



## Nallamuthu Gounder Mahalingam College

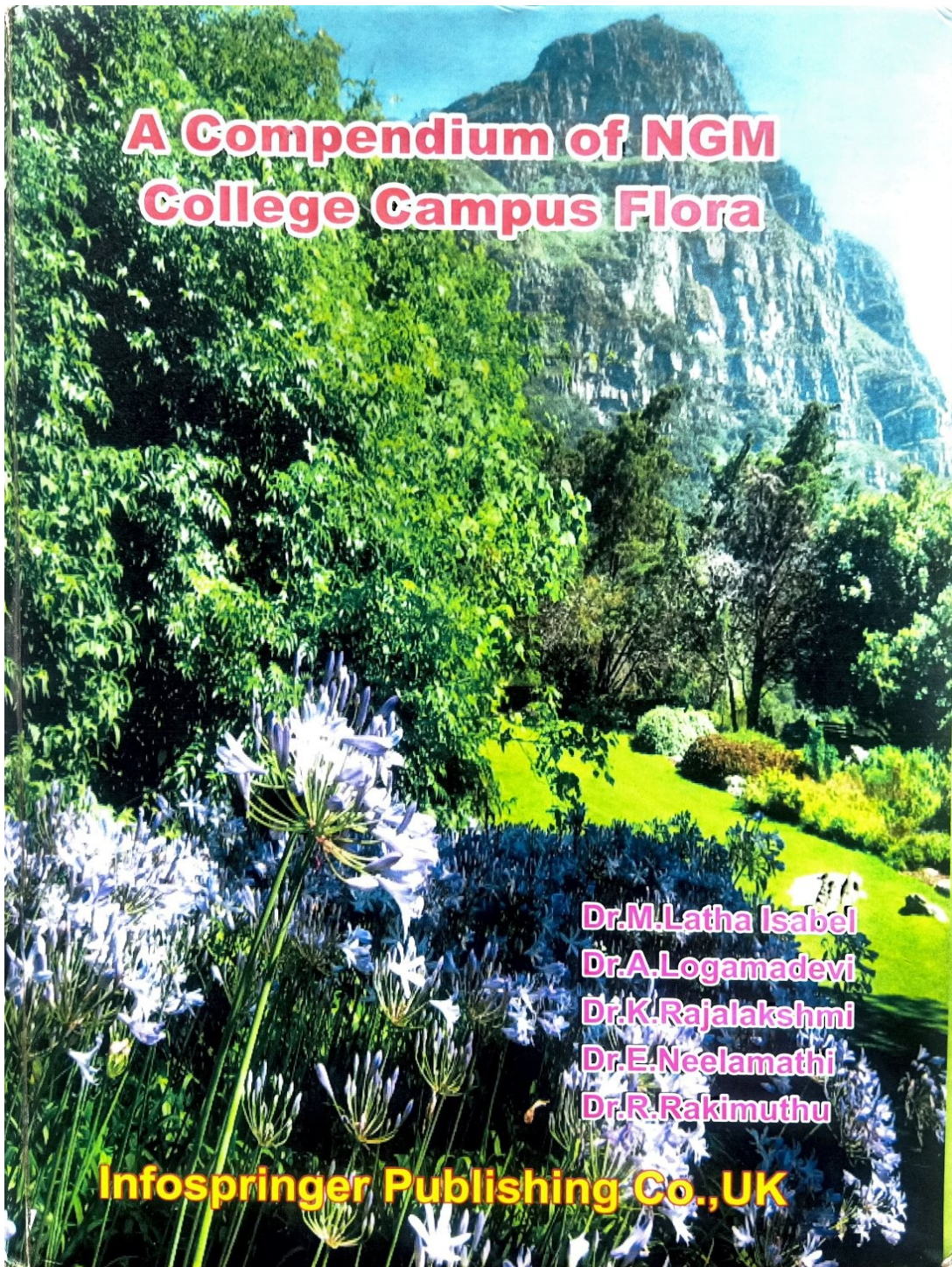
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90, Palghat Road, Pollachi - 642001, Coimbatore, Tamil Nadu, India.

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### 7.1.5 A Compendium of NGM College Campus Flora





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# **A Compendium of NGM College Campus Flora**

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### Preface

The flora of NGMC campus is an aid to know the plants of the region. Due to wide range of climate, topology and environments the campus is flourished with ample collection of plants. This flora presents comprehensive information on 214 species belonging to 55 families. The detailed descriptions of the species presented in this book are the light of current research on taxonomy and nomenclature. The salient features of this book are to facilitate identification of plants, picture of plants with their characters, synonyms, vernacular names, botanical features and medicinal properties are presented. Since ancient times, use of plants as a source of medicines has been the inherent part of life.

Having plants in an academic institution is a wonderful way to use the campus as a classroom, reconnect students with the natural world and the true source of their food and teach them valuable gardening and agriculture concepts and skills that integrate with several subjects such as science, art, social studies, health and physical education, as well as several educational goals, including personal and social responsibility. Academic environments with lots of greenery can foster science literacy and social skills, while enhancing an awareness of the link between plants in the landscape and our, food, clothing, shelter and well-being. We hope this book will be of use to foresters, environmentalists, ecologists, taxonomists, and the general public who are interested in the flora of Tamil Nadu. The plants are grouped together in alphabetical order would make the book easier to us. A publication like this can only be a beginning to conserve plant diversity at all geographical level global, national and local.

The present compilation is intended as a reference work for teachers, research scholars and students. Suggestions for the improvement of the book are always welcome.



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### Introduction

"Flora" comes from the Latin name of Flora, the goddess of plants, flowers, and fertility in Roman mythology. Plants are grouped into floras based on region (floristic region), period, special environment or climate. Regions can be geographically distinct habitats like mountain vs. flatland. Floras can mean plant life of a historic era as in fossil flora.

Floras may be subdivided by special environments: Native flora. The native and indigenous flora of an area. Agricultural and horticultural flora (garden flora). The plants that are deliberately grown by humans. Weed flora. Traditionally this classification was applied to plants regarded as undesirable, and studied in efforts to control or eradicate them.

Today the designation is less often used as a classification of plant life, since it includes three different types of plants: weedy species, invasive species (that may or may not be weedy) and native and introduced non-weedy species that are agriculturally undesirable. Many native plants previously considered weeds have been shown to be beneficial or even necessary to various ecosystems.

NGM college is located at palghat road, Pollachi. The college was started during the year 1957. The Department of botany was established during 1973. The college campus comprises 25 acres of land. The climate of the area is semi-arid as it is located in the rain shadow part of the western Ghats. Soil type is generally red loamy and some patches of gravel. The campus is greenish and harbours 214 species of plants belonging to 55 families. The largest family is Fabaceae.

In conclusion, apart from the crucial points of comprehensive field work, a balanced taxonomy and updated nomenclature, this flora gives vernacular names, description, images of individual species and comprehensive medicinal properties in the light of recent research.



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### 1. *Abrus precatorious* Linn.



**Family:** Fabaceae

**Synonyms:** *Abrus minor* Desv. *Glycine abrus* L.

**Vernacular names:** Kunttimani, Indian liquorice, Jequirity, Rosary pea.

**Botanical Description:** Wiry climber with slender branches; leaves pinnately compound with many pairs of leaflets; flowers pink, small, in dense racemes on axillary peduncles or short branches; bracts small; calyx 2, deciduous, calyx tube campanulate. Corolla much exerted; standard broadly ovate, narrowed in to short claw, slightly adherent to the staminal tube; wings narrow oblong-falcate; keel curved. Stamens 9 in a sheath, the vexillary one absent, anthers uniform. Ovary sessile many-ovuled; style short, incurved; stigma capitate. Pod oblong or linear, compressed, 2.5-3.7 by 1.0-1.25 cm; seeds bright scarlet with a black end.

**Parts used:** Seeds, leaves and roots.

#### Traditional uses

- A tea is made from the leaves and used for fevers, coughs and colds.
- Seeds are poisonous and therefore are used after mitigation.
- The plant is also used to promote hair growth and used as an ingredient in Indian hair products.
- Dental caries can also be relieved with the use of a paste made of this plant.
- The issue of excessive dandruff can be relieved by using the mixture of whole plant powder and oil.



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### 2. *Abutilon indicum* L. Sweet.



**Family:** Malvaceae

**Synonyms:** *Abutilon frutescens* Medik., *Abutilon asiaticum* L.

**Vernacular names:** Thuthi, Country mallow.

**Botanical Description:** Erect woody tomentose herb. Leaves alternate, cordate and acute; flowers are yellowish, solitary on axillary peduncles which are jointed near the top; calyx 5, valvate, sepals united below in to a short tube; corolla 5, imbricate petals, adnate below to the stamina tube; stamens numerous above; carpels many; styles as many as the carpels; stigma small, capitate; fruits with 15-20 chambers, arranged spirally; seed blackish brown.

**Parts used:** Seeds, Leaves, Bark and Root.

#### Additional uses

Various parts of the plant are used as a demulcent, aphrodisiac, laxative, diuretic, sedative, astringent, expectorant, tonic, anti-inflammatory, anthelmintic, and analgesic and to treat leprosy, ulcers, headaches, gonorrhoea, and bladder infection.

The whole plant is uprooted, dried and is powdered. In ancient days, maidens were made to consume a spoonful of this powder with a spoonful of honey, once in a day, for 6 months until the day of marriage, for safe and quick pregnancy.

The leaves are used as adjunct to medicines used for pile complaints.



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### 3. *Acacia mearnsii* De Wild.



**Family:** Fabaceae

**Sub family:** Mimosoideae

**Synonyms:** *Acacia mollissima* sensu auct., *Albizia mearnsii* De Wild.

**Vernacular name:** Black Wattle tree.

**Botanical Description:** Moderate sized tree, bark is dark either brownish or greyish with longitudinal cleavages; branches are simple; leaves 10 to 12 pair of leaflets of 1/8 to 1/4 inch long, uppermost and lowermost leaflets have small glands at the base; inflorescences in terminal or axillary racemes or panicles; peduncles mostly 3–17 mm long, hairy or glabrous; heads globose, 5–14-flowered, 7–12 mm diam., cream-coloured; flowers have five relatively inconspicuous petals and sepals and numerous conspicuous stamens; fruit legume, 8 to 12 seeds in the flat legume constricted in between seeds.

**Plant parts used:** Root, Bark of branches, Resin.

#### Traditional uses

- Antiseptic, consolidating, tightening.
- The finely chopped bark of young roots is mixed with hot water and left to brew for several days until the infusion is dark red or black. This preparation is used externally for burns and can also take internally for ulcer, stomach and intestinal complaints.
- Long strips of the root soaked in water can be applied to fractures and used to dress injuries.



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### 4. *Acalypha chamaedrifolia* (Lam.)Mull.Arg.



**Family:** Euphorbiaceae

**Synonyms:** *Acalypha pendula* C.Wright ex Griseb., *Acalypha reptans* SW.

**Vernacular name:** Dwarf cat tail.

**Botanical Description:** Beautiful evergreen ground cover that produces bright pinky-red woolly flowers up to 10 cm long; leaves alternate, dentate or crenate, undivided, petiolate, stipulate; inflorescence terminal, androgynous inflorescences usually with female flowers at proximal nodes and male flowers at distal nodes; flowers unisexual, apetalous, disc absent; male flowers very small, shortly pedicel globose in bud; calyx parted into 4 small valvate sepals; stamens 4–8 on a slightly raised recept filaments free or basally connate; anthers with divaricate or pendulous thecae, unilocular; female flower sessile; calyx small, sepals imbricate, connate at base; ovary 3 carpels, papillose; ovules solitary in cell, styles reddish, connate; fruits capsular, small, 3-lobed. Seeds small, ovoid or ellipsoid.

**Parts used:** Root, bark, stem, leaf, flowers.

#### Traditional uses

- A root and flower decoction is used for hemoptysis. Leaf poultice used for leprosy.
- Decoction of leaves and flowers taken internally as laxative and diuretic for gonorrhoea.
- Bark used as expectorant and for asthma. Flowers used for treating diarrhoea.
- Bark root used for pulmonary problems; and flower for kidney ailments and as diuretic.
- Leaves and stems soaked and boiled in water, used for skin rashes.



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90, Palghat Road, Pollachi - 642001, Coimbatore, Tamil Nadu, India.

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### 5. *Acalypha indica* Linn.



**Family:** Euphorbiaceae

**Synonyms:** *Acalypha spicata* Forssk., *Cupamenis indica* (L.) Raf.

**Vernacular names:** Poonamayakki, Kuppaimeni, Indian nettle

**Botanical Description:** Erect annual herb, up to c. 1.2 m tall; stems longitudinally ribbed and pubescent; leaves alternate, rhombic-ovate, up to 7 × 5 cm, 5-veined from the base, hairless to finely velvety on both surfaces; margin toothed except near the base; flowers in axillary spikes, unisexual on the same inflorescence; female flowers below, held in shallowly cup-shaped bracts with toothed margins; male flowers above, very small, yellowish-green; stamens 8 on a convex receptacle; filament short, free; ovary 3-celled; ovule solitary in each cell; fruit small capsule, 1.5 × 2 mm, 3-lobed, tuberculate, pubescent..

**Parts used:** Whole plant.

#### Traditional uses

- Plants are emetic, expectorant, laxative and diuretic; useful in bronchitis, pneumonia, asthma and pulmonary tuberculosis.
- Leaf paste with lime juice prescribed for ringworm. Leaf juice is emetic for children. A decoction of the leaves is given in earache.
- Powder of the dry leaves is given to children to expell worms; also given in the form of decoction with little garlic.
- In homeopathy, the plant is used in severe cough associated with bleeding from lungs.



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### 6. *Acalypha wilkesiana* Muell.Arg.



**Family:** Euphorbiaceae

**Synonyms:** *Acalypha tricolor* Seem., *Ricinocarpus wilkesianus* (Müll.Arg.)Kuntze.

**Vernacular name:** Copper leaf plant.

**Botanical Description:** Evergreen shrub with ornamental leaves; grows 3 m high and spreads 2 m across; stem is erect with many branches covered by fine hairs; leaves coppery green with red splashes of colour, large and broad with teeth around the edge, 10–20 cm long and 15 cm wide, finely hairy, flat or crinkled; flowers are reddish in spikes at the end of branches; separate male and female flowers on the same plant; male flowers are in long spikes which hang downwards while the female flowers are in short spikes, do not show up easily as they are often hidden among the leaves; flower stalks are 10–20 cm long.

**Parts used:** Leaves.

**Traditional uses**

- Paste of whole plant is used to treat fungal skin diseases.
- Leaf is used as pain-killers and naso-pharyngeal infections.
- Leaf-poultice is good for headache, swellings and colds.
- The leaf-extract is active against Gram +ve bacteria.



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### 7. *Acanthospermum hispidum* D.C.



**Family:** Asteraceae

**Synonym:** *Acanthospermum humile* var. *hispidum* (DC.) Kuntze.

**Vernacular names:** Bristly starbur, Goat's head, Hispid starbur.

**Botanical Description:** Branched herb up to 60 cm tall; stems of these plants are covered with bushy hairs and smaller glandular hairs scattered throughout the stems; leaves are elliptic, obovate, spatulate and 1.5 cm to 7 cm long, serrate to subentire, gradually narrowed to base, sessile; flowers yellow heads at the forks of dichotomous branches, each head has 5-9 ray flowers; petals of the ray flowers are pale yellow and are about 1.5 mm long; disc flowers in the center of the head are sterile; fruits achenes, flattened, triangular, spiny and 5 cm to 10 cm in length, covered with stiff, hooked hairs with either a straight or curved pair of spines at the top.

**Parts used:** Whole plant.

#### Traditional uses

- Traditional medicine for the treatment of jaundice, malaria, vomiting, cephalgias, head-ache, abdominal pain, convulsions, stomachache, constipation, eruptive fever, snake bite, epilepsy, blennorrhoea, hepato-biliary disorders, malaria, microbial infection and viral infections.
- It contains phytoconstituents that may be useful adjuvant for antibiotic formulations.
- It is used for the treatment of skin ailments and to treat cough, bronchitis and antifeedent.



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### 8. *Achras sapota* Linn.



**Family:** Sapotaceae

**Synonyms:** *Manilkara zapota* (L.) P.Royen, *Achradelpha mammosa* (L.) O.F.Cook.

**Vernacular names:** Sapota, Chikoo.

**Botanical Description:** Large tree grow to more than 30 m (98 ft) tall with an average trunk diameter of 1.5 m (4.9 ft); leaves alternate, medium green, glossy, alternate, elliptic to ovate, 7–15 cm long, with an entire margin; petioled stipules; flowers white, inconspicuous and bell-like; corolla six-lobed as many as sepals, imbricate; stamens many in 2 or 3 whorls of 4-5 each, inner most whorl is fertile, others are staminodes, epipetalous, polyandrous; filament short; anthers ditheous, basifixed, extrorse, connective often prolonged beyond anther lobes; carpels 4 or 6, syncarpous, superior; unilocular, locules as many as carpels; style single; stigma lobed; fruit berry, 4–8 cm in diameter, ellipsoid or round containing two to five seeds.

**Parts used:** Leaves, flowers, fruit and seeds.

#### Traditional uses

- Unripe fruit is boiled and the decoction taken to halt diarrhea.
- An infusion of the young fruits and flowers is drunk to relieve pulmonary complaints.
- The seeds contain saponins and quercetin and are aperient, diuretic tonic and febrifuge.
- The crushed seeds have a diuretic action and are claimed to expel bladder and kidney stones.



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### 9. *Achyranthes aspera* Linn.



**Family:** Amaranthaceae

**Synonyms:** *Achyranthes canescens* R.Br., *Achyranthes fruticosa*, Desf.

**Vernacular names:** Naayuruvi, Prickly chaff flower, Devil's horsewhip.

**Botanical Description:** An erect herb reaching 3ft in height, with velvety tomentose. Leaves opposite, entire, petioled, thick orbicular, obovate or elliptic, usually obtuse, 4in. long and 3in. broad; flowers slender densely clustered towards branch; inflorescence a terminal erect spike, peduncle 15mm long, fleshy, white-villous; spike rachis fleshy, bract persistent on rachis, ovate to lanceolate; bracteoles 2, spinecent; perianth calycine (sepals) 5, lanceolate; stamens 4, connate at base, the filaments 0.5–1mm, alternating with 4 narrowly spatulate, alternating with staminodes; style filiform; 0.6–1mm, pink to pale orange, arising from a fleshy papillate; stigma brown, truncate; fruit utricle, dark brown; seed ovoid to ellipsoid, dark chestnut brown.

**Parts used:** Whole plant.

#### Traditional uses

- Bitter, pungent, heating, laxative, stomachic, carminative, improves appetite, useful in vomiting.
- This plant is widely used for asthmatic cough, snakebite, hydrophobia, urinary calculi, rabies, influenza, piles, bronchitis, diarrhoea, renal dropsy, gonorrhoea and abdominal pain.
- A powder of dried leaf mixed with honey is useful in the early stages of asthma.



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### 10. *Aegle marmelos* L.Corr.



**Family:** Rutaceae

**Synonyms:** *Bilacus marmelos* (L.) Kuntze. *Feronia pellucid*, Roth.

**Vernacular names:** Vilvam, Bael tree.

**Botanical Description:** Deciduous tree armed with spines; leaves alternate, 3-foliolate; leaflets glabrous or pubescent, 5-10 by 2.5-6.3 cm, ovate or ovate-lanceolate; flowers greenish white in axillary panicles. Calyx small, 5 lobed, deciduous. Petals 5, oblong, imbricate, spreading. Stamens numerous (30-60) inserted round the disk; filamentsubulate; anthers elongate, erect. Ovary ovoid, 8-20 celled; style short; stigma oblong. Fruit large berry, oval or oblong, 5-20 cm in diameter, with more or less soft rind, grey green until the fruit is fully ripe; many seeded, seeds embedded in aromatic fleshy pulp.

**Parts used:** Leaves and fruits.

#### Traditional uses

- The unripe dried fruit is astringent, digestive, stomachic and used to cure diarrhea and dysentery.
- Sweet drink prepared from the pulp of fruits produce a soothing effect on the patients who have just recovered from bacillary dysentery. The ripe fruit is a good and simple cure for dyspepsia.
- The pulp of unripe fruit is soaked in gingelly oil for a week and this oil is smeared over the body before bathing. This oil is said to be useful in removing the peculiar burning sensation in the soles.
- The roots and the bark of the tree are used in the treatment of fever by making a decoction of them.



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### 11. *Aerva javanica Pers.*



**Family:** Amaranthaceae

**Synonyms:** *Aerva tomentosa* Forssk., *Achyranthes javanica* Pers.

**Vernacular names:** Desert cotton, Peelai.

**Botanical Description:** Erect shrub; leaves alternate, linear oblong or spathulate, obtuse or acute, densely tomentose; flowers dioecious, densely white-wooly spikes, leafless terminal panicles; female flowers with outer 2 tepals, oblong-obovate to obovate-spathulate, lanate, acute to obtuse or apiculate at the tip, the yellowish midrib ceasing well below the apex; inner 3 slightly shorter, elliptic-oblong, densely lanate, acute, with a narrow green vitta along the midrib, which extends for about two-thirds the length of each tepal; style slender, distinct, with the two filiform, flexuose stigmas at least equalling it in length; filaments reduced, anthers absent. Male flowers smaller, the outer tepals ovate; filaments delicate, the anthers about equalling the perianth; ovary small, style very short, stigma rudimentary. Capsule rotund, compressed. Seed 0.9-1.25 mm, round, slightly compressed.

**Parts used:** Whole plant.

**Traditional uses**

- It is used externally to remove swelling, relieve inflammation and promote healing of wounds and ulcers.
- The flowers and roots are used to alleviate kidney problems and rheumatism and the seeds are believed to cure headaches. A gargle is made from the plant to treat toothache.



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### 12. *Aerva lanata* Juss.



**Family:** Amaranthaceae

**Synonyms:** *Achyranthes lanata* L., *Aerva incana* Suss.

**Vernacular names:** Sirrupula, mountain knot.

**Botanical Description:** An annual herb; leaves elliptic obovate or orbicular, obtuse, sessile, pubescent above and white-wooly beneath, alternate, oval and 0.5 to 1.5 in (13 to 38 mm) long. Flowers minute, bisexual, white spikes clustered. The tiny clusters of two or three flowers grow in the leaf axils. Perianth calycine, membranous, 5-lobed, wooly. Stamens 5, connate with interposed linear staminodes in a hypogynous cup, anthers 2-celled; stigma bifid; style simple; ovary ovoid or globose, 1-celled; ovule pendulous. Fruit membranous utricle.

**Parts used:** Whole plant.

**Traditional uses**

- Roots used in headache and also as demulcent. Decoction of the root is given as tonic to pregnant women.
- Also used for the treatment of gonorrhoea and kidney disorders, cutaneous affections and sugar in urine.
- This herb is one of the best known remedies for bladder and kidney stones.
- A decoction of the plant taken internally for a few days dissolves kidney stone and clears the urinary path.



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### 13. *Agave foetida* (L.) Haw.



**Family:** Agavaceae

**Synonyms:** *Furcraea gigantea* Vent, *Furcraea foetida* (L.) Haw.

**Vernacular names:** Anaikathalai, Century plant.

**Botanical Description:** Large rosette-forming succulent up to 5 to 6 feet tall; leaves wavy, gray-green with strong cream to yellow margin, leaf margins coarsely toothed with prickly teeth, acute apex topped with a large dark-brown coloured spines (1.5-6 cm long); inflorescence (1-8 m long) in terminal panicle; flowers (7-10.5 cm long) are yellow or greenish-yellow in colour; perianth lobes 6 being fused together at the base into a short tube (8-20 mm long); stamens 6, filaments long, anthers yellow (2.5-3.5 cm long); ovary large (3-4.5 cm long) topped with a style and three stigmas; fruit is a large oblong capsule (3.5-8 cm long); Seeds (6-8 mm long) are black and shiny.

**Parts used:** Root, Leaves, Stem.

#### Traditional uses

- Uses externally as a medicinal herb to treat burns, bruises, minor cuts, injuries and skin irritation caused by insect bites. A poultice made from the root and the leaves is often used to treat toothache.
- The juice from the plant has, for a long time, been used as a treatment for wounds.
- Traditionally, it was used internally to treat ulcers, stomach inflammation, tuberculosis, jaundice and other liver diseases, syphilis and menstrual problems.
- Additionally it is used to treat high fever by inducing sweat. Used as an herbal remedy for weak digestion, intestinal gas and constipation.



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### 14. *Albizia lebbek* (L.) Benth.



**Family:** Fabaceae

**Sub family:** Mimosoideae

**Synonyms:** *Mimosa lebbek*, L., *Acacia lebbek* (L.) Willd.

**Vernacular name:** Vaahai, Lebbek tree, Flea tree, Fry wood tree.

**Botanical Description:** A large deciduous tree; leaves even-pinnate, leaf-lets broadly oblong, curved upwards, broadest on the lower side of the midrib, obtuse or retuse at the apex, rounded at the base; flowers appear shortly after new leaves, white, heavily scented; the stamens free above the corolla, appearing singly or in small clusters in the leaf axils and in terminal panicles; stamens 30-40, yellowish-green on top side, white underside, up to 5 cm long; calyx tubular, puberulous; petals 5, connate in a funnel shaped corolla; stamens indefinite, monadelphous at the base, filaments long exserted; anthers very small; style filiform, stigma minute; pods legume, elongated, thin, straw coloured, 1-2 in. broad.

**Parts used:** Bark, Leaves, Flowers and Seeds.

**Traditional uses**

- Bark of the plant is used in the treatment of leucoderma, itching, skin diseases, piles, exercise perspiration, inflammation, erysipelas and bronchitis, asthma and allergic disorders.
- Leaves of the plant are used in night blindness and strengthen the gums and the teeth.
- The seeds are useful as aphrodisiac and tonic to the brain; gonorrhoea and tuberculosis glands.
- Oil is applied topically in leucoderma.
- Flowers are given for asthma and snake-bite.



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### 15. *Allamanda cathartica* L.



**Family:** Apocynaceae

**Synonyms:** *Allamanda grandiflora* (Aubl) Lam. *Allamanda latifolia* C.Presl.

**Vernacular name:** Golden trumpet.

**Botanical Description:** Massive climbing evergreen shrub contain latex; stems and leaves both contain a milky sap (latex); leaves simple, whorled or verticillate obovate to oblong-lanceolate, entire, acuminate apex leathery, glabrous; flowers large; cymes born near the tips of the stem, bright yellow; sepals five, 8-22 mm long, fused form a calyx tube at their base; petals five, fused together at the base to form corolla tube, about 4-8 cm long, with five spreading petal lobes; stamens 5, adnate to the corolla tube; style long with two small branches at its tip; fruit globose capsules, densely covered with soft spines; seeds compressed, tan in colour and are slightly winged or have a thin membranous margin.

**Traditional uses**

- Used to treat liver tumors, jaundice, splenomegaly, and malaria. .
- The milky sap is known to possess antibacterial and anticancerous properties.
- It is used to treat malaria.
- The flower act as a laxative.



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### 16. *Aloe vera* (L.) Burm.f.



**Family:** Liliaceae

**Synonyms:** *Aloe barbadensis* Mill., *Aloe elongata* Murray.

**Vernacular names:** Chothukathalai, Burn aloe, First aid plant.

**Botanical Description:** Succulent herb with short stem which is suckering freely to form dense clumps; leaves are sub-basal, erect, pale green, linear-lanceolate, with margin sparsely spiny-dentate, with apex 2- or 3-dentate-pointed; inflorescence is erect; peduncle is up to 2 cm thick; raceme with numerous flowers; bracts are whitish, broadly lanceolate, apex acute; flowers are reflexed with pedicel, perianth are pale yellow mottled with red, slightly ventricose, 2.5(-3) cm, outer lobes free for ca. 1.8 cm, slightly recurved at apex; stamens are exerted by 4--5 mm; style is conspicuously exerted.

