

Uses of *Abrus precatorius* L. (Kunnikuru)

NIF database

Uses from Kerala

Baldness

Extract the juice from the leaves of *Abrus*, bitter snake gourd and liquorice and mix the ash of ivory and sesame oil. Apply the mixture on the scalp
- *Suseela Rajan, Idukki, Kerala*

Nervous disorder

Mix powder of tender seeds in milk and take orally
- *Rani Mathew, Idukki, Kerala*

Uses from other states

Backache

Mix powdered seeds of the plant along with the powder of rhizome of *Acorus calamus* L., roots of *Asparagus racemosus* Willd., and leaves of *Vitex negundo* L., *Cannabis sativa* L. with honey. Make tablets and take one tablet twice a day for three to four weeks
- *Ami Chand, Kangra, Himachal Pradesh*

Baldness

Apply seed paste on the scalp along with honey
- *Mangilal Purohit, Churu, Rajasthan*

Mouth ulcer

Apply the green leaf juice topically
- *Chhitar Lal Gurjar, Sawai Madhopur, Rajasthan*

Stomachache

Take seeds (100g) with ghee or butter for relief
- *Kalpana, Trichy, Tamil Nadu*

Knee pain

Take seeds (6g) orally with milk for 14 days
- *Pavan Mehra, Sikar, Rajasthan*

Dog bite

Mix half of the seed with curd and take it twice a day for two-three days
- *Indrasingh Rana, Udham Singh Nagar, Uttarakhand*

Uses from Classical Codified Literature

Dried leaf and root powder are given orally in the case of eye complaint¹; decoction of the young leaves is given orally for cough²; leaf powder is given orally in case of urine problems³; and seed extract is used in sciatica³.

It is one of the ingredients of 'Tranquil'⁴ medicine for relieving stress and anxiety. Ten patents have been found on the applications of *Abrus* mainly as a natural sweetener⁵ and oral contraceptive⁶.



Source: NIF database

Uses of *Achyranthes aspera* L. (Thumba)

NIF Database

Uses from Kerala

Headache

Apply the leaf and inflorescence paste on the forehead

- Leelamani Devarajan, Idukki, Kerala

Intestinal worms

Extract juice from the inflorescence, boil it with milk till it becomes thick. Take it orally with a little amount of asa-fetida

- Sarasamma Rajappan, Idukki, Kerala

Uses from other states

Toothache

Brush the teeth with freshly plucked roots

- Bhagvat Prasad Yadav, Nawada, Bihar

Itching

Take the powdered roots (5g) orally with water twice a day for seven days

- Indira Kumari, East Champaran, Bihar

Fever

Grind roots (5g) with half black pepper into a fine powder.

Take the powder orally

- Rajkishor Prasad, Sheohar, Bihar

Hemorrhoids

Take a spoonful of dried root powder on an empty stomach till the ailment gets cured

- Vishwanath Mahato, East Champaran, Bihar

Asthma

Grind the whole plant (50-100g) into a fine powder.

Take 5g of this powder with water till the ailment gets cured

- Ahmed Hussain, Lohardaga, Jharkhand

Poisonous bite

Take the fresh juice of the branch

- Hemlata Balutia, Nainital, Uttarakhand

Abscess

Apply the root paste topically

-Ravi Uraav, Hazaribag, Jharkhand

Uses in Classical Codified Literature

Dried aerial parts are taken orally in the case of diabetes⁷; powder made from the dried plant is given orally to treat whooping cough⁸; decoction of the plant is used as laxative⁹ and is also applied externally on boils and pimples⁹.

Product 'Cystone'¹⁰ is made from this plant, which inhibits calculogenesis by reducing stone-forming substances like oxalic acid, calcium hydroxyproline and prevents urinary tract infections. Thirty five patents have been found on the medicinal applications of *Achyranthes* mainly for curing laryngopharyngitis¹¹, and bronchial asthma¹².



Source: <http://www.impgc.com/images/plantPictures/Achyranthes%20aspera.jpg>

Uses of *Aegle marmelos* (L.) Corr. (Koovalam)

NIF Database

Use from Kerala

Vomiting

Take the decoction of root orally
- Alice Kunjachan, Idukki, Kerala

Uses from other states

Diabetes

Take equal quantity of the leaves of *Aegle marmelos*, *Syzigium cumini* (L.) Skeels., *Ocimum sanctum* L., *Azadirachta indica* Juss., and *Ficus religiosa* L. Extract the juice and take one cup thrice a day.
- Manish Srivastava, Pithoragarh, Uttarakhand

Take the root juice (150ml) orally
- Maibum Lolito Meitei, Bishempur, Manipur

Stomachache

Grind the fresh roots along with one black pepper. Take two spoonfuls of the paste twice a day for two days
- Chhoti Devi, Udham Singh Nagar, Uttarakhand

Jaundice

Take the leaf or fruit juice orally
- Ngairangbam Santosh Singh, Imphal East, Manipur

Headache

Grind equal amounts of root of bel and leaves of *Leucas aspera* L. into a paste and apply
- Bhadi Ram Bharali, Guwahati, Assam

Nasal bleeding

Apply the leaf paste on the nose
- Puran Chand, Kangra, Himachal Pradesh

Eye diseases

Put two drops of the green leaf juice in the eye
- Kumari Nigar Pravin, Hazaribag, Jharkhand

Menorrhagia

Take the leaf paste orally
- Rani B. Bhagat, Pune, Maharashtra

Intestinal worms

Take the green leaf juice orally
- Jagjit Bahadur, Sitapur, Uttar Pradesh

Uses in Classical Codified Literature

Burnt fruit pulp is applied for rheumatic arthritis⁸; 10g fruit pulp is given before sleep to overcome morning sickness¹³; and fruit rind is applied externally on hair to kill head lice¹⁴.

