

National Ayurveda day

@ SCTIMST
Nov 10th 2023



“Ayurveda for One Health”

- **Millet Exhibition**
- **Herbal Garden**
(Ayush Amrit Vadika)
- **Ayurveda book exhibition**

Written by -

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- **Selfie point inauguration**
- **“Kamadenu chair” for research proposals**



ആടലോടകം

BOT. NAME: *Justicia adhatoda* L.

FAMILY : Acanthaceae

SANSKRIT : Vasah

ENGLISH : Malabar nut

USES : In cough & bleeding

അശോകം

BOT. NAME: *Saraca asoca* (Roxb.) Willd.

FAMILY : Caesalpinaceae

SANSKRIT : Asokah

ENGLISH : Ashok tree

USES : Uterine tonic

ഇലഞ്ഞി

- BOT. NAME:** *Mimusops elengi* L.
- FAMILY** : Sapotaceae
- SANSKRIT** : Bakula
- ENGLISH** : Spanish cherry
- USES** : Cooling, Anthelmintic,
anti-dysenteric

ഇഞ്ചി

BOT. NAME: *Zingiber officinale* Rosc.

FAMILY : Zingiberaceae

SANSKRIT : Sringaveram

ENGLISH : Ginger

USES : Carminative, anti-pyretic
& anti-rheumatic

ഈരവേലി

BOT. NAME: *Plectranthus vettiveroides*
(Jacob) N.P.Singh & B.D.Sharma

FAMILY : Lamiaceae

SANSKRIT : Hrivera

USES : Anti-pyretic &
in infantile cough

ഉണ്ട

BOT. NAME: *Pongamia pinnata* (L.) Pierre

FAMILY : Fabaceae

SANSKRIT : Karanjah

ENGLISH : Indian beech tree

USES : Skin diseases,
rheumatism & sores

ഉഴിഞ്ഞ

BOT. NAME: *Cardiospermum halicacabum* L.

FAMILY : Sapindaceae

SANSKRIT : Indravalli

ENGLISH : Balloon vine

USES : Anti-rheumatic,
diuretic & hair tonic

ഓരില

BOT. NAME: *Desmodium gangeticum* (L.)DC.

FAMILY : Fabaceae

SANSKRIT : Saliparni

USES : Thermogenic, cardiac tonic,
carminative, constipating
& diuretic

കുച്ചിലം

BOT. NAME: *Kaempferia galanga* L.

FAMILY : Zingiberaceae

SANSKRIT : Sati

USES : Expectorant, in head -ache
& tooth -ache

കുണ്ടിക്കൊന്ന

BOT. NAME: *Cassia fistula* L.

FAMILY : Caesalpinaceae

SANSKRIT : Aragwadha

ENGLISH : Indian laburnum

USES : Anti-inflammatory
& in skin diseases

കരിങ്കുറിഞ്ഞി

BOT. NAME: *Strobilanthus heyneanus* Nees

FAMILY : Acanthaceae

SANSKRIT : Sahacarah

USES : Anti-inflammatory & anti-rheumatic

കുറിയേപ്പ്

BOT. NAME: *Murraya koenigii* (L.) Spreng.

FAMILY : Rutaceae

SANSKRIT : Kalashaka/ kaidarya

ENGLISH : Curry leaf tree

USES : Carminative, anti-toxic



BOT. NAME: *Cynodon dactylon* (L.)Pers.

FAMILY : Poaceae

SANSKRIT : Durva

ENGLISH : Bermuda grass

USES : In bleeding &
skin diseases



BOT. NAME: *Cinnamomum verum* J.Presl

FAMILY : Lauraceae

SANSKRIT : Tvak

ENGLISH : Cinnamon

USES : Carminative &
cures leucoderma

കുമാർവ്വഴ

BOT. NAME: *Aloe vera* L.

FAMILY : Liliaceae

SANSKRIT : Kumari

ENGLISH : Indian aloe

USES : Hair tonic, haemostatic
& uterine tonic

കുരുമുളക്

- BOT. NAME:** *Eclipta alba* Hassk.
- FAMILY** : Asteraceae
- SANSKRIT** : Bhrngarajah
- ENGLISH** : Trailing Eclipta
- USES** : Hair tonic, blood purifier
& anthelmintic

കീഴാർന്നെലി ൽ

BOT. NAME: *Phyllanthus amarus*
Schumach.& Thonn.

