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COMMON MEDICINAL PLANTS OF KANYAKUMARI DISTRICT

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1. Aloe vera



Botanical Name: Aloe vera

Family: Asphodelaceae

Tamil: கற்றாடைமு

Aloe vera is a short stemmed plant rich in medicinal value.

Location

It is seen throughout India but common in Kanyakumari, Tropic & Sub tropical areas, and is abundant in South India.

Dosage for use

Orally – 500mg daily(powder)

Burns – 0.5% gel (thick piece)

Diabetes – 1 tablespoon daily(juice)

The important medicinal uses are as follows:

- ❖ Rich in vitamins, minerals &antioxidants
- ❖ Wound healing
- ❖ Antibacterial

- ❖ Dental plaque healing
- ❖ Cures canker sores
- ❖ Prevent mouth ulcers
- ❖ Reduces constipation
- ❖ Heals skin wrinkles
- ❖ Reduce erythema & dermatitis
- ❖ Enhance insulin secretion & reduces blood glucose in diabetic patients
- ❖ Reduces depression and enhance memory power
- ❖ Prevent gastro oesophageal reflux disease(GERD)
- ❖ Inhibit proliferation of human breast & cervical cancers.
- ❖ Prevent body dehydration
- ❖ Cures irritable bowel syndrome of stomach(IBS)
- ❖ Heals anal fissures
- ❖ Reduces oxidative stress
- ❖ Cures vomiting & nausea
- ❖ Prevent dermatitis
- ❖ Strengthen the immune system

2. Curry leaves



Botanical Name: Murraya koenigii

Family: Rutaceae

Tamil: கறிவேப்பிலை

Location

It is found throughout India and is common in Kanyakumari, Mumbai, Gujarat, and Tropic& Sub tropic areas and abundant in South India.

Dosage to use

Diarrhoea – ½ to 1 teaspoon (powder)

Obesity – 5 to 6 leaves (raw)

Indigestion – 5 to 6 leaves (raw)

Capsule – 1 to 2 (twice a day)

The medicinal uses of curry leaves are as follows:

- ❖ Alkaloids regulates cholesterol
- ❖ Reduces body weight
- ❖ Prevent stomach upset
- ❖ Diarrhoea
- ❖ Constipation
- ❖ Dysentery
- ❖ Reduce morning sickness
- ❖ Vomiting& nausea
- ❖ Antibacterial
- ❖ Anticancer
- ❖ Anti-inflammatory
- ❖ Reduces blood glucose levels
- ❖ Prevent cataract and improves eye sight
- ❖ Reduces stress
- ❖ Cures wound& burns
- ❖ Cures Alzheimer disease
- ❖ Protect gastrointestinal tract

3. Neem



Botanical Name: Azadirachtaindica

Family: Meliaceae

Tamil : வெப்பமரம்

Location

Common in Kanyakumari, Southern tip of Kerala to Himalayan hills, Tropic to Sub tropic regions, Semiarid to Tropical region.

Dosage to use

Powder – 250mg

Oil – 2 to 3 drops

The medicinal benefits of Neem tree are as follows:

- ❖ Leprosy

- ❖ Eye disorder
- ❖ Bloody nose
- ❖ Intestinal worms
- ❖ Stomach upset
- ❖ Loss of appetite
- ❖ Ulcers
- ❖ Cardiovascular diseases
- ❖ Liver problems
- ❖ Fever
- ❖ Diabetes
- ❖ Gum disease
- ❖ Malaria
- ❖ Haemorrhoids
- ❖ Urinary tract disease
- ❖ Cough
- ❖ Asthma
- ❖ Mosquito repellents
- ❖ Insecticides
- ❖ Antibacterial
- ❖ Antitumor
- ❖ Anti-inflammatory
- ❖ Antifungal
- ❖ Effective contraceptive

4. Tulsi



Botanical Name: Ocimumtenuiflorum

Family: Lamiaceae

Tamil: துள்ளி

Location

Tropic and warm regions, common in Kanyakumari.