Sweet fruit slices of 'Bael'¹⁰, prepared from *Aegle* are used in diarrhoea, dysentery and GI disorders. It has digestive and carminative properties. Lukol's¹⁰ tonic is made from this plant along with other plants. It improves uterine circulation, and its antimicrobial and astringent actions on the mucous membrane of the genital system also help control leucorrhoea. 'Bilwa'¹⁵, a product of *Aegle* is used as a medicine to cure a number of diseases. Fifty three patents have been found on the medicinal applications of *Aegle* mainly for curing diabetes¹⁶, gastric ulcer¹⁷ besides novel uses as herbal catalytic composition (US 6012417) for pollution control in automobiles.



Source: <http://www.banana-tree.com/catalog%20images/image298.jpg>

Uses of *Areca catechu* L (Adakka)

NIF Database

Uses from Kerala

Gray hair

Apply the leaf paste on the scalp
- *Leelamma Kuttappan, Idukki, Kerala*

Eye irritation

Put the tender fruit juice in the eyes
- *Ajitha Saji, Idukki, Kerala*

Uses from other states

Migraine

Gurgle with fruit decoction to get relief from pain
- *Naganath Durga Chogule, Sholapur, Maharashtra*

Eye ailments

Put the nut paste in the eyes
- *Sunita Kumari, Sitamarhi, Bihar*

Dental care

Brush the teeth with seed ash
- *Amit Kumar, Gopalganj, Bihar*

Burn

Apply the paste of raw seeds topically
- *Bhoothathan Kanni, Tirunelveli, Tamil Nadu*

Dysentery

Take the root decoction orally
- *Purna Kanta Shyam, Sibsagar, Assam*

Corn

Mix husk ash with mustard oil. Apply the paste topically
- *Bhula Hira, Sibsagar, Assam*

Uses in Classical Codified Literature

Dried bark powder is taken orally to cure asthma¹⁸; leaves are used as antipyretic¹⁹; powder of tender seeds is boiled in coconut oil and applied in case of burns²⁰. Product 'Lukol DS'¹⁰ tablet contains *Areca* as one of the ingredients and is useful in leucorrhoea and related symptoms. 'Himplasia'¹⁰, a product made from this plant, is useful for treating prostate disorders. Seven patents have been found on the medicinal uses of the plant mainly as an antidiabetic²¹ and as an antiviral²².



Uses of *Bombax ceiba* L. (Mocha)

NIF Database

Uses from Kerala

Ulcer

Take powdered gum along with milk
- *Sulekha Jabber, Idukki, Kerala*

Piles

Take the flower decoction orally
- *Annakkutty Joseph, Idukki, Kerala*

Uses from other states

Pimples

Make a paste of thorn with milk. Apply on the pimples for seven days
- *Pravin Kumar Sharma, East Champaran, Bihar*

Wound

Apply the fresh bark paste topically
- *Pravin Kumar Sharma, East Champaran, Bihar*

Diarrhoea

Take a spoonful of leaf juice along with some sugar candy for four days
- *Neha Kumari, East Champaran, Bihar*

Gynaecological disorder

Take the gum powder (5g) with water for five days
- *Jugeshwar Ram, Hazaribag, Jharkhand*

Constipation

Take the bark powder (3g), coriander powder and jaggery with water
- *Devaram, Sirohi, Rajasthan*

Piles

Take the root paste (10g) with water for seven days
- *Antaryami Pradhan, Angul, Orissa*

General health

Few flowers are soaked in a glass of water overnight. Filter and take the water the next morning to give a coolant effect to the body
- *Mukta Kumavat, Sikar, Rajasthan*

Uses in Classical Codified Literature

Decoction of the bark is given orally to combat fever²³ and of the heartwood is given for controlling diabetes²⁴; and bark juice is administered to reduce stomachache²⁵.

Product 'Acne-n-Pimple Cream'²⁶ is prepared from *Bombax* along with other plants to treat pimples and skin eruptions. 'Evecare'¹⁰, a multi herb product made from this plant, has a regularizing influence on the menstrual cycle. Eight patents have been found on the medicinal applications of *Bombax* mainly for skincare²⁷, AIDS²⁸ etc.