FAMILY : Euphorbiaceae

SANSKRIT : Bhumyamalaki

ENGLISH : Stone breaker

USES : Liver tonic &
haemostatic

കിരിയാന്ത്

BOT. NAME: *Andrographis paniculata*
(Burm.f.)Nees

FAMILY : Acanthaceae

SANSKRIT : Kirata thiktha

ENGLISH : Green chiretta

USES : Hepato-protective,
immunostimulant

കോലിഞ്ചി

BOT. NAME: *Zingiber zerumbet* Rosc.

FAMILY : Zingiberaceae

SANSKRIT : Vanardraka

ENGLISH : Wild ginger

USES : Carminative, anti-pyretic
& anti-rheumatic

ഈവളം

BOT. NAME: *Aegle marmelos* (L.) Corr.

FAMILY : Rutaceae

SANSKRIT : Vilwa

ENGLISH : Bael tree

USES : Anti -dysenteric ,
anti-toxic

കൃഷ്ണഉദസി

BOT. NAME: *Ocimum tenuiflorum* L.

FAMILY : Lamiaceae

SANSKRIT : Surasah

ENGLISH : Holy Basil

USES : Expectorant, anti-pyretic
& anti-toxic

കുരുമുളക്

BOT. NAME: *Piper nigrum* L.

FAMILY : Piperaceae

SANSKRIT : Maricha

ENGLISH : Pepper

USES : Stomachic &
anti-bacterial

കുറുന്തൊട്ടി

BOT. NAME: *Sida alnifolia* L.

FAMILY : Malvaceae

SANSKRIT : Bala

ENGLISH : Sida

USES : Anti-rheumatic,
anti-inflammatory
& tonic

ചെമ്പരത്തി

BOT. NAME: *Hibiscus rosa-sinensis* L.

FAMILY : Malvaceae

SANSKRIT : Japah

ENGLISH : Hibiscus

USES : Hair tonic

ചെറുള [ബലിപ്പുവ്]

BOT. NAME: *Aerva lanata* Juss.

FAMILY : Amaranthaceae

SANSKRIT : Bhadra

USES : Diuretic & anti-diabetic

ചിറ്റമൂൽ

BOT. NAME: *Tinospora cordifolia* Miers.

FAMILY : Menispermaceae

SANSKRIT : Galuchi

ENGLISH : Heart-leaved moonseed

USES : Anti-pyretic, anti-diabetic

ചിറ്റരത്ത

BOT. NAME: *Alpinia calcarata* (Haw.)Roscoe

FAMILY : Zingiberaceae

SANSKRIT : Rasna

ENGLISH : Lesser galangal

USES : Anti-inflammatory,
anti-rheumatic
& aphrodisiac

ചുവന്നകൊടുവേലി

- BOT. NAME:** *Plumbago indica* L.
FAMILY : Plumbaginaceae
SANSKRIT : Chitraka
ENGLISH : Fire plant
USES : Anti-inflammatory & anti-rheumatic

ഞാവൽ

BOT. NAME: *Syzygium cumini* (L.) Skeels

FAMILY : Myrtaceae

SANSKRIT : Jambu

ENGLISH : Jamun Tree

USES : In burns, diarrhoea

താമി

BOT. NAME: *Terminalia bellirica* Roxb.

FAMILY : Combretaceae

SANSKRIT : Vibhitaki

ENGLISH : Belleric myrobalan

USES : Anti -inflammatory,
ophthalmic &
expectorant

തീപ്പലി

BOT. NAME: *Piper longum* L.

FAMILY : Piperaceae

SANSKRIT : Pippali

ENGLISH : Indian long pepper

USES : Carminative &
expectorant

നാഗദന്തി

BOT. NAME: *Baliospermum montanum*
(Willd.)Mull.Arg.

FAMILY : Euphorbiaceae

SANSKRIT : Danti

ENGLISH : Red physic nut

USES : Purgative, anthelmintic
& anti-inflammatory

നന്തുകാർപ്പട്ടം

BOT. NAME: *Tabernaemontana divaricata* R.Br.

