomnia.
78.	<i>Stachytarpheta mutabilis</i>	Verbenaceae	Herb	Pink Snakeweed, Red Snakeweed, Pink Porterweed, Pink Verbena	• Digestive Health: Treats indigestion, constipation, and stomach ulcers; often consumed as herbal tea. • Anti-inflammatory: Useful for arthritis, joint pain, and other inflammatory disorders. • Respiratory Health: Treats colds, coughs, bronchitis, and asthma; helps clear mucus and soothe the respiratory tract. • Antimicrobial: Effective against bacterial, viral, and fungal infections. • Wound Healing: Leaves and roots applied topically to wounds, sores, and skin infections to promote healing and prevent infection. • Pain Relief: Relieves headaches, toothaches, and general body aches. • Fever Reduction: Reduces fever and treats symptoms like body aches and chills. • Antioxidant: Contains antioxidants that protect against oxidative stress and support overall health. • Sedative: Mild sedative properties, used for anxiety, stress, and insomnia. • Anti-diabetic: Traditional use for managing blood sugar levels, beneficial for diabetes

79	<i>Syzygium cumini</i>	Myrtaceae	Tree	Java Plum, Jamun, Black Plum, Indian Blackberry, Jambolan	• Anti-diabetic: Seeds and fruits help manage diabetes by lowering blood sugar levels; seeds are often dried and powdered. • Digestive Health: Bark and leaves treat diarrhea, dysentery, and indigestion due to their astringent properties. • Antioxidant: Fruit is rich in antioxidants, protecting the body from oxidative stress and supporting overall health. • Anti-inflammatory: Useful for treating arthritis and other inflammatory disorders. • Heart Health: Supports cardiovascular health by managing cholesterol levels and blood pressure. • Immune Support: High vitamin C content boosts the immune system, helping to prevent and fight infections. • Wound Healing: Leaves and bark used topically to promote healing of wounds and ulcers. • Respiratory Health: Leaves and bark used to treat coughs and asthma. • Liver Health: Protects and improves liver function, beneficial for liver disorders. • Oral Health: Leaves used in mouthwashes or chewed to treat gum problems and maintain oral hygiene.
80	<i>Terminalia arjuna</i>	Combretaceae	Tree	Arjuna Tree, Arjun, White Marudah, Kakubha	• Cardiovascular Health: Improves heart function, regulates blood pressure, and treats heart conditions. • Antioxidant: Protects organs from oxidative damage. • Anti-inflammatory: Alleviates arthritis and joint pain. • Liver Health: Supports liver function and protects against diseases. • Wound Healing: Promotes healing of wounds and skin conditions. • Respiratory Health: Treats asthma and bronchitis. • Diuretic: Aids in managing hypertension and fluid retention. • Antimicrobial: Fights bacterial, viral, and fungal infections. • Gastrointestinal Health: Treats diarrhea and dysentery.
81	<i>Terminalia bellirica</i>	Combretaceae	Tree	Belleric Myrobalan, Baheda, Bibhitaki, Barro.	• Digestive Health: Promotes digestion, relieves constipation, and treats diarrhea and dysentery. • Respiratory Health: Treats coughs, asthma, and bronchitis.

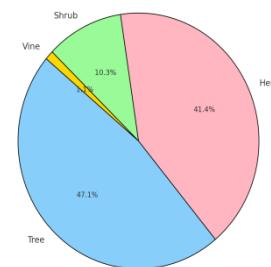
					• Liver Health: Supports liver function and protects against liver disorders. • Anti-inflammatory: Alleviates arthritis and inflammatory conditions. • Antioxidant: Protects against oxidative stress. • Cardiovascular Health: Lowers blood pressure, reduces cholesterol, and supports heart health. • Antimicrobial: Fights bacterial, viral, and fungal infections. • Eye Health: Improves vision and treats eye conditions. • Hair and Skin Health: Promotes healthy hair growth, prevents graying, and improves skin texture. • Immune Support: Boosts the immune system and helps fight infections.
82	<i>Thespesia populnea</i>	Malvaceae	Tree	Portia Tree, Indian Tulip Tree, Bugari mara, Bhendi Tree.	• Wound Healing: Topical use for wounds and skin conditions. • Anti-inflammatory: Treats arthritis and muscle aches. • Digestive Health: Alleviates diarrhea and dysentery. • Respiratory Health: Eases coughs, asthma, and bronchitis. • Antimicrobial: Fights bacterial, viral, and fungal infections. • Fever Reduction: Lowers fever and related symptoms. • Skin Care: Treats eczema, rashes, and burns. • Antioxidant: Protects against oxidative stress. • Pain Relief: Relieves headaches and toothaches. • Liver Health: Supports and protects liver function.
83	<i>Thubergi erecta</i>	Acanthaceae	Herb	Bush Clockvine, King's Mantle, Royal Clockvine	• Anti-inflammatory: Reduces inflammation and treats arthritis. • Wound Healing: Topical application for wounds and ulcers. • Digestive Health: Treats indigestion and stomach cramps. • Antioxidant: Protects against oxidative stress. • Antimicrobial: Effective against bacterial and fungal infections. • Pain Relief: Alleviates headaches and muscle aches. • Respiratory Health: Treats coughs, colds, and bronchitis