**Parts used:** Leaves.

#### Traditional uses

- Aloe vera gel is used as a soothing topical application for sunburns and minor burns, abrasions, acne, psoriasis, shingles and even cold sores. In fact, aloe vera is also used to reduce scarring and stretch marks.
- Aloe vera latex stimulates the uterus and promotes menstrual flow.
- Aloe juice seems to have an overall healing and balancing effect on the digestive system, improving absorption of nutrients and eliminating toxins.
- It can relieve gastro-intestinal problems associated with peptic or duodenal ulcers, improve regularity and enhance energy levels. Aloe vera juice can help to restore balance to the digestive system.
- Aloe vera juice seems to have a beneficial effect on the liver and kidney. It also seems to be able to reduce blood sugar levels, which can make it a useful nutritional supplement for diabetes patients.



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### 17. *Alstonia scholaris* L. R.Br.



**Family:** Apocynaceae

**Synonyms:** *Alstonia kurzii* Hook.f., *Pala scholaris* (L.) Roberty

**Vernacular names:** Elalaipalai, Palegaruda, Black board tree, Indian devil tree.

**Botanical Description:** Glabrous tree grows up to 40 m tall; bark with bitter milky sap; leaves glossy in upper side, while the underside is grayish; occur in whorls of 3-10; petioles are 1-3 cm, leathery, obovate to spatulate, base cuneate, apex usually rounded; cymes are dense and pubescent; peduncle is 4-7 cm long; pedicels are usually as long as or shorter than calyx; calyx tube short, lobes 5; corolla white, salver-shaped, 6-10 mm; lobes are ovate or obovate, 2-4.5 mm, overlapping to the left, tube cylindrical, dilated opposite the stamens; anthers acute; ovary with two distinct carpels, pubescent; fruit is a follicle, distinct and linear; seeds oblong, ciliated margins, ends with tufts of hairs.

**Parts used:** Bark and twig.

#### Traditional uses

- The plant is used as a drug which helps in restoring the digestive system.
- Useful in relieving fevers and skin ailments. It helps in relieving indigestion and balances the mucous content in the body.
- The plant is effective in cases of chronic dysentery and diarrhea. The paste made from the bark of the tree if applied on wounds. The bark powder is used to relieve pain in the abdomen and lumps.
- The twigs of the tree are used as a toothbrush because of its bactericidal properties.
- Bark used to improve appetite of new mothers and increases lactation in new mothers.



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### 18. *Alternanthera pungens* Kunth.



**Family:** Amaranthaceae

**Synonyms:** *Alternanthera chinata* Sm., *Achyranthes nivea* Link.

**Vernacular names:** Khaki weed, Minnamkkanni, Mulluponnanganni.

**Botanical Description:** Prostrate herb; stems slightly woody, procumbent, 1–2 ft. long, terete, pilose, much-branched; leaves opposite, ovate or obovate, very obtuse, mucronate, tapering into the petiole, entire, 1/2–1 1/2 in. long, 5 lin. wide, glabrous above, softly pilose beneath; heads in axillary and subterminal clusters of 2–3, ovoid, about 5 lin. in diam., spiny; bracts about 3 lin. long, lanceolate, pungent, finely denticulate in the upper part; bracteoles slightly shorter and narrower; perianth-segments slightly unequal, about 2 lin. long, the outer lanceolate-subulate, finely denticulate near the apex; stamens 5, filaments filiform; staminodes shorter than the filaments, triangular, acute, entire; ovary compressed, style short; fruit utricle about 1/3 as long as the perianth; seed ovoid, compressed.

**Parts used:** Whole plant.

**Traditional uses**

- The herb has diuretic properties and its decoction is taken in gonorrhoea.
- The whole plant is used in gastric, hepatic and intestinal disturbances.
- The aerial part is used as diuretic and emollient.



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### 19. *Alternanthera bettzickiana* (Regel) G. Nicholson



**Family:** Amaranthaceae

**Synonyms:** *Telanthera bettzickiana* Regel, *Alternanthera amabilis* Lem.

**Vernacular names:** Sivapu ponnankanni, Joy weed, Red calico plant, line keerai.

**Botanical Description:** Herbaceous perennial plant with creeping or erect stem often with variegated leaves, growing 20 - 80cm tall; leaves green or red, sometimes tinged yellow, elliptic, oblong-ovate to spatulate, up to 4 cm long, somewhat undulate; petiole up to 4 mm long; flowers in sessile axillary or terminal ovoid or globose heads; bracts and bracteoles up to 3 mm long, ovate-lanceolate, apex acuminate; tepals white, unequal, with excurrent mid nerve, hairy outside; stamens 5; pseudostaminodes as long as stamens, 3-5 parted at apex; ovary about 1 mm long, enclosed in the staminal tube; style short, about 0.5 mm long; fruit utricle, compressed, tightly packed bracts interspersed with pale hairs more than 1 mm long; seeds discoid.

**Parts used:** Whole plant.

**Traditional uses**

- The cooked vegetable is given to anemic children in order to improve their health.



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### 20. *Alternanthera sessilis* (L) R. Br.



**Family:** Amaranthaceae

**Synonyms:** *Telanthera polygonoides* (Linn) Moq., *Gomphrena sessilis* Linn.

**Vernacular names:** Ponnankanni, sessile joyweed and dwarf copperleaf.

**Botanical Description:** Prostrate, creeping, herb, of 0.2-1 m high, with numerous, erect branches. Leaves simple, opposite, shortly petiolate or sessile, broadly lanceolate or spatulate to almost linear. Inflorescences dense, sessile, silvery-white clusters of compressed spikes in the leaf axils; perianth segments equal in length, acute. Bracts are ovate, concave, persistent; bracteoles oblong-ovate, acute, not deeply lacerated. Sepals white or purplish, glossy with a green base, glabrous or with a few long hairs and a strong midrib. Fruits indehiscent, flattened, obcordate or obovate utricle, enclosing the seed. Seeds dark-brown to black, disc-shaped, shiny, about 0.8-1 mm in diameter.

**Parts used:** Whole plant.

**Traditional uses**

- Fresh leaves are applied over eyes for styes, conjunctivitis and chronic inflammation of the eyelids.
- The whole plant is used for increasing breast milk, promoting bile flow, inducing abortion and for curing fever.
- Fresh leaves juice mixed with garlic clove is folk remedy for asthma, chronic cough and intermittent fever.
- For spermatorrhoea the leaf juice is mixed with coriander leaf juice and wood apple leaf juice.
- For bleeding piles, two tablespoon leaf juice is mixed with radish leaf juice and given 2-3 times a day for a month.



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### 21. *Amaranthus viridis* Linn.



**Family:** Amaranthaceae

**Synonyms:** *Amaranthus fasciatus* Roxb, *Amaranthus gracilis* Desf.

**Vernacular name:** Kuppaikeerai.

**Botanical Description:** Erect or ascending annual herb up to 1 m tall; stem slender, branched, angular, and glabrous to sparsely pubescent in upper part with multicellular hairs. Leaves alternate, simple; petiolate; blade deltoid-ovate to rhomboid-oblong, base shortly cuneate. Inflorescence in terminal spikes, frequently paniculate, lower part of the stem in dense axillary clusters. Flowers unisexual, sessile, green, male and female intermixed but female ones more numerous; bracts and bracteoles lanceolate-ovate, whitish-membranous; tepals 3, oblong to obovate, bent along the fruit; male flowers with 3 stamens; female flowers with superior 1-celled ovary crowned by 2-3 short stigmas. Fruit a subglobose capsule, strongly wrinkled, 1-seeded. Seed subglobose and slightly compressed.

**Parts used:** Whole plant.

**Traditional uses**

- The leaves are diuretic and purgative, and are used in poultices (fresh or as dried powder) to treat inflammations, boils and abscesses, gonorrhoea, orchitis and haemorrhoids.
- An infusion of the whole plant is used to purify the blood and the pounded root is applied against dysentery. Leaf sap is used as an eye wash to treat eye infections and for treating convulsions.
- The sap is said to act as a vermifuge, being effective to relieve heart troubles.
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### 22. *Amaryllis carnea* L.



**Family:** Amaryllidaceae

**Synonyms:** *Zephyranthes rosea* Lindl., *Amaryllis rosea* (Lindl.) Spreng.

**Vernacular names:** Lily pink, Naked lady.

**Botanical Description:** Small, 15 to 20 cm; leaves flattened, dark green linear, about 3 to 4 mm across. Spherical tunicate bulbs to 1.5 to 2.5 cm. Flowers; single funnel-shaped, borne erect or slightly inclined on scapes, to 10 to 15 cm. spathe 2 to 2.8 cm, tip slightly divided. Petal, fragrant six, to 2.5 cm x 3 - 3.5 cm. perianth, bright pink with green central perianth tube to 5 mm; stamens six, different lengths - 11 mm / 16 mm, four between 12 to 13 mm, shorter than style, inserted at the mouth of perianth. Anthers 3 - 6 mm. Capsules divided deeply into three lobes. Seeds, shiny black and flattened.

**Parts used:** Bulbs.

**Traditional uses**

- Used for treating breast cancer.
- Bulb extracts used for treatment of diabetes, ear and chest ailments and viral infections.



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### 23. *Andrographis paniculata* Nees.



**Family:** Acanthaceae

**Synonyms:** *Justicia paniculata* Burm.f., *Andrographis subspathulate*, C.B. Clarke.

**Vernacular names:** Siryaa Nangai, King of bitters.

**Botanical Description:** Erect herb grow up to 1 meter often tetragonous; leaves lanceolate, entire; flowers white, sub-paniculate, set along a thin upright stem; tubular flowers can have purple coloured flecks on the inside of the lip-like formation; calyx 5 partite, lobes narrow, granular-pubescent; corolla small, two lipped, tubular at the base; stamens 2; filaments broad, hirsute enlarged at the base; anthers 2-celled, beared at the base with a tuft of white hairs; ovary 2-celled; ovules 2-6 in each cell; style slender; stigma minutely bifid. Fruit an oblong capsule compressed at right angles to the septum; seeds hard, pitted and glabrous.

**Parts used:** Whole plant.

#### Traditional uses

- Andrographis is frequently used for preventing and treating the common cold and flu (influenza).
- Andrographis is also used as astringent, bacteria killing agent, painkiller, fever reducer, and treatment for worms. For skin conditions including wounds, ulcers and itchiness.
- Some people use andrographis for sore throat, coughs, swollen tonsils, bronchitis, and allergies. It is also used for "hardening of the arteries" (atherosclerosis), and prevention of heart disease and diabetes.
- It is used for digestive complaints including diarrhea, constipation and HIV/AIDS.



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### 24. *Anisomeles malabarica* R.Br.



**Family:** Lamiaceae

**Synonyms:** *Anisomeles cuneata*, J.Jacq., *Nepeta malabarica*, L.

**Vernacular names:** Peyimeratti, Malabar cat mint.

**Botanical Description:** Erect branching coarse herb; stem and branches obtusely tetragonous and softly white-tomentose as are the under-surfaces of the leaves; leaves ovate to oblong, densely woolly beneath, sparsely hirsute above; petiole is up to 2.5 cm long, and softly woolly; inflorescence is a single terminal spike; calyx tubular, equally 5-lobed; corolla 2-lipped; upper lip small, entire; lower lip broad, 3-lobed; stamens 4, didynamous, exserted, the lower pair longer; ovary 4-partite; style slender, 2-fid; stigmatic lobes equal, subulate; fruit nutlets, 8-10 mm long, teeth hairy inside, cylindrical, 1.3 mm by 0.9 mm.

**Parts used:** Whole plant.

#### Traditional uses

- The whole plant, but in particular the leaves and the roots, are used as an astringent, a carminative, a febrifuge and a tonic.
- It has long been used in folk medicine for the treatment of cancer and liver disorders.
- The plant is acrid, bitter, aromatic, intellect promoting, stomachic, anthelmintic, febrifuge and sudorific.
- It is useful in halitosis, epilepsy, hysteria, amentia, anorexia, dyspepsia, colic, flatulence, intestinal worms, fever arising from teething in children and intermittent fevers.



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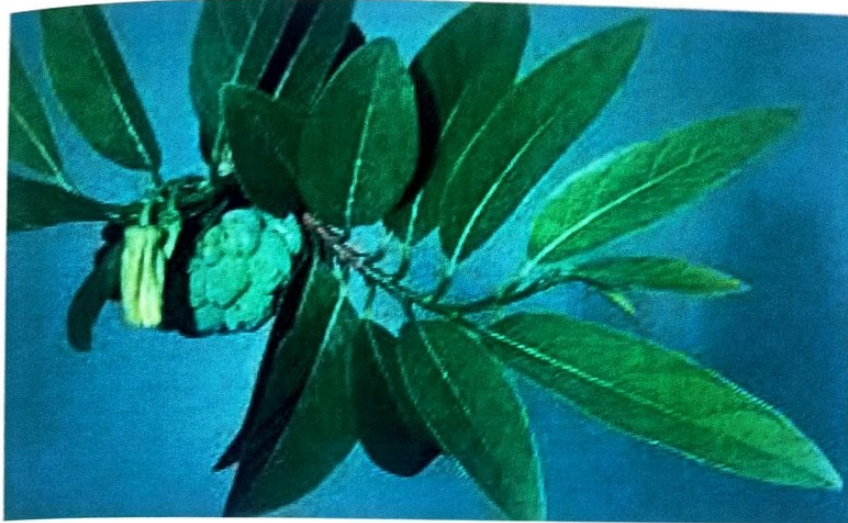
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### 25. *Annona squamosa* Linn.



**Family:** Annonaceae

**Synonyms:** *Annona asiatica* L., *Xylopiya glabra* L.

**Vernacular names:** Seetha, Custard apple.

**Botanical Description:** Shrub grows up to 3-5 m tall; leaves alternate, ovate-oblong or elliptic-oblong; flowers greenish, pendulous; pedicel 1.5-2.5 cm long hairy; sepals three, short, deciduous, densely or thinly pubescent. Petals 6, biseriate; 3 outer petals are lanceolate, thick, fleshy, trigonous, 3 inner petals alternate with the outer ones; stamens numerous, yellowish-white in many rows on the glabrous, raised receptacle (torus), crowded in a whorl around the gynoecium; anther cells narrow, hidden by the overlapping ovoid tops of connectives; pistils numerous; style oblong; stigma sessile; fruit green, globose, syncarp, developed from the fusion of numerous ovaries; seeds many.

**Parts used:** Bark, Leaves, Fruits and Seeds.

**Traditional uses**

- The bark of custard apple tree can be used to stop diarrhea in children and adults. In addition, the plant is effective to treat diabetes.
- The plant bears some amazing medicinal qualities, like serving as an insecticide, antiovolatory and abortifacient. Custard apple can treat burning sensation, as it is an effective coolant.
- The grounded seeds can be applied on hair, to get rid of lice, but it does not contact with eyes, it can irritate the eye, leading to blindness. The crushed leaves of the tree are used to treat hysteria.



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### 26. *Araucaria heterophylla* (Salisb) Franco.



**Family:** Araucariaceae

**Synonyms:** *Araucaria excelsa*, R. Br., *Dombeya excelsa*, D. Don.

**Vernacular names:** Christmas tree, Triangle tree.

**Botanical Description:** Conical tree 50-70 m. tall, 1.25-1.75 m. in girth; bark gray-brown, exfoliating in fine scales; branches in a flat horizontal plane, sometimes pendent, branchlets in whorls of 4-7; foliage dimorphic, juvenile leaves awl-shaped, incurved, green, needle-like, to 1.2 cm. long; adult leaves scale-like, 4-5 mm. long, incurved, densely arranged, bright dark green on fertile branchlets, overlapping, broadly ovate, spine-tipped, 6 mm. long by 4-6 mm. wide; male cone in clusters, elongated, 4 cm. long, yellowish-brown or reddish; microsporophylls acute, margins ciliate, denticulate; female cone broader than long, 12-15 cm. long, with triangular scales and a long incurved bract; seeds 2.5-3 cm. long by 1.2 cm. wide, with broad wings.

**Parts used:** Resin, Leaves.

#### Traditional uses

- Resin isolated from stem exudates showed anti-ulcerogenic activity.
- *Araucaria* leaves have the potential for a cheap and efficient biosorbent for toxic hexavalent chromium removal from natural and wastewaters.



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### 27. *Argemone mexicana* Linn.



**Family:** Papaveraceae

**Synonyms:** *Argemone leiocarpa* Greene, *Argemone alba*, Raf.

**Vernacular names:** Prickly poppy, Bhiramma thandu.

**Botanical Description:** Annual herb, growing up to 150 cm, stem branched and extremely prickly, exudes a yellow juice; flower showy, yellow; leaves thistle-like and alternate, sessile, serrate, margins are spiny, grey-white veins stand out against the bluish-green upper leaf surface; stem is oblong; flowers solitary, terminal, yellow and of 2.5-5 cm diameter; petals 6 in 2 series, obovate-oblong. Stamens many, free, 2 loculed, filaments filiform, anther basifixed, linear. Ovary globose or subfusiform, unilocular, ovules numerous; carpels 3-5, sessile; style short; stigma sessile, radiating, 3-7 lobed; fruits capsules, prickly, obovoid-ellipsoid, 4-6 ribbed, dehiscent by short valves in upper part; seeds numerous, spherical or subspherical.

**Parts used:** Whole plant.

#### Traditional uses

- An infusion is made to relieve kidney pain, to help expel a torn placenta, and in general to help cleanse the body after parturition.
- The seeds are taken as a laxative. Tea is used to treat malaria. The whole plant is used to make a tea and as much tea as possible is drunk until symptoms disappear.



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### 28. *Aristolochia bracteolata* Lam.



**Family:** Aristolochiaceae

**Synonyms:** *Aristolochia abyssinica* Klotzsch, *Aristolochia bracteata* Retz.

**Vernacular name:** Aaduthinnapalai.

**Botanical Description:** Perennial prostrate herb; leaf alternate, reniform, cordate or rounded, 3.8-7.5cm long and as broad as long, obtuse, cordate at the base with a wide shallow sinus, entire, finely reticulately veined, tubescent beneath, glabrous above; petiole cylindrical; Flowers solitary with large orbicular bract tube greenish with dark purple lip. Stamens 6, adnate around the style-column; anther cells 2, extrorse. Ovary inferior, 6 celled, parietal placenta; stigmatic lobes glandular hairy; fruit capsule, oblong or ellipsoid, 12 ribbed; seeds compressed with cordate base.

**Parts used:** Leaves, flowers, fruits, roots.

#### Traditional uses

- Gastric stimulant, treatment of cancer, lung inflammation, dysentery and snake bites.
- Used as purgative, antipyretic fungal, anti bacterial and skin diseases, wound healing.



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### 29. *Artocarpus heterophyllous* Lam.



**Family:** Moraceae

**Synonyms:** *Artocarpus integer* (Thunb.) Merr., *Artocarpus integrifolia* L.f.

**Vernacular names:** Pala maram, Jack fruit tree.

**Botanical Description:** Evergreen tree, grow 30 to 70 ft (9-21 m) tall with sticky, white latex; leaves alternate, glossy, leathery, oval on mature wood, sometimes oblong or deeply lobed on young shoots; flowers unisexual, male flowers are borne in oblong clusters 2 to 4 in 5-10 cm length; female flower clusters are elliptic or rounded. Stamen 1; ovary pendulous; style exerted; stigma undivided; fruit fleshy aggregate, globose or oblong, tubercled, 8 in to 3 ft (20-90 cm) long and 6 to 20 in (15-50 cm) wide.

**Parts used:** Whole plant.

#### Traditional Uses

- The jackfruit pulp and seeds tonic, cooling and nutritious.
- The seed starch is given to relieve biliousness and the roasted seeds are regarded as aphrodisiac.
- The ash of jackfruit leaves, burned with corn and coconut shells, is used alone or mixed with coconut oil to heal ulcers.
- Mixed with vinegar, the latex promotes healing of abscesses, snakebite and glandular swellings.
- The root is a remedy for skin diseases and asthma.
- An extract of the root is taken in cases of fever and diarrhea.
- The bark is made into poultices. Heated leaves are placed on wounds.
- The wood has a sedative property; its pith is said to produce abortion.



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### 30. *Asperagus racemosus* Willd.



**Family:** *Liliaceae*

**Synonyms:** *Asparagus rigidulus* Nakai., *Protasparagus racemosus* (Willd)Oberm.

**Vernacular names:** Thaneervittaán, Shattavaari, Ammaikodi.

**Botanical Description:** Creeping scandent herb with stout tuberous root stock; stem scandent branchlets angular, spines strong, recurved; pine needle-like phylloclades (photosynthetic branchlets) are uniform and shiny green; flowers fascicled, simple or branched. Bracts minute; perianth campanulate, 6-partite. Stamens 6; filaments free; anthers oblong; ovary 3 celled, ovules 2 or each cell; style columnar; stigma 3; fruit gobular berries.

**Parts used:** Whole plant.

#### Traditional uses

- The herb is useful in pregnancy for threatened abortion. It is useful for the treatment of disorders of stomach and duodenal ulcer diseases.
- The paste of fresh leaves is used to apply on the burning sensation of the skin in smallpox and tumors, due to pitta.
- The fresh juice of the roots, mixed with honey, helps in reducing the burning sensation of stomach, kidneys and sexual organs.
- It increases the urinary output, it is beneficial in urinary stones and Dysurea.



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### 31. *Asystasia gangetica* (L) T. Anderson



**Family:** Acanthaceae

**Synonyms:** *Asystasia violacea* L., *Asystasia parvula* C.B. Clarke

**Vernacular names:** Purple violacea

**Botanical Description:** Erect, perennial branched herb, about 60-100; stem quadrangular, swollen at nodes; leaves opposite, unequal ovate or elliptic-lanceolate; flowers solitary or twin terminal racemes; calyx deeply 5-partite lobes equal linear; corolla tube 1-1.5 cm long, purplish violet, lobes 5 subequal, imbricate in bud, trumpet shaped, 3-4 cm long, 2-lipped; upper lip is 4-lobed; lower lip is dark violet, spotted, projecting out; stamens 4, didynamous; filament connate at the base in pairs; anthers oblong, minutely spurred at the base; ovary 2-celled, ovules 2 in each cell; style linear; stigma 2-fid; fruit an elliptic capsule; seeds 4, compressed, orbicular.

**Parts used:** Whole plant

**Traditional uses**

- Leaves and flowers used as intestinal astringent. Leaves used for treatment of asthma.
- Infusion of plant used to ease pain during childbirth.
- Infusion or decoction of plant mixed with peppers used as an enema in the later months of pregnancy. It is also used for anthelmintic activity, swelling, rheumatism, gonorrhoea, and ear disease.
- Sap is applied to swellings; also used for rheumatism and as vermifuge. Root paste used for skin allergies. Plant also used as antiasthmatic, anthelmintic and antidiabetic.



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### 32. *Axonopus compressus* (SW) P.Beauv.



**Family:** Poaceae

**Synonyms:** *Milium compressum* Sw., *Digitaria platycaulis* (Poir.) Desv.

**Vernacular names:** Blanket grass, fodder grass.

**Botanical Description:** Perennial creeping herb; stem which roots at the node; culms ascendent, 20-50 cm tall, solid, and laterally compressed; leaf sheath is fine and hairy along the outer margin; the nodes densely pubescent; ligule very short, fringed with short hairs; leaf blade is lanceolate, flat, relatively short, 5-15 cm long by 2.5-16 mm wide, base broadly rounded; margin ciliate, apex obtuse. 2-4 inflorescences arising from the uppermost leaf axil ; 1-sided spikes usually 5-10 cm long; spikelets green, elliptical, pointed, flattened, shortly-stalked, pale-green, or purplish tinged; with a sterile lower floret, and a bisexual upper floret, lower empty glume absent, upper empty glume on the face of the spikelet away from the axil of spike; lodicules 2; stamens 3; style 2, free; fruit caryopsis, elliptical, 1.25 mm long, dorsally compressed, yellow-brown, free with in the hardened lemma and palea.

**Parts used:** Whole plant.

**Traditional uses**

- The whole plant is used as an ingredient in a curative herbal bath.
- The plant is used to treat heart problems.



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### 33. *Azadiracta indica* A. Juss.



**Family:** Meliaceae

**Synonyms:** *Antelaea azadiracta* (L.) Adelb., *Melia azadiracta*, L.

**Vernacular name:** Neem tree, Margosa tree, Veepamaram.

**Botanical Description:** Evergreen tree, grow up to height of 15–20 metres; leaves alternate, imparipinnate; leaf-lets subopposite, serrate, unequal at the base; flowers bisexual in axillary panicles; calyx 5 lobed; corolla 5 much exceeding the calyx, free, imbricate; staminal tube shorter than the petals, lobes truncate, slightly toothed; anthers 5 within the tube; ovary 3-celled; style elongate, slender; stigma shortly cylindrical, 3-lobed; ovules 2 in each cell; fruit 1-seeded drupe; seed ellipsoid.

**Parts used:** Seeds, leaves, flowers and bark.

#### Traditional uses

- Neem products have medicinal properties that prove to be anthelmintic, antifungal, anti-diabetic, antibacterial, antiviral, anti-fertility and sedative.
- Its oil is used for preparing cosmetics, like soap, shampoo, balms, creams, etc, which prove handy for skin care, such as in treatment of acne, for keeping the elasticity of skin, and so on.
- Patients suffering from chicken pox are recommended to sleep on neem leaves.
- The gum of neem tree is used as a bulking agent to prepare special purpose food for diabetic patients. Its twigs are commonly used for cleaning teeth.
- A decoction can be prepared from the roots of neem tree and ingested to relieve fever.
- The paste of neem leaves is applied on skin to treat acne. Neem leaves extract is helpful in treating malaria and purifying blood. Neem is used in vitiated conditions of pitta, hyperdipsia, leprosy, skin diseases, eczema, leucoderma, pruritus, intermittent fever, wounds & ulcers.



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### 36. *Barleria cristata* Linn.



**Family:** Acanthaceae

**Synonyms:** *Barleria obtuse* Nees., *Barleria diandra* Hochst. & Steud.

**Vernacular name:** Bush violet.

**Botanical Description:** Spiny evergreen rambling shrub, spinous; leaves opposite, entire, lanceolate; flowers blue, showy in dense spikes; bracts 1 fertile, 1 sterile reduced to spines; calyx deeply 5-partite, cylindric at base, funnel shaped above; corolla lobes 5, subequal, imbricate in bud; stamens 2, long and fertile with oblong 2-celled, anthers 2 small and rudimentary; disk large, copular; ovary 2-celled, 2 ovules in each locule; style long; stigma bifid; fruit oblong capsule; seed compressed.

**Parts used:** Bark, leaves and root.

#### Traditional uses

- The bark infusions are used for fever, pain and sleeplessness.
- Anti-inflammatory for insect bites, herpes simplex use by its fresh leaves.
- Roots for anti-inflammatory centipede bite



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### 37. *Bauhinia purpurea* Linn.



**Family:** Caesalpiniaceae

**Synonyms:** *Bauhinia violacea* Corner., *Phanera purpurea* (L) Benth.

**Vernacular names:** Sivappu mantharai, Butterfly tree.

**Botanical Description:** Shrub with pretty flowers; leaves simple, alternate, base rounded to shallow-cordate, deeply 2-lobed at apex, entire, smooth and glabrous; stipules minute 1-2 mm long; petioles puberulous to glabrous; inflorescence 6-10-flowered raceme in terminal panicles; flowers numerous, hypanthium, turbinate, purple, velvety; calyx tubular, erupted by corolla along one side when flower fully expanding; calyx split into 2 valves with 5 teeth; corolla of 5 narrow petals and constricted at base, oblanceolate, 3-5cm long, claws 5-10mm long; stamens 10, 3 or 4 fertile, the anthers 6 mm long, versatile; ovary superior, stalked; style short; stigma oblong; fruit brown, strap-shaped, not septate, elongated dehiscent pods, containing 10-15- shiny-brown, glabrous, rounded, flat seeds.