Dosage

Leaves – 10 to 12

Juice – 30 ml

Power – 300mg

The good medicinal values of Tulsi are as follows:

- ❖ Asthma
- ❖ High blood pressure
- ❖ Cholesterol
- ❖ Fever
- ❖ Cough
- ❖ Cold
- ❖ Headache

- ❖ Eye disorders
- ❖ Insect bites
- ❖ Skin diseases
- ❖ Gastric disorder
- ❖ Indigestion
- ❖ Intestinal parasite
- ❖ Mouth diseases
- ❖ Vomiting
- ❖ Diabetes
- ❖ Rheumatoid arthritis
- ❖ Kidney stones
- ❖ Cancer
- ❖ Stress
- ❖ Anti-inflammatory

5. Turmeric



Botanical Name: Curcuma longa

Family: Zingiberaceae

Tamil: மஞ்சள்

Location

Common in Kanyakumari, Andhra Pradesh, West Bengal, Assam, Kerala, Maharashtra, Tamil Nadu.

Dosage

Capsule – 500 mg

Powder – 0.5 to 3 g/day.

The medicinal benefits of Turmeric are as follows:

- ❖ Anti-inflammatory
- ❖ Pain relief
- ❖ Cancer treatment
- ❖ Diabetes
- ❖ Antioxidant
- ❖ Liver function
- ❖ Proper digestion
- ❖ Rheumatoid arthritis
- ❖ Cardio vascular disease

- ❖ Cancer
- ❖ Alzheimer's disease
- ❖ Obesity
- ❖ Stress
- ❖ Wound
- ❖ Antibacterial
- ❖ Depression
- ❖ Ulcer
- ❖ Inhibit tumour growth

6. Long pepper



Botanical Name: *Piper longum*

Family: Piperaceae

Tamil: திப்பீல்

Location

Common in Kanyakumari, Eastern west Bengal, Uttar Pradesh, western gates, Madhya Pradesh, Tamil Nadu, Kerala, Karnataka.

Dosage

Powder – 1-5g/day

The medicinal uses of Long pepper were as follows:

- ❖ Digestion
- ❖ Stomach pain
- ❖ Heart burn
- ❖ Intestinal gas & indigestion
- ❖ Cholera
- ❖ Diarrhea
- ❖ Cough, cold & fever
- ❖ Epilepsy
- ❖ Insomnia
- ❖ Beriberi
- ❖ Leprosy
- ❖ Splenomegaly
- ❖ Paralysis
- ❖ Snake bite
- ❖ Tuberculosis
- ❖ Tumour
- ❖ Analgesic
- ❖ Detoxifier

7. Papaya



Botanical Name: Carica papaya

Family: Caricaceae

Tamil: புப்பாளி

Location

Common in Kanyakumari, Tamil Nadu, Kerala, Karnataka, Orissa, Bihar

Dosage

Seed juice – 20ml

Flesh – 6-9 g/day

Leaves – 50 g

The medicinal values of papaya are given below:

- ❖ Warts
- ❖ Cancer
- ❖ Syphilis
- ❖ Haemorrhoids
- ❖ Diuretic
- ❖ Rheumatism
- ❖ Intestinal worms
- ❖ Elephantoid growth
- ❖ Asthma

- ❖ Psoriasis
- ❖ Ring worm infection
- ❖ Diabetes
- ❖ Antiseptic
- ❖ Lowers blood glucose & blood pressures
- ❖ Reduces heart disease & cholesterol
- ❖ Dengue fever

8. Black pepper



Botanical Name: *Piper nigrum*

Family name: Piperaceae

Tamil: கருமிளகு

Location

Common in Kanyakumari, Tamil Nadu, Kerala, Karnataka.

Dosage

Oil inhalation – 100 mcl

Powder – 5 to 10 mg

Medicinal benefits of black pepper are mentioned below:

- ❖ Cough, cold & fever
- ❖ Dental health
- ❖ Anti-cancer, anti-bacterial, anti-oxidant, anti-inflammatory
- ❖ Cures vitilligo
- ❖ Reduces blood glucose & cholesterol
- ❖ Stimulate brain function
- ❖ Heart troubles
- ❖ Anaemic
- ❖ Stomach upset
- ❖ Cholera

- ❖ Arthritis
- ❖ Measles

7. Touch me not



Botanical Name: *Mimosa pudica*

Family: Mimosideae

Tamil: தொட்டால்சினைங்கி

Location

Common in Kanyakumari, Tamil Nadu, Kerala, Karnataka, Orissa, Bihar, Goa.

Dosage

Fresh juice – 10 to 20 ml

Decoction – 50 to 100 ml

Powder – 10 g

The medicinal uses of touch me not plant was mentioned below:

- ❖ Reduce bleeding in wounds, cuts & menstruation
- ❖ Cures piles
- ❖ Arthritis
- ❖ Jaundice
- ❖ Diabetes
- ❖ Diarrhoea

- ❖ Itching
- ❖ Snake bites, insect bites
- ❖ Insomnia
- ❖ Asthma
- ❖ Fracture
- ❖ Cholesterol
- ❖ Hypertension
- ❖ Detoxify liver
- ❖ Allergy

8. Gooseberry



Botanical Name: *Phyllanthus emblica*

Family: Phyllanthaceae

Tamil: நெல்லிக்காய்

Location

Common in Kanyakumari, Tamil Nadu, Kerala, Karnataka, Rajasthan, Madhya Pradesh.

Dosage

Fruit – 1 to 2/day

Juice – 15 to 20 ml/day

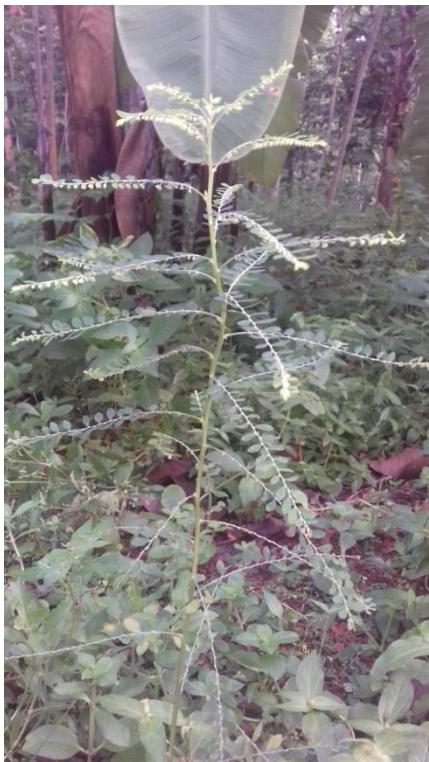
Powder – 4 to 5 g/day

The medicinal benefits of gooseberry are as follows:

- ❖ Provide immunity
- ❖ Stress
- ❖ Eye care

- ❖ Respiratory health
- ❖ Anaemia
- ❖ Purify blood
- ❖ Diuretic
- ❖ Skin care
- ❖ Sore throat
- ❖ Jaundice
- ❖ Tuberculosis
- ❖ Piles
- ❖ Bronchitis
- ❖ Balances vata, pitta, kapha
- ❖ Diabetes
- ❖ Regulates heart function
- ❖ Burns fat
- ❖ Cancer

9. Stone breaker



Botanical Name: Phyllanthusniruri

Family: Phyllanthaceae

Tamil: கீழானெல்லி

Location

Common in waste lands of villages in Kanyakumari.

Dosage

Juice – 15ml

Powder – 3g

The medicinal uses of stone breaker were as follows:

- ❖ Kidney stones
- ❖ Jaundice
- ❖ Antioxidant
- ❖ Anti microbial
- ❖ Anti inflammatory
- ❖ Lower blood sugar
- ❖ Treat acute hepatitis A,B &C
- ❖ Anti cancerous
- ❖ Spleenomegaly
- ❖ Psoriasis
- ❖ Leprosy
- ❖ Scabies
- ❖ Anti viral
- ❖ Dysentery
- ❖ Anaemia
- ❖ Renal diseases
- ❖ Acidity

10. Bilva



Botanical Name: Aegle marmelos

Family: Rutaceae

Tamil: வில்வம்

Location

Found throughout the country and mostly seen in temples of Kanyakumari.

Dosages

Juice – $\frac{1}{2}$ to 1 cup/day

Capsule – 1 to 2

Candy – 4 to 5

The beneficial medicinal uses of Bilva were given below:

- ❖ Anti diabetic, anti bacterial, anti fungal
- ❖ Gastrointestinal disorders
- ❖ Cough, cold & fever
- ❖ Cholera
- ❖ Diarrhoea
- ❖ Allergy
- ❖ Blood pressure
- ❖ Hyperthyroidism
- ❖ Jaundice
- ❖ Cirrhosis
- ❖ Scurvy
- ❖ Reduce cholesterol
- ❖ Tuberculosis
- ❖ Gynaecological disorders
- ❖ Epilepsy
- ❖ Piles

11. Periwinkle



Botanical Name: Catharanthus roseus

Family: Apocynaceae

Tamil: நித்தியகல்யாணி

Location

Tropical and Sub tropical areas of Kanyakumari.

Dosage

Powder – 0.05 to 0.15mg

Flower – 10 numbers

Leaves – 10 numbers

The great medicinal uses of the periwinkle were mentioned below:

- ❖ Diabetes
- ❖ Brain health
- ❖ Tumour
- ❖ Vaginal discharge
- ❖ Throat ailments
- ❖ Tonsillitis
- ❖ Chest pain
- ❖ For high blood pressure
- ❖ Sore throat
- ❖ Oedema
- ❖ Leukaemia
- ❖ Hodgkin disease
- ❖ Lymphomas
- ❖ Haemorrhage
- ❖ Mycosis fungoides
- ❖ Testicular cancer
- ❖ Insect stings

14. Drum stick plant



Botanical Name: Moringaoleifera

Family: Moringaceae

Tamil: முருங்கை

Location

Tropic and sub tropic areas of Kanyakumari.

Dosage

Powder – 7g

The medicinal uses of drum stick plant were mentioned below

- ❖ Anti fungal, anti viral, anti depressant, anti inflammatory
- ❖ Oedema
- ❖ Protect liver
- ❖ Treat cancer
- ❖ Cardiovascular diseases
- ❖ Diabetes
- ❖ Kidney disorders
- ❖ Decrease blood pressures
- ❖ Anaemia
- ❖ Lowers cholesterol
- ❖ Arthritis
- ❖ Epilepsy
- ❖ Thyroid disorders
- ❖ Chronic diseases

15. Hibiscus



Botanical Name: Hibiscus rosa-sinensis

Family: Malvaceae

Tamil :செம்பருத்து

Location

Temperate, tropic and sub tropic regions of Kanyakumari.

Dosage

Capsule – 1

Syrup – 3 to 4 teaspoon

Powder – $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon

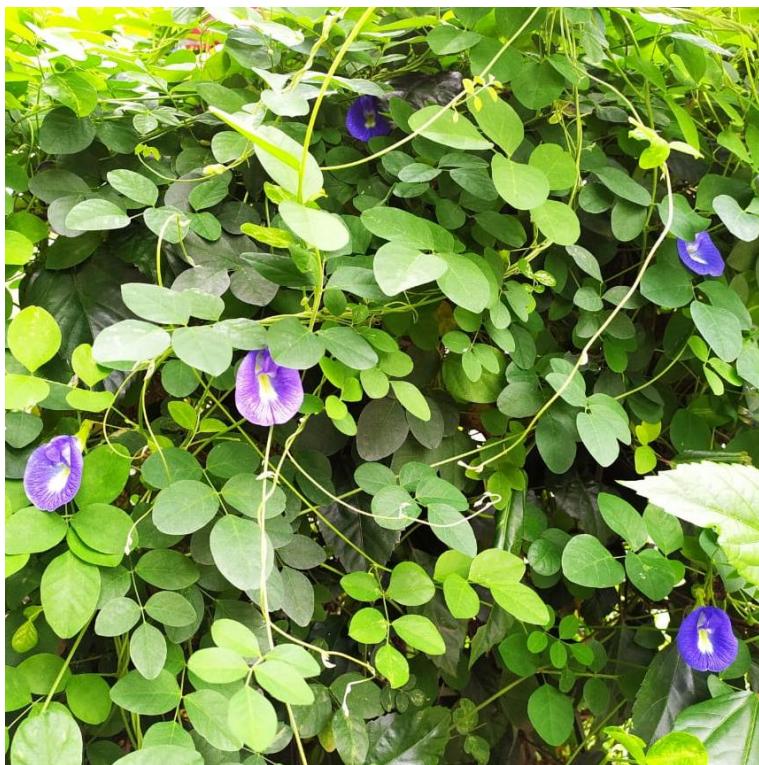
Tea – 1 to 2 cup

The medicinal uses of hibiscus are as follows:

- ❖ Weight loss
- ❖ Cancer
- ❖ Stomach upset
- ❖ High blood pressure
- ❖ Bacterial infections
- ❖ Fever
- ❖ Reduces cholesterol
- ❖ Antioxidant
- ❖ Boost liver
- ❖ Oedema
- ❖ Constipation
- ❖ Heart diseases

- ❖ Hypertension
- ❖ Anti stress
- ❖ Diabetes

16. Butterfly pea



Botanical Name: Clitoria ternatea

Family: Fabaceae

Tamil: சங்குப்பூக் கொடி

Location

All parts of India, mainly in grass land, open wood land, bush, and riverside vegetation of Kanyakumari.

Dosage

Powder – 1.3g

Medicinal benefits of butterfly pea were mentioned below:

- ❖ Detoxifier
- ❖ Throat problems
- ❖ Anti inflammatory
- ❖ Gastritis
- ❖ Nausea & vomiting
- ❖ Bleeding anus
- ❖ Neurological disorders
- ❖ Schizophrenia(mental disorders)
- ❖ Strengthen heart
- ❖ Small pox
- ❖ Anti stress
- ❖ Memory enhancer
- ❖ Anti depressant
- ❖ Local aesthetic

17. Black night shade



Botanical Name: SolanumNigrum

Family: Solanaceae

Tamil :மணத்தக்காளி

Location

All dry parts of India, common in Kanyakumari.

Dosage

Powder – 2 to 3 g

Juice – 10 to 20 ml

Distillate - 20 to 25 ml

The medicinal uses of black night shade were mentioned below:

- ❖ Stomach irritation
- ❖ Cramps
- ❖ Spasms
- ❖ Nervousness
- ❖ Psoriasis
- ❖ Haemorrhoids
- ❖ Abscessas
- ❖ Burns ,ulcer, cramps
- ❖ Chicken pox, small pox
- ❖ Treat ring worm
- ❖ Hepatomegaly
- ❖ Jaundice

18. Climbing brinjal



Botanical Name: SolanumTrilobatum.

Family: Solanaceae

Tamil:தூதுவளை

Location

South Indian moist places and common in Kanyakumari.

Dosage

Powder – ½ tablespoon

The medicinal benefits of Thuthuvalai were given below:

- ❖ Lung cancer
- ❖ Diabetes
- ❖ Diarrhoea
- ❖ Cholera
- ❖ Asthma
- ❖ Tuberculosis
- ❖ Malaria
- ❖ Bronchitis
- ❖ Cough & cold
- ❖ Mosquito repellent
- ❖ Larvicide
- ❖ Hiccups

- ❖ Sinus infection
- ❖ Itching
- ❖ Anti inflammatory, anti microbial, anti oxidant, anti tumour

19. Indian nettle



Botanical Name: Acalypha Indica

Family: Euphorbiaceae

Tamil: குப்பைமேனி

Location

Road side and waste lands of all places in Kanyakumari.

Dosage

Powder – 10 g

The medicinal benefits of kuppaimeni were given below:

- ❖ Asthma
- ❖ Bronchitis
- ❖ Pneumonia
- ❖ Constipation
- ❖ Skin problems
- ❖ Scabies
- ❖ Pain relief for ear, centipede bites & non poisonous snake bite
- ❖ Bedsores
- ❖ Eye infection
- ❖ Bloating
- ❖ Anti fungal

20. Veldt grape



Botanical Name: Cissusquadrangularis

Family: Vitaceae

Tamil: பிரண்டை

Location

All parts of India and common in Kanyakumari.

Dosage

Powder – 2 to 3 g

The medicinal value of pirandi was given below:

- ❖ Anti inflammatory
- ❖ Stomach disorders
- ❖ Reduce bad cholesterol
- ❖ Improves bone health
- ❖ Diabetes
- ❖ Reduce menstrual cramps

- ❖ Eczema
- ❖ Cutaneous disorders
- ❖ Bleeding nose
- ❖ Disorder of phlegm
- ❖ Weight loss
- ❖ Dental health
- ❖ Bone fracture
- ❖ Gastric ulcer
- ❖ Anorexia
- ❖ Anaemia
- ❖ Piles.