

Medicinal Plant Species of State

Sl. 1.

Family :	<i>Gymnema sylvestre</i> (Retz) R.Br. ex Schult. Asclepiadaceae
Local Name :	Gurmar, Mesh shringi, Meda singi.
Habit :	Climber.
Distribution :	Throughout South West Bengal.
Flowering and fruiting time :	August to March.
Therapeutic uses :	Leaves: Used as diuretic, cardiac stimulant; useful in diabetes, enlargement of the liver and spleen, malarial fever, eye disease; pounded leaves with hot water taken to treat dyspepsia. Roots: Used in piles. Fruits: Used in case of cardiac depression. Entire plant: Useful in dyspepsia.
Mode of propagation :	Seeds and stem cuttings.

Sl. 2.

Family :	<i>Abrus precatorius</i> Linn. Papilionaceae (Fabaceae)
Local Name :	Kunch (Lal / Golapi Kunch), Kawet (Santali).
Habit :	Climber.
Distribution :	Throughout South West Bengal.
Flowering and fruiting time :	September to February.
Therapeutic uses :	Leaves, fruit, and root: Used to cure colic, cough, sore throat, rheumatism, eye disease, leucoderma, asthma, and fever. Roots: With ripe plantain secures conception; with paste of chandan used to cure leucoderma. Leaves: Paste applied on belly to cure dyspepsia; fresh paste applied to cure leucoderma and scabies; paste with mustard oil cures chest pain; paste with limewater cures swelling of glands. Seeds: Used in acute headache, inflammation, skin disease, affections of nervous system, sciatica, paralysis, stiffness of shoulder joints, nervous disease, white leprosy; ripe seeds with banana used during menstruation period to cause abortion.
Mode of propagation :	Seeds.

Sl. 3.

Family :	<i>Asparagus adscendens</i> Roxb. Asparagaceae
Local Name :	Maha satabari.
Habit :	Climber.
Distribution :	Cultivated in South West Bengal.
Flowering and fruiting time :	October to December.
Therapeutic uses :	Tuberous roots: Used as demulcent and tonic; used to treat general weakness, oligospermia, diarrhoea, dysentery, menorrhagia, weakness after delivery, to improve sexual power and increase the flow of breast milk.
Mode of propagation :	Seeds and tubers.

Sl. 4.

Family :	<i>Ipomoea paniculata</i> (L.) R.Br. Convolvulaceae
Local Name :	Bhui kumra.
Habit :	Climber.

Distribution : Throughout South West Bengal.
Flowering and fruiting time : September to November.
Therapeutic uses : **Roots:** Used to cure general weakness, diminished lactation, sore throat, cough, disease of the blood, leprosy, syphilis, gonorrhoea, liver complaints, biliary colic, excessive menstruation, and diabetes.
Mode of propagation : Seeds and tubers.

Sl. 5.

***Gloriosa superba* Linn.**
Family : Liliaceae
Local Name : Bishlanguli, Ulatchandal, Siric samano (Santali).
Habit : Climber.
Distribution : Throughout South West Bengal.
Flowering and fruiting time : July to December.
Therapeutic uses : **Leaves:** Used as antiasthmatic; also used to remove mites.
Tubers: Used as abortifacient, anticancer, antigonorrhoeic, antimalarial, antiperiodic, febrifuge, purgative, stomachic; used in leprosy, colic, piles, skin disease, chronic ulcers, pimples, rheumatic pain, and to promote labour.
Roots: Used as diuretic, emmenagogue and resolvent in jaundice; beneficial in gout and rheumatism.
Mode of propagation : Seeds and tuberous roots.

Sl. 6.

***Hemidesmus indicus* R. Br.**
Family : Asclepiadaceae
Local Name : Anantamul.
Habit : Climber.
Distribution : Throughout South West Bengal.
Flowering and fruiting time : September to February.
Therapeutic uses : **Roots:** Root is valuable remedy for constitutional debility and kidney troubles; useful in cases of loss of appetite, diarrhoea, dyspepsia, fever, leucorrhoea, chronic rheumatism, skin disease, syphilis, chronic cough, piles, ulcer, stone in kidney; root powder mixed with cow 's milk given in cases of scanty and highly coloured urine; also used to promote production of breast milk, to improve taste and to remove bad odour of the body; combination with other medicinal herbs used for elephantiasis, hemiplegia, nausea and vomiting.
Mode of propagation : Seeds.

Sl. 7.

***Ocimum tenuiflorum* Linn.**
Family : Labiatae (Lamiaceae)
Local Name : Krishna tulsi, Kalo tulasi.
Habit : Under shrub.
Distribution : Throughout South West Bengal.
Flowering and fruiting time : Throughout the year.
Therapeutic uses : **Whole plant, leaves & seeds:** Used as stomachic, demulcent, diaphoretic, digestive, diuretic, expectorant, febrifuge, vermifuge, alexeteric, stimulant; useful in cardiopathy, haemopathy, leucoderma, asthma, bronchitis, catarrhal fever, otalgia, hepatopathy, vomiting, lumbago, hiccough, ophthalmia, gastropathy in children, genito-urinary-disorders, ringworm, verminosis, skin disease, malarial fever.
Seeds: Used as purgative; used to treat genito-urinary-disorders, boils
Whole plant: Used in cases of snakebite and scorpion sting, leucoderma.
Roots: Useful in malarial fever.
Mode of propagation : Seeds.

Sl. 8.

Family : *Justicia adhatoda* Linn. Syn. *A. vasica* Nees ; *A. zeylanica* Medic.
Local Name : Acanthaceae
Habit : Basak.
Distribution : Shrub.
Flowering and fruiting time : Throughout South West Bengal.
Therapeutic uses : December to April.
Leaves: Used to treat rheumatism, asthma, diarrhoea, dysentery, piles, and pox; juice with honey taken to treat chronic bronchitis, cold and cough; with common salt given to children to treat cold and cough; paste with black pepper given to treat leucoderma.
Flowers: Used in ophthalmia.
Bark: Useful in acidity, indigestion, and heart disease.
Roots: Root bark decoction with paste of black peppers given to cattle for safe discharges of placenta after delivery.
Mode of propagation : Stem cuttings.

Sl. 9.

Family : *Rauwolfia serpentina* Benth. ex Kurz
Local Name : Apocynaceae
Habit : Sarpagandha.
Distribution : Shrub.
Flowering and fruiting time : Cultivated, occasionally wild under forest cover in South West Bengal.
Therapeutic uses : March to December.
Roots: Used to treat high blood pressure, rheumatism, epilepsy, eczema and snake-bite.
Leaves: Used in removal of opacities of the cornea; paste and decoction of black pepper used to treat pneumonia.
Mode of propagation : Seeds, stem and root cuttings.

Sl. 10.

Family : *Plumbago zeylanica* Linn.
Local Name : Plumbaginaceae
Habit : Swetchita, Chita, Chitrak.
Distribution : Shrub.
Flowering and fruiting time : Throughout South West Bengal.
Therapeutic uses : July to December.
Roots: Used to treat dyspepsia, piles, diarrhoea, leprosy, scabies and ulcer; used to cause abortion up to 3-4 months of pregnancy; to cure puerperal disease; decoction with cow milk taken to cure fever; root bark paste after warming applied to treat leucoderma; with decoction of long peppers used in venereal disease; root boiled in mustard oil applied to treat rheumatism and paralysis; root used to treat hydrocel.
Root bark: Used to treat swelling due to enlargement of prostate gland.
Leaves: Applied to swelling and elephantiasis.
Stem: Bark paste used to cure piles; decoction with black pepper and common salt taken as appetizer.
Mode of propagation : Seeds, stem cuttings.

Sl. 11.

Family : *Centella asiatica* (Linn.) Urban. Syn. *Hydrocotyl asiatica* Linn.
Local Name : Umbelliferae (Apiaceae)
Habit : Thankuni, Thalkuri.
Distribution : Herb.
In marshy lands of South West Bengal.

Flowering and fruiting time : July to January.
Therapeutic uses : **Leaves:** Used in fatigue, bloodless, weakness, excessive sweats, constipation, indigestion, loss of memory, irregular menstruation, cold and cough, dysentery, jaundice, fever, ulcer, mouth ulcer, leprosy, and to improve glaze of the skin.
Mode of propagation : Stem cuttings.

Sl. 12.

***Piper longum* Linn.**
Family : Piperaceae
Local Name : Pipul, Ralli (Santali).
Habit : Herb.
Distribution : Planted.
Flowering and fruiting time : July to January.
Therapeutic uses : **Fruits:** Used to treat hiccough, fever, fattening, asthma, indigestion, rheumatism, enlargement of spleen, to remove intestinal worms, and to improve memory.
Roots & fruits: Useful in palsy, gout; lumbago, and chronic bronchitis.
Roots: Applied to cause abortion upto 3-4 months of pregnancy; boiled in mustard oil and applied as massage on leucoderma.
Mode of propagation : Stem cuttings.

Sl. 13.

***Andrographis paniculata* (Burm. f.) Wall. ex Nees**
Family : Acanthaceae
Local Name : Kalmegh.
Habit : Herb.
Distribution : Throughout South West Bengal (in forest and waste land).
Flowering and fruiting time : August to March.
Therapeutic uses : **Whole plant:** Used in fever, general debility, dysentery, dyspepsia; soaked in water for a night and the water is taken in empty stomach to cure scab, leprosy, and whooping cough; improves liver function.
Leaves: Used to relieve griping; in cases of irregular stools, loss of appetite; paste made into tablets and consumed to improve digestion and liver function.
Roots: Given to children to cure general debility.
Mode of propagation : Seeds.

Sl. 14.

***Aloe barbadensis* Mill. Syn. *Aloe vera* Tourn. ex Linn.**
Family : Liliaceae
Local Name : Ghritakumari.
Habit : Herb.
Distribution : Throughout South West Bengal.
Flowering and fruiting time : Occasionally, depending on the age of the plant, generally in October to March.
Therapeutic uses : **Fleshy part:** Used in constipation, dyspepsia, menstrual suppressions, piles, abdominal tumours, menstrual complaints without conception, eczema, diarrhoea, and dysentery.
Leaves: Juice mixed with castor oil is applied externally on the belly to treat constipation of children; juice is given at a time for facilitating abortion; juice applied on head for tranquility in case of insanity.
Mode of propagation : Root suckers, bulbils.

Sl. 15.

***Bacopa monniera* (Linn.) Fennell. Syn. *Herpestis monnieri* (Linn.) H. B. & K., *Monniera cuneifolia* Michx., *Lysimachia monnieri* Linn., *Gratiola monniera* Linn.**

Family :

Scrophulariaceae

Local Name :

Brhami, Barmi shak.

Habit :

Herb.

Distribution :

Throughout South West Bengal in marshes and moist soils.

Flowering and fruiting time :

Throughout the year.

Therapeutic uses :

Whole plant: Used as astringent, cooling, laxative, intellect promoting, carminative, bronchodilator, emmenagogue; used in neuralgia, inflammation, epilepsy, tumours, ulcer, leprosy, leucoderma, strangury, spermatorrhoea, and aphonia.

Leaves: Fresh leaves roasted with ghee taken with boiled rice for a long period to increase memory; leaf juice boiled in ghee taken in the morning in empty stomach to cure cold and cough.

Mode of propagation :

Stem cuttings.