Source: http://www.fine-arts.org/about/images/Bombax_ceiba_Orange_Glow_copy.jpg

Uses of *Calotropis procera* (Ait.) R. Br. (Arka)

NIF Database

Uses from Kerala

Toothache

Apply the latex on the teeth
- Theyamma Varkey, Idukki, Kerala

Wart

Apply the latex topically
- Theyamma Varkey, Idukki, Kerala

Uses from other states

Stomach disorder

Grind the leaves with turmeric and make tablets. Take one tablet orally till the ailment gets cured
- P. D. Walikar, Bagalkot, Karnataka

Knee pain

Take the leaf juice orally
- Jyothi Bhatta, Chikmagalur, Karnataka

Earache

Put the latex in the ear to cure the pain
- R. C. Chowdhary, Nagor, Rajasthan

Stomachache

Smear mustard oil on a leaf and apply it warm over the abdomen for immediate relief
- Chawda Chanduben Jawanji, Gandhinagar, Gujarat

Arthritis

Mix latex with turmeric powder, boil it with sesame oil and then apply this paste on the aching joint
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

Skin disease

Apply the bark paste on the infected part
- Muralilal, Jaipur, Rajasthan

Itching and irritation

Warm the leaves smeared with mustard oil and make a bandage on the affected body part for two to three days
- Sukkhi Devi, Udham Singh Nagar, Uttarakhand

Migraine

Heat the leaf and extract the juice. Put two-three drops in the nostril in the opposite side of the head having pain
- Indiravati Rana, Udham Singh Nagar, Uttarakhand

Uses in Classical Codified Literature

Plant extract is used as bronchodilator²⁹; flower buds of *Calotropis*, along with black pepper seeds and salt, are crushed to make pills the size of small peas. Two pills are taken twice daily for three days to cure malaria³⁰; warmed leaves, smeared with oil, are applied on the aching part to alleviate rheumatic pain³¹. 'Muscle & Joint Rub'¹⁰ is a highly effective ointment for backaches, muscular sprains and joint pains. 'Arkavaleha'³², made from this plant, is given to cure irritation of the stomach, nausea, vomiting, diarrhoea etc. Eight patents were found on the medicinal uses mainly for anti-tumor and antidotal activity³³ and bronchial asthma¹².



Source: SRISTI Database

Uses of *Carica papaya* L. (Pappayam)

NIF Database

Uses from Kerala

Ringworm

Apply small fruit pieces topically
- Marykutty Thomas, Idukki, Kerala

Constipation

Take fruit to get relief
- Leelamani Devarajan, Idukki, Kerala

Intestinal worms

Take unripe fruit to get rid of intestinal worms
- Leelamani Devarajan, Idukki, Kerala

Uses from other states

Cuts and wounds

Apply the leaf paste topically
- Jongam Ngemu, Papum Pare, Arunachal Pradesh

Jaundice

Take the root decoction thrice a day along with some other herbs
- Yanueg Jamoh Lego, East Siang, Arunachal Pradesh

Toothache

Keep cotton dipped in the latex of the stem on the aching tooth
- Mangeram Jani, Hissar, Haryana

Intestinal worms

Take fresh latex mixed with honey orally
- Prabhat Kumar Pandey, East Champaran, Bihar

Ringworm

Apply the milky latex on the affected area
- Mukesh Kumar, East Champaran, Bihar

Jaundice

Eat the curry of tender fruit
- Sharda Devi Gangwal, Jaipur, Rajasthan

Kidney stone

Take the root juice orally
- Sandhya Suman, Sitamarhi, Bihar

Hydrocele

Make a paste of latex and tender fruit. Give one teaspoon thrice a day till the ailment gets cured.
- Dimbeswar Gogoi, Sibsagar, Assam

Veterinary practice

Lactogouge

Feed fruits daily to enhance milk production
- Manoj Kumar, Madhubani, Bihar

Uses in Classical Codified Literature

Decoction of the flower is used as cardiotoxic³⁴; bark powder is applied externally on wounds³; decoction of the bark is given orally to get rid of intestinal worms³⁵; beverage of the fruit is taken orally to cure diarrhoea³⁶. Natural moisturizers and creams³⁷ are prepared from *Carica* in combination with other plants. Thirty patents were found on its medicinal uses as an antiallergic³⁸ and for prevention of cancer³⁹.



Source: http://utenti.lycos.it/piantetropicali/Carica_papaya.jpg

Uses of *Cassia fistula* L. (Konna)

NIF Database

Uses from Kerala

Eye disease

Apply the leaf paste on the eyes
- Chinnamma, Idukki, Kerala

Sores

Make the leaf paste using the water in which rice has been cleaned. Apply the paste topically
- Sulekha Jabbar, Idukki, Kerala

Uses from other states

Mouth sore

Juice extracted from the plant is kept on a banana leaf and the leaf is burnt. The ash is then applied on the affected part
-Purna Borah, Golaghat, Assam

Dysentery

Equal amount of bark of *Cassia*, *Mangifera indica* L., *Psidium guajava* L. and *Spondias pinnata* (L. f.) Kurz. is ground into a fine paste. Two spoonful of this paste are administered orally
- Niru Patangia, Sonitpur, Assam

Ringworm

Paste of the scrubbed tuber is applied on the infected part of the body for a few days
- Kumar Chandel, Hamirpur, Himachal Pradesh

Cough

Skin of the fruit is chewed in the morning
- Santoshben Gamar, Banaskantha, Gujarat

Stomachache

Decoction of the fruit and jaggery is taken orally
- Bhagwati Lal Kumawat, Chittorgarh, Rajasthan

Uses in Classical Codified Literature

Powder of dried bark is applied in case of leucoderma⁴⁰; fruit juice is taken in jaundice⁴¹; fruits are used as diuretic⁴¹; root powder is applied in skin diseases⁴¹.

Pilex¹⁰(Vein care) helps support metabolic processes involved in maintaining the vascular system's integrity for optimum health and appearance; Purim¹⁰ (Hemo care) is used for blood purification. Six patents have been found on the medicinal applications of *Cassia fistula* including antiviral⁴² applications.



Uses of *Centella asiatica* (L.) Urban (Kudakan)

NIF Database

Uses from Kerala

Ulcer

Take the leaf paste along with buttermilk
- *Kanchana Sasi, Idukki, Kerala*

Jaundice

Make leaf paste along with little amount of cumin and turmeric and prepare small pellets. Dissolve one pellet in a cup of milk in the morning and take it orally
- *Kanchana Sasi, Idukki, Kerala*

Piles

Take pounded leaves regularly on an empty stomach
- *Jiji Jacob, Idukki, Kerala*

Uses from other states

Malaria

Take the decoction of the plant along with some other herbs thrice a day
- *Smit Yanueg Jamoh Lego, East Siang, Arunachal Pradesh*

Toothache

Make a paste of *brahmi* leaves, garlic cloves and banana roots. Apply topically and leave for one hour.
- *Anil Gogoi, Sivasagar, Assam*

Sinusitis

Grind leaves (10g) along with one black pepper and extract the juice. Put three drops into the nostrils. Continue the treatment for three days
- *Batchu Murmur, Kokrajhar, Assam*

Memory enhancer

Take the leaf juice orally
- *Savitri Devi, Kangra, Himachal Pradesh*

Skin diseases

Apply the leaf paste topically over the affected part
- *Savitri Devi, Kangra, Himachal Pradesh*

Diarrhoea

Take two spoonfuls of the whole plant juice with a pinch of salt orally twice a day for a week
- *Sapam Deben, Bishnupur, Manipur*

Herbal tea for immunity

Add some leaves while preparing tea. It helps to enhance immunity
- *Jasmit Singh, Hamirpur, Himachal Pradesh*

Insomnia

Include the whole plant paste in daily diet
- *Khioram Barman, Borpeta, Assam*

Uses in Classical Codified Literature

Fresh juice of aerial part is used as brain tonic⁴³; powder of aerial parts helps to control high blood pressure⁴⁴; whole plant is diuretic⁴¹; plant paste is applied as a poultice in case of bone fracture⁴¹. 'Herbal Tea'⁴⁵ is mainly indicated as a health drink. 'Mentat'¹⁰ improves mental functions, mental quotient, memory span, and concentration ability and stress threshold. More than three hundred patents were found on its medicinal applications mainly as an anti-depressant⁴⁶.

Uses of *Ficus benghalensis* L. (Vatam)

NIF Database

Uses from Kerala

Acne

Apply the leaf paste topically after adding little butter
- *Theyamma Varkey, Idukki, Kerala*

Fistula

Grind leaves along with a medium sized bottle gourd.
Take it orally after adding buttermilk
- *Sahyadri SHG, Idukki, Kerala*

Uses from other states

Whooping cough

Grind the bark into a fine paste and take one spoonful orally
- *Priyanka Kumari, West Champaran, Bihar*

Stomachache

Tie warmed leaves on the stomach to get relief from pain
- *Gajanand Maharaj, Jaipur, Rajasthan*

Backache

Massage the aching part with the mixture of the latex and mustard oil
- *Chen Singh Charan, Nagor, Rajasthan*

Wound

Apply the mixture of leaf ash and coconut oil topically
- *Priyanka Paramanik, Purulia, West Bengal*

Sprain

Smear lukewarm bark paste on the site of the sprain
- *Arun Ghosh, Bankura, West Bengal*

Uses in Classical Codified Literature

Aerial roots' paste mixed with salt after filtering is taken once a day in the morning for 8 days in case of diabetes⁴⁷; decoction of plant is applied externally on wounds and ulcers²⁰; latex is given orally to cure bronchitis⁴⁸.

'Anti-Dandruff shampoo'¹⁰, a product prepared from this plant in combination with other plants, is used to keep hair healthy and dandruff free. Product 'KLD Lotion'⁴⁹, a multiherbal ayurvedic preparation using *Ficus*, is effective in many skin ailments such as acne marks, pimples, burns - sunburns, nappy rash etc. 'Litina'⁵⁰, a herbal toothpaste made from this plant along with other plants, is good for the gums and the teeth. Four patents have been found on medicinal applications of *Ficus* for antitumor⁵¹ medication, wound healing⁵² etc.



Source: NIF database

Uses of *Moringa oleifera* Lam. (Murinna)

NIF Database

Uses from Kerala

Leucoderma

Take the curry of the leaves of moringa, pumpkin and spinach

- Rama Radhakrishnan, Idukki, Kerala

Backache

Take the leaf decoction orally

- Marykutty Thomas, Idukki, Kerala

Kidney problem

Make decoction of the root along with little black pepper. Take it orally

- Mariamma Jose, Idukki, Kerala

Uses from other states

Asthma

Take 30gm of the root juice orally along with an equal amount of ginger juice

- Sanjay Singh Uplana, Nagda, Madhya Pradesh

Diabetes

Take the leaf juice orally

- Rahul Kumar Mahato, Gopalganj, Bihar

Joint pain

Take the bud curry to reduce the pain

- Sanjay Singh Uplana, Nagda, Madhya Pradesh

Sprain

Apply the leaf poultice over the affected part

- Dhanmantari Patel, Sundargadh, Orissa

Poisonous bite

Pound seeds with equal amounts of ginger, black pepper and lindi pepper and add cold water. Take the mixture orally

- Ganesh Madhukar Shanbhag, Sholapur, Maharashtra

Ulcer

Make pills from the leaf paste. Take one pill for three days early in the morning after light breakfast

- Sukumar Nath, North Tripura, Tripura

Uses in Classical Codified Literature

Juice of bark is given orally along with a pinch of asafetida and salt²⁰; dried fruit is eaten to combat diabetes⁵³; powder of the plant is administered orally to cure asthma⁵⁴.

Product 'Sugan Nutrimix'⁵⁵ is a ready mix preparation where *Moringa* is mixed with pulses, spices and other natural ingredients to make it rich in nutrients, minerals, protein etc., and to enhance its taste. This powder can be consumed in its natural form or can be mixed with staple food. 'Pain Massage Oil'¹⁰ is a herbal oil, which provides relief from neuromuscular pain. Twelve patents have been found on its medicinal uses such as for anticancer⁵⁶ and antidiabetic⁵⁷ properties.

Uses of *Phyllanthus emblica* L. (Amalakam)

NIF Database

Uses from Kerala

Gray hair

Wash the hair regularly with the fruit decoction
- Sulekha Jabbar, Idukki, Kerala

Headache

Make bark paste using the water in which rice has been washed. Apply the paste on the forehead
- Sulekha Jabbar, Idukki, Kerala

Uses from other states

Diarrhoea

Take the juice of amla with an equal quantity of lemon juice orally
- Bina Chaudhry, Kamrup, Assam

Gynaecological disorder

Take one spoonful of the powder of amla, tapioca and cumin (in equal proportions) orally to cure the disorder
- Guna Ram Kanikar, Golaghat, Assam

Diabetes

Take two spoonfuls of the powder of amla, *Terminalia chebula* Retz., *Terminalia bellirica* Roxb. (in equal proportions) orally
- Pritam Chand, Kangra, Himachal Pradesh

Cough/cold

Prepare powder from fruits (4) and *Glycyrrhiza glabra* L. (10g). Take 5g of this powder with a glass of water
- Ved Prakash, Faridabad, Haryana

Jaundice

Take one spoonful of the powder of amla fruit, ginger, black pepper and turmeric (in equal proportions) orally along with honey
- Nagarmal Bagaria, Nagor, Rajasthan

Wounds

Apply the pounded leaves topically
- Sevaram Bhaskar, Dhamtari, Chhattisgarh

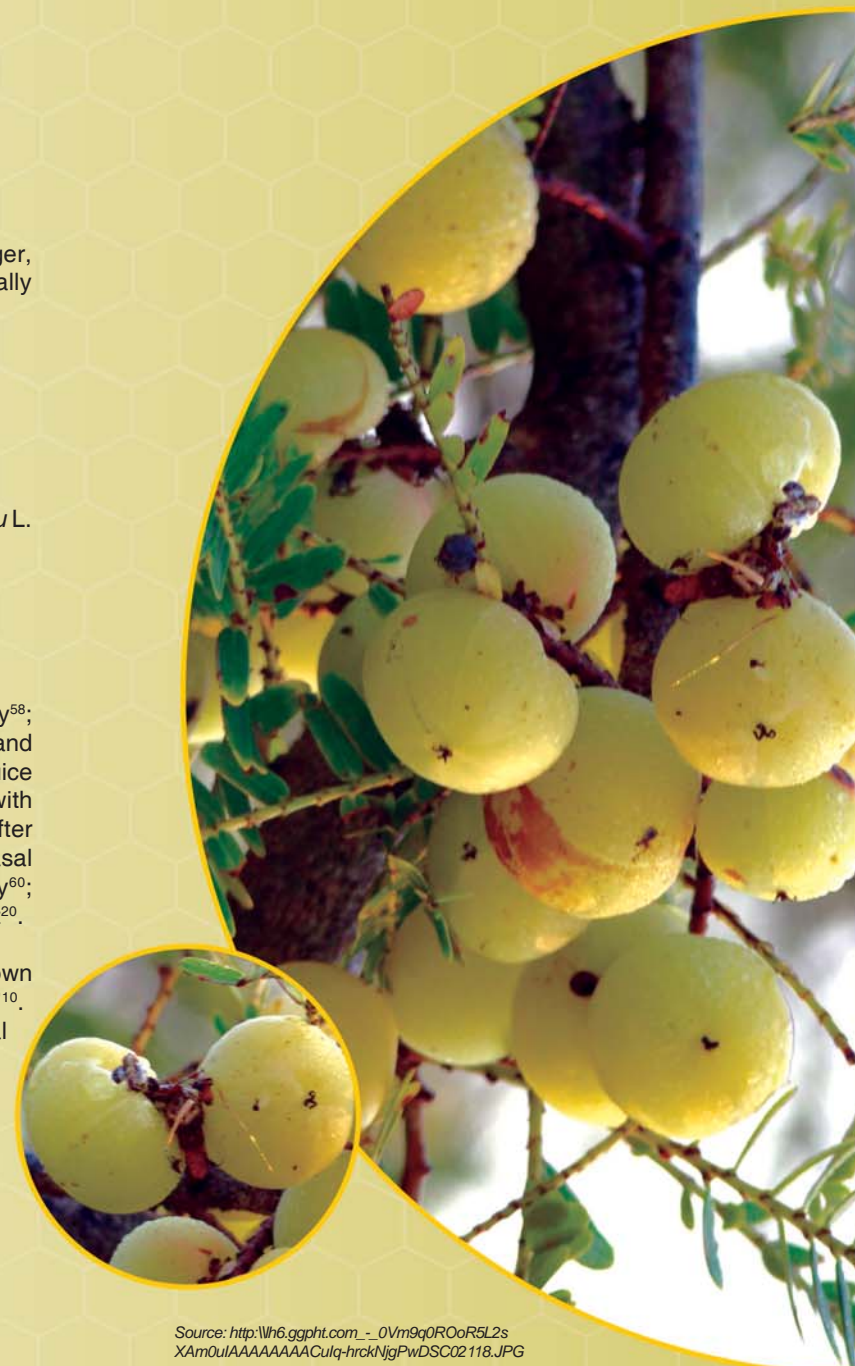
Poisonous bite

Chew 3-4 root pieces along with a leaf of *Areca catechu* L. to get relief from the effect of poisonous bites
- Anna Gangavarn, Osmanabad, Maharashtra

Uses in Classical Codified Literature

Bark and fruits are used in diarrhoea and dysentery⁵⁸; fresh juice of the fruit, mixed with pure cow's butter and honey, is administered to cure obstinate hiccough⁵⁸; juice relieves pain in urine trouble⁵⁸; pulp (2-3g) is eaten with warm milk to get rid of headache⁵⁹; powder of seeds after mixing with ghee is applied on the head to stop nasal bleeding⁶; fruits are taken orally to reduce acidity⁶⁰; decoction of the fruit is taken to increase blood count²⁰.

Phyllanthus is one of the main ingredients of well known medicines 'Triphala, Chavanprash and Amla hair oil'¹⁰. Seventy six patents have been found on its medicinal uses such as for diabetes⁶¹, liver disorders and immune deficiencies⁶².



Uses of *Solanum xanthocarpum* Schrad. & Wendl. (Kantakarichunta)

NIF Database

Use from Kerala

Toothache

Inhale the fumes of the seeds burnt in coconut shell
- Ramathayu, Idukki, Kerala

Uses from other states

Eye pain

Put a couple of drops of the fruit juice in the eye to get rid of pain
- Kamlesh Patil, Jalgaon, Maharashtra

Mouth ulcer

Take the fruit juice orally with a little salt
- O. Ibohi Devi, Bishnupur, Manipur

Throat pain

Take the root decoction orally along with honey
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

Fever

Take the root powder orally to cure fever
- Kamlesh Patil, Jalgaon, Maharashtra

Take the fruit juice orally along with honey

- Shijagurumayum Sandhyarani Devi, Bishnupur, Manipur

Ear pus

Put 2-3 drops of the root decoction in the ear
- Kamlesh Patil, Jalgaon, Maharashtra

Vomiting

Take the root juice orally with some honey
- Sanjay Singh Uplana, Nagda, Madhya Pradesh

Uses in Classical & Codified literature

Extract of dried flowers is administered orally to cure fever⁹; extract of fruit and seed is taken orally to combat cold⁶³; the plant acts as a gastric stimulant⁹. Product 'Diakof'¹⁰ and 'Koflet'¹⁰ made from *Solanum* is beneficial for both dry and productive cough. Five patents have been found on its various medicinal uses such as bronchial asthma⁶⁴ and cancer⁶⁵ etc.



Source:SRISTI Database

Uses of *Tinospora cordifolia* (Willd.) Miers ex Hk. f. & Th. (Amruth)

NIF Database

Uses from Kerala

Stomach disorder

Take the leaf curry
- Cici Unni, Idukki, Kerala

Cardiac problem

Take the leaf decoction orally after adding little black pepper powder
- Rani Mathew, Idukki, Kerala

Jaundice

Take the decoction of the leaves of *Tinospora*, sugarcane, neem bark and grapes orally along with honey
- Suseela Rajan, Idukki, Kerala

Uses from other states

Typhoid

Take the decoction or powder of the stem orally
- Yanueg Jamoh Lego, East Siang, Arunachal Pradesh

Asthma

Take two spoonfuls of the leaf juice orally with honey for 40-42 days
- Ramabandhu Mahajan, Jalgaon, Maharashtra

Diabetes

Take leaf powder (¼ spoon) regularly
- Patel Singh, Hissar, Haryana

Rheumatism

Mix the plant (25g), dry ginger (5g) and sesame oil (5g), soak in water overnight. Take the filtered solution next morning
- Jagjit Bahadur, Sitapur, Uttar Pradesh

Piles

Boil, dry and grind the whole plant (50g) into a fine paste. Make tablets and take one tablet thrice a day for 3-5 days
- Pukhram Angouba Singh, Bishnupur, Manipur

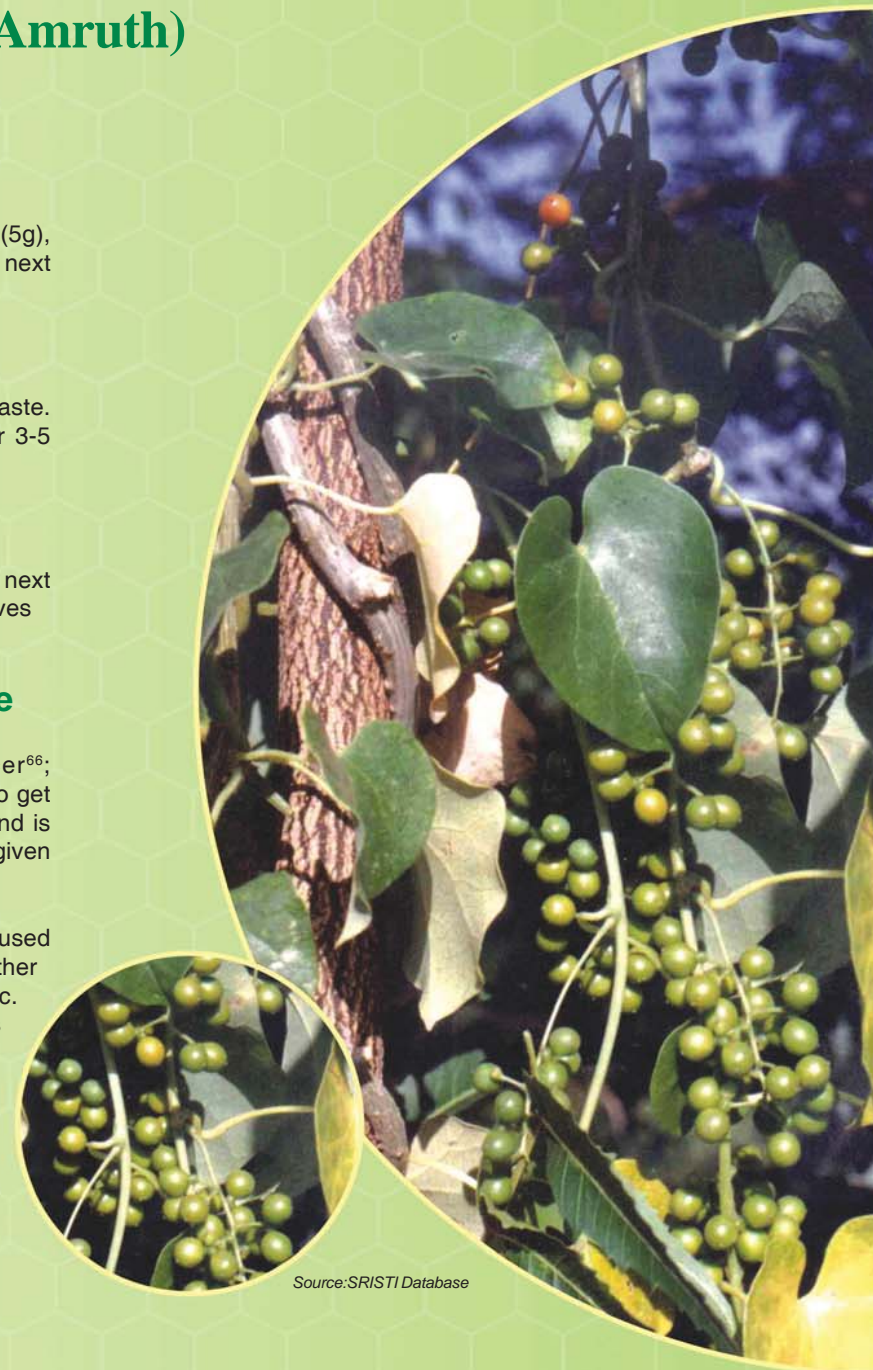
Diabetes

Soak handful of rice overnight in water. Take it the next morning after adding the powder of *Tinospora* leaves
- Deva Bharti, Bageshwar, Uttarakhand

Uses in Classical Codified Literature

Powdered roots are taken to cure mouth ulcer⁶⁶; powdered plant is administered orally with honey to get relief from stomach disorder⁶³; the stem is bitter and is used as anthelmintic⁴¹; and decoction of the plant is given orally to cure diarrhoea⁶⁷.

Tinospora is a well known medicinal plant and is used to cure a number of diseases in combination with other plants with brand names 'Geriforte, Diabecon'¹⁰ etc. More than a hundred patents were found on its medicinal applications mainly as an antiallergic⁶⁸ and for cancer⁶⁶.



Source:SRISTI Database



Promotion of knowledge based enterprises and lateral markets

National Innovation Foundation in association with regional collaborator Peermade Development Society initiated a massive campaign through women self help groups to mobilize knowledge, innovations and practices among women. In this exercise more than ten thousand traditional knowledge practices were documented (many were quite common) from the field of cosmetics, nutraceuticals, health care, cooking etc., from just one block of a district in Kerala. This exercise has indicated the immense potential of knowledge at the grassroots, which can be converted into products and viable enterprises for augmenting livelihood options for rural women.

Initially four products having commercial potential were taken up for enterprise development. All knowledge holders of the four products were constituted as a single SHG named Amala and SSI registration was done. Nutrient supplement, baby massage oil and incense stick are the products selected for the initial intervention. The products were tested and standardized. All products were made available in the market under the brand name SAHYA.

The products were formally launched on August 11, 2007 in an auspicious function, attended by large number of women including the innovators. Amala enterprise was supported through the MVIF scheme of NIF.



Herbal hair oil

Valsamma resides in a small village called Mattukatta. She is 47 years old, married with three daughters. Valsamma was suffering from chronic headache since her childhood, which was usually followed by high fever. She consulted many doctors and took all kinds of medicines – both allopathic and Ayurveda, but in vain. The condition got worse as the years went by. Sometime in 2002, she had a brainwave and prepared oil using different varieties of herbs and started applying the same on her head before shower. After having done this for a period of time she was completely cured.

In 2006, she was honoured with “SRISTI Samman Award” in appreciation of her efforts. In the same year, she was also provided with an MVIF support of Rs 25000/- to commercialize the oil. With that amount, she began to produce the oil in large quantities and did quite a good business. People came to her from all over the State to buy the oil. She was ready to refund the loan amount completely in two months period though the loan was for a period of six months. As the demand for oil increased, Valsamma’s income too rose higher; she even bought a brand new car with her income.

In 2006 she received an award for her hair oil from Ayyappankoil Grama Panchayath and the news about it appeared in all the news papers. In 2007 she also received the prestigious ‘K.R. Narayanan Study Centre Award’ for the oil. All these recognitions and awards gave wide publicity for her hair oil and at present she has regular customers from Kerala, Andra Pradesh, Tamil Nadu and even from Gulf countries.



Valsamma Thomas
Idukki

Herbal Formulations for Healthy Crops

SRISTI SHASTRA

Arkhiben Vankar, Ranabhai Kamaliya, Banidan Gadhvi, Gemal Rana, Rajnikant Patel, Ahmadbhai Kadivala, Gujarat.

It flourishes the growth of the plant by increasing flowering as well as fruiting. Besides overall vegetative growth, it is not harmful to nature and human beings. It also controls sucking pests like white fly, heliothis, aphid etc.

SRISTI KRUSHAK

Popatbhai Rupabhai Jambucha, Gujarat

It is an excellent remedy for leaf curl disease. Besides controlling the disease it increases the vigor of the plants by increasing overall growth.

SRISTI SURAKSHA

Community Knowledge, Gujarat

It is a very efficient treatment for termite and acts as a vitaliser to the affected crops. To control termites the herbal formulation is mixed with sand and spread in the field. Some times it is released in the field along with the flow of irrigation water. In some cases, it is also drenched in the affected part of the plant and sprayed on the vegetation to repel termites.

SRISTI PRAYAS

Community Knowledge, Gujarat

It is a highly effective formulation to act as a herbal growth promoter, which stops shedding of flowers as well as increases the overall growth of the plant. This formulation strengthens the plants internally and enables them to withstand extreme weather conditions. Constant use of this formulation increases the yield and reduces the toxic content in our daily diet.

SRISTI SHAKTI

Community Knowledge, Gujarat

A herbal growth promoter, which helps in production of excellent quality organic food grain. Constant use of this formulation not only increases the yield but also reduces the toxic contamination in our food and environment.



Herbal Formulations for Livestocks and Poultry



Coccicure

Sudakarbhair K. Gaudi & Jeevalbhai M. Gaudi, Dang, Gujarat

It is a unique herbal medication for prevention and curing of Coccidiosis (*Eimeria* sp infections) in Poultry. The primary function of the medication is to reduce the oocytes maturation and affects the life cycle of various *Eimeria* species.

Poultmax

Community knowledge, Valsad, Dang, Gujarat

It is a unique herbal medication for promoting poultry immunity. It cures symptoms like greenish diarrhoea, conjunctivitis, nasal sputum, drop in egg production and respiratory distress in poultry. About 30g/100 birds for 0-4 weeks & 60g/100 birds for 4-8 weeks may be administered for seven days in stress or for three days before and three days after expected stress.

Mastiherb

Ukhardiyabhai S. Raot, Dang, Gujarat

Mastiherb is a unique intramammary herbal medication for curing mastitis in animals. Clinical trials indicated efficacy of the medication over subclinical mastitis; clinical mastitis and chronic mastitis. It was also validated in case of mastitis due to *Staphylococcus aureus*. The dose rate was found to be single intra mammary infusion for minimum three days after adequate standardization.



These formulations are based on traditional knowledge of farmers and developed by Sadbhav-SRISTI Sanshodhan Laboratory (www.sristi.org). These products are licensed to Matrix Biosciences Pvt. Ltd, Hyderabad, Andhra Pradesh. The benefits are shared with the knowledge providers, communities, nature, those who add value and other stakeholders in the knowledge and value chain.