FAMILY : Apocynaceae

SANSKRIT : Nandeevrishah

ENGLISH : East Indian Rose Bay

USES : In eye diseases &
ulcers

നടുനീണ്ടി

BOT. NAME: *Hemidesmus indicus* L.

FAMILY : Asclepiadaceae

SANSKRIT : Sariba

ENGLISH : Indian sarasaparila

USES : Cooling, blood purifier
& anti-toxic

നീലയമരീ

BOT. NAME: *Indigofera tinctoria* L.

FAMILY : Fabaceae

SANSKRIT : Nilini

ENGLISH : Indian Indigo

USES : Hair tonic, laxative
& anti-toxic

നെല്ലി

BOT. NAME: *Phyllanthus emblica* L.

FAMILY : Euphorbiaceae

SANSKRIT : Amalaki

ENGLISH : Indian gooseberry

USES : Tonic & in jaundice,
anaemia, cough,
asthma & bronchitis

നീലപ്പന

BOT. NAME: *Curculigo orchioides* Gaertn.

FAMILY : Hypoxidaceae

SANSKRIT : Musali

ENGLISH :

USES : Aphrodisiac & tonic

പനിക്കുരുക

BOT. NAME: *Plectranthus amboinicus* (Lour.) Spreng.

FAMILY : Lamiaceae

SANSKRIT : Parnayavani

ENGLISH : Indian borage

USES : Anti-pyretic, anthelmintic
& carminative

പുറവാങ്കുന്തൽ

BOT. NAME: *Vernonia cinerea*(L.)Less.

FAMILY : Asteraceae

SANSKRIT : Sahadevi

ENGLISH : Ash colored fleabane

USES : Anti-pyretic &
in skin diseases

ബ്രഹ്മി

BOT. NAME: *Bacopa monnieri* L.

FAMILY : Scrophulariaceae

SANSKRIT : Brahmi

ENGLISH : Water hyssop

USES : Intellect promoting
& laxative

മുവില

BOT. NAME: *Pseudarthria viscida* Wight & Arn.

FAMILY : Fabaceae

SANSKRIT : Prishnaparni

USES : Anti-rheumatic &
in asthma

മുക്കുറി

BOT. NAME: *Biophytum sensitivum* (L.)DC.

FAMILY : Oxalidaceae

SANSKRIT : Samanga / viparita lajjalu

ENGLISH : Little tree plant

USES : Thermogenic, diuretic,
expectorant, stimulant
& tonic

മുയൽച്ചെറിയൻ

BOT. NAME: *Emilia sonchifolia DC.*

FAMILY : Asteraceae

SANSKRIT : Sasasruthi

USES : In tonsillitis &
eye diseases

വാതംകൊല്ലി

BOT. NAME: *Justicia gendarussa* Burm.

FAMILY : Acanthaceae

SANSKRIT : Vatagni

ENGLISH : Willow-leaved justicia

USES : Anti-inflammatory &
anti-rheumatic

വായ്പ്

BOT. NAME: *Acorus calamus* L.

FAMILY : Araceae

SANSKRIT : Vacha

ENGLISH : Sweet flag

USES : Intellect promoting

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BOT. NAME: *Azadirachta indica* A. Juss.

FAMILY : Meliaceae

SANSKRIT : Nimbaka

ENGLISH : Neem

USES : Dental & gastrointestinal disorders, skin diseases, insect repellent

ശതാവരി

BOT. NAME: *Asparagus racemosus* Willd.

FAMILY : Liliaceae

SANSKRIT : Satavari

USES : Nerve tonic, aphrodisiac
& carminative

ശവകോട്ടുപ്പച്ച

BOT. NAME: *Catharanthus roseus* (L.)G.Don.

FAMILY : Apocynaceae

SANSKRIT : Nityakalyani

ENGLISH : Periwinkle

USES : Anti-diabetic &
anti-cancerous

തിരുതാളി

BOT. NAME: *Ipomoea obscura* (L.) Ker-Gawl.

FAMILY : Convolvulaceae

SANSKRIT : Lakshmana

ENGLISH : Obscure morning glory

USES : Rejuvenating, diuretic

എരിക്ക്

BOT. NAME: *Calotropis gigantea* (L.) Dryand.

FAMILY : Asclepiadaceae

SANSKRIT : Arka

ENGLISH : Giant milk weed

USES : Rheumatism, asthma,
coughs