**Parts used:** Root, bark, leaves, flower.

#### Traditional uses

- Treat ailment like ulcer, wound, glandular swelling and stomach tumor. The decoction of the root is used for expelling gases, flatulence and griping pain from the stomach and bowel. The decoction of flower works as a laxative.
- The bark of the plant is used as an astringent in the treatment of diarrhea. Its decoctions are recommended for ulcers as a useful wash solution. The bark or root and flower mixture with boiled rice water is used as maturant for boils and abscesses. Fresh bark mixed with dry ginger pounded with sour gruel, was prescribed in enlarge cervical glands as well as in goiter.



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### 38. *Bauhinia racemosa* Lam.



**Family:** Caesalpiniaceae

**Synonyms:** *Piliostigma racemosa* (Lam.) Benth. *Bauhinia parviflora* Vahl.

**Vernacular name:** Vellaimantharai.

**Botanical Description:** Small crooked tree with drooping branches, growing up to 3-5 m tall; leaves simple, alternate, base rounded to shallow-cordate, up to 12 cm x 12 cm, deeply 2-lobed at apex, entire, smooth and glabrous, apex lobes rounded or obtuse to subacute; stipules minute 1-2 mm long; petioles puberulous to glabrous, 2.5-3.5 cm long; inflorescence 6-10-flowered raceme in terminal panicles; small flowers are borne in loose racemes, 5-10 cm long, greenish white; petal 5, narrow lance-like; stamens 10; pods 13 to 25 cms by 1.8-2.5 cms in size, generally curved, swollen, rigid. Seeds 12 to 20, glabrous, dark reddish brown or black, compressed and 8mm long.

**Parts used:** Bark, root and flower.

#### Traditional uses

- The dried bark is crushed and decoction is prepared with it and given for glandular infections.
- The decoction prepared by the bark is used as an external wash for skin diseases and ulcers.
- The flowers are used to prepare decoction and given for haemorrhagic conditions, plies and cough.
- The decoction prepared by the roots is used for abdominal disorders.



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### 39. *Boerhavia diffusa* L.



**Family:** Nyctaginaceae

**Synonyms:** *Boerhavia adscendens* Willd., *Boerhavia caespitosa* Ridl.

**Vernacular name:** Mukkarattai Keerai.

**Botanical Description:** A perennial herb from a fusiform root; stem prostrate, decumbent or ascending, 4-10 dm long, rather slender, divaricately branched; leaves opposite or sub-opposite, two of a node unequal, broadly ovate or suborbicular, obtuse to rounded or subcordate at the base; flower In pendunculate, glomerulate clusters arranged in slender, long stalked, axillary or terminal corymbs; perianth tube short, campanulate, 5 lobed; stamens 5; filaments capillary, unequal; anthers didynamous; ovary oblique; stigma peltate; fruit obovoid or sub-ellipsoid, rounded above, slightly cuneate, below, broadly and bluntly 5-ribbed, very glandular throughout.

**Parts used:** Whole plant.

#### Traditional uses

- Plant is used to stimulate the emptying of the gallbladder, as a diuretic, for all types of liver disorders (including jaundice and hepatitis), gall bladder pain and stones, urinary tract disorders, renal disorders, kidney stones, cystitis, and nephritis.
- The roots are employed as a diuretic, digestive aid, laxative, menstrual promoter and to treat gonorrhoea, internal inflammation of all kinds edema, jaundice, anemia, liver and kidney disorders.
- The roots of the plant are normally softened in boiling water and then mashed up and applied as a paste or poultice to the affected areas to kill the worms and expel them from the skin.



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### 40. *Boerhavia erecta* Linn.



**Family:** Nyctaginaceae

**Synonyms:** *Boerhavia elongate* Salisb, *Boerhavia paniculata* subsp. *thorneri* (M.E. Jones)

**Vernacular names:** Seemai mukkirattai .

**Botanical Description:** Annual herb, 5-60 cm tall, erect or decumbent at the very base, puberulous, especially in the upper part at the nodes of shoots; leaves ovate, cordiform to elliptic, base truncate to rounded or cordate, apex acute; petiole 1.5-3 cm long; inflorescence axillary or terminal; flowers 2-7 in cymose panicles; peduncle 2-8 cm long, tubular-campanulate; perianth 1.5-2.5 mm long, with 5 faint ribs and a distinct constriction halfway, limb 1.5-2 mm long, white to pink; stamens 2-3; stigma peltate entire; anthocarpobconical, glabrous, 3 mm long, top truncate, with 5 ribs somewhat undulated.

**Parts used:** Whole plant.

#### Traditional uses

- Root is valued as a diuretic but also anthelmintic, cardiotoxic, expectorant, febrifuge, hepatoprotective, and laxative, stomachic and in higher doses emetic and purgative.
- As a diuretic it is useful in treating jaundice, enlarged spleen, gonorrhoea and other internal inflammations. In modern doses it is successful in the treatment of asthma. The roots are used in the preparation of treating the stump of a newly severed umbilical cord. The plant is used as a vermifuge.
- A decoction of the whole plant is taken to treat gastro-intestinal, liver and infertility problems. The ash of the whole plant is rubbed on the skin and head to treat fungal infection. It is mixed with oil and rubbed on the affected area to treat rheumatism and scabies.



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### 41. *Bougainvillea spectabilis* Willd.



**Family:** Nyctaginaceae

**Synonyms:** *Bougainvillea brasiliensis* Rausch., *Bougainvillea bracteata* Pers.

**Vernacular name:** Kahitha poo, Paper flower.

**Botanical Description:** *Bougainvillea spectabilis* grows as a woody vine or shrub, reaching 15 to 40 feet (4.6 to 12.2 m) with heart-shaped leaves and thorny, pubescent stems; flowers are generally small, white, and inconspicuous, highlighted by several brightly colored modified leaves called bracts; bracts can vary in color, ranging from white, red, mauve, purple-red, or orange; fruit is a small, inconspicuous, dry, elongated achene.

**Parts used:** Stem, leaves, flowers.

#### Traditional uses

- This plant has been reported to have anti-inflammatory, anti-bacterial, anti-viral, anti-tumor, anti-hypercholesterolemic, anti-hyperlipidemic, and anti-fertility properties.
- The leaves are used to heal diabetes.
- Many have claimed bougainvillea has medicinal values to regulate menstruation, vaginal (white) discharge, treatment of hepatitis and cough.
- The flowers and stems are dried, boil in water and drink as tea.



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### 42. *Brachiaria semiundulata* (Hochst. ex A.Rich.) Stapf



**Family:** Poaceae

**Synonyms:** *Brachiaria semiundulata* var. *lanata* Basappa & Muniy. .

*Panicum semiundulatum* Hochst. ex A.Rich.

**Vernacular names:** Fodder grass, sweet signal grass.

**Botanical Description:** Annual herb; culms loosely tufted, slender, geniculate ascending, 30–40 cm tall, nodes softly hairy; leaf sheaths glabrous or loosely tuberculate-hairy; leaf blades narrow, linear-lanceolate, 1.5–10.5 × 0.3–0.6 cm, glabrous or pilose; ligule ciliate; inflorescence axis 3–6 cm; racemes 4–10, 1–3 cm, erect or narrowly ascending; rachis narrow, triquetrous, ciliate or scabrous; spikelets single in 2 rows, overlapping; spikelets elliptic, 1.8–3 mm, pilose, subacute; lower glume 0.2–0.3 mm, membranous, glabrous; upper glume and lower lemma as long as spikelet, 5-veined; upper floret readily deciduous, oblong, 1.5 mm, thinly crustaceous, smooth, glossy, apex obtuse; enclosing a male floret; palea similar and long, 2-keeled, containing a bisexual floret; lodicules 2; stamens 3; styles 2, free. Grain broadly oblong or elliptic enclosed in more or less hardened lemma and palea.



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### 43. *Cajanus scarabaeoides* (L.) Thouars



**Family:** Fabaceae

**Synonyms:** *Atylosia pauciflora* (Wight & Arn.) Druce, *Atylosia scarabaeoides* (L.) Benth.

**Vernacular names:** Burn-Mouth Vine, Jumby-Bean.

**Botanical Description:** Twining or erect annual shrub. Leaves pinnately or sometimes subdigitately 3-foliolate; stipules ovate or lanceolate; stipels subulate or minute or 0. Flowers small, 2 inch long; racemes slender, lax 1-3 inch long. Solitary or in pairs on the rachis, rarely solitary; bracts usually caducous; bracteoles 0. Calyx-tube short, lobes subequal, the 2 upper more or less connate, not or only slightly accrescent. Corolla included or exerted; standard obovate or orbicular with inflexed auricles at the base; wings narrow; keel incurved, hardly beaked. Stamens diadelphous; anthers uniform. Ovary sessile, usually 2- rarely 1-ovuled; style long, filiform, much incurved; stigma capitate. Pod 5-6 inch long, 2 inch broad, nearly glabrous, slightly curved. Seeds 2, rarely 1, subreniform; strophiole present or absent.

**Parts used:** Seeds

#### Traditional uses

- *Rhynchosia minima* seeds are used as abortifacients, emollient, general healing, medicines to treat sickness such as haemorrhoids, heart, diarrhoea and dysentery among them.
- Its seeds are used as miscellaneous poison or repellents.



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### 44. *Calotropis gigantea* R. Br.



**Family:** Asclepiadaceae

**Synonyms:** *Asclepias gigantea* L., *Periploca chinensis* Decne.

**Vernacular names:** Peruerukku, Malaierukku, Giant milk weed.

**Botanical Description:** Large milky shrub grows to a height of 8 to 10 ft (2.4 to 3.0 m); leaves sessile and sub-sessile, opposite, ovate, cordate at the base; flowers in umbellate lateral cymes, white to purple; calyx divided to the base, sepals 5, ovate, acute, cottony; corolla 5, deltoid-ovate, subacute, revolute and twisted, pubescent on the slightly thickened margin, the apex rounded with 2 obtuse auricles just below; stigmas and androeciums are fused to form a gynostegium, pollen are enclosed in pollinia, attached to an adhesive glandular disc at the stigmatic angle; fruit follicles, broad, thick, fleshy, ventricose, green; seeds numerous, 6 by 5 mm., broadly ovate, flattened narrowly margined, minutely tomentose, brown coma; seeds are compressed, broadly ovoid, with a tufted micropylar coma of long silky hair.

**Parts used:** Whole plant.

#### Traditional uses

- The plant is used alone or with other medicinals to treat common disease such as fevers, rheumatism, indigestion, cough, cold, eczema, asthma, elephantiasis, nausea, vomiting, and diarrhea.
- The dried whole plant is a good tonic, expectorant, depurative, and anthelmintic.
- The flowers are bitter, digestive, astringent, stomachic, anthelmintic, and tonic.



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### 45 . *Canna indica* Linn.



**Family:** Cannaceae

**Synonyms:** *Canna bangii* Kraenzl., *Canna glauca* L.

**Vernacular names:** Canna vazhai, Indian Shot, Canna lilly.

**Botanical Description:** Rhizome creeping; stems glabrous, erect. Leaves ovate- elliptic or oblong, 30-50 x 10-15 cm, chartaceous, glabrous, base tapering, margin entire, apex acuminate, nerves close. Panicles to 20 cm; bracts ovate or narrowly linear; bracteoles orbicular to 1 cm. Flowers paired, to 10 cm long. Sepals 3, lanceolate, to 1.5 cm. Petals 3, yellow, orange or red. Linear- lanceolate, 5 cm, base connate. Staminode spatulate-oblancoate. Ovary 3- celled; ovules numerous on axile placentae. Style flattened, as long as the staminode. Capsule warty; seeds globose, to 8 mm.

**Parts used:** Whole plant.

**Traditional uses**

- The plant is used in the treatment of women's complaints.
- A decoction of the root with fermented rice is used in the treatment of gonorrhoea and amenorrhoea.
- The plant is also considered to be demulcent, diaphoretic and diuretic.



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### 46. *Cardiospermum halicacabum* Linn.



**Family:** Sapindaceae

**Synonyms:** *Physalis heliacacabum* Noronha., *Cardiospermum luridium* Blume.

**Vernacular names:** Muttakathan, Balloon vine.

**Botanical Description:** Trailing herbaceous vine; branches tomentose. Leaves to 12 cm; leaflets ovate-lanceolate, membranous, glabrous above except on nerves, tomentose below, base obtuse-truncate, margin irregularly deeply incised, apex obtuse, mucronate; petiole to 2.5 cm; petiolule to 5 mm. Racemes to 4 cm; peduncle to 10 cm; bract subulate; pedicel to 4 mm. male: outer sepals sub orbicular, inner ones obovate. Petals 2+2, white; Stamens 8; filaments densely pilose; stamens 8; filaments 2-3.5mm, densely pilose. Ovary oblong, 4 mm, 3 celled, tomentose; ovule 1 per cell; style to 1-5 mm; stigma 3 fid. Capsule bloated, obscurely 3 lobed, not winged, and tomentose; seeds globose.

**Parts used:** Whole plant.

#### Traditional uses

- It is a remedy in treating dermatitis and has anti diarrheal properties. This medicinal plant act against arthritis, inflammations, constipation and abdominal discomfort.
- 2 to 3 drops of juice of the leaves can be used as ear drops for ear ache, purulent discharge from ears. The decoction prepared from the roots can be given for hemorrhoids.
- The leaves can be crushed well, ground and applied over the lower abdomen of the delivered woman. helps in expulsion of waste products out of the uterus.



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### 47. *Carica papaya* Linn.



**Family:** Caricaceae

**Synonyms:** *Carica bourgeau* Solms, *Carica citrifolia* Jacq.

**Vernacular names:** Papaya, Papawli.

**Botanical Description:** Erect, fast-growing, usually unbranched tree or shrub, 7-8 m tall, with copious latex, trunk about 20 cm in diameter, soft, leaves clustered near top of plant, alternate, long-petiolate, blade suborbicular, to 80 cm long, palmately 7-11-lobed; lobes glabrous, toothed, flat; plants dioecious in nature, some monoecious cultivars; flowers aromatic, male in drooping axillary panicles to 80 cm long, with a 5-toothed green calyx and 5-toothed cream to yellow corolla; stamens 10; female flowers solitary or cymose in axils or below leaves, with 5 yellow nearly free petals to 5 cm long; ovary with 5 stigmas; fruit a large yellow to greenish-orange berry, oblong to nearly globose or pyriform, about 7.5 cm long; seeds numerous in central cavity, rounded, blackish, about 0.6 cm in diameter, each enclosed in a gelatinous membrane (aril).

**Parts used:** Young leaves, fruits shoots, bark and roots.

**Traditional uses**

- The juice is used as a treatment for warts, corns, cancers, tumors, and thickened skin. Roots or their extracts used for cancers of the uterus, syphilis, the tropical infection, hemorrhoids, and to remove mineral concretions in the urine.
- Unripe fruit as a mild laxative or diuretic, and to stimulate lactation, labor, or abortion; the ripe fruit for rheumatism and alkalinizing the urine.
- It has a wide range of medicinal properties for treatment of diabetes, as birth control, as an antiseptic, antimicrobial, or diuretic, to control parasites, reduce inflammation, lower blood pressure, and lower cholesterol. Papayas produce an enzyme, papain, which aids digestion and is used to tenderize meat.



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### 48. *Carissa carandas* Linn. mant.



**Family:** Apocynaceae

**Synonyms:** *Arduina carandas* (L.) Baill., *Arduina carandas* (L.) K. Schum.

**Vernacular names:** kilaakkaai, Christ's thorn.

**Botanical Description:** shrub to 5m: spines to 3 cm. leaves obovate or oblanceolate, 2.5-6x 2-3 cm, base acute to cuneate. Apex obtuse or emarginate, tip apiculate; petiole to 4 mm, lateral nerves arching towards margin. Flowers pedicellate, terminal or axillary cymes/corymbs. Calyx lobes acuminate. Corolla <1.5cm across. Stamens attached near the middle of tube. Ovary 1, oblong-globose, 2-locular: ovules 2 per locule, axile; stigma entire or forked. Berry globose, < 1cm across. seeds 4, ellipsoid, glabrous.

**Parts used:** Roots stem fruits and leaves.

**Traditional uses**

- Root used as plaster to keep off flies. A concoction, used as a remedy for itches. Decoction of leaves used at the commencement of remittent fevers.
- Leaves used in treating diarrhea, earache, soreness of the mouth and throat, and syphilitic pains.
- Root paste used for diabetic ulcers. Used for acidity, flatulence, poor digestion. Juice of fresh plant used for wounds that refuse to heal. Also used for scabies, intestinal worms, pruritus, biliousness. Stem bark used for obstinate skin diseases; the root for urinary disorders.
- Plant parts used for treatment of epilepsy, malaria, fever, dysentery, and diabetes.
- Unripe fruit used as astringent; ripe fruit useful for bilious complaints. Ripe fruit also used as antiscorbutic. Reported to be an aphrodisiac, reducing women's libido.



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### 49. *Cassia fistula* Linn.



**Family:** Caesalpinaceae

**Synonyms:** *Cassia excelsa* Kunth, *Cathartocarpus rhombifolius* G. Don.

**Vernacular names:** Sarakondrai, Golden Shower, Indian laburnum.

**Botanical Description:** Tree to 8(12) m; branchlets glabrous. Leaves 15- 40 cm, leaflets 5 pairs, sub opposite, oblong broadly ovate, in equilateral, thick coriaceous, nerves plaited, arching, glabrous above pubescent below, base subacute-cunate, margin entire, apex gradually tapering, emarginated; stipules caducous. Racemes terminal, 15-40 cm, drooping; peduncle 2-5 cm; bract ovate, pedicel elongate. Calyx lobes 5, reflexed, ovate, apex obtuse. Petals 5, yellow, obovate; stamens 10, all antheriferous; upper 3 short, with erect filaments, basifixed anthers; lower 3, large with curved filaments to 3cm and dorsifixed anthers, medium 4, with erect filaments, versatile anthers with curved back, anthers dehiscing by apical pores. Ovary appressed- pubescent; ovules numerous; style to 5mm; stigma punctiform. Pod shortly stipulate, oblong, dark, indehiscent; seeds numerous.

**Parts used:** Fruits, Bark, pods.

#### Traditional uses

- The flesh of the fruit is used as a laxative, while the bark and leaves can be used to treat skin infections. In cases of running nose the smoke from the burning of the root can be inhaled. It is known to encourage profuse nasal discharge and helps in providing relief.
- It can help in relieving the problem of fever. The root of the tree is a well known widely used tonic that helps in reducing fever. Pulp of the tree can be applied externally around the navel area to ensure evacuation. This can be mixed with almond or linseed oil for easing bowel movement problems.



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### 50. *Cassia occidentalis* Linn.



**Family:** Caesalpiniaceae

**Synonyms:** *Senna occidentalis* (L.), *Cassia caroliniana* Walter.

**Vernacular names:** Paeyavarai, Coffee senna, Foetid cassia.

**Botanical Description:** Sub shrub to 1(2) m; branchlets glabrescent. Leaves to 15 x 6.5 cm; leaflets 4 or 5 pairs, opposite, oblong-lanceolate, chartaceous, glabrous, glandular-pilose, base round, margin entire, apex -obtuse or acute, apiculate; rachis eglandular; stipules caducous. Racemes axillary and terminal, corymbose, to 3 cm; peduncle to 2 cm; bracts linear - lanceolate, 7 mm; pedicel to 1.5 cm. Flowers to 2 cm across. Calyx- lobes 5, ovate. Petals 5, yellow, oblong-obovate. Stamens 10; upper 3 staminodes with filaments to 2.5 mm, empty anthers to 1.5 mm; antheriferous ones 7; lower 3 large; 2 medium with flat filaments, erect anthers to 5 mm; 2 short with thin filaments; anthers dehiscing by apical pores. Ovary sub sessile, to 1.5 cm, densely appressed- pubescent; ovules numerous; style to 8 mm. pod short-stipitate, slightly falcate, flat, compressed, obtuse at apices, horned; seeds 20- 25, ovoid, longitudinal.

**Parts used:** Roots, Leaves, Seeds.

**Traditional uses**

- The plant is bitter, purgative, laxative, anti-inflammatory, expectorant, hepato protective, anti-malarial, analgesic, vermifuge and febrifuge.
- It mainly used to detoxify liver, use to cure internal bacterial and fungal disorders, to kill parasites and viruses, enhances immunity, and promotes perspiration. It is also helpful in cough, convulsions, reduces blood pressure, reduces spasms and as cardi tonic.



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### 51. *Celosia argentea* Lam.



**Family:** Amaranthaceae

**Synonyms:** *Amaranthus purpureus* Nieuwl. *Celosia castrensis* L.

**Vernacular names:** Pannai keerai, Masili keerai, Feather celosia, quail grass.

**Botanical Description:** Herb to 1 (2) m. leaves elliptic – ovate below, linear- lanceolate above, base cuneate to attenuate, apex acute; petiole to 1 cm. spikes dense, cylindric, 8 (13) x 1-2 cm. Flowers 4 mm across; bract lanceolate, 6 mm, scarious, midrib excurrent, acute, aristate; bracteoles oblanceolate, curved, 5 mm, persistent, midrib excurrent, aristate. Tepals 5 broadly obovate lanceolate, 6 x 2.5 mm, hyaline, 1 – nerved or with 2 faint lateral nerves, base rounded to obtuse, entire, sometimes with 2 side lobes, apex apiculate. Stamens 5: filaments 2 mm: anthers 1.7 mm. ovary 2.5 mm; style 4.5 mm; stigma minutely forked. Capsule globose, 4 mm, included in perianth, apex acute with (apical) style; seeds reticulate.

**Parts used:** Whole plant.

#### Traditional uses

- Stems and leaves of celosia, bruised and applied as poultice, is used for treating of infected sores, wounds and skin eruptions.
- A seed are used to relieve gastrointestinal disorders and are antipyretic, improve vision, relieves fever associated with liver ailments.
- Seeds when in decoction or finely powdered are considered antidiarrheal and aphrodisiac. Whole plant used as antidote for snake-poison. Root used for colic, gonorrhoea and eczema.



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### 52. *Celosia cristata* Linn.



**Family:** Amaranthaceae

**Synonyms:** *Amaranthus cristatus* Noronha, *Celosia coccinea* L.

**Vernacular names:** Kozhikondai, Cock's comb, Fire-flame Bush.

**Botanical Description:** Sub shrubby, to 6 -8 inches stem stiff: leaves lanceolate, acuminate, alternate, simple, linear to ovate-lanceolate, to 2" long, green usually, red or bronze in a few cultivars. Inflorescence cocks comb- like, crested in red (and in various jewel colors), 2-5 inches across, variously branched with sterile shoot. Flowers hermaphrodite. Seeds small, up to 43,000 seeds per ounce.

**Parts used:** Flowers, leaves, seeds and young shoots.

#### Traditional uses

- The flowers are acrid, astringent, styptic, depurative, sedative, constipating, antibacterial, corrective of urinary pigments, febrifuge.
- They are useful in the conditions of kapha and pitta, leprosy, burning sensation, skin diseases, diarrhea, dysentery, fever, headache, hemorrhoids, herpes, internal hemorrhage, leucorrhea, liver disorders, menorrhagia, ulcers, and wounds.
- Juice of leaves is used in bilious sickness and stimulant in pregnancy. Also used to treat uterine bleeding, bloody stool and bleeding hemorrhoids.
- Celosia works its magic in cases of retinal degeneration, diabetic retinopathy, blurred vision, cataracts and bloodshot eyes.



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### 53. *Centella asiatica* (Linn.) Urb.



**Family:** Apiaceae

**Synonyms:** *Hydrocotyle asiatica* L., *Trisanthus cochinchinensis* Lour.

**Vernacular names:** Vallarai, Brahmi.

**Botanical Description:** Prostrate herb with perennial root stock; stem puberulous, creeping with long stolons, rooting at nodes. Leaves simple, in rosettes, orbicular-reniform, chartaceous, puberulous, base cordate, margin crenate-dentate, apex rotund, sheathing at base. Umbels simple, flowered; peduncle 5-7mm; involucrel; bracts 2, hooded. Flowers 1.5 mm across, calyx - lobes 5, triangular, 0.5 mm; petals 5, purplish, to 1.5 mm; stylopodium depressed. Stamens 5, to 1 mm; filaments 0.5mm. Ovary 2 celled; ovule 1 per cell; styles 2, distant, free from the disc, 0.5 mm, vittae obscure; commissure narrow; dorsal ribs 7-9, marginate, laterals arcuate, interconnected.

**Part used:** Aerial parts.

#### Traditional uses

- Traditionally used to treat minor wounds, boost antioxidants at the wound site, strengthen the skin and increase blood supply to the wounded area. Used to decrease anxiety and increase mental function. Treats a variety of ailments including leprosy, eczema, psoriasis, respiratory infections, ulcers, colds, hepatitis, epilepsy, fatigue, fevers, asthma and syphilis.
- Herb is also useful for the treatment of insomnia, scleroderma, cancer, circulatory disorders, hypertension, memory loss, scars and cellulite. As a brain tonic, it is said to aid intelligence and memory. It strengthens the adrenal glands while cleansing the blood to treat skin impurities.



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### 54. *Chromolaena odorata* (L.) King & H.E. Robins.



**Family:** Asteraceae

**Synonyms:** *Chrysocoma volubilis* Vell. Conc, *Eupatorium brachiatum* Sw. ex Wikstr.

**Vernacular names:** Siam weed, Christmas bush, Devil weed, Camphur grass.

**Botanical Description:** Hairy and glandular, perennial, multi-stemmed shrub to 2.5 m (100 inches) tall stems, soft except at base which is woody. Leaves pungent, opposite, triangular to elliptical with serrated edges to 4–10 cm x 1–5 cm wide; petioles to 1–4 cm. capitula in sub-corymbose axillary and terminal clusters; bracteate; bracts slender; florets all alike (disc-florets), pale purple to dull off-white, the styles extending about 4 mm beyond the apex of the involucre, spreading radiately; receptacle very narrow; florets about 20-30 or a few more, 10-12 mm long; ovarian portion 4 mm long; corolla slender trumpet form; pappus of dull white hairs 5 mm long; achenes glabrous. Flowers white to pale pink. tubular in panicles of 10 to 35 flowers at the ends of branches. Fruits - achenes, hairy.

**Parts used:** Leaves

**Traditional medicine**

- The young leaves are crushed, and the resulting liquid can be used to treat skin wounds
- The plant is used for the treatment of wounds, rashes, diabetes, and as insect repellent.



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### 55. *Cissus quadrangularis* Linn.



**Family:** Vitaceae

**Synonyms:** *Cissus edulis* Dalzell., *Vitis quadrangularis* (L)Wall.ex Wright.

**Vernacular names:** Pirandai, Devil's Backbone.

**Botanical Description:** Rambling shrub; stem 4 angular, glabrous, winged or margined, contracted at the nodes. Leaves simple, early-caducous, ovate-sub orbicular or sub reniform, 3x3 cm, thick coriaceous, apex and base round, margin serrate; petiole 0.7-1mm; tendrils stout. Cymes umbellate to 4 cm; peduncle to 3 cm, 4 branched; bracts and bracteoles rotund to 1mm; pedicel 0.6-1 cm; flowers 7 mm across. Calyx-tube obscurely 4-lobed 1mm; petals 4, greenish-yellow, red tipped, ovate, 3mm, disc 4 lobed. Stamens 4; filaments 2mm. Ovary 1 mm, 2 celled; ovules 2 per cell; style 1 mm; berry globose, 8 x 5.5 mm, apiculate; seed smooth.

**Parts used:** Whole plant.

#### Traditional uses

- Traditional uses are mostly catered around treating feminine disorders (menopause, libido, and menstrual disorders) or treating bones.
- It also has antiulcer properties, anti hemorrhoid properties, and pain relieving properties.
- It is used for obesity, diabetes, a cluster of heart disease risk factors called "metabolic syndrome," and high cholesterol.
- It has also been used for bone fractures, weak bones (osteoporosis), scurvy, cancer, upset stomach, hemorrhoids, peptic ulcer disease (PUD), painful menstrual periods, asthma, malaria, and pain.



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### 56. *Citrus aurantifolia* (Christm.) Swingle.



**Family:** Rutaceae

**Synonyms:** *Limonia aurantifolia* Christm. & Panzer., *Citrus lima* Lunan.

**Vernacular names:** Ellumichai, Lemon, Nimbu, Sour llime, Acid lime.

**Botanical Description:** Small, straggling tree to 11 ft, irregularly branched, the bark, trunk clear grey, younger branches green, twigs purplish. Leaves, ever green, ovate-oval to 2 inches, winged petiole with sharp spines in axils of stalks. Flowers, solitary; petals 5 white inside and tinged with deep pink outside, on stems in the axils. Fruit ovoid berry to 3 inches long, nipple-shaped at the end, smooth, bright yellow, indented over the oil-glands with pale yellow pulp.

**Part used:** Fruit, Juice, Rind, Root bark, Flower, Seed and Oil.

#### Traditional uses

- Lemon juice is probably the best of all antiscorbutics, being almost a specific in scurvy.
- It is valuable as a cooling drink in fevers, and for allaying thirst
- The juice may be used in diaphoretic and diuretic draughts. It is highly recommended in acute rheumatism, and is sometimes given to counteract narcotic poisons, especially opium.
- It is a good astringent, whether as a gargle in sore throat, in pruritis of the scrotum, in uterine haemorrhage after delivery, or as a lotion in sunburn.
- It is said to be the best cure for severe, obstinate hiccough, and is helpful in jaundice and hysterical palpitation of the heart.
- The decoction has been found to be a good antiperiodic, useful as a substitute for quinine in malarial conditions, or for reducing the temperature in typhoid. The *oil*, externally, is a strong rubefacient, and taken internally in small doses has stimulating and carminative properties.



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### 56. *Cleome viscosa* Linn.



**Family:** Capparidaceae

**Synonyms:** *Cleome acutifolia* Elmer, *Cleome icosandra* L.

**Vernacular names:** Naai velai, Naai kadughu, Asian spider flower.

**Botanical Description:** Herb to 1m; branchlets viscid to glandular; leaves 3-5 foliate; leaflets obovate or elliptic, middle one 2-4.5 x 1-2 cm, laterals 1.5-3.5 x 0.8-1.5 cm, inequilateral, base cuneate, margin ciliate, apex acute; petiole to 4.5 cm. racemes to 30 cm; pedicel to 1 cm (to 3 cm in fruit). Flowers 0.8-1.5 cm across. Sepals 4, oblong, 5.5 x 2 mm; petals 4, yellow, oblong or obovate, 1 x 0.4 cm.; stamens 12-18; filaments to 4 mm; anthers 2mm. Ovary to 8 mm, glandular. Capsule terete, 7 cm, ribs oblique, glandular-hairy, beak 5mm, dehiscing from above; seeds numerous, to 1-5 mm across, clefts closed, glabrous, transverse ridges prominent, concentric ones faint.

**Part used:** Leaves and seeds.

#### Traditional uses

- The leaves are diaphoretic, rubefacient and vesicant.
- They are used as an external application to wounds and ulcers.
- The juice of the leaves has been used to relieve earache.
- The seeds are anthelmintic, carminative, rubefacient and vesicant.



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### - 58. *Clitoria ternatea* Linn.



**Family:** Fabaceae

**Synonyms:** *Clitoria albiflora* Mattei, *Clitoria bracteata* Poir.

**Vernacular names:** Sanghu pushpam, Kaakataan, Butterfly pea.

**Botanical Description:** Vine to 6 m; branchlets appressed-tomentose. Leaves odd pinnate, leaflets 2 or 3 pairs, opposite, ovate, chartaceous, base and apex obtuse, margin entire; stipules striate, persistent; flowers axillary, resupinate, solitary or in clusters; bracts 1.5mm; bracteoles orbicular, 1cm, persistent; pedicel 1cm. Calyx tube to 7mm, membranous, upper lobes subconnate; corolla exerted, deep blue; petals clawed; standard obovate, base attenuate, apex round, retuse; wings oblong, falcate, adnate to keel; keels abovate, incurved. Staminal sheath 1.2 cm. stamens 9+1; filaments unequal, anthers uniform. Ovary stipitate, tomentose; ovules numerous; style curved, tomentose, base subulate, apex dilated. Pod linear, oblong, compressed, subcontinuous, apically beaked; seed 10 – 15, reniform.

**Part used:** Roots and seeds.

#### Traditional uses

- This plant's root is specially used for leucoderma. It alleviates swelling and pain. It has haemostatic action hence it is used in piles specially bleeding piles.
- Piles are cleaned with the decoction and the paste of whole plant is applied over it. Leaf juice is used as nasal drops in headache.
- Decoction is used for gargling in stomatitis and for cleaning wounds. It prevents puss formation. It has a tranquillizing effect on the brain hence it is used in symptoms like syncope, vertigo and brain weakness.



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### 59. *Coccinea grandis* (L.) Voigt



**Family:** Cucurbitaceae

**Synonyms:** *Coccinia indica* Wight & Arn., *Cephalandra indica* Naud.

**Vernacular names:** Kovaikai, Baby watermelon, Ivy gourd.

**Botanical Description:** Vine, branchlets apically pubescent glabrous at base leaves 5 angled or obscurely/ deeply 5 lobed, chartaceous glabrous rarely scaly, punctuate above glandular below basal sinus sub rotund, cordate margin denticulate apex obtuse mucronate; tendril simple; petiole 3.5 -6.5 cm; flower solitary, dioecious. Male pedicelate; calyx tube campanulate 6x 5 mm, glabrous lobes subulate, 3.5 mm; corolla campanulate, white petals; stamens 3 inserted at the base of calyx tube; filaments connate into a column, glabrous; anthers connate; connectives narrow; pistilode 0. Female 2.5cm across; pedicel to 1.5 cm; calyx tube campanulate. Petals 1.2 x 1 cm; ovary oblong, glandular, pubescent; placentae 3. Ovules numerous, horizontal. Stigma 3 partite, fimbriate. Staminodes 3 subulate to 3 mm. Fruit ovoid, oblong 5x2.5 cm. Seeds oblong ovoid 5x2.5 mm, compressed granular.

**Parts used:** Fruit, Leaves, Root.

#### Traditional uses

- In traditional medicine, fruits have been used to treat leprosy, fever, asthma, bronchitis, and jaundice.
- The fruit possesses mast cell-stabilizing, antianaphylactic, and antihistaminic potential.
- The roots are used to treat osteoarthritis and joint pain. A paste made of leaves is applied to the skin to treat scabies. Fruits are anti diabetic.



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### 60. *Cocos nucifera* Linn.



**Family:** Arecaceae

**Synonyms:** *Cocos indica* Royle, *Cocos nana* Griff.

**Vernacular names:** Thennai, Coconut Palm.

**Botanical Description:** Tree; stem with annular petiolar scars; leaves pinnatisect. Leaflets base narrow, apex tapering, acute; petiole elongate, stout; spadices interfoliar, paniced, lower spathes oblong, woody; flowers monoecious, shortly pedicellate. Male flowers often paired; sepals ovate to 3mm; petals narrowly ovate to 8 mm, stamens 6 filaments to 4mm; anther to 6mm; pistilode short. Female flowers globus, 1 per branch, perianth lobes slightly differentiated into sepals and petals, outer lobes broadly obovate; inner lobes orbicular. Ovary 3 celled, ovule 1 per cell. Style short, drupe trigonus ovoid, globus. greenish yellow pericarp, fibrous, endocarp stony with 3 basal pores. Seed coherent with the endocarp. Endosperm lining the endocarp with a hollow center filled with coconut milk.

**Part used:** All parts of the tree.

#### Traditional uses

- Coconut products are remedy for abscesses, alopecia, amenorrhea, Coconuts and products such as tender coconut water, coconut oil endosperm and coconut milk are used in remedies for tumors.
- Coconut products are reported to be anthelmintic, antidotal, antiseptic, aperient, aphrodisiac, astringent, bactericidal, depurative, diuretic, hemostat, pediculicide, purgative, refrigerant, stomatic, styptic, suppurative, and vermifuge.
- asthma, blenorrhagia, bronchitis, bruises, burns, cachexia, calculus, colds, constipation, cough, debility, dropsy and dysentery.



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### 61. *Commelina benghalensis* Linn.



**Family:** Commelinaceae

**Synonyms:** *Commelina rufociliata* C.B. Clarke, *Commelina uncatata* C.B. Clarke.

**Vernacular names:** Canna vazhai, Bengal dayflower, Blue commelina.

**Botanical Description:** Annual herb; root stock with cleistogamous flowers. Leaves ovate or oblong-ovate, membranous, glabrescent, base sub truncate, asymmetrical, margin ciliate, apex acute-obtuse, apex with rufous hairs; spathes clustered, funnel shaped, pubescent; upper cymes 2 flowered, lower one 1- or 2 flowered. Sepals 3; outer one linear; inner ones orbicular. Petals blue, larger ones broadly ovate; fertile stamens to 2.5 mm; staminodes to 5.5 mm. Ovary glabrous; style to 1.5 mm. Capsule ellipsoid, 3 celled; seeds 5, anterior ones sub quadrate, pitted; posterior one oblong, to 3 mm.

**Parts used:** Whole herb.

#### Traditional uses

- The entire plant, in decoction, is used as an emollient collyrium. It is also used in conjunctivitis problems associated with measles. Used in treatment of leprosy and nervous system disorders.
- Also reported to use for psychosis, epilepsy, insanity and exophthalmia. Used as diuretic, febrifuge and anti-inflammatory.
- Used to combat infertility and for sores, snakebites, swelling and burns.
- Also used for conjunctivitis, cataracts, night blindness, pain (headaches and toothaches), skin diseases (eczema, abscesses, acne, scabies, arts) and respiratory tract disorder.



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### 62. *Commelina diffusa* Burm.f.



**Family:** Commelinaceae

**Synonyms:** *Commelina nudiflora* auct. non L., *Commelina aquatica* J.K. Morton

**Vernacular names:** Climbing dayflower, Water grass, Scurvy Weed.

**Botanical Description:** Annual prostrate herb. Leaves lanceolate or ovate – lanceolate, chartaceous, base sub cordate, margin entire, apex acuminate; petiole 0; sheath 0.8 – 1.5 cm, ciliate. Spathes complicate, oblong- lanceolate, 3.5 cm long, glabrous, base cordate; peduncle to 3.5 cm. sepals 3, to 5 mm. capsule 3 celled, oblong, apex beaked, to 8 mm; seeds tuberculate and reticulate, to 3 mm, not appendaged.

**Parts used:** Whole plant.

#### Traditional uses

- Juice being used to cure wounds, for inflamed eyes, as part of an external remedy for bone fracture and as a digestive aid.
- Women rub their hair with the leaves as a conditioner.
- It is used as a medicinal herb with febrifugal and diuretic properties.



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### 63. *Corchorus olitorius* Linn.



**Family:** Tiliaceae

**Synonyms:** *Corchorus catharticus* Blanco, *Corchorus longicarpus* G. Don.

**Vernacular names:** Sannal, Jew's Mallow, Indian jute.

**Botanical Description:** Sub shrub to 75 cm; branchlets glabrous. Leaves oblong, ovate or lanceolate, 5-10x2.5-4 cm, basally 3-5 nerved, glabrescent, base obtuse, margin serrulate, basal serrature appendaged, apex acuminate; 3-flowered; bracts and bracteoles filiform, to 3 mm. Flowers 5mm to 6mm. Stamens numerous; filaments 6mm. Ovary 4mm, 4-6 loculed. Capsule glabrous, terete, 4.5-6 cm with an entire beak, 10-ribbed, septate between seeds; seeds 3-gonous, 1.5mm.

**Part used:** Whole plant especially leaves and seed.

#### Traditional uses

- The plant has an antioxidant activity with a significant  $\alpha$ -tocopherol equivalent Vitamin E.
- Plant leaves are reported to be demulcent, deobstruent, diuretic, lactagogue, purgative, febrifuge and tonic. The leaf infusion is said to restore the appetite and strength.
- This plant is a good remedy for aches and pains, enteritis, fever, dysentery, pectoral pains, and tumors. An extract from the plant, markedly improve cardiac insufficiencies.
- The leaves are used for ascites, pain, piles, and tumors. Elsewhere the leaves are used for cystitis, dysuria, fever, and gonorrhoea. They are used in the treatment of chronic cystitis, gonorrhoea and dysuria.



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### 63. *Crateva roxburghii* R.Br.



**Family:** Capparidaceae

**Synonyms:** *Crateva odora* Buch., *Crateva religiosa* forst. F.

**Vernacular names:** Maavilingum, Kuduhai, Neermathalam.

**Botanical Description:** Tree 4-6 m; branchlets glabrescent. Leaves 3 foliate; leaflets ovate, lanceolate or elliptic, chartaceous; nerves 5 pairs, glabrous, base oblique sub acute or obtuse margin entire, apex acuminate; petiole to 6cm, petiolule 1cm, stipules 0. Corymbs to 8x 10 cm, peduncle 2 cm pedicel to 4.5cm; flowers 3cm across; sepals 4, equal, oblong or ovate, 5mm petioloid; petals 4 cream to yellowish, obovate, 1.5x1 cm, claw 6 mm, disc 5 mm enclosed in calyx, 8-10 lobed; stamens 20-25, adnate to the base of gynophores; filament to 4 cm; anthers 4 mm; gynophores 2.5 cm; ovary ovoid 3mm. berry globose, 2.5x 2cm, smooth turning red with a hard rind; seed reni form, 6x2mm smooth.

**Parts used:** Bark, leaves and stem.

#### Traditional uses

- The dried bark is used raw drug in traditional systems to cure diseases like renal calculi, dysuria, helminthiasis, inflammations and abscesses.
- The bark decoction exhibits actions like carminative, laxative, thermogenic, and diuretic, lithontriptic, expectorant and demulcent.
- The leaf and stem bark have been evaluated for their antioxidant activity and inhibition of key enzymes relevant to hyperglycemia.



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### 65. *Crinum viviparum* (LAM.) R. Ansari & V.J. Nair



**Family:** Amaryllidaceae

**Synonyms:** *Amaryllis coenosa* Hook.f., *Amaryllis vivipara* Lam.

**Vernacular names:** Poison bulb, Giant crinum lily, Grand crinum lily, Spider lily.

**Botanical Description:** Bulbous perennial herb. Bulb is 7-10 cm (3-4 inches) in diameter. With age, the bulb develops a neck that reaches 4-5 cm (upto 2 inches) in diameter. Flowers large, white, vanilla scented and sessile. Sepals adnate to the staminal cup, tube is 14 to 17 cm long. Leaves strappy, most plants resemble agapanthus when not in flower, dark green in colour and on most species tend to be held slightly upright and in distinct ranks.

**Parts used:** Leaves, root, seeds and bulb.

#### Traditional medicine

- The plant has a considerable medicinal reputation as a potent folk medicine in the treatment of injury and inflamed joints. The plant has been used for carbuncles and cancer.
- Leaves of the herb smeared with castor oil and warmed is a useful remedy for repelling whitlows and other inflammations at the end of toes and fingers.
- The herb is also useful to treat inflamed joints and sprains. For earache and other ear complaints, use slightly warmed juice of the leaves mixed with a little salt.
- Roasted bulb is used as rubefacient in rheumatism. The bulbs are powerfully emetic and are used to produce vomiting in poisoning especially antiaries. Bruised leaves act as an efficient insect repellent. Its seeds are considered purgative and emmenagogic.



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### 66. *Crossandra infundibuliformis* (L.) Nees



**Family:** Acanthaceae

**Synonyms:** *Crossandra axillaris* Nees, *Justicia infundibuliformis* L.

**Vernacular names:** Kanagaambaram, Fire cracker flower.

**Botanical Description:** Sub shrubby; leaves crowded near the inflorescence, elliptic to oblong, acute at both ends; petiole to 4 cm, spikes dense, terminal and axillary; peduncle 5-10cm; bracts imbricate, bracteole linear, subulate, pubescent, ciliate, acuminate; flowers sessile; calyx lobes 5 unequal, imbricate, lanceolate, glandular, hairy, outer obtuse or 2fid, rest acuminate, ciliate, inner ones shorter; corolla orange scarlet with red or yellow, throat salver form, tube narrow, lobes 5 subequal, imbricate, connate near middle, one sided split at one end, puberulous; the mid 1 or 3 lobes, retuse, lateral obtuse; stamens 4 attached at the middle of the tube in 2 pairs at different levels, included; filaments curved; anthers oblong, sterile cell bearded. Ovary oblong, cylindric, 4 ovuled. Style filiform. Stigma fimbriate or shortly 2 fid; capsule oblong; seeds 4, orbicular; testa appressed with fimbriate scales.

**Parts used:** Leaves and flowers.

#### Traditional uses

- Leaf extract is antibacterial. Flower extract has antioxidant property.
- Plant has wound healing properties. Flower extract used to treat various conditions like fever, headache, pain.



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### 67. *Crotalaria retusa* Linn.



**Family:** Fabaceae

**Synonyms:** *Crotalaria cuneifolia* (forssk.), *Crotalaria hostmannii* steud.

**Vernacular names:** Devil bean, Rattle weed, Kilu kiluppai.

**Botanical Description:** Subshrub; branchlets dense pubescent; leaves simple, oblanceolate, chartaceous, glabrous above, pubescent below, base attenuate, margin entire, apex obtuse, retuse, apiculate; petiole 2mm; stipules in pairs, linear, subulate, 1mm; racemes terminal, peduncle to 3cm; bracts subulate, 4mm; bracteoles scarious, 1mm, appressed to calyx; pedicel to 5mm; flowers 2 cm across; calyx tube 5 mm, appressed, puberulous, lobes lanceolate, upper lobes 8mm, lower one 5mm; corolla slightly exceeding calyx; golden yellow standard orbicular, wings obovate 1.6x0.8cm, keels ovate, 1.8x1cm, beak spirally twisted; staminal sheath 8mm; filaments oblong; anthers ovoid; ovary glabrous; style curved, pubescent on both sides. Pod shortly stipitate, oblong, terete, glabrous much exceeding calyx. Seeds 5.

**Parts used:** Roots, leaves, flowers and seed.

#### Traditional uses

- An infusion of the plant is used to bathe children in order to prevent skin infections and also to treat thrush. A decoction of the flowers and leaves is used to soothe a cold
- The leaves, mixed with those of *Crotalaria quinquefolia*, act internally as well as externally against fever, scabies, lung diseases and impetigo. The roots are used against coughing up blood.
- The seeds are eaten raw to act as an analgesic to deaden the pain of a scorpion sting.



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### 68. *Crotalaria verrucosa* Linn.



**Family:** Fabaceae

**Synonyms:** *Anisanthera versicolor* Raf. *Crotalaria acuminata* (DC.)g.don.

**Vernacular names:** Salangai chedi, Tooth-leaf rattle pod.

**Botanical Description:** Sub shrub; branchlets appressed, pubescent; leaf simple, ovate or rhomboid deltoid, chartaceous, pubescent, base attenuate, margin entire, apex acute; petiole to 6mm; stipules semilunate; racemes terminal or lateral to 15cm; bracts 4mm; bracteoles to 5mm on mid pedicel. Pedicel to 5mm; flowers 2 cm across, 2 cm long; calyx tube 4mm, pubescent, lobes elongate, lanceolate; upper lobe to 7mm, lower one 6.5 mm; corolla twice as long as calyx, blue. Standard broad, ovate, 2x1.5cm pubescent, obtuse, retuse, wings obovate; keels white, beak spirally twisted, staminal sheath 6mm filaments 4 and 8 mm, oblong; anthers ovoid; ovary stipitate, appressed, pubescent; style, geniculate pubescent on the inner side; pod oblong, terete, sparsely pubescent, far exceeding calyx.

**Part used:** Root, leaves and seeds.

#### Traditional uses

- It is useful for treating indigestion, laryngitis, Kapha and Pitta imbalance disorders.
- Plant treat throat disorders, laryngitis and cardiac disorders. It also cure oral disorders and indigestion.
- Plant treats fever, blood disorders such as abscess, skin disorders, bleeding disorders such as menorrhagia, nasal bleeding etc. In oral ulcers, leaf decoction is used for gargling.



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### 69. *Croton bonplandianus* Baillon.



**Family:** Euphorbiaceae

**Synonyms:** *Croton sparsiflorus* Morong, *Croton pauperulus* Müll.Arg.

**Vernacular names:** Seemennai poondu, Rail poondu, Aathu poondu.

**Botanical Description:** Shrub- subshrub to 80cm; tender parts with white warty out growth; leaves ovate, lanceolate, base acute, margin serrulate, apex gradually cuneate; petiole to 1.5cm; racemes; bract 0.3mm; pedicel 1mm, glands 2 on either side; male 4mm across; tepals 10, outer tepals ovate, acute, inner oblong, 2mm, villous; filaments 2mm; anther 0.5mm; female 2.5mm across, tepals 5, lanceolate, valvate, truncate, acute. Ovary tomentose; style forked; capsule of 3 bivalved cocci, epicarp warty. Seeds oblong.

**Parts used:** Latex, whole plant.

#### Traditional uses

- Plant latex is applied externally on the site of wasp sting.
- Latex is used to treat constipation.
- Plant extract also has potent radical scavenging and reducing properties.
- It is also used to treat rheumatism and gout.
- Plant extract is used in the treatment of neurodegenerative diseases.



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### 70. *Cuscuta reflexa* Roxb.



**Family:** Convolvulaceae

**Synonyms:** *Cuscuta elatior* Choisy, *Cuscuta grandiflora* Wall.

**Vernacular names:** Dodder plant, Chinese Dodder, Devil's Guts, Hellweed.

**Botanical Description:** Flowers shortly stalked, in fascicle. Calyx lobes 5, scarious 2x1.5 mm, obtuse, corolla cream, campanulate lobes 5, oblong 2, 5x1mm, united from near the middle, membranous, shortly acuminate. Stamens 5; filaments 0.7mm; anthers 0.5mm, scales 5 near the middle of the tube; ovary 1.5mm; styles 2, filiform, 0.7mm; stigmas capitate. Capsule dry, 3mm across, irregularly dehiscent.

**Parts used:** Seed.

#### Traditional uses

- *Cuscuta* seed may be helpful for sperm health and production.
- *Cuscuta* protects the liver from acetaminophen damage.
- It also benefits the eyes, tendons and other physiological functions related to the kidneys and liver.
- It is mainly used to treat excessive coldness in male genital organs, involuntary discharge of semen, dribbling during urination, a bitter taste in the mouth accompanied by a dry and thirsty feeling and to treat an accumulation of cold blood.
- It is used in syndromes caused by a kidney deficiency that exhibit symptoms such as lower back pain, erectile dysfunction, involuntary discharge of semen, urinary frequency and leucorrhea.
- It is used for symptom treatment of blurred and dark vision and decreased visual acuity, which are caused by insufficient nourishment of the eyes due to liver and kidney deficiencies.
- It treats diarrhea problems caused by spleen and kidney deficiencies.



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### 71. *Cycas circinalis* Linn.



**Family:** Cycadaceae

**Synonyms:** *Cycas circinalis* f. *undulata* J.Schust., *Cycas squamosa* Lodd. ex Dye.

**Vernacular names:** Eantha panai, Saala panai, Sago Palm, Queen Sago.

**Botanical Description:** Stem, short and stout, subterranean tuber like, arborescent. Trunk 2-3m, covered with armour composed of the hardened leaf and cataphyll bases. Apical dominance and lack of branching bring about an apparent single-stemmed (monopodial) growth form, palm like. Branch roots, 2 kinds; long-branching geotropic roots and short-branching, irregular, coralloid with symbiotic cyanobacteria (blue-green algae). Leaves pinnately compound; pinnae with midribs, dichotomously branched, veins more or less parallel, leaf size variable, dioecious. Male plants produce pollen by microsporophylls arranged spirally about a cone axis; female plants produce ovules by megasporophylls arranged in two to three whorls at the stem apex, interposed between whorls of foliar leaves and cataphylls.

**Parts used:** Bark seeds and leaves.

#### Traditional uses

- The pollen is narcotic.
- The bark and the seeds are ground to a paste with oil and used as a poultice on sores and swellings.
- The juice of tender leaves is useful in the treatment of flatulence and vomiting.



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### 72. *Cycas revolute* Linn.



**Family:** Cycadaceae

**Synonyms:** *Cycas inermis* Oudem., *Cycas miquelii* Warb.

**Vernacular names:** Mathana kamaraja maram, king sago palm.

**Botanical Description:** Slow growing tree with single trunk, to 6 m. Sometimes rosette of leaves from stem near the ground; glossy dark green feather-like leaves grow in circular pattern; dioecious, male and female on separate plants. Megasporophylls feather-like, gold or tan-yellow; brownish-red seeds, to 4 cm across; male cone to 30 cm with spirally arranged microsporophylls.

**Parts used:** Shoots, leaves and seeds.

#### Traditional uses

- The terminal shoots are astringent and diuretic and the seeds are expectorant and are used as tonic.
- The leaves are used in the treatment of cancer and hepatoma (tumor of the liver).
- The seeds are used in the treatment of rheumatism.
- Substances extracted from the seeds are used to inhibit the growth of malignant tumors.



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### 73. *Cymbopogon caesius* (Hook. & Arn.) Stapf



**Family:** Poaceae

**Synonyms:** *Andropogon caesius* Nees., *Andropogon schoenanthus* L.

**Vernacular names:** Kamakshipul, Turpentine grass, Buchu grass.

**Botanical Description:** Annual herb; culms to 1.5m, 1.5-4mm wide, sparsely branched; nodes glabrous. Leaf sheaths 4.5-10 cm, ligule to 5mm, blades linear, 10-20x 0.6-1cm, flat, glaucous beneath. Panicles to 30 mm, exserted; spathes to 3cm; spatheoles to 2 cm; raceme-bases unequal, lower one to 0.5 mm, swollen fused with the lower most pedicel below. Upper one to 2 mm, common peduncle to 4mm; racemes 1.2x0.2 cm, rachis to 2 mm, equal to pedicel, pilose along margins, sessile spikelet; spikelets oblong to 4mm, lower glume 3.5-3.8 mm, subcoriaceous, with a deep V-shaped groove at back, shortly 2 dentate; upper glume glabrous to 4mm, subcoriaceous, sparsely ciliate; lower lemma to 2mm, 2 nerved, sparsely ciliate subobtuse, 2 keeled; upper lemma to 2mm, deeply 2fid, awn to 6mm, palea 0. Anthers to 1.5mm; ovary linear to 0.3mm, pedicelled spikelet to 4mm.

**Parts used:** Leaves.

**Traditional uses**

- Oil extracted from leaves is used as mosquito repellent.



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### 74. *Cynodon dactylon* (L) Pers.



**Family:** Poaceae

**Synonyms:** *Panicum dactylon* L., *Capriola dactylon* (L) Kuntze

**Vernacular names:** Arugampul, Bahama grass, Devil's grass.

**Botanical Description:** Annual herb; culms 5-30cm, slender, 1mm wide, glabrous at nodes; leaf sheaths 0.6 – 3.5cm, ligule membranous, shortly ciliate, to 0.5mm, blades oblong, 1.5 to 10cm long, folded, softly scaberulous. Spikes 3 or 4, digitate one sided, oblong, 1.5-5cm. Spikelet to 2.5mm, sessile, laterally compressed, alternate to seriate, imbricate, one flowered; rachilla disarticulating at base. Glumes lanceolate, one nerved, sub equal persistent, scaberulous along keel; lower glume 1-1.3mm; upper glume 1.7-2mm; lemma 2-2.2mm; pubescent on keel; palea as long as lemma; anthers 3-1mm. Caryopsis linear, 0.7mm.

**Parts used:** Whole plant.

**Traditional uses**

- A traditional use of *Cynodon* is for eye disorders and weak vision; the afflicted are advised to walk bare foot on dew drops spread over *Cynodon* plant each morning.
- Leaves of *Cynodon* are used for the treatment of liver complaints. It destroys foulness of breath. useful in leucoderma, bronchitis, piles, asthma, tumors, and enlargement of the spleen. It is used to treat all types of bleeding and skin troubles.
- *Cynodon* plant is bitter, sharp hot taste, good odor, laxative, brain and heart tonic, aphrodisiac, alexipharmic, emetic, emmenagogue, expectorant, carminative and useful against gripe in children and for pains, inflammations and toothache.



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### 75. *Cyperus rotundus* Linn.



**Family:** Cyperaceae

**Synonyms:** *Cyperus rubicundus* Vahi, *Cyperus teneriffae* Poiret in Lam..

**Vernacular names:** Koraipul, Coco-grass, Java grass, Nut grass.

**Botanical Description:** Annual herb; stem sparsely tufted, to 20 cm, erect, to 1 mm wide, rigid, triquetrous. Leaves several, flat, 9-15x0.1-0.2 cm, nerves prominent, scabrous; sheaths stramineous or brown. Inflorescence simple or compound, 4-5 cm; involucre bracts 3, unequal, over topping or not, longest to 10 cm; primary rays 5-7, secondary rays 1-3, spikes 2-8, spikelet at right angles to rachis, spicate, narrow-oblong, 0.5-2.5x0.1-0.2 cm, pale or purplish or stramineous, 10-20 flowered; rachilla persistent, wing to 1.5 mm, membranous, mucronulate, sides 5 nerved; stamens three, filaments to 4mm; anthers to 3mm, red crested. Stigmas 3; nut oblong, trigonous, to 1mm, stramineous, stipitate, apiculate.

**Parts used:** Rhizomes.

#### Traditional uses

- The plant is used for treating fever, digestive system disorders, dysmenorrhea and other maladies. Rhizome juice treats constipation. Decoction of rhizome is given to treat malarial fever.
- Roasted tubers are in still hot, or hot ashes from burned tubers used to treat wounds, bruises, carbuncles etc. It is used as stomachic, emmenagogue, deobstruent and in emollient plasters.
- The antibacterial properties of the tubers may have helped prevent tooth decay in people.
- The essential oil from the tuber is used in perfumery, soap making and insect repellent cream.



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### 76. *Cyperus iria* Linn.



**Family:** Cyperaceae

**Synonyms:** *Chlorocyperus iria* (L.) Rikli, *Cyperus chrysomelinus* Link

**Vernacular names:** Rice flat sedge, Grasshopper's cyperus.

**Botanical Description:** Tufted, glabrous annual herb; roots numerous, short and yellowish-red. Culms tufted, triangular, glabrous, green. Leaves, linear-lanceolate, usually all shorter than the culm, flat, scabrid on the margin and major ribs; leaf sheaths, green to reddish-brown, membranous and envelope the culm at the base. Inflorescence is simple or compound with groups of spikes which are either sessile or on 0.5-15.0 cm long peduncles (rays). Involucre, leafy, three to five, the lower one longer than the inflorescence. Spikes, sessile, elongate, dense. Spikelets, erect-spreading, crowded, 6-24-flowered, golden to yellowish-green. Glumes broad-ovate, golden-brown. Stamens 2-3; style 3-branched. Fruit, small achene (nutlet), obovate, triangular in cross section, dark-brown to black, surface smooth.

**Parts used:** Under ground tuber.

#### Traditional uses

- Cyperus iris oil is the best medicine for alleviating depression of blood circulation.
- It rectifies and regulates menstruation and it is effective for signs such as menstrual irregularities, over due periods and abdominal pain during menstruation that is due to liver depression in emotionally-inhibited women.
- Cyperus oil is a very commonly-used herb to regulate the liver.



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### 77. *Dactyloctenium aegyptium* (L.) P. Beauv.



**Family:** Poaceae

**Synonyms:** *Eleusine aegyptia* L., *Cynosurus aegyptilus* L.

**Vernacular names:** Kaka cal pul, Egyptian Finger Grass, Crow foot grass.

**Botanical Description:** Annual grass; culms 30-60 cm, matty, geniculate to 1.5 mm wide. Leaf sheaths 1.5- 5 cm, apex tuberculate-hispid; ligules membranous, ciliate, to 1.5 mm; blades flat, tuberculate-hispid without margins at base, ciliate. Spikes 2-7 digitate, oblong. Spikelets 2 or 3 flowered, sessile, broadly ovate, laterally compressed, densely imbricate; rachis produced as a sharp point above; rachilla disarticulating above lower glume, continuous between lemmas. Glumes sub equal, folded, lower glume to 2.5 mm, scabrid along keel; upper glume to 3 mm including awn, keel smooth or hispidulous produced in to an awn; lemmas 1.5 – 3.5 mm, keel gibbous, scabrid above middle; arista, paleate. Anthers 3-0.8mm. Grain obovate or triangular, transversely rugose, wrinkled, white or brown in color.

**Part used:** Whole plant.

#### Traditional uses

- Dried grain eaten by women suffering from bellyache after childbirth.
- Seeds used for treatment of typhoid fever. Juice of fresh plants is prescribed in fevers.
- Decoction of the plant is given in small pox. Seeds eaten as a cooling agent.
- Decoction of seeds used to relieve pains in the region of the kidney; stems and leaves applied externally for treatment of ulcers.



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### 78. *Datura metel* L.



**Family:** Solanaceae

**Synonyms:** *Datura alba* F.Muell. *Datura aegyptiaca* Vis.

**Vernacular names:** Karu oomathai, Indian thorn apple, Datura.

**Botanical Description:** Sub shrubs to 80 cm. Leaves elliptic to angulate, 10-18 x 7-15 cm. base unequally truncate, margin frequently lobed, rarely entire; petiolate to 10 cm; calyx 8 cm, lobes 5, lanceolate, 1.5 cm, acute. Corolla white, 7 cm across, tube 10 – 15 cm, limb 4 cm, teeth 5, lanceolate, 1 cm. Stamens 5, filaments 8 cm. Ovary 0.7 cm; style 10 cm. Capsule 4 cm across; spines short, stout, 0.7 cm, blunt, sometimes forked.

**Parts used:** Seed, flower, root bark and leaves.

#### Traditional uses

- On external application, it improves skin quality, helps in quick wound healing.
- Seed paste or oil is prepared and used for external application to relieve pain, inflammation, itching and infested wounds.
- At a toxic level tropanic alkaloids trigger hallucinations, delirium, mental confusion, coma and death.
- Oral administration of purified Datura seed is indicated in chronic respiratory disorders, asthma and dysuria. The seed helps to relieve pain and inflammation on external application.



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### 79. *Delonix regia* (Hook.) Raf.



**Family:** Caesalpiniaceae

**Synonyms:** *Poinciana regia* Bojer ex Hook. *Delonix regia* var. *flavida* Stehle

**Vernacular names:** Poovaghai, Gulmohar, Fire of forest.

**Botanical Description:** Deciduous trees 12 -20 m, with an equal spread of the crown. Leaves fern-like, bipinnate, slightly hairy, about 30 centimeters long. Leaflets are oblong, in 18 to 30 pairs, about 1.5 centimeters long. Flowers are large, showy, red or red and yellow, up to 12 centimeters across. Pods are pendulous, elongate, woody, compressed, and up to 50 centimeters long. Trees densely foliaceous and with more flowers above 600m.

**Parts used:** Flowers, leaves, stem and bark.

**Traditional uses**

- Plant possesses antimicrobial, antioxidant, anti-diarrhea, hepatoprotective, anti-inflammatory.
- The plant is used to treat constipation, inflammations, arthritis and hemiplegia.



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### 80. *Dendrophthoe falcata* (L.f.) Ettingsh.



**Family:** Loranthaceae

**Synonyms:** *Loranthus longiflorus* Desr. in Lam., *Dendrophthoe bicolor* (Roxb.) Mart.

**Vernacular names:** Pulluruvi, Uchi, Honey suckle.

**Botanical Description:** Hemi-parasitic plant; branchlets terete; nodes dilated. Leaves variable, more often lanceolate or elliptic-ovate, 7-12 x 2-4 cm, subcoriaceous, lateral nerves 6-8 pairs, faint, glabrous to puberulous, base acute to cuneate, apex obtuse; petiole to 1 cm. Racemes 4 cm; pedicel to 0.7 cm; bract margin truncate, longer side (sub)acute. Calyx tubular, 5 mm. Corolla yellow, 1.3 cm across; tube 4 cm, slightly inflated and curved above the middle; lobes 5, oblong, 0.7 mm, minutely tuberculate along margin, acute. Stamens 5; free part of filament to 4 mm; anthers 5 mm. Ovary 3.5 mm; style 4 cm.

**Parts used:** Entire plant.

**Traditional uses**

- The plant is used as a potential medicinal agent like cooling, bitter, astringent, aphrodisiac, narcotic, diuretic.
- Useful in pulmonary tuberculosis, asthma, menstrual disorders, swelling wounds, ulcers.
- Decoction of plant is used by women as an anti-fertility agent and also has anti-cancer activity.
- Leaf paste is used in skin diseases, also applied on boils, setting dislocated bones and extracting pus.
- The plant has been scientifically proved to have anti-lithiatic, diuretic, cytotoxic and immunomodulatory activities.



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### 81. *Dieffenbachia picta* Lodd.



**Family:** Araceae

**Synonyms:** *Arum crudele* Salisb (Engl.), *Arum seguine* Jacq.

**Vernacular names:** Dump cane, Leopard lilly, Mother in law plant.

**Botanical Description:** Perennial herbaceous to 1 to 1.5 m; straight stem; leaves simple, alternate, white spots and flecks. Stem branchless, cylindrical, tinged with leaf scars, erect, base reclining. Leaves concentrated towards the apical part of the stem, stalk elongated, broadly grooved, the lower part forming a sheath around the stem, oblong - broadly lance-shaped, dark to glossy green on both sides, numerous white or yellowish spots or streaks, base rounded - acute, tip narrow. Flower cluster white, erect, subtended and partly enclosed by a leafy spathe. Flowers sessile; males crowded on the upper part; females on the lower part, enclosed in tubular base. Fruits berries, orange when ripe.

**Toxicity:** All plant parts are believed to contain lots of needle-shaped calcium oxalate crystals, which when chewed can cause painful swelling or blistering of the mouth. When the mouth swelling is severe, talking might be difficult or unintelligible, hence the name "Dumb Cane." The sap can also cause irritation of the eyes, of other unfortunately scratched body parts.

**Parts used:** Leaf and root.

#### Traditional uses

- Dumb cane plant contains active ingredients that cause antiangiogenic and used for the treatment of cancer.
- Reported use of leaf decoction as gargle for angina. Root tincture used for genital pruritus and gout.



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### 82. *Digitaria bicornis* (Lam.) Roem. & Schult.



**Family:** Poaceae

**Synonyms:** *Digitaria barbata* Willd., *Digitaria barbulata* Desv.

**Vernacular names:** Hairy crab grass, Crabgrass.

**Botanical Description:** Annual; culms decumbent, rooting at lower nodes, 30–60 cm tall. Leaf sheaths glabrous or lower sheaths papillose-pilose; leaf blades linear, usually scabrid on both surfaces, rarely sparsely pilose; ligule 1–3.5 mm. Inflorescence digitate or subdigitate; racemes 2–5, spikelets paired, imbricate; rachis triquetrous, winged. Spikelets lanceolate, ca. 3 mm, those of a pair usually different; lower spikelet glabrous, upper spikelet pubescent; lower glume very small, almost absent or up to 0.4 mm, triangular or bifid, veinless; upper glume lanceolate, length of spikelet, 3-veined, pilose; lower lemma as long as spikelet, 7-veined, lower spikelet with equidistant veins, upper spikelet with wider glabrous interspaces on either side of midvein, lateral veins crowded near margins, rows of silky hairs between lateral veins, setose, the hairs spreading halo-like at maturity; upper lemma yellowish, slightly shorter than spikelet.

**Economical value**

Grass used as a lawn grass.



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### 83. *Dracaena fragrans* (L.) Ker Gawl.



**Family:** Asparagaceae

**Synonyms:** *Aletris fragrans* L., *Cordyline fragrans* (L.) Planch.

**Vernacular names:** Corn or cornstalk plant, Fragrant dracaena.

**Botanical Description:** Shrub; multi stemmed at the base, to 15 m (49 ft) or more tall, narrow crown of usually slender erect branches. Stems to 30 cm (12 in); leaves glossy green, lanceolate, 20–150 cm (7.9–59.1 in) long and 2–12 cm (0.79–4.72 in) wide; small leaves, erect - spreading, larger leaves drooping. Flowers panicles to 15–160 cm (5.9–63.0 in) long, individual flower to 2.5 cm (0.98 in) diameter; corolla six-lobed, pink at first, opening white with fine red or purple central line on each of the 7–12 mm (0.28–0.47 in) lobes; highly fragrant. Fruit orange-red berry, to 1–2 cm (0.39–0.79 in) several seeds.

**Parts used:** Whole plant.

#### Traditional uses

- The whole plant is said to act as an insect repellent. It treats dermatitis and relieves a sprain.
- Both its roots and its leaves have inhibitory activities that act against the micro organism *Plasmodium falciparum* (anti malarial). A decoction made from boiling its roots is taken by both adults and infants for relief from febrile disease.
- A mixture made from mixing a juice extract from both its leaves and its roots together with palm oil is rubbed onto a person with febrile disease for relief.



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### 84. *Dracaena marginata-coloroma* Lam.



**Family:** Agavaceae

**Synonyms:** *Dracaena sanderiana* hort. Sander ex. Mast., *Aletris fragrans* L.

**Vernacular names:** Red edged dracaena, Ribbon plant, Fortune plant.

**Botanical Description:** Shrub to 20' with gray upright stems, tufts of arching, glossy, sword-shaped leaves to 2 x 1/2". Leaves, deep green with narrow reddish edges. Lower leaves fall, leaving distinctive diamond-shaped leaf scars on stems. Fragrant tiny white flowers - spherical yellow-orange berries.

#### Economic value

- *Dracaena marginata* is one of the plants on NASA's air filtering plants list that reduces benzene, formaldehyde, xylene and toluene, within the air.
- Very common ornamental indoor and out door plant.



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### 85. *Duranta repens* L.



**Family:** Verbenaceae

**Synonyms:** *Duranta plumieri* Jacq., *Duranta angustifolia* Salisb.

**Vernacular names:** Golden dew drops.

**Botanical Description:** Shrub, to 3-6 m, straggling and drooping branches. Leaves small, obovate-elliptic, 3 to 6 cm, pointed or rounded tips, base pointed; margins, entire or slightly toothed. Racemes axillary with terminal panicles, to 12 cm. Flowers blue, with two violet stripes, scentless on one side of the rachis to 1x1 cm. Fruit fleshy, ovoid, orange-yellow, 7 to 8 mm.

**Parts used:** Leaves, fruits, juice.

#### Traditional uses

- Fruit has been used as febrifuge. Fruits used for malaria and intestinal worms.
- Flowers are believed to be stimulant.
- Infusion of leaves and juice of fruit are diuretic.
- Leaves used for treatment of abscesses.
- Also used as insect repellent and for the treatment of itches, infertility, fever, and pneumonia.



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### 86. *Dypsis lutescens*, (H. Wendl.) Beentje & J. Drans



**Family:** Arecaceae

**Synonyms:** *Areca borbonica* hort., *Areca flavescens* Voss.

**Vernacular names:** Butterfly palm, Areca palm, Golden cane palm.

**Botanical Description:** Perennial shrub grows 6–12 m (20–39 ft) in height. Multiple stems emerge from the base. The leaves are arched, 2–3 m (6 ft 7 in–9 ft 10 in) long, and pinnate, with 40–60 pairs of leaflets. Crown shaft color is variable as well, sometimes being green, silver, white and rarely yellow. A crown shaft is a tubular structure at the top of the trunk of a palm, located just below the crown of leaves that wraps around the trunk and is actually a modified base of the leaf. The base of the petiole expands out into a flat, cylindrical structure that wraps around the trunk. It bears panicles of yellow flowers in summer. Flowers yellow borne in branches about 3 ft (1 m) long that emerge from the tops of the stems. The fruits are about 1 in (2.5 cm) in diameter and are yellow to purple. Offsets can be cut off when mature enough as propagules.

**Economic value**

- Air purifier.
- Used widely in landscaping as an Ornamental plant.



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### 87. *Echinochloa colona* (L.) Link.



**Family:** Poaceae

**Synonyms:** *Panicum colonum* L., *Echinochloa colonum* (L.) Link (*lapsus*)

**Vernacular names:** Pullem payiru, Jungle rice grass, Shama millet.

**Botanical Description:** Annual herb; culms 40-90 cm, erect or ascending; nodes glabrous. Leaf sheaths to 6 cm, glabrous; ligule 0. Blades lanceolate, 4.0 x 0.4-0.6 cm, occasionally marked with purple bars. Inflorescence linear, to 10 cm, racemes more or less 4 rowed, 1.5-2 cm long, appressed to rachis, to half their length. Spikelets ovoid-ellipsoid, to 1 mm long. Glumes 5 nerved, unequal, lower glume broadly ovate, to 1 mm, densely hispidulus; upper glume ovate to 2 mm; lower lemma to 2 mm, cuspidate; upper lemma crustaceous to 2.5 mm.

**Parts used:** Grains.

#### Traditional uses

- Consumption of this millet fights Breast cancer. Millet prevent cardiovascular disease.
- Consumption of this millet based diets resulted in significantly lower plasma glucose levels.
- Whole Grains also possess anti radical properties.
- This millet contains manganese one of important trace in preventing osteoporosis.
- Grain also contains tryptophan one of the 10 essential amino acids which the body uses to synthesize the proteins for brain cells need, thus enhancing the nerve cells in information transmitting between themselves and cells in the parts of the body that reduces the risk of anxiety and depression.



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### 88. *Eleusine indica* (L.) Gaertn.



**Family:** Poaceae

**Synonyms:** *Cynosurus indicus* L., *Agropyron geminatum* Schult. & Schult.f.

**Vernacular names:** Goose grass, wire grass, bull grass, dog grass.

**Botanical Description:** Annual herb; culms tufted 10-40 cm to 2.5 mm wide. Leaf sheaths 2-5.5 cm, softly pilose on upper margins; ligule to 1mm; blades oblong, 10-25 x 0.4-0.6cm, glabrous. Spikes 2-4 sometimes with a solitary one below the whorl 2.5-7 cm. Spikelets 5-7 flowered; ovate or oblong, to 6 mm. Glumes lanceolate, 1 nerved, sub equal, softly scabrous on keels; lower glume 2-2.5 mm; upper glume 2.5-3 mm; lemmas 2.5 -3mm, 3 nerved, subacute. Anthers to 0.7 mm; caryopsis sub globose, deeply grooved on one side.

**Parts used:** Whole plant.

#### Traditional uses

- The whole plant extract is diaphoretic; diuretic; febrifuge; laxative.
- It is also used in the treatment of liver complaints.
- The plant is also used in the treatment of influenza, hypertension, oliguria and retention of urine.



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### 89. *Erianthus repens* (Willd.) P. Beauv



**Family:** Poaceae

**Synonyms:** *Melinis argentea* Mez., *Melinis repens* (Willd.) Zizka.

**Vernacular name:** Natal grass.

**Botanical Description:** An annual or short-lived perennial grass growing 20-150 cm in height. Culms (stems) root from the lower nodes, but stems are held upright. Leaf blades are flat, 5-30 cm long; 2-10 mm wide. Flowers are clustered in a fluffy oblong or ovate panicle, 5-20 cm long. Spikelets 2-10 mm long, 2-flowered, lower floret male, upper hermaphrodite, densely villous with hairs up to 8 mm long, on very fine pedicels with sparse long hairs. Panicles often have a rosy colour from the long silky hairs attached to the triangular fruits, colour fades to silvery-white with age.

**Parts used:** Leaf blades.

**Traditional uses**

- Leaf blades are used as a diabetes cure in folk medicine
- Also contains hypoglycemic properties.



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### 90. *Eucalyptus globules* Labill.



**Family:** Myrtaceae

**Synonyms:** *Eucalyptus gigantea* Dehnh., *Eucalyptus glauca* A.Cunn.

**Vernacular names:** Karpura thaila maram, Nilagiri thaila maram.

**Botanical Description:** Stunted shrub or a medium to very tall (up to 70 m) evergreen tree. bark at the base of the tree is white or yellowish trunk for most of its height. Leaves juvenile ones obovate, opposite, blue-green in colour with a waxy surface, up to 15 cm long and 11 cm wide, adult leaves lanceolate, alternate, glossy, green to dark green. Inflorescence arises from the leaf axil unbranched with a single flower (occasionally three flowers). Operculum (cap covering the stamens) is flattened with a prominent, warty, central knob. Flowers white or cream, produce copious amounts of nectar and are pollinated by birds, mammals and insects. Fruits woody, 1.5-2.5 cm in diameter, with a broad disc and 4 or 5 valves.

**Parts used:** Leaves.

**Traditional uses**

- The leaves are the principal source of eucalyptus oil.
- The oil is antiseptic and is used medicinally as a decongestant for treating catarrh, bronchitis and influenza.
- It is also used in liniments for bruises, sprains and muscular pains, and to make herbal tea infusions.



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### 91. *Euphorbia heterophylla* L.



**Family:** Euphorbiaceae

**Synonyms:** *Euphorbia geniculata* Ort., *Poinsettia heterophylla* (L.) Klotzsch & Garcke

**Vernacular names:** Chittirapaladai, Red milk weed.

**Botanical Description:** Herbaceous, erect and 20-200 cm in height; milky latex is present when most parts of the plant; stem is branched and cylindrical, surface is smooth and reddish-green. Leaves obovate to lanceolate, basal leaves long-petiolate, alternate, upper leaves are sessile, opposite or verticillate, forming a cluster of bracts, often with a pale patch at the base, subtending the terminal inflorescence; latter consists of a dense cluster of small, short-stalked cyathia. Each cyathium comprises a cup-shaped involucre with inconspicuous male flowers producing a single stamen; female flower without sepals or petals, producing a 3-lobed, yellowish-green fruit. Seeds 2.5-3 mm wide and 2.5 mm long, oblong to obovate and dark brown to black.

**Parts used:** Roots, Barks, Stem, Leaves.

#### Traditional uses

- A decoction or infusion of the stems and fresh or dried leaves is taken as a purgative and laxative to treat stomach-ache and constipation, and to expel intestinal worms.
- A leaf infusion is used as a wash to treat skin problems, including fungal diseases, and abscesses. The latex and preparations of the leaves and root are applied to treat skin tumours.
- The roots are used in the treatment of gonorrhoea or to increase milk production in breast-feeding women. The latex is irritant to the skin and eyes and may be employed as a rubefacient and to remove warts.



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### 92. *Euphorbia hirta* Linn.



**Family:** Euphorbiaceae

**Synonyms:** *Euphorbia pilulifera* Linn., *Chamaesyce pilulifera* Linn.

**Vernacular names:** Amman pacharisi, Snake weed, Asthma herb

**Botanical Description:** Annual herb; slender-stemmed, hairy with many branches, spreading upto 40 cm in height, reddish or purplish in color. Leaves opposite, elliptic - oblong to oblong-lanceolate, acute or subacute, dark green above, pale beneath, 1- 2.5 cm long, blotched with purple in the middle, and toothed at the edge. Flowers monoecious, cymes capitate, often in pairs, cyathium, each cyathium consists of cup-shaped structure, from the centre of which arises a long slender stalk, bearing at its end a 3 lobed ovary. Stamens in five groups arranged in monochasialscorpioid manner. Ovary with single ovule in each locule on axile placentation, style 3, filiform. Fruits yellow, three-celled, hairy, keeled capsules, 1-2 mm in diameter, containing three brown, four-sided, angular, wrinkled seeds.

**Parts used:** Roots, stem and leaves.

#### Traditional uses

- The plant is often used traditionally for female disorders, respiratory ailments (cough, coryza, bronchitis and asthma),
- It is also used to treat worm infestations in children, dysentery, jaundice, pimples, gonorrhoea, digestive problems and tumors.
- Plant is used to boost immunity and restore body's vitality.



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### 93. *Evolvulus alsinoides* Linn.



**Family:** Convolvulaceae

**Synonyms:** *Evolvulus linifolius* Linn., *Convolvulus alsinoides* Linn.

**Vernacular names:** Vishnugiranthi, Dwarf morning glory.

**Botanical Description:** Prostrate ascending, spreading hairy herb. Leaves elliptic, oblong to lanceolate, densely clothed with appressed, white and silky hairs. Flowers solitary, pale blue or nearly white, 6 to 8 millimeters in diameter. Calyx lobes 5, sericeous, acute to acuminate. Corolla rotate, lobes 5. Stamens 5, equal, exserted; anthers oblong. Ovary globose, bilocular; style bifid. Fruit is a capsule, rounded, usually containing 4 seeds.

**Parts used:** Entire plant.

#### Traditional uses

- The plant is used as brain- tonic in traditional systems of medicine like Ayurveda and Unani.
- The plant is used to cure fever, cough, cold, venereal diseases, azoospermia, adenitis, and depression.



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### 94. *Ficus benghalensis* Linn.



**Family:** Moraceae

**Synonyms:** *Ficus banyana* Oken., *Perula benghalensis* Raf.

**Vernacular names:** Aalamaram, Banyan tree, Indian Banyan, Indian Fig.

**Botanical Description:** Tree up to 15m. Leaves alternate, elliptic – ovate, coriaceous, lateral nerves 6-8 pairs, margin entire, puberulous below, base rounded to sub-cordate, apex obtuse to sub-acute; petiole to 4cm, glandular at apex below. Stipule deciduous, leaving annular scars. Fig monoecious, 1 or 2, axillary, depressed-globose, 1.5-2cm across, puberulous, sessile. Bracts 4-5, copular, 6mm, shortly connate, brownish, glabrous. Tepals 3-5, 2mm, brownish, glabrous. Stamen 1; anther oblong, parallel, unequal, shortly mucronate, connective brown; ovary obovoid – globose; style erect or curved. Fruit or fig is orange to red as it matures and contains many very small seeds.

**Parts used:** Leaves, Bark, Root, Fruits, Latex.

**Traditional uses**

- The Indian Banyan is astringent to bowels and useful in treatment of biliousness, ulcers, vomiting, vaginal complaints, fever, inflammations and leprosy.
- The latex is aphrodisiac, tonic and useful in piles, nose-diseases and gonorrhoea.
- The aerial root is used in syphilis, biliousness, dysentery and inflammation of liver.



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### 95. *Ficus benjamina* Linn.



**Family:** Moraceae

**Synonym:** *Ficus benjamina* var. *comosa* King., *Ficus benjamina* var. *bracteata* Corner

**Vernacular names:** Malaicichi, Benjamin Fig, Weeping fig.

**Botanical Description:** Tree grows to a maximum height of 30 m. Leaves alternate, subdistichous, elliptical to ovate, with long pointed ends, base rounded to broadly acute, margin entire, apex acute to shortly acuminate, petiole glandular at apex below, very smooth and shiny, about 3-10 cm long, large mottled white spots on the green leaves. Figs monoecious, axillary, paired, sessile, globose or obovoid, 4-6 (10) mm across, orange, rarely pink to purple. Tepals 3-4, free or shortly united, ovate to lanceolate, brownish, glabrous. Stamen 1, included; anther oblong, parallel, sessile. Ovary ovate, 0.7mm; style tip curved, dilated, stigmatiferous. Fruit achene, smooth, round or pear-shaped, yellow, orange or dark red, and approximately 1.5 inches in diameter.