84	<i>Tinospora cardiflora</i>	Menispermaceae	Herb	Guduchi, Giloy, Amrita, Heart-leaved Moonseed, Amritavalli,	• Immune Support: Boosts immunity and treats infections like colds and respiratory issues. • Anti-inflammatory: Reduces inflammation and treats conditions like arthritis. • Detoxification: Cleanses toxins and supports liver health. • Antioxidant: Protects against oxidative stress and promotes well-being. • Diabetes Management: Helps regulate blood sugar levels. • Digestive Health: Treats indigestion, constipation, and acidity. • Antimicrobial: Effective against bacterial, viral, and fungal infections. • Stress Relief: Balances cortisol levels and reduces stress. • Fever Reduction: Treats and alleviates fever symptoms. • Skin Health: Treats skin disorders and promotes healing.
85	<i>Tridax procumbens</i>	Asteraceae	Herb	Coat Button, Tridax Daisy, Mexican Daisy, Tridax.	• Wound Healing: Promotes healing, stops bleeding, and accelerates wound recovery. • Anti-inflammatory: Reduces inflammation in arthritis, sprains, and muscle aches. • Antimicrobial: Effective against bacteria, viruses, and fungi; treats infections. • Antioxidant: Protects against oxidative stress and supports health. • Liver Health: Supports liver function and protects against disorders. • Hair Growth: Promotes hair growth and prevents hair loss and dandruff. • Respiratory Health: Treats coughs, colds, and bronchitis by clearing mucus. • Fever Reduction: Reduces fever and alleviates related symptoms. • Diabetes Management: Helps regulate blood sugar levels. • Skin Health: Treats rashes, eczema, and insect bites; promotes healing.
86	<i>Tylophora indica</i>	Apocynaceae	Herb	Indian Ipecac, Antamul, Asthma Herb.	• Respiratory Health: Treats asthma, bronchitis, and coughs; clears mucus and reduces inflammation. • Antiallergic: Manages allergic reactions like hay fever and rhinitis. • Immunomodulatory: Boosts immune system function. • Anti-inflammatory: Reduces

					inflammation in arthritis, joint pain, and bowel diseases. • Antiemetic: Treats nausea and vomiting, including motion sickness and pregnancy-related issues. • Antimicrobial: Effective against bacterial, viral, and fungal infections. • Digestive Health: Treats diarrhea, dysentery, and indigestion. • Detoxification: Helps cleanse the body and supports liver health. • Wound Healing: Promotes healing and prevents infections. • Pain Relief: Relieves pain from headaches and muscle aches.
87	<i>Vachellia nilotica</i>	Fabaceae	Tree	Gum Arabic Tree, Egyptian Thorn, Babul, Indian Gum, Thorn Mimosa.	• Antimicrobial: Treats bacterial, viral, and fungal infections, including sore throats and skin infections. • Astringent: Reduces intestinal inflammation and treats diarrhea and dysentery. • Wound Healing: Promotes healing and prevents infections in wounds, cuts, and ulcers. • Anti-inflammatory: Reduces inflammation in arthritis, rheumatism, and other disorders. • Respiratory Health: Treats coughs, colds, and asthma; soothes the throat and clears mucus. • Antidiabetic: Helps regulate blood sugar levels. • Digestive Health: Addresses indigestion, gastritis, and stomach ulcers. • Dental Care: Strengthens gums, prevents tooth decay, and maintains oral hygiene. • Antioxidant: Protects against oxidative stress and supports health. • Skin Health: Treats eczema, psoriasis, and acne by reducing inflammation and promoting healing.
88	<i>Vitis vinifera</i>	Vitaceae	Vine	Common Grape Vine, Wine Grape, European Grape.	• Cardiovascular Health: Improves circulation, reduces blood pressure, and prevents atherosclerosis; antioxidants like resveratrol reduce heart disease risk. • Antioxidant Protection: Rich in antioxidants that combat oxidative stress and lower chronic disease risk. • Anti-aging: Antioxidants, especially resveratrol, promote healthy skin and reduce aging signs. • Anti-inflammatory: Treats arthritis and other inflammatory conditions.

					• Cancer Prevention: Resveratrol and polyphenols help inhibit cancer cell growth and reduce cancer risk. • Digestive Health: Treats diarrhea, supports digestion, and prevents constipation. • Blood Sugar Regulation: Low glycemic index helps regulate blood sugar levels. • Eye Health: Antioxidants like lutein and zeaxanthin protect against age-related eye conditions. • Immune Support: Boosts the immune system and aids in fighting infections.
89	<i>Withania somnifera</i>	Solanaceae	Herb	Ashwagandha, Indian Ginseng, Winter Cherry, Poison Gooseberry	• Stress and Anxiety Reduction: Balances cortisol and promotes relaxation. • Improved Cognitive Function: Enhances memory, concentration, and cognitive function; protects against neurodegenerative diseases. • Energy and Vitality: Boosts energy, stamina, and physical endurance. • Immune System Support: Strengthens the immune system. • Anti-inflammatory and Pain Relief: Reduces inflammation and relieves pain, especially in arthritis and muscle aches. • Hormonal Balance: Regulates menstrual cycles and alleviates menopause symptoms. • Improved Sleep: Promotes better sleep quality and treats insomnia. • Anti-cancer Properties: May inhibit cancer cell growth and induce apoptosis. • Blood Sugar Regulation: Helps manage blood sugar levels and prevent complications. • Cardiovascular Health: Reduces cholesterol, improves circulation, and lowers blood pressure.
90	<i>Wrightia tinctoria</i>	Apocynaceae	Tree	Pala Indigo Plant, Dyer's Oleander, Sweet Indrajao, Ivory Wood, Dhudi	• Skin Diseases: Treats psoriasis, eczema, and dermatitis with anti-inflammatory and antipruritic properties. • Anti-inflammatory: Reduces inflammation and pain in arthritis and rheumatism. • Digestive Health: Treats diarrhea, dysentery, and indigestion. • Wound Healing: Promotes healing and prevents infections with antimicrobial properties.

					• Antimicrobial: Effective against bacterial, fungal, and viral infections. • Fever Reduction: Provides relief from fever and associated symptoms. • Pain Relief: Relieves pain from headaches and body aches. • Antioxidant: Protects against oxidative stress and inflammation. • Respiratory Health: Relieves coughs, colds, and asthma by clearing airways and reducing inflammation. • Diabetes Management: Helps regulate blood sugar levels.
91	<i>Ziziphus mauritiana</i>	Rhamnaceae	Tree	Indian Jujube, Ber, Chinese Date, Indian Plum.	• Digestive Health: Relieves constipation, indigestion, and bloating; fruit acts as a mild laxative. • Skin Care: Heals acne, eczema, and wounds with antimicrobial and anti-inflammatory properties. • Immune Support: Boosts immunity with vitamin C and antioxidants. • Respiratory Health: Relieves coughs, colds, and asthma by clearing airways and reducing inflammation. • Anti-inflammatory: Reduces inflammation and pain in arthritis and muscle aches. • Blood Sugar Regulation: Helps manage diabetes by regulating blood sugar levels. • Sedative and Calmative: Seeds treat insomnia, anxiety, and nervous system disorders. • Cardiovascular Health: Lowers cholesterol and supports heart health with antioxidants. • Fever Reduction: Provides relief from fever and related symptoms.



3.1 Conservation and Sustainable Utilization

Several medicinal plants documented in the study are under threat due to habitat destruction, overharvesting, and climate change. Conservation strategies such as **ex-situ cultivation**, **seed banking**, and **community-based conservation programs** are essential to protect these valuable plant species.

Traditional knowledge plays a crucial role in the sustainable utilization of medicinal plants. Many of these species are integral to Ayurvedic and folk medicine systems, emphasizing the need for collaborative research between ethnobotanists, pharmacologists, and conservationists.

Pie Chart: 1 Showing the % of Plant Habit Distribution in the Botanical Garden

3.2 Pharmacological Potential and Future Research

Scientific studies have validated the medicinal properties of many documented plants. For instance, *Tinospora cordifolia* is known for its immunomodulatory effects, *Curcuma longa* for its anti-inflammatory properties, and *Andrographis paniculata* for its hepatoprotective activity. Further pharmacological research and clinical trials are necessary to explore the full therapeutic potential of these plants and integrate them into modern medicine.

3.3 Conclusion

The documentation of medicinal plants in *Sasyodyana* provides valuable insights into traditional herbal medicine and biodiversity conservation. The study highlights the importance of preserving indigenous knowledge for future research and potential pharmacological applications. Sustainable conservation strategies should be implemented to ensure the continued availability of medicinal plant resources.

Future research should focus on:

- Phytochemical analysis and bioactive compound isolation from key medicinal plants.
- Development of herbal formulations based on documented plant species.
- Conservation policies for protecting medicinal plant diversity in Karnataka.

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