**Parts used:** Latex, aerial root and leaves.

#### Traditional uses

- It is astringent to bowels; useful in treatment of biliousness, ulcers, erysipelas, vomiting, vaginal complaints, fever, inflammations, leprosy.
- Its latex is aphrodisiac, tonic, vulnerary, maturant, lessens inflammations; useful in piles, nose-diseases, gonorrhoea etc.
- The aerial root is styptic, useful in syphilis, biliousness, dysentery, inflammation of liver etc.



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### 96. *Ficus religiosa* Linn.



**Family:** Moraceae

**Synonyms:** *Ficus caudata* Stokes, *Ficus peepul* Griff.

**Vernacular names:** Arasamaram, Peepal tree, Buddha tree.

**Botanical Description:** Large, fast growing deciduous tree. Leaves coriaceous, alternate, broadly ovate, apex abruptly acuminate, cusp to 8 cm; petiole to 12cm, articulate, glandular at the apex below; stipules ovate-lanceolate, to 1.5cm. Figs monoecious, axillary, paired, sessile, obovoid or globose, 4-6 mm across, ripening pink, purple or black; fig-wall thick; basal bracts copular, margin truncate, puberulous, persistent. Male sessile, tepals 2, free, ovate-lanceolate, 0.7 mm. Stamen 1; anthers oblong; female sessile, tepals 3-4, free, linear-lanceolate, brownish, glabrous. Ovary ovoid - oblong 1 mm, red-brown; style 1.5 mm, dilated above. Gall flowers similar. Achenes smooth.

**Parts used:** Barks, Leaves, Seeds, Fruits, Latex.

#### Traditional uses

- The juice of its leaves extracted by holding them near the fire can be used as the ear drop.
- The leaves are used to treat constipation. Seeds have proved useful in urinary troubles.
- The bark of the tree is useful in inflammations and glandular swelling of the neck. Its root bark is useful for stomatitis, clean ulcers, and promotes granulations.
- The roots are even chewed to prevent gum diseases. Its fruit is laxative which promotes digestion and checks vomiting. Its ripe fruits are good for the foul taste, thirst and heart diseases.



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### 97. *Filicium decipiens* (WT. & ARN.) THW.



**Family:** Sapindaceae

**Synonyms:** *Filicium longatum* Radlk. ex Taub., *Rhus decipiens* Wight & Arn.

**Vernacular names :** Ningal, Nirkongu, Iruvillipalai.

**Botanical Description:** Middle-sized tree; leaves pinnate, leaflets 6-8 pair, glabrous, shining, opposite or some alternate, sessile, linear oblong, midrib prominent. Rachis with a leafy wing on either side between the leaflets, broad at top, narrowing downwards, 4-13 x 1.5-2.5, linear-oblong, apex usually obtuse with retuse tip or rarely acuminate, base asymmetric or cuneate, margin entire, thinly coriaceous, glabrous; midrib raised above. Flowers small, numerous, unisexual, pentamerous, in erect narrow axillary panicles. Sepals narrowly imbricate, glabrous, persistent, petals in male flowers as long as calyx, in female small. Disc very hairy. Ovary globose, 2-celled, 1 ovule in each cell; style short, curved. Drupe ovoid, apiculate, purple shining, seed 1, cotyledons much crumpled.

**Parts used:** leaves and stem bark.

**Traditional uses**

- Leaves used to treat inflammations.
- Stem bark has antioxidant properties.



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### 98. *Geissaspis cristata* Wight & Arn.



**Family:** Fabaceae

**Synonym:** *Zornia disperma* Graham.

**Vernacular names:** Tender eyelashes, Shell bean.

**Botanical Description:** Slender prostrate herbs on marshy areas, rooting at lower nodes. Leaves even-pinnate; leaflets 4, 0.5-1 x 0.2-0.6 cm, obovate, obtuse to emarginate at tip, sessile; petiole 0.5-1 cm long; stipules c. 6 mm long, ovate, spurred at base, ciliate along margins. Flowers in long-peduncled spikes, concealed in closely imbricating bracts; peduncle to 4.5 cm long; bracts 0.8 - 1 cm diam., reniform, reticulate, imbricate, persistent, margins with many long stiff brown cilia. Calyx 2.5 mm long, deeply 2-lipped; upper lip entire, lower 3-toothed. Corolla 3-5 mm long, purplish; standard to 5 x 3 mm, broadly obovate; wings to 3 x 1.5 mm, obliquely obovate; keel incurved, obtuse. Stamens monadelphous; filaments free in the upper portion. Ovary 1 mm long, suborbicular; style incurved; stigma minute. Pods 1-2, jointed, orbicular, reticulately veined, beaked. Seed 2.5 mm long, brown.

**Parts used:** Entire plant.

**Traditional uses**

- The entire plant is used to cure diarrhoea and dysentery.



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### 99. *Glinus lotoides* L.



**Family:** Aizoaceae

**Synonyms:** *Mollugo lotoides* (Linn.) C. B. Clarke., *Doosera esculenta* Roxb. Ex Wight & Arn.

**Vernacular names:** Hairy carpet weed, Serupattai.

**Botanical Description:** A prostrate herb covered with stellate hairs; leaves usually orbicular. Branching often dichotomous. Stipules membranous, cauducous. Flowers axillary, creamish, fascicled or in cymes or racemes; bracts minute. Sepals 5, persistent. Petals 0. Stamens 3-5, subhypogynous, alternate with the sepals, often with the staminodes intermixed. Ovary free, globose or ovoid. 3-5 celled; ovules many in each cell, axile; styles 3-5, linear or small, clavate. Fruit a membranous, oblong, globose or subcylindric, capsule, dehiscence loculicidal. Seeds appendaged in and with a slender white thread curved round them; embryo annular.

**Parts used:** Stem, root, leaves and seeds.

#### Traditional uses

- The entire plant is given as purgative in diseases of the abdomen.
- The dried plant is prescribed by native practitioners for diarrhea.
- The leaf extract is applied to itches and skin diseases.
- The seeds are used in the treatment of tapeworm infestation



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### 100. *Gomphrena globosa* L.



**Family:** Amaranthaceae

**Synonyms:** *Amaranthoides globosus* Maza., *Xeraea globosa* Kuntze

**Vernacular names:** Vaadamalligai, Bachelor's button.

**Botanical Description:** Compact annual herb, grows on upright branching stems. Leaves obovate-lanceolate, 5-10 x 1.5- 4cm, apex acutely apiculate; petiolate. Spikes terminal, sub(globose), 2-3 cm across. Flowers 4mm across; bract ovate, membranous, concave below, acuminate; bracteoles excurrent in to a short awn, crested extending to base. Tepals 5, prominent below, faint above; outer two lanceolate, slightly curved and concave basally; stamens 5; staminal sheath 7mm, teeth deeply 2-lobed; anthers linear, (sub)exserted. Ovary (sub)globose; ovule compressed, reniform; style 3mm, sub -erect. Utricle 2 mm; seed shiny.

**Parts used:** Leaves, Flowers.

#### Traditional uses

- Decoction of dried material or 10 inflorescences used for bronchial asthma, acute and chronic bronchitis, whooping cough.
- Decoction of fresh plant used to wash sores.
- Flower decoction used for inflammation of the eyes, difficulty urinating, headaches, and dysentery.



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### 101. *Gomphrena serrata* L.



**Family:** Amaranthaceae

**Synonyms:** *Gomphrena decumbens* C. Mrituis, *Celosia decumbens* Moq.

**Vernacular name:** Airy Bachelor's button.

**Botanical Description:** Ascending or erect herb; leaves lanceolate, obovate or spatulate, apex obtusely apiculate; petiolate. Spikes terminal and axillary, globose to elongate. Flowers 1.5 mm across; bract concave, membranous, acuminate; bracteoles 5 mm, midrib excurrent, crested, base truncate to cordate, apex shortly acuminate. Tepals 5, faint evanescent above, apex acuminate, acute in inner three. Stamens 5; staminal sheath 6 mm; teeth slightly 2-lobed; anthers oblong, included. Ovary compressed - globose; ovule compressed; style sub-erect to divergent. Utricle 2mm; seed faintly reticulate, shiny.

**Parts used:** Entire Plant.

**Traditional uses**

- Plants are used in treatment of diabetes.



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### 102. *Grangea maderaspatana* (L.) Poiret



**Family:** Apocynaceae

**Synonyms:** *Artemisia maderaspatana* L., *Anthemis maderaspatana* L.

**Vernacular name:** Madras carpet.

**Botanical Description:** Prostrate herb; branchlets pubescent. Leaves alternate, oblong-lanceolate, pinnatifid; pinnules opposite, base decurrent, margin entire, apex apiculate, sessile. Capitulum yellowish, globose, solitary, axillary and terminal, heterogamous, disciform; receptacle convex; involucre broadly campanulate. Outer florets female 2-3 seriate; inner one bisexual. Bisexual florets: corolla tubular - campanulate, sessile, glandular; lobes 5, linearly ovate, acute. Stamens 5, subexserted; anthers oblong, connectives acute. Ovary in both florets sessile-glandular; style 1-3 mm; stigma triangular - ovate, acute. Female florets: corolla tube filiform, lobes 2 - 4 cleft; style shortly bifid; stigma linear, acute. Achene 3-5 gonous, oblong, truncate.

**Part used:** Leaves.

**Traditional uses**

- Leaves are used as a valuable stomachic possessing deobstruent and antispasmodic properties.
- The infusion taken from leaves are used to treat obstructed menses and hysteria.



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### 103. *Gynandropsis pentaphylla* DC.



**Family:** Capparidaceae

**Synonyms:** *Cleome gynandra* L., *Gynandropsis gynandra* L.

**Vernacular name:** Taivelai, Nalavelai, Wild spider flower.

**Botanical Description:** Erect annual herb up to 150 cm tall, strongly branched, stem densely glandular. Leaves alternate, palmately compound with 3 – 7 leaflets; stipules absent; petiole 2–10 cm long, glandular; leaflets almost sessile, obovate to elliptical or lanceolate, cuneate at base, rounded to obtuse, acute or acuminate at apex, margins finely toothed, sparsely to distinctly hairy. Inflorescence a terminal raceme up to 30 cm long; bracteate. Flowers bisexual, white or tinged with purple; pedicel long; sepals 4, free, ovate to lanceolate, up to 8 mm long; petals 4, elliptical to obovate, up to 1.5 cm long, clawed; androgynophore 1–1.5 cm long; stamens 6, purple; ovary superior, stalked, 2-celled. Fruit a long, narrow, cylindrical capsule, many-seeded.

**Parts used:** Leaves, Roots, Seeds.

#### Traditional uses

- A decoction of the root is used to treat fevers.
- The juice of the root is used to relieve scorpion stings.
- The leaves, applied as a poultice, are used as a vesicant and rubefacient in the treatment of rheumatism. The seeds are anthelmintic and rubefacient.
- The whole plant is used in the treatment of scorpion stings and snake bites.



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### 104. *Hamelia patens* Jacq.



**Family:** Rubiaceae

**Synonyms:** *Duhamelia patens* (Jacq.) Pers., *Hamelia erecta* Jacq.

**Vernacular name:** Fire bush, Humming bird bush.

**Botanical Description:** Evergreen, woody shrubs; stem pubescent, sulcate, terete ultimately. Leaves opposite, elliptic, obovate-oblongate, glabrous, veins prominent abaxially, lateral-veins 6-8 paired, apex acute or shortly acuminate, margins entire; stipules 0.25 cm long, filiform, base broad; petiole 0.5-1.1 cm long, angled. Cyme terminal helicoid; flowers sessile, reddish-yellow. Calyx 0.3-0.4 cm long; tube oblong, lobes 5, short, triangular, acute. Corolla lobes triangular. Anthers 1.0 cm exerted. Style 1.4 cm long. Fruits uncommon.

**Parts used:** Leaves, stem.

#### Traditional uses

- The extracts of the leaves and stems to treat all kinds of skin diseases including rashes, skin fungus, sores and insect stings.
- It is also used for the treatment of menstrual cramps, headache, rheumatism, fever, and dysentery.



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### 105. *Hedyotis umbellata* (L.) Lam.



**Family:** Rubiaceae

**Synonyms:** *Oldenlandia umbellata* L., *Hedyotis indica* Roem. & Schult.

**Vernacular names:** Chaayavaer, Dye root.

**Botanical Description:** Erect herb. Leaves decussate, linear – lanceolate, scabrous, rarely chartaceous, 1 nerved, base decurrent, margin revolute, apex acute to apiculate, subsessile. Flowers 3 - 12 dimorphic, pedicellate, sub-capitate, pedunculate umbels; terminal or usually in upper axils. Calyx sub-truncate, puberulous, lobes 4, lanceolate, acute; corolla white, campanulate. Stamens 4, exerted; anthers oblong. Ovary 0.8mm, style stigma linearly 2-fid sheathing. Capsule loculicidal, glabrescent, usually falling off leaving the calyx; persistent calyx-lobes shorter than, rarely as long as, capsule; seeds reticulate.

**Parts used:** Root, stem and leaves.

#### Traditional uses

- This plant is well known in Siddha Medicine for its styptic property.
- It is also a drug that can be administered for bronchial asthma, as a decoction of the entire plant, a decoction made from its root and liquorice in the ratio-10: 4 or the powdered root is given either with water or honey.
- A decoction of the root also is a febrifuge.



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### 106. *Heliconia rostrata* Ruiz & Pavon



**Family:** Heliconiaceae

**Synonyms:** *Bihairo strata* Griggs, *Heliconia poeppigiana* Eichler ex Petersen

**Vernacular names:** Parrot's beak, Lobster claw.

**Botanical Description:** Heliconia with pendent inflorescence, grows 5 feet to 20 feet high in full sun to 50 % of shade. Inflorescence grows up to 3 feet or more long, comprising up to 35 bracts. *Heliconia* Paradise blooms throughout the year and is suitable for planting in containers or larger pots. This magnificent *Heliconia*, called Red Palulu in Suriname, can be found abundantly in the tropical rainforest of the Guianas. It has up to five lanceolate leaves, 6 feet long each. The bracts are light to dark red with a yellow edge and a green top. The seeds are formed in these bracts and are shiny violet.

**Parts used:** Leaves, stem and bracts.

**Traditional use**

- *Heliconia rostrata* is used to treat skin cancers.



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### 107. *Heliotropium indicum* L.



**Family:** Boraginaceae

**Synonyms:** *Heliotropium cordifolium* Moench., *Eliopia serrata* Raf.

**Vernacular names:** Theal kodukkupoondu, Vandunikkirachedi, Scorpion weed.

**Botanical Description:** Subshrubby; tender parts hirsute. Leaves broad, elliptic-ovate, chartaceous, sparsely stigose along nerves on either side, base truncate to attenuate, margin undulate, apex acute, lateral nerves 6 pairs, impressed above, flattened to raised below; petiole to 8 cm. Spikes terminal or leaf opposed, often furcate. Calyx lobes 5, linear-lanceolate, sparsely scabrous without, acute. Corolla 3 mm across, salver-form; tube 4 mm, cylindrical; lobes 5, broadly ovate, 1.5 mm, obtuse. Stamens 5; anthers lanceolate, 1 mm. Ovary globose, 0.7 mm; style 0.7 mm; style 0.7 mm, disciform above; stigma obtuse. Nutlets combined in pairs, 3 mm, angled, beaked above.

**Parts used:** Leaves, roots and flowers.

#### Traditional uses

- Plants are astringent, emollient, vulnerary and diuretic.
- It is used as local application for ulcers, sores, wounds, gum boils, skin affections, stings of insects and rheumatism. Decoction of the roots is used in coughs and fevers.
- Leaves are used for ringworm; juice is used in eye disease; decoction is used in fevers and urticaria.
- Roots are aphrodisiac; used for the cure of night blindness. Seeds are stomachic. The flowers are considered emmenagogue in small doses and abortifacient in large doses.



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### 108. *Hibiscus rosa-sinensis* L.



**Family:** Malvaceae

**Synonyms:** *Hibiscus rosiflorus* Stokes., *Hibiscus festalis* Salisb.

**Vernacular names:** Chembaruthi, Shoe flower.

**Botanical Description:** Herbs or shrubs; Leaves simple, not incised, often with nectariferous glands; stipules ovate-lanceolate. Flowers axillary, solitary, often in racemes or panicles; pedicel usually jointed above or below middle; petals 6, entire, spreading. Epicalyx with 3-10 segments, usually free, sometimes connate, rarely 0. Calyx tube campanulate, 5-lobed or parted, distinctly nerved, often with nectaries. Petals 5, showy. Staminal column slightly longer than petals; dentate at apex, antheriferous throughout. Ovary usually 5-(10) celled; ovules 3 or  $\alpha$  per cell; style 1, distally 5 branched; stigmas discoid or capitate. Capsule globose or ovoid, as many as ovaries, loculicidal; seeds 3 to  $\alpha$  per cell. globose or reniform, glabrous or hairy.

**Parts used:** Leaves and flowers.

**Traditional uses**

- *Hibiscus rosasinensis* helps in inducing abortion, provide treatment for headache.
- The leaves and flowers are used in hair treatment.
- The leaves and flowers are beaten into a paste and poulticed onto cancerous swellings and mumps. The leaves are anodyne, aperient, emollient and laxative.
- A decoction is used as a lotion in the treatment of fevers.



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### 109. *Hibiscus vitifolius* L.



**Family:** Malvaceae

**Synonyms:** *Hibiscus cuspidatus* Edgew., *Hibiscus jatrophifolius* A.Rich.

**Vernacular name:** Manjalthutti.

**Botanical Description:** Subshrub to 1.5 m; branchlets stellate-tomentose, glandular. Leaves unlobed or shallowly 3-7 lobed, more or less densely stellate hairy to almost hairless, ovate - cordate base, chartaceous, minutely stellate above, tomentose below, base (sub)cordate, margin crenate-serrate or dentate, apex acute; petiolate; stipules subulate, to 1 mm. Flowers 4.5 cm across, solitary or 3-5 in a cluster; pedicel to 3 cm, jointed at or below middle, accrescent. Epicalyx deeply parted, segments linear, slender. Calyx-tube to 5 mm; lobes 5, lanceolate, acute. Petals 5, yellow, inside base purplish, obovate, glabrous. Staminal column to 2 cm, shorter than petals, glabrous, antheriferous throughout; filaments to 3 mm. Ovary ovoid, 5-celled, angular; ovules 4 per locule; stylar branches 5, tomentose; stigmas discoid.

**Parts used:** Roots.

#### Traditional uses

- *Hibiscus vitifolius* root extract is been used to treat jaundice in Indian herbal medicine, for it possess liver-protecting properties.
- Also has anti inflammatory and pain relieving properties
- Mucilage from the roots is applied to hair and skin to kill parasites



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### 110. *Hyptis suaveolens* (L) Poitier



**Family:** Lamiaceae

**Synonyms:** *Ballota suaveolens* L., *Hyptis plumieri* Poit.

**Vernacular names:** Vilayatu tulsī, Hyptis, Mint weed.

**Botanical Description:** Erect, strongly aromatic branched annual or short-lived perennial herb up to 3 m tall. Stems 4-angled, velvety with longer hairs and gland dots. Leaves opposite, ovate, 2.5-10 cm long, cordate at the base, velvety on both sides, margin toothed; petiole 1-7 cm long. Young leaves often purple tinged, particularly on the margin. Flowers axillary pedunculate clusters. Calyx with 5 spine-like teeth, often dark purple, glandular. Corolla 2-lipped, mauve with dark purple lines at the base of the broad 2-lobed upper lip. Fruits nutlets about 1.2-1.5 mm long, slightly notched at the ends. Seeds are protected in a spined burr, and this helps greatly in their dispersal.

**Parts used:** Whole plant.

#### Traditional uses

- It is used medicinally as a treatment for indigestion, stomach pain, nausea, flatulence, colds, and infections of the gall bladder.
- The essential oil the plant contains has antibacterial and antifungal properties.
- Besides all this, the plant has insecticidal properties, and is said to be a mosquito-repellant.



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### 111. *Indigofera linnaei* Ali.



**Family:** Fabaceae.

**Synonyms:** *Indigofera dominii* Eichler., *Hedysarym prostratum* L.

**Vernacular names:** Sevappu nerunji, French indigo.

**Botanical Description:** Prostrate, much branched herb. Stem are trailing, velvet-hairy, with white hairs pressed against the stem. Leaves are compound, with 5-9 alternately arranged leaflets, 7-12 mm long, 2-5 mm broad, stalkless, with a rounded or notched tip, velvety on both sides. Inflorescence is a spike, peduncle 0-2 cm long. Bract 2 mm long. Sepal cup 3-4 mm long, velvety towards the outer side, teeth longer than the cup. Pea-shaped flowers are bright red, with the standard petal 4 mm long. Fruit 3-6 mm long, 2-3 mm broad, velvety, 1-3-seeded.

**Parts used:** Roots.

#### Traditional uses

- Indigo also has been used as a nematicide and treatment for a range of ills including scorpion bites and ovarian and stomach cancer.



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### 112. *Indigofera tinctoria* L.



**Family:** Fabaceae

**Synonyms:** *Anila tinctoria* var. *normalis* Kuntze., *Indigofera anil* var. *Orthocarpa* DC.

**Vernacular names:** Avuri, Neelavuri, True indigo, Black henna.

**Botanical Description:** A twiggy shrub, 1.2 - 1.4 m high. Leaves pinnate, up to 5 cm long; leaflets 9-13, obovate - oblong, 1.2 - 2.5 cm long, rounded, apiculate. Flowers small, corolla pink, vexillum 4 - 4.5 mm long. Fruit 1.8-3.8 cm long, 2.5 mm broad, straight or slightly curved, glabrous, 10 - 12-seeded. Pods nearly straight up to 3.5 cm long, linear.

**Parts used:** Leaves, Roots.

#### Traditional uses

- The Indigo Leaves are used to make natural black colour hair dye as well as prepare medicated hair oil.
- The root is crushed and prepared into decoction, and given for abdominal disorders, leucorrhoea, all types of toxicities etc.
- The leaves are crushed, prepared into decoction and given for toxicities, fever, arthritis etc.
- The leaf juice is given in the dose of 10-20ml along with honey twice daily for jaundice, inflammation of liver.
- For poisonous bites the samoolam or the whole plant is ground and applied as a paste over the bitten area. Also the leaf juice is given internally to the patient.



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### 113. *Ipomea marginata* (L.) R. Br.



**Family:** Convolvulaceae

**Synonyms:** *Convolvulus pescaprae* L., *Ipomea biloba* Forsskal.

**Vernacular names:** Musattalai, Kuthirai kulambu, Muyal kaathilai.

**Botanical Description:** Prostrate. Leaves simple, 2-lobed, subcoriaceous, base truncate, rounded or subcordate, apex deeply emarginate, parallel nerved; petiole to 8 cm. Flower(s) showy, solitary or in panicles; peduncle to 6 cm. Calyx-lobes 5, subequal, oblanceolate, decurrent, obtuse, apiculate; inner larger. Corolla pink, 5 cm across, funnel form; tube 3 cm. Stamens 5, pilose below, 0.7 - 1.2 cm; anthers 0.7 cm. Ovary 2 mm; style 2 cm long, pilose. Capsule 1.5 cm across; seeds large, densely brown-velvety.

**Parts used:** Leaves, seeds.

#### Traditional uses

- The seed is a remedy for constipation.
- When chewed with areca nut, it is believed to ease abdominal pains and cramps.
- A decoction of the leaves is being given to treat rheumatic arthritis, and cleansing of infected wounds and ulcers.
- The whole plant is used in a medicinal bath to treat fatigue, strains, arthritis and rheumatism.



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### 114. *Ipomoea quamoclit* L.



**Family:** Convolvulaceae

**Synonyms:** *Quamoclit pinnata* Bojer, Hortusmaurit., *Convolvulus pennatifolius* Salisb.

**Vernacular names:** Mayilmanikkam, Cypress vine, Indian pink.

**Botanical Description:** Vine; branchlets slender, twining. Leaves pinnatifid, lobes linear, acute; stipular leaves small, pinnatifid. Flower(s) solitary, rarely in cymes. Calyx-lobes 5, free, subequal, 0.8 cm, ovate, acute. Corolla deep red, 2 cm across, salver-form; tube 2.5 cm long, inflated above; lobes broadly ovate to triangular, acute. Stamens 5, to 3 cm, exserted; anthers 2.5 mm. Ovary conic, 1 mm, 4-locular; style 3 cm; stigma bi-globose. Capsule 0.5 cm across; seeds oblong; septum persistent, white membranous.

**Parts used:** Leaves, stem.

#### Traditional uses

- The plant is considered cooling and purgative
- It is also used to treat cancer and Breast pain.
- Pounded leaves are applied to bleeding piles and as a plaster to carbuncles.



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### 115. *Ixora coccinea* L.



**Family:** Rubiaceae

**Synonyms:** *Ixora coccinea* var. *rosea* Corner, *Ixora coccinea* var. *bandhuca* (Roxb.) Kurz.

**Vernacular names:** Vetchi, Idly poo, Koran poo, Scarlet Ixora.

**Botanical Description:** Shrub to 4 m. Leaves elliptic-ovate to oblong, 6 - 9 x 3 - 4 cm, coriaceous, lateral nerves 6 - 8 (10) pairs, base rounded to (sub)cordate, apex acute, (sub)sessile. Cymes 8 cm across. Calyx (sub)truncate, 2 mm, 4-toothed; teeth triangular, acute. Corolla deep red, 2 cm across; tube 3.5 cm; lobes 4. (sub acute, 1 x 0.5) cm. Stamens 4; filaments 1 mm; anthers 3.5 mm, acuminate. Ovary 1.8 x 1.5 mm; style 3.7 cm.

**Parts used:** Leaves, Roots, Flowers.

#### Traditional uses

- Roots are sedative and stomachic; used in hiccup, fever, gonorrhoea, diarrhoea and dysentery.
- The flowers are used in the treatment of dysentery, leucorrhoea, dysmenorrhoea, haemoptysis and catarrhal bronchitis.
- The leaves are used in diarrhoea. The plant is considered cooling and purgative.



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### 116. *Jasminum sambac* (L.) Aiton.



**Family:** Oleaceae

**Synonyms:** *Nyctanthes sambac* L., *Jasminum odoratum* Noronha.

**Vernacular names:** Malligai, Jasmine.

**Botanical Description:** Erect or scandent shrub. Leaves simple, elliptic to obovate-oblongate, chartaceous, pubescent along nerves, base rounded, acute or truncate, apex acute to acuminate, nerv. axils glandular below; petiole to 0.5 cm. Cymes 3- flowered, terminal to 2cm; bract linear-subulate. Calyx lobes 5- 7, curled, 7 mm, hispid, acuminate. Corolla 2.5 cm across; tube 1.8 cm; lobes oblong 1.5 cm, mucronate. Stamens 2, included; filaments 1mm; anthers 4.5 mm, apiculate. Ovary 1mm; style 1 mm; stigma forked, 5 mm. Berry globose, 0.8x0.7 cm, green turning violet; seed globose.

**Parts used:** Leaves, Roots, Flowers.

#### Traditional uses

- The plants are used for the treatment of insanity, weakness of sight and infections of the mouth.
- Roots are used as an emmenagogue.
- The dried leaves soaked in water are used as a poultice in indolent ulcers.
- The flowers act as a lactifuge; bruised flowers applied to breasts to arrest secretion of milk in puerperal state in cases of threatened abscess.
- It is used against indolent and Breast tumour.



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### 117. *Jatropha gossypifolia* L.



**Family:** Euphorbiaceae

**Synonyms:** *Adenoropium gossypifolium* (L.) Pohl, *Jatropha elegans* Kl.

**Vernacular names:** Aatalai, Bellyache-bush, Kaattaamanakku.

**Botanical Description:** Shrub; branchlets glandular hairy. Leaves in close spirals, deeply 3-5 lobed, base (sub)cordate; lobes obovate, margin glandular-hairy, apex acute; petiolate; stipules ciliate, to 5mm, glandular. Cymes 6 cm; bracts lanceolate, 1 cm, smaller above, obovate in successive branchlets; pedicelate. Flowers red unisexual. Outer tepals glandular-hairy, acuminate; inner ones reddish, campanulate; lobes ovate, 4 mm, ciliate, obtuse. Stamens 8, (sub) biseriate, 5+3; filaments basally connate, inner 3 longer; anthers ditheous. Ovary 2x2 mm; styles 1.5 mm. Capsule 3-lobed; seeds oblong. Conspicuously glandular on purplish green tender parts.

**Parts used:** Leaves, Roots.

#### Traditional uses

- A decoction of the bark is used as an emmenagogue.
- The leaves are purgative; applied to boils, carbuncles, eczema and itches.
- Sap exudates taken from leaf petiole is mixed with molasses and given to cure dysentery.
- Seeds are drastic purgative and emetic.
- Seed oil is used in skin diseases and as an external stimulant in rheumatism and paralytic affections. Regular brushing with the twigs keeps the teeth and gum disease free and cures tooth-ache.



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### 118. *Justicia adhatoda* L.



**Family:** Acanthaceae

**Synonyms:** *Adhatoda arborea* Raf., *Adhatoda vasica* Nees

**Vernacular name:** Adathodai, Pavettai.

**Botanical Description:** Dense shrub; leaves lance-shaped, 10 - 15 cms in length, opposite, entire; cystoliths occur beneath the epidermis of the underside of the blade; inflorescence shows large, dense, axillary spikes; flowers subsessile in the axils of opposite bracts, white with the throat barred with red or yellow; calyx lobes imbricate, 5-partite, 2 lowest often sub-conate; corolla tube short, limb two-lipped, the upper lip galeate sub entire, the lower spreading, 3-lobed; stamens 2, near the top of the corolla tube; anthers 2-celled; ovules 2 in each cell; style filiform; stigma entire; fruits pubescent with club-shaped capsules.

**Parts used:** Root Leaves.

#### Traditional uses

- Leaf juice with honey and ginger juice is good for chronic and acute cough. Inhale the smoke of dried leaves relieves asthma. Decoction of root cures urinary retention.
- Leaf juice with honey and ground gold stops bleeding instantly. Ground leaf is good for applying in rheumatic swelling and in allergic skin.
- Decoction made up of leaf juice, honey, cumin seed, ginger and onion cures asthma.
- Leaf juice is the best medicine for elevating decreased count of platelet during viral fevers like dengue. Leaf juice with jaggery is good for reducing excessive menstrual flow.



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### 119. *Justicia betonica* L.



**Family:** Acanthaceae

**Synonyms:** *Adhatoda betonica* (L.) Nees, *Betonica frutescens* Bontekoe.

**Vernacular names:** Velimungil, Squirrel tail.

**Botanical Description:** Shrubby to 2(3) m; branchlets green, striate. Leaves ovate-lanceolate, to obovate, 7-15 x 4-7 cm, base acute to attenuate, margin entire to crenate, apex acuminate; petiole to 3 cm. Spikes 1-3, terminal or subterminal, 8-15 cm; bracts and bracteoles similar, leafy, elliptic to ovate, 1.5 x 0.7 cm, scarious with green nerves, ciliate, shortly acuminate. Calyx lobes 5, obovate - lanceolate, 4 x 1.5 mm, 3-ribbed, puberulous, shortly acuminate. Corolla 8 x 5 mm across, pubescent without; tube cylindrical, 5 mm; upper and lower lips 9 mm each. Stamens 2, to 6 mm, curved; anther cells to 1.5 mm. Ovary oblong, 2 mm, pubescent; style 1 cm, hairy. Capsule 1.5 x 0.5 cm, apically mucronate with a solid, basal beak, pubescent; seeds spinulose when wetted. Flowers, white with purple lines outside and throat of deeper colour and fruits through the year.

**Parts used:** Leaves, Roots.

#### Traditional uses

- *Justicia betonica* is used in the treatment of gastrointestinal disorders.
- The leaves are used in the treatment of diarrhea, while the inflorescence is used to treat vomiting and constipation.
- The poultice made from the crushed leaves to get relief from the pain and swelling.



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### 120. *Kedrostis foetidissima* (Jacq.) Cogn.



**Family:** Cucurbitaceae

**Synonyms:** *Trichosanthes foetidissima* (Jacq.), *Kedrostis rostrata* (Rottler) Cogn.

**Vernacular names:** Appakovai, Stinking kedrostis.

**Botanical Description:** Vine; branchlets glandular-pubescent. Leaves broadly ovate-cordate, faintly 3-5 angled, chartaceous, softly pubescent, margin irregularly dentate, apex acute; tendrils simple; petiole to 2.5 cm. Flowers Monoecious. Male flowers filiform; calyx tube campanulate 2mm, pubescent; lobes 5, linear, 2mm. Corolla rotate, yellow; petals elliptic, glandular pubescent. Stamens 3; inserted in the middle of calyx tube; filaments free; anthers suborbicular, one 1 celled, others 2 celled, free or slightly coherent. Female: 8 mm across, solitary; pedicel to 1mm. Ovary oblong-fusiform, 8mm, rostrate, glandular-pubescent; placentae 3; ovules a few horizontal; style glabrous, 3 mm; stylar disc small; stigma 3-lobed. Fruit flask-shaped, to 2.5 cm, rostrate; seeds obovoid, 4mm, turgid, granular.

**Parts used:** Leaves and young stem.

#### Traditional medicine

- *Kedrostis* leaves are used in the treatment of skin diseases, measles, chest pain, asthma and urinary tract infections.
- Treats measles. Leaves are antibacterial in nature.



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### 121. *Lactuca serriola* L.



**Family:** Asteraceae

**Synonyms:** *Lactuca latifolia* Boiss., *Lactuca altaica* Fisch. & C.A.Mey.

**Vernacular names:** Salattu, Prickly lettuce.

**Botanical Description:** Biennial herb, green and glaucous; stem stiff, leafy, usually paniculately branched, glabrous throughout or bristly-hirsute at the base. Leaves oblong or oblong-lanceolate, spinulose-margined, denticulate or pinnatifid, sessile or auriculate-clasping, the upper much smaller; midrib spinulose or hispid; heads 3.5 – 6 cm broad, 6-12 flowered; very numerous in an open panicle; involucre cylindrical, outer bracts about one-third the length of the inner; rays yellow; achenes obovate-oblong, about as long as the filiform beak; pappus white. Fruits oblong, about 1/10-inch long, brownish, and end with a slender beak. A soft white tuft of bristles (pappus) arises at the end of the beak.

**Parts used:** Entire plant.

#### Traditional uses

- The whole plant is rich in a milky sap lactucarium, used as mildly pain-relieving, antispasmodic, digestive, urination-inducing, hypnotic, narcotic and sedative.
- Lactucarium has been taken internally in the treatment of insomnia, anxiety, neuroses, hyperactivity in children, dry coughs, whooping cough, rheumatic pain.



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### 122. *Lantana camara* L.



**Family:** Verbenaceae

**Synonyms:** *Lantana aculeate* L., *Lantana asperata* Vis.

**Vernacular names:** Unnichedi, Big sage, Wild sage.

**Botanical Description:** Shrub to 3-4 m forming extensive and impenetrable thickets on the hills. Flowers nearly through the year. Leaves simple, rugose, penninerved, nerves impressed above, raised below, margin crenulate or crenate, petiolate. Flowers subsessile. Spikes erect, armed, condensed, axillary or elongate in fruit. Calyx not ribbed, truncate, lobes obscure. Corolla salver form, tube cylindrical, inflated over stamens. Stamens 4, anthers 2-celled. Ovary oblong-globose, 2-locular; ovule 1 per cell, axile; stigma oblong, lateral. Drupe fleshy, through the year, ripening dark blue.

**Parts used:** Leaves, Bark.

#### Traditional uses

- *Lantana camara* leaves are boiled and applied for swellings and pain of the body.
- Its bark is astringent and used as a lotion in cutiginous eruptions, leprous ulcers.
- Alkaloidal fractions, obtained from leaves, have been found to lower blood pressure, accelerate deep respiration and stimulate intestinal movements in experimental animals.



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### 123. *Leucaena leucocephala* (Lam.) De Wye.



**Family:** Fabaceae

**Synonyms:** *Leucaena glauca* Benth., *Mimosa leucocephala* Lam.

**Vernacular names:** Periyathaharai, Naattucavindaal, Subabul tree.

**Botanical Description:** Shrub or tree up to 18 m tall, forked when shrubby and branching strongly after coppicing with greyish bark and prominent lenticels. Leaves bipinnate with 4 - 9 pairs of pinnae, variable in length up to 35 cm, with a large gland (up to 5 mm) at the base of the petiole; leaflets 11 - 22 pairs / pinna, 8 - 16 mm x 1 - 2 mm, acute. Flowers numerous, in globose heads with a diameter of 2-5 cm; stamens (10 per flower), pistil 10 mm long, anthers pilose, dehiscing at dawn. Pod 14 - 26 cm x 1.5-2 cm, pendant, brown at maturity. Seeds 18 - 22 per pod, 6 - 10 mm long, brown.

**Parts used:** Leaves, bark, root.

**Traditional uses**

- A decoction of the root and bark is taken as a contraceptive, ecbolic, depilatory or emmenagogue.
- The bark is eaten for internal pain.



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### 124. *Leucas aspera* (Willd.) Link



**Family:** Lamiaceae

**Synonyms:** *Leucas plukenetii* (Roth), *Phlomis aspera* Willd.

**Vernacular names:** Thumbai, Common leucas.

**Botanical Description:** Scabrid, erect or diffuse herb to 50 cm; hairs spreading. Leaves linear-lanceolate, chartaceous, puberulous, base cuneate, margin entire to serrate, apex acute; petiole to 0.3 cm. Verticils terminal and axillary; bracts lanceolate, equaling calyx. Calyx tubular, 6mm, upper half strigose, glabrous below; mouth oblique, 10-toothed; teeth unequal, posterior the longer, linear, 1mm. Corolla 4x1mm across; tube 6mm, obliquely annulate within; upper lip 3.5 mm, villous without; lower lip 8 mm. Stamens 4; filament pairs 4-5 and 6 mm; anthers 0.6 mm. Ovary 0.5 mm; style 8 mm.

**Parts used:** Leaves.

#### Traditional uses

- The juice of the leaves is used as local application for psoriasis, chronic skin eruptions and chronic rheumatism.
- Essential oils from *Leucas aspera* possessed antimicrobial activity.
- The leaves are effective in treating cold, fever.



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### 125. *Magnolia champaca* (L.) Baill. Ex Pierre



**Family:** Magnoliaceae

**Synonyms:** *Michelia pilifera* Bakh. F., *Michelia aurantiaca* Wall.

**Vernacular names:** Champak, Shenbagam.

**Botanical Description:** Trees, leaves evergreen or deciduous, enveloped in bud in their connate, convolute stipules. Flowers solitary, axillary or terminal. Sepals and petals similar, 9-15 or more, in 3 or more rows. Stamens numerous, many seriate, with flat filaments; anthers adnate, introrse. Carpels in a loose stalked spike; stigma decurrent; ovules 2 or more. Fruit a lax or dense spike of coriaceous dorsally dehiscent carpels. Seeds pendulous from the carpels by a long thread; outer wall of testa fleshy; albumen oily.

**Parts used:** Barks of stem and roots, flowers and fruits.

#### Traditional uses

- The decoction cures fever, ulcers and cough.
- Flower buds are used in treating diabetes.
- The bark extract is used as cardiac tonic.
- Flowers and fruits are used to cure worm infestations.
- Good remedy for bleeding disorders such as nasal bleeding and heavy periods etc.



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### 126. *Mangifera indica* L.



**Family:** Anacardiaceae

**Synonyms:** *Mangifera austroyunnanensis* Hu., *Mangifera laurina* Blume.

**Vernacular names:** Mamaram, Mango tree.

**Botanical Description:** Tree to 20 m; branchlets glabrous. Leaves oblong or elliptic-lanceolate, 10-20 x 2.5-4.5 cm, coriaceous, nerves over 15 pairs, base cuneate-subacute, margin entire, apex acuminate; petiole to 3 cm. Panicles terminal, over 25 cm; peduncle-axes divaricate; pedicel jointed, to 2 mm. Flowers male or bisexual (polygamous) male: 3.5 mm across. Fertile stamen solitary, 1-5 mm; staminodes 4, to 0.7 mm. Bisexual: 5 mm across. Calyx-lobes 5, ovate, 2 mm, hairy without, caduceous. Petals 5, cream, oblong-obovate, 4 mm, imbricate, subequal, nerves at base gland-crested. Disc caupular, 4-5 lobed. Stamens 5, inserted inside disc, fertile stamen (S) 1 or 2; filaments free, glabrous; anthers ovoid; staminodes 3 or 4, apically gland-tipped. Ovary oblique, sessile, 1-celled; style lateral, 1mm; stigma simple. Drupe ovoid-oblong.

**Parts used:** Entire plant.

#### Traditional uses

- The bark contains mangiferine and is astringent and employed against rheumatism and diphtheria in India. The resinous gum from the trunk is applied on cracks in the skin of the feet and on scabies, and is believed helpful in cases of syphilis.
- Mango kernel decoction and powder (not tannin-free) are used as vermifuges and as astringents in diarrhea, hemorrhages and bleeding hemorrhoids.
- The leaf decoction is taken as a remedy for diarrhea, fever, chest complaints, diabetes, hypertension and other ills. A combined decoction of Mango and other leaves is taken after childbirth.



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### 127. *Marsilea quadrifoliata* L.



**Family:** Marsileaceae

**Synonyms:** *Marsilea polycarpa* Hook. & Grev., *Marsilea brasiliensis* Mart.

**Vernacular names:** Neeraraikera, Four leaf clover.

**Botanical Description:** Aquatic herb, slender petioles usually glabrous (sometimes pubescent) and 5.5-17 cm (2-6 in.) long; occasionally reach 30 cm, if the plant is rooted deeply. Leaves resemble a four-leaf clover, triangular-ovate in shape. Emergent leaves 7-30 mm (0.25-1 in.) long and about the same in width, while the leaflets of floating leaves are a bit larger; usually glabrous, but can be sparsely pubescent when young. Peduncles bear dark brown sporocarps (fruit case containing sporangia) attached 1-12 mm (0.04-0.5 in.) above the base of the petiole. Peduncles 3-20 mm (0.1-0.8 in.) long and can be simple or branched; bear 2 or 3 sporocarps 4-5.5 mm (0.2 in.) long and 3-4 mm (0.1 in.) wide and 2.5 mm (0.1 in.) thick. Sporocarps oval to elliptical in shape, pubescent when young, but soon glabrate.

**Parts used:** Leaves.

**Traditional uses**

- The plant is anti-inflammatory, diuretic, depurative, febrifuge and refrigerant.
- A juice made from the leaves is diuretic and febrifuge.
- The plant is also applied externally in the treatment of snakebites and skin injuries, including abscesses.



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### 128. *Millingtonia hortensis* L.



**Family:** Bignoniaceae

**Synonyms:** *Bignonia hortensis* (L.f.) Oken, *Bignonia azedarachta* König & Sims.

**Vernacular names:** Maramalli, Indian cork tree.

**Botanical Description:** A tall tree with corky bark. Leaves opposite, 2-3 pinnate, leaflets entire or serrate. Flowers in terminal corymbose panicles. Calyx small, campanulate, truncate or with 5 short teeth. Corolla white, tube long slender; limb obscurely bilabiate; lobes 5, subequal. Stamens 4, didynamous, shortly exerted; anthers 1-celled, the second cell rudimentary, hooked. Disk annular. Ovary subsessile, cylindrical conical; ovules many 1- or more- serrate; style slender; stigma 2-lobed. Fruit an elongate linear capsule compressed parallel to the septum, septicidally 2-walled. Seeds very many, flattened, with a broad hyaline wing.

**Parts used:** Wood, roots, flowers and leaves.

**Traditional uses**

- A decoction of root is given to control food poisoning.
- The same decoction of the root is also used to reduce fever.
- The decoction of the root is also used as a lung tonic and also a bronchodilator.
- The dried flowers are smoked as a treatment for asthma.



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### 129. *Mimosa pudica* L.



**Family:** Mimosoideae

**Synonyms:** *Mimosa pudica* L. var. *tetrandra* (Willd.) DC., *Mimosa pudica* L. var. *unijuga* Griseb.

**Vernacular names:** Thottaar sinungi, Touch-me-not, Sensitive plant.

**Botanical Description:** Prickly herb; leaves bipinnate; leaflets small, more or less sensitive, cauducous, the rachis usually prickly. Pinna of the leaves 1-2 pairs digitately arranged. Flowers small, polygamous in globose heads on axillary, solitary or fascicled peduncles, the upper peduncles often forming the terminal raceme; bracts small, deciduous; bracteoles stiff, bristly. Calyx very small, campanulate, shortly 4-toothed, petals 4, connate below, valvate. Stamens as many as the petals, exerted; filamentous, filiform. Ovary stipitate, many-ovuled; style filiform; stigma minute, terminal. Pod flat, membranous, 1 inch long, of several 1-seeded joints that separate when ripe from each other and form persistent sutures with many spreading bristles. Seeds ovoid or orbicular or flattened, albuminous.

**Parts used:** Leaves, roots and stem.

**Traditional uses**

- Pulped leaves are used in India on glandular swellings
- The entire plant is pulped and rubbed onto pains in their body sides and kidneys.
- The leaves are used for lumbago and nephritis.
- All parts of the plant have been used to combat glandular tumours and uterine cancer.
- The leaf-sap is applied for sinus disorders, and rubbed onto sores and piles.
- *M. pudica* has also been used for treating dysentery, urinary complaints and snake-bites.
- Root extracts have shown anti-bacterial action, and along with the seeds are purgative and emetic.



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### 130. *Mimusops elengi* L.



**Family:** Sapotaceae

**Synonyms:** *Mimusops parvifolia* R.Br., *Mimusops latericia* Elmer.

**Vernacular names:** Magizham, Elanji.

**Botanical Description:** Trees with milky juice. Leaves chartaceous or coriaceous, elliptic, shortly acuminate at apex, rounded or narrowed at base, globose with many usually inconspicuous parallel main nerves. Flowers axillary, pedicellate, solitary or fascicles. Calyx 8 lobes in 2- series, outer valvate enclosing the inner imbricate. Corolla - tube short, lobes 18, 24 or more in two rows, 1-3<sup>rd</sup> in the inner and the rest in the outer row. Stamens 8 attached to the corolla- tube opposite to inner lobes; filaments short, free or connate in a tube with the staminodes; anthers lanceolate, extrorse, acuminate; staminodes, subpetaloid, usually fimbriate, fillose. Ovary hirsute, 6-8 celled; style subulate. Fruit a ovoid berry.

**Parts used:** Bark, flowers, fruits, seeds

#### Traditional uses

- The bark, flowers, fruits and seeds are astringent, cooling, anthelmintic, tonic, and febrifuge.
- It is mainly used in dental ailments like bleeding gums, pyorrhea, dental caries and loose teeth
- Extract of flowers used against heart diseases, leucorrhoea, menorrhagia and act as antidiuretic in polyuria and antitoxin.
- The ripe fruit pounded and mixed with water is given to promote delivery in childbirth.
- Powder of dried flowers is a brain tonic and useful as a snuff to relieve cephalgia.
- Decoction of bark is used to wash the wounds.



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III. *Morinda tinctoria* Roxb.



**Family:** Rubiaceae

**Synonyms:** *Morinda multiflora* Roxb., *Morinda citrifolia* L.

**Vernacular names:** Nunna, Manja naval, Noni.

**Botanical Description:** Erect or climbing shrubs or trees.; branchlets terete or obscurely 4-gonous. Leaves opposite, rarely ternate, usually pubescent or tomentose, upto 6 inch in long; stipules usually bifid. Flowers in axillary or terminal. Simple panicle or umbellate heads. Calyx - tube urcelate or hemispheric; limb short, truncate or occasionally with one large leafy bract like lobe. Corolla- tube more or less funnel shaped, short or long; lobes 4 or 5, occasionally more, valvate in bud. Stamens as many as the corolla-lobes, on the throat of the corolla; filaments short; anthers linear or oblong. Ovary 2 or spuriously 4-celled; ovules solitary, ascending from near the base of the septum; style slender with two stigmatic branches. Fruit a syncarpium of bony or cartilaginous pyrens. Seeds oblong or obovoid.

**Parts used:** Whole plant

#### Traditional uses

- Whole plant of the Noni is used for joint pains, immune problems and pain relief
- It is also used for cellular regeneration, cancerous cells to a non-cancerous state
- Eye problems, skin wounds, gum and throat problems, respiratory problems, constipation can be cured. The plant extract is good for stomach pains and post delivery pains
- Its fruit contains a number of enzymes (proteins) and alkaloids that are believed to play a pivotal role in promoting good health.



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### 132. *Morus indica* Griff.



**Family:** Moraceae

**Synonyms:** *Morus alba* Linn. *Morus intermedia* Perr.

**Vernacular names:** Mulberry tree.

**Botanical Description:** Shrubs. Leaves alternate, stipules lateral. Flowers monoecious, crowded on a flat, simple or lobed receptacle. Perianth of male more or less connate and adnate to the receptacle, obscurely 2-lobed or toothed of female immersed in the receptacle, mouth almost closed. Stamens 1-3, inflexed in bud. Pistillode 0. Ovary included; ovule pendulous; style eccentric or lateral or with 2- subulate arms. Fruits a minute, crustaceous achene. Albumen 0; cotyledons subequal, contorted, embracing the upcurved radicle.

**Parts used:** Roots, leaves and fruits.

**Traditional uses**

- The roots, leaves and fruits of mulberry helps control blood sugar, diabetes, food poisoning, tape worm, and reduce bad cholesterol.
- Mulberry tree for use in all infections of the mouth and throat.



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### 133. *Mukia maderaspatana* L.



**Family:** Cucurbitaceae

**Synonyms:** *Melothria maderaspatana* (L.) Cogn., *Bryonia cordifolia* L.

**Vernacular names:** Musumuskkai.

**Botanical Description:** Slender, prostrate herb, tendril simple, rarely bifid. Leaves simple, hirsute, scabrous, lobed. Flowers small, monoecious or dioecious, yellow or white; male in racemes, corymbs or umbels, sometimes fascicled, rarely solitary; female solitary, fascicled or in umbels. Calyx campanulate; lobes 5. Corolla deeply 5 partite, the lobes entire. Stamens 3, inserted on the tube, rarely at the base of the calyx, filaments free; anthers free, or slightly cohering, 1-celled, the others 2-celled; female flowers staminodes 3 or 0. Ovary ovoid, globose or fusiform, constricted below the flower; ovules usually many on 3-placentas; style short surrounded by an annular disc; stigmas 3 rarely 2; male flowers pistillodes globose or annular. Fruits a globe berry, many or few seeded. Seeds ovoid or sub-globose, usually compressed and margined, rugose.

**Parts used:** Seeds, roots and leaves.

#### Traditional uses

- A paste of the leaves is consumed orally to derive general good health and disease resistance.
- Fresh leaf juice is consumed orally to get relief from cold, cough and giddiness.
- Leaf paste is externally applied to treat wounds, scabies and the ring worm infection.
- Leaves and young fruits are administered to treat ulcer and urinary complaints.
- To treat symptoms of burning sensation, dipsia, flatulence, colic ulcers, cough, asthma, neuralgia and vertigo. Decoction of roots is used for the relief of tooth ache.



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### 134. *Muntingia calabura* L.



**Family:** Muntingiaceae

**Synonyms:** *Muntingia rosea* H.Karst., *Muntingia calabura* var. *trinitensis* Griseb.

**Vernacular names:** Bird cherry, Strawberry tree, Jamaica Cherry.

**Botanical Description:** Shrub or tree. Branchlets densely villous, glandular, slightly viscid. Leaves oblong - lanceolate, prominently inequilateral, chartaceous, 3-5 nerved, villous above, woolly below, base obtuse, margin serrate, apex acuminate; petiole to 5mm, stipules linear. Flowers in pairs, sometimes solitary; pedicellate. Sepals 5, lanceolate, acuminate. Petals 5, white, ovate or suborbicular. Disk annular, glandular-pilose. Stamens numerous, subperigynous, inserted on the disc; filaments 1cm. ovary semiinferior, ellipsoid, 5-celled; ovules numerous per cell; stigma sessile, grooved. Berry globose, red when ripe, with numerous seeds.

**Parts used:** Fruits, flowers, leaves and leaves.

#### Traditional uses

- The flowers are said to possess antiseptic properties
- An infusion of the flowers is valued as an antispasmodic
- It is taken to relieve headache and the first symptoms of a cold
- The leaves make a flavorful tea when steeped in hot water.



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### 135. *Murraya koenigii* (L.) Sprengel

### 136. *Musa paradisiaca* L.



**Family:** Musaceae

**Synonyms:** *Musa sapientum* L., *Musa paradisiaca* var. *acicularis* G.Forst.

**Vernacular names:** Banana, Vazhai.

**Botanical Description:** Erect herbs, shrubs or trees, the stems composed of convolute leaf-sheaths. Leaves spirally arranged, very large, oblong. Flowers monoecious on stout, elongate, bracteate spikes, male above, female below; bracts spirally arranged, large, ovate or orbicular. Sepals and 2 petals usually connate into a 3-5 lobed tube split down one side, remaining petal opposite the split, free, as long as the calyx, embracing the base of the stamens and style. Stamens 5 (rarely 6) perfect, 6<sup>th</sup> usually rudimentary or absent; filaments erect, stoutly filiform; anthers erect. Ovary many-ovuled; style filiform; stigma subglobose, 3-6 lobed. Fruit baccate, large, oblong. Seeds subglobose or angled by compression, embedded in pulp.

**Parts used:** Whole plant.

#### Traditional uses

- The flowers are used to treat bronchitis, dysentery and on ulcers. Cooked flowers are given to treat diabetics. Young leaves are placed as poultices on burns and other skin afflictions
- The astringent plant sap in cases of hysteria, epilepsy, leprosy, fevers, hemorrhages, acute dysentery and diarrhea, and it is applied on hemorrhoids, insect and other stings and bites
- The astringent ashes of the unripe peel and of the leaves are taken in dysentery and diarrhea and used for treating malignant ulcers. Banana seed mucilage is given in cases of diarrhea.
- The roots are administered in digestive disorders, dysentery and other ailments.



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### 138. *Ocimum basilicum* L.



**Family:** Lamiaceae

**Synonyms:** *Ocimum album* L., *Ocimum anisatum* Benth.

**Vernacular names:** Sweet basil, Thiruneertu pachilai.

**Botanical Description:** A small herbaceous plant with large leaves, strongly aromatic from oil glands. Racemes elongate the whorls close; two lower teeth of the calyx longest. Fruiting calyx large, hairy or glabrous, the upper lip often 0.25 inches in diameter and saucer shaped; racemes long and closely whorled or shorter and much paniced, floral leaves conspicuous till they fall; leaves variable, ovate or lanceolate, acute, cuneate at base, entire or dentate, usually glabrous, upto 3 inches long, 1.5 inches broad, but usually smaller; nutlets large, pitted, very mucilaginous when wetted.

**Parts used:** Whole plant.

#### Traditional uses

- Basil plant and its various parts are used in case of insect bite, fever, cardiac diseases, gynaecological disorders, respiratory problems, skin disorders, etc.
- Holy basil is used as voice improver and acts as a germicide and bactericide.
- It is good to prevent malaria and an effective pain killer.
- It is also known as healer of all diseases.



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**Family:** Lamiaceae

**Synonyms:** *Ocimum americanum* L., *Ocimum album* Roxb.

**Vernacular name:** Naai thulasi.

**Botanical Description:** An erect much-branched herb, with white pink or pinkish or purplish fls used in medicine. Fruiting calyx small, villous and pilose, the upper lip recurved often to nearly middle teeth of lower lip long and curved. Fruiting calyx villous within, the pedicel shorter an except at tip; leaves elliptic-lanceolate, entire or slightly serrate, long-petioled, pubescent, upto 1.5 long, 0.5 inches broad; nutlets small, pitted, mucilaginous when wetted.

**Parts used:** Whole plant.

#### Traditional uses

- *Ocimum Canum* is highly useful in treating various types of diseases and in lowering blood g especially in type 2 diabetes levels.
- The herb can be used to treat colds, fevers, parasitic infestations on the body and inflamma joints and headaches. It was used as an insect repellent to counter the insect damages post harv
- The traditional medicine recognized its value in the treatment of fevers, dysentery and problems. The leaves are used for flavoring purposes.
- It is used in various types of religious functions as part of rituals and as incense to protect the h
- The oil of the *Ocimum canum* is composed of Linalool. The seeds may provide dietary fiber or constipation.



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### 140. *Ocimum tenuiflorum* L.



**Family:** Lamiaceae

**Synonyms:** *Ocimum caryophyllum* F.Muell., *Ocimum sanctum* L.

**Vernacular names:** Nalla tulasi, Holy basil

**Botanical Description:** An erect much-branched softly pubescent undershrub with red or purple small flowers. Leaves opposite or whorled, margin serrate, undulate, apex acutely apiculate; petiolate. Inflorescence to 10 cm, bracts broadly ovate, sessile, shortly acute; calyx purplish, lobes 5, upper lip ovate, acute, hispid; corolla white, purplish, lobes 5, upper lip sericeous, obtuse. Stamens 4, filaments villous at the base of upper pair. Ovary 0.5 mm; style 4.5 mm; calyx not much enlarged in fruits.

**Parts used:** Whole plant.

#### Traditional uses

- Holy basil is most often prepared as a tea or smoked alone or as part of a blend.
- The essential oil that is extracted from leaves is widely used in skin treatments due to its powerful anti-bacterial activity and the dried leaves have even been mixed with stored grain to prevent pest infestation.
- Plant is used to treat common colds, headaches, stomach disorders, inflammation, heart disease, poisoning and malaria.
- Plant contains high levels of eugenol and therefore is effective as a pain killer.
- The plant used to reduce blood glucose levels, making it an effective treatment for diabetes.
- It even lowers cholesterol and may also be helpful in protecting individuals from radiation poisoning and cataracts.
- The leaves are used to make baths for the purpose of its sedative, nervine and antipyretic effects.



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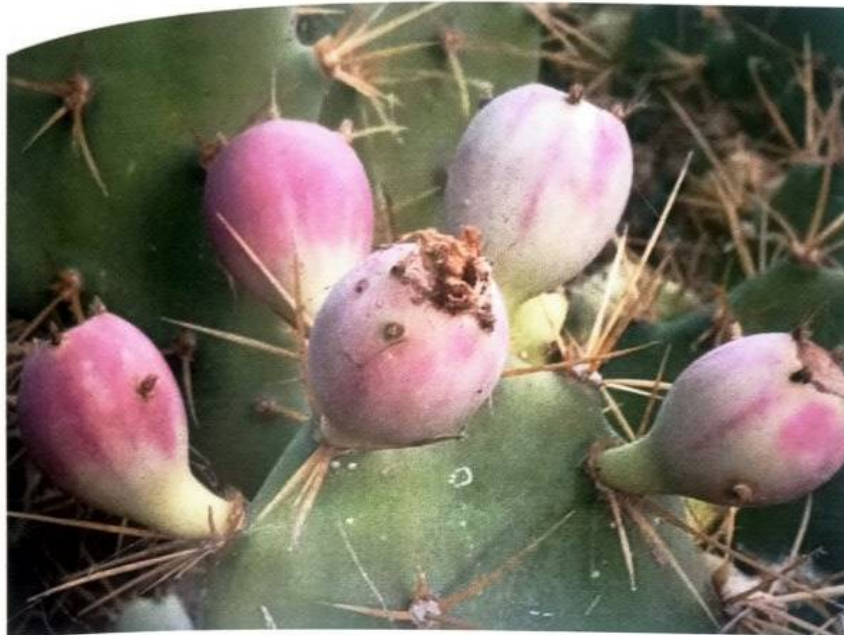
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### 141. *Opuntia stricta* (Haw.) Haw.



**Family:** Cactaceae

**Synonyms:** *Cactus opuntia* var. *inermis* DC., *Cactus strictus* Haw.

**Vernacular names:** Sappathi kalli, Common prickly pear.

**Botanical Description:** Shrubby; stems jointed, fleshy, flattened; areoles densely tufted, glochidiate; spines 1-7 or more, stout. Leaves small, subulate, cauducous. Flowers solitary, sessile. Perianth rotate. Tepals numerous, receptacle cupular. Stamens many, inserted on the receptacle; filaments unequal; anthers oblong. Ovary tuberculate; ovules horizontal, numerous on many parietal placentae; styles 3-5, apically branched. Berry obovoid with glochidiate and spiny areoles; seeds numerous.

**Parts used:** Whole plant.

#### Traditional uses

- The fruits are refrigerant. The leaf made into a pulp is applied to the eyes in the case of ophthalmia.
- The leaves mashed up and applied as a poultice are said to allay heat and inflammation.
- The ripe fruits, when eaten, dye the urine red. They are also said to be useful in gonorrhoea.
- The plant is bitter, hot, laxative; stomachic, carminative, antipyretic. Cures biliousness, burning, leucoderma, urinary complaints, tumours, and loss of consciousness, piles, inflammations, anaemia, ulcers and the enlargement of the spleen. The flowers cure bronchitis and asthma.



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### 142. *Oroxylum indicum* (L.) Benth. ex Kurz



**Family:** Bignoniaceae

**Synonyms:** *Arthrophyllum ceylanicum* Miq., *Arthrophyllum reticulatum* Blume ex Miq.

**Vernacular names:** Cori konnrai, Indian trumpet flower, Midnight horror.

**Botanical Description:** A glabrous tree. Leaves large, opposite, 2-3 pinnate; leaflets entire. Flowers large, in long terminal racemes. Calyx large, leathery, campanulate, the limb truncate or obscurely toothed. Corolla large, fleshy, campanulate; lobes 5, subequal, crisped. Stamens 5 perfect, the posterior one the shortest; filaments inserted near the base of the tube; anthers 2 celled, the cells parallel, oblong. Disk large, cushion-like. Ovary subsessile, contracted at the base, compressed; ovules very many; style slender; stigma 2 lobed. Fruit a very large broadly linear septifragally 2 valved capsule, compressed parallel to the septum. Seeds very many, flattened, surrounded by a broad hyaline papery wing. Cotyledons emarginated.

**Parts used:** Seeds, roots and stem.

#### Traditional uses

- The seed is used in the traditional Indian ayurvedic medicine.
- The root bark is also used, administered as astringent, bitter tonic, stomachic and anodyne. It is included in famous tonic formulations.
- The bark of *O. indicum* is one of main ingredients in Sri Lankan indigenous medicine (in decoctions) as a remedy for pains in joints or rheumatism.



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### 143. *Oxalis corniculata* L.



**Family:** Oxalidaceae

**Synonyms:** *Acetosella corniculata* (L.) Kuntze., *Oxalis albicans* Kunth.

**Vernacular names:** Puliyarai, Yellow wood sorrel.

**Botanical Description:** Acid herbs, diffuse creeping weed with long stalked trifoliate leaves with orbiculate leaflets; flowers yellow, umbellate, on slender peduncles, regular. Sepals 5, imbricate; petals 5, hypogynous, contorted. Disk without glands. Stamens 10, filaments free or united at base. Ovary of five, 1-many ovuled cells; styles 5, distinct. Capsule loculicidal. Seeds with an outer fleshy coat bursting elastically; albumen fleshy.

**Parts used:** Flowers and leaves.

#### Traditional uses

- Wood sorrel possesses various medicinal actions like anthelmintic, astringent, antiscorbutic, diuretic, stomachic, febrifuge and styptic.
- The whole plant is edible and used in salads to be eaten raw.
- Leaves and flowers are used as remedy for fever, influenza, diarrhoea, traumatic injuries and urinary tract infections.
- Leaves also work as an antidote for poison such as snakebite, datura.
- The infusion of this plant is useful remedy for hookworms and leaves extract can be used externally to apply on skin rashes and eruptions, insect bites and burns.



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### 144. *Panicum colonum* L.



**Family:** Poaceae

**Synonyms:** *Echinochloa colona* (L.) Link., *Panicum aciculare* Desv.

**Vernacular names:** Wild grass, Panic grass, Jungle rice.

**Botanical Description:** Annual or perennial herbs, leaves narrow, inflorescence of crowded panicles of loosely arranged, spiciform branches bearing spikelets from the base or near it; rachis triquetrous. Spikelets ovate to elliptic or lanceolate, glumes membranous, unequal; lemmas dissimilar, the lower equaling the upper glume, its palea 2-keeled, containing a bisexual floret. Lodicules 2, stamens 3, styles 2, free. Grain broadly elliptic, plano-convex.

**Parts used:** Seeds.

**Traditional uses**

- The young plants and shoots are edible and can be eaten in times of scarcity.
- It has also been cultivated as a cereal and the seeds can be cooked or ground to make flour and used as a mush or porridge
- It is a valuable fodder relished by all classes of livestock, notably dairy animals and water buffaloes
- Grains are rich source of iron and zinc.



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### 145. *Panicum maximum* Jacq.



**Family:** Poaceae

**Synonyms:** *Megathyrus maximus* Simon & Jacobs., *Panicum hirsutissimum* Steud.

**Vernacular names:** Torpedo grass, Dog-tooth grass.

**Botanical Description:** Culms to 1 m, 1-3.5 mm wide; nodes glabrous. Leaf sheaths 3-6.5 cm; ligule membranous, fimbriate, to 0.5 mm; blades strongly distichous, lanceolate, 7-15 x 0.5-0.7 cm, scattered - pubescent. Panicles oblong-ovate, 5-10 cm, open; branches alternate; pedicel 2-4 mm. Spikelets ellipsoid, 2.5-3 mm, glabrous, acute. Lower glume suborbicular, to 1mm, 3-nerved, apex truncate; upper glume lanceolate, to 2.5 mm, 9 nerved; lower lemma to 2.5 mm, 10 nerved, paleate; anthers to 1.5 mm; upper lemma to 2 mm, pallid, indurated. Ovary ellipsoid, to 0.5 mm.

**Parts used:** Whole plant.

**Traditional uses**

- This plant has been widely used as a forage species.
- Its salt tolerance makes it a useful species for reclaiming saline soils.
- It is a source of ethno-medicines in India.



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### 146. *Parthenium hysterophorus* L.



**Family:** Asteraceae

**Synonyms:** *Tanacetum parthenium* (L.) Sch. Bip., *Chrysanthemum parthenium* (L.) Bernh.

**Vernacular names:** Congress weed, Carrot weed, Star weed.

**Botanical Description:** A much-branched, short-lived annual, upright erect herbaceous plant, forms a basal rosette of leaves during the early stage of growth. Mature stems are greenish and longitudinally grooved, covered in small stiff hairs hirsute; leaves simple, alternate petiolate, lower leaves are relatively large and deeply divided. Flower-heads or capitula arranged in clusters at the tips of the branches (in terminal panicles), borne on a stalk, white or cream in colour, five tiny 'petals' (ray florets). Flowers numerous (12-60), tiny white flowers (tubular florets) in the centre and surrounded by two rows of small green bracts (an involucre), colour changes to light brown when seeds are mature and about to shed. Five small 'seeds' (achenes) usually produced in each flower-head.

**Parts used:** Whole plant.

**Traditional uses**

- It is applied externally on skin disorders and decoction of the plant is often taken internally as a remedy for a wide variety of ailments. To be used as tonic, febrifuge, and emmenagogue.
- The decoction is used as a flea-repellent both for dogs and other animals.
- Root decoction is useful in dysentery.
- Parthenium is also reported as promising remedy against hepatic amoebiasis.



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### 147. *Passiflora foetida* L.



**Family:** Passifloraceae

**Synonyms:** *Passiflora foetida* L. var. *gossypifolia* (Desv) Mast, *Dysosmia foetida* (L.) M. Roem.

**Vernacular names:** Mossy passion flower, Wild passion fruit.

**Botanical Description:** Twinning herbaceous plants, tendril bearing. Leaves simple or palmately lobed, usually glandular beneath at the base or on the petiole; stipules slender or leafy. Flowers hermaphrodite, solitary or cymose; bracteoles 3. Calyx tube fleshy; lobes 5; petals 5, inserted on the throat of the calyx. Corona 1 to several rows of numerous usually filiform segments with 1 or more rows. Filiform segments with 1 or more membranous folds lower down and a shallow cup surrounding the gynandrophore. Stamens 5, from the gynandrophore; anthers oblong, dorsifixed. Ovary 1-celled, many ovuled; styles usually 3. Fruit a fleshy indehiscent berry. Seeds many, arillate, often pitted; albumen fleshy; cotyledons foliaceous.

**Parts used:** Fruits, leaves and stems.

#### Traditional uses

- The fruits are roughly the size of a ping pong ball or kumquat and contain a bluish-white pulp that is mildly sweet and delicately flavored. Young leaves and plant tips are also edible.
- Dry leaves are used in tea in folk medicine to relieve sleeping problems.



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### 148. *Pavonia odorata* Willd.



**Family:** Malvaceae

**Synonyms:** *Diplopenta odorata* (Willd.) Alef., *Hibiscus odoratus* (Willd.) Roxb.

**Vernacular names:** Peramutti, Avibattam, Fragrant swamp mallow.

**Botanical Description:** Herbs or small shrubs. Leaves sub entire, dentate, angled, lobed or pinnatifid. Flowers solitary, axillary or in terminal racemes; bracteoles 5 or many, free or a little connate at the base. Calyx 5-fid. Petals 5, connate at the base and adnate there to the stamina tube. Stamens monadelphous, becoming free in groups at various heights on the tube; ovary of 5- 1 ovuled cells; styles 10 with capitate stigmas. Ripe carpels separating from the axis, indehiscent or 2-valved, never glochidate.

**Parts used:** Roots and stem.

#### Traditional uses

- The plant is used in Ayurvedic medicine.
- Fragrant oil is obtained from the roots used for skin toning.
- A powder is obtained by grinding the dried roots of Fragrant Swamp Mallow. This powder is used for skin conditioning and soothing.



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### 149. *Peltophorum pterocarpum* (DC.) K. Heyne



**Family:** Fabaceae

**Synonyms:** *Peltophorum ferrugineum* Benth., *Caesalpinia arborea* Miq.

**Vernacular names:** Perunkonrai, Copper pod tree, Yellow flame tree.

**Botanical Description:** Densely foliaceous tree to 12 (15) m. Leaflet blades about 12-20 x 6-9 mm, sessile, unequal-sided, apex usually emarginate. Lateral veins forming loops inside the blade margin. Young shoots densely clothed in brown hairs. Dense gorgeous masses of golden yellow flowers. Flowers in large panicles about 30-50 cm long. Petals wavy and crumpled, about 15-18 mm long, pubescent towards the base on both inner and outer surfaces. Pollen orange. Stigma bright green. Pods winged or with thin margins, apex apiculate. Seeds 1-5 per pod, seeds very hard, about 9 x 4 mm. Pods copper-colored.

**Parts used:** Bark and leaves.

#### Traditional uses

- Bark is a remedy for dysentery and diarrhea.
- The powdered bark is used as tooth powder, embrocation for pains and sores.
- The bark gives eye lotion.



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### 150. *Pergularia daemia* (Forssk.) Chiov



**Family:** Asclepiadaceae

**Synonyms:** *Pergularia extensa* (Jacq.) N.e. br., *Daemia extensa* R.Br.

**Vernacular names:** Uttamani, Seendhal kodi, Veliparatti.

**Botanical Description:** Twining pubescent or tomentose, undershrubs. Leaves opposite, cordate. Flowers medium-sized, greenish-white, in axillary racemose or pedunculate cymes; pedicels slender. Calyx 5- partite, 5- glandular, lobes acute. Corolla tube short, campanulate or funnel shaped; lobes 5, ovate; corona double, the outer membranous, annular, 5- lobed, the lobes truncate or dentate, lobes spurred at the base. Stamens 5, adnate to the corolla tube; filaments connate in a column; anther appendages membranous, inflexed; pollen masses waxy, pendulous, attached in pairs to the shiny horny pollen carriers without caudicles. Ovary of 2- distinct carpels; styles slender. Fruit of 2- lanceolate, acuminate, smooth or softly echinate, often recurved follicles. Seeds ovate, minutely pubescent, margined, ending in a silky white coma; cotyledons suborbicular, radical pointed.

**Parts used:** Whole plant.

**Traditional uses**

- A decoction made from the leaves is useful in relieving cough, remove phlegm and catarrhal matter from bronchial tube, relieving asthma.
- The herb is effective in relieving bleeding piles and skin disorders.
- The extract of the leaves should be mixed with the juice of ginger and consumed for reducing symptoms of rheumatism.
- This herb is effective as uterine tonic and controls excessive uterine bleeding.
- The extract of the leaves can be used for relieving diarrhea in children.



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### 151. *Perotis indica* (L.) Kuntze



**Family:** Poaceae

**Synonyms:** *Agrostis spiciformis* L.f., *Perotis perrottetii* Gand.

**Vernacular names:** Narival, Kudiraival pullu, Thopparai pullu.

**Botanical Description:** Tufted, wiry herbs, usually geniculate at the base. Leaves flat. Raemes spiciform, simple, terminal. Spikeltes minute, subulate, one flowered, articulated on short or rudimentary pedicels, falling entire. Glumes sub equal, narrow, tapering in to a long, capillary awn. Lemma hyaline, much shorter than the glumes, its palea narrower containing a bisexual floret. Lodicules two. Stamens three. Styles 2, shortly connate. Grain linear, terrete, nearly as long as the glumes and free within them; embryo 1/3 as long.

**Parts used:** Whole plant.

**Economic uses**

- Used a fodder for cattles.



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### 152. *Phleum pretense* Linn.



**Family:** Poaceae

**Synonyms:** *Phleum intermedium* Jord., *Phleum parnassicum* Boiss.

**Vernacular names:** Fodder grass, Timothy grass.

**Botanical Description:** Tufted grasses growing to 20-150 cm tall, with cylindrical, spike-like panicles containing many densely packed spikelets. Leaves are smooth and hairless, pale green to greyish green, rolled when young and become flat and pointed, slightly rough on the margin. Leaves 3-6, alternate along the entire length of each culm; leaf margins are scabrous while their bases are usually more wide than the culm. Spikelets are densely packed together along the entire length of the inflorescence; slightly ascending.

**Parts used:** Pollen.

**Traditional uses**

- Reduces hay fever and some pollen allergies.
- Common fodder grass for dairy animals.



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### 153. *Phoenix canariensis* Chabaud.



**Family:** Arecaceae

**Synonyms:** *Phoenix cycadifolia* Regel, *Phoenix jubae* Webb ex Christ.

**Vernacular names:** Canary Island date palm, Pineapple palm.

**Botanical Description:** Low shrubs or trees upto 60 ft. high, dioecious; stems clothed completely or at least above with the persistent bases of the petioles, rarely branched. Leaves pinnate; leaflets linear, longitudinally folded and attached obliquely by their folded bases to the rachis, the lower ones are usually transformed into spines. Spadices from the axils of the leaves, usually several, branched. Spathes simple, basilar, coriaceous, male calyx copular, three toothed. Petals 3, obliquely ovate, valvate. Stamens usually six. Pistillode minute or absent. Female flowers globose. Calyx as in the male, accrescent. Petals rounded, imbricate, staminode 6, sometimes united into a 6-toothed cup. Ovary of three free carpels; ovule 1 in each, erect; stigma sessile, uncinata. Fruit oblong, terete; pericarp fleshy. Seed oblong, ventrally grooved; albumen not or only slightly ruminant; embryo dorsal or sub-basilar.

**Parts used:** Fruits stem.

**Economic uses**

- The sap of date palm is used to make palm syrup.



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### 154. *Phoenix dactylifera* L.



**Family:** Arecaceae.

**Synonym:** *Phoenix iberica* D.Rivera.

**Vernacular name:** Paereechai, Date palm.

**Botanical Description:** Low shrubs or trees up to 60 ft. high, dioecious; stems clothed completely or above with the persistent bases of the petioles, rarely branched. Leaves pinnate; leaflets linear, longitudinally folded and attached obliquely by their folded bases to the rachis, the lower ones are usually transformed into spines. Spadices from the axils of the leaves, branched. Spathes simple, basilar, coriaceous, male calyx copular, three toothed. Petals 3, obliquely ovate, valvate. Stamens usually six. Pistillode minute or absent. Female flowers globose. Calyx as in the male, accrescent. Petals rounded, imbricate, staminode 6, sometimes united into a 6-toothed cup. Ovary of three free carpels; ovule 1 in each, erect; stigma sessile, unciniate. Fruit oblong, terete; pericarp fleshy. Seed oblong.

**Parts used:** Leaves, flowers, fruits and seeds.

#### Traditional uses

- The fruit, flowers, seed and leaf of date palm is used for sexual debility, bronchitis, dry cough.
- It can be used for relieving burning sensations, general weakness, migraine, asthma and gastric complaints. Fruits have many health benefits like: weight loss, relieving constipation, supporting regular bowel movements.
- Fruits used in promoting heart health, reducing heart disease risk, Diarrhea and Iron-deficiency anemia. Fruits also Reduce blood pressure. Treats Impotence and Promote respiratory and digestive health.



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### 155. *Phyla nodiflora* (L.) e. greene



**Family:** Verbenaceae

**Synonyms:** *Lippia nodiflora* L., *Verbena nodiflora* L.

**Vernacular names:** Podutalai, Frog fruit.

**Botanical Description:** Prostrate herb. Leaves (sub) orbicular to obovate-spathulate, chartaceous, glabrescent to thinly appressed-pubescent, base cuneate, decurrent into a petiole, coarsely toothed in the upper half, apex obtuse, (sub) petiolate. Flowers zygomorphic, 5-merous, sessile, aggregated in axillary, condensed or elongate, cylindric, stalked spikes; bracts broadly ovate, thick, concave, imbricate, sparsely ciliate, apiculate. Calyx copular, 2-lobed, lanceolate, scarious, puberulous without, acute. Corolla purplish white, salver-form; tube 1.5 mm; lobes 5, spreading, 2-lipped, 2+3; lobes (sub) orbicular, 1mm, obtuse. Stamens 4, attached in 2 pairs at the throat of tube; filaments curved, 0.4 mm; anthers ovate. Ovary globose, 2-locular; ovule 1 per cell, basal; style 0.5mm; stigma oblique, (sub)capitate. Drupe (sub) globose; endocarp hard, enclosing 2, 1-celled pyrenes; seeds minute.

**Parts used:** Entire plant.

#### Traditional uses

- The plant is diuretic, stomachic, febrifuge and astringent to the bowels; good for ulcers, wounds, asthma and bronchitis.
- A poultice composed of the fresh plant is a good maturant for boils.
- Infusion of the leaves and tender stalks is given to children suffering from indigestion and to women after delivery.
- Chutney made from the leaves and fruits are eaten to relieve the irritation of internal piles.



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### 156. *Phyllanthus amarus* Schum.



**Family:** Euphorbiaceae

**Synonyms:** *Phyllanthus niruri* L., *Niruris annua* Raf.

**Vernacular names:** Keezha nelli.

**Botanical Description:** Herbs. Leaves small, alternate distichous. Branchlets resembling pinnate leaves; stipules narrow. Flowers very small, monoecious in axillary clusters or solitary, bracteates, calyx lobes 5-6, imbricate. Petals 0. Disc in female of small glands, in male of glands or annular. Stamens three, more or less free or the filaments combined in a column; anthers oblong or didynamous, dehiscent vertically. Ovary 3-celled; styles 3, free or connate at the base, 2-fid. Fruit a capsule with 3 crustaceous or thin 2-valved cocci. Seeds trigonous, rounded at the back.

**Parts used:** Whole plant.

**Traditional uses**

- It is known to be useful for relieving Hepatitis A mainly. It is a well known benefiting diuretic.
- The decoction of the root and leaves cure intermittent fevers and their infusion is a good tonic and diuretic when taken cold in repeated doses. Juice is also used to sores and ulcers.
- It is an astringent, laxative, carminative and a very bitter tasting tonic. The plant helps in problems like gonorrhoea, constipation, stomach ache, dyspepsia, ophthalmia and urinary disorders. The plant is used to relieve problems of the liver as well as the kidney.
- The plant is also used for relieving flu, dropsy, diabetes, jaundice, asthma, bronchial infection, liver cirrhosis, genito urinary system ailments and viral hepatitis. The plant also helps in reducing anaemia symptoms, hypertension and diabetes. It is a proven liver tonic.



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### 157. *Phyllanthus emblica* L.



**Family:** Euphorbiaceae

**Synonyms:** *Emblia officinalis* Gaertn., *Emblia arborea* Raf.

**Vernacular names:** Peria nelli, Indian gooseberry, Amla.

**Botanical Description:** Deciduous tree to 8 – 12 m. Leaves oblong, base truncate to sub cordate, apex apiculate; stipules minute, linear. Flowers in axillary fascicles; male and female flowers mixed or more usually to the upper male, female ones lower and fewer. Male 3mm across. Tepals 6, oblanceolate, 1.5 mm, obtuse. Stamens 3, connate, 0.3mm; anthers oblong, 1mm, cordate by their connectives, dehiscence vertical. Connectives apiculate. Disc glands 6. Female 4-5 mm across, tepals oblanceolate, 2.5mm, truncate, obtuse. Ovary 1.5mm; styles broadly fimbriate, 2.5 mm, recurved, stigmatiferous. Drupe indehiscent, depressed-globose, fleshy, juicy, 3 cm across; seeds 3 gonous; testa crustaceous.

**Part used:** Fruits leaves seed, root bark and flowers.

#### Traditional uses

- It is vata, pitta and kapha suppressant. It reduces the burning sensation in the body. It helps in providing the essential minerals and vitamins required for good vision and mental development.
- It helps in strengthening the nervous system and improving the condition of digestive system. It stimulates liver for proper secretion of bile juices.
- It is helpful in supporting heart by fighting its ailments also helps in improving the general heart condition.
- It is a good aphrodisiac agent and also a good female tonic.
- It is helpful in skin related ailments and also helps in sorting out the urinary problems and diabetes. Fruits prevent common cold.



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### 158. *Phyllanthus maderaspatensis* L.



**Family:** Euphorbiaceae

**Synonyms:** *Phyllanthus maderaspatanus* L., *Diasperus maderaspatensis* (L.) Kuntze.

**Vernacular names:** Canoe weed, Madras leaf-flower.

**Botanical Description:** Herbs. Leaves glabrous, subcoriaceous, obovate or oblanceolate, cuneate, rounded or retuse at apex, mucronate, glaucous, stipules lanceolate, peltate. Female flowers minute, fascicled, monoecious in axillary clusters or solitary, bracteates, calyx lobes 5-6, imbricate. Petals 0. Male flowers solitary on filiform pedicels; anthers sessile. Stamens three, more or less free or the filaments combined in a column; anthers oblong or didynamous, dehiscent vertically. Ovary 3-celled; styles 3, free or connate at the base, 2-fid. Fruit a capsule, smooth, seeds with concentric lines of minute tubercles.

**Parts used:** Whole plant.

**Traditional uses**

- The plant sap and leaf decoction are credited with emetic and purgative activities.
- The whole plant is pounded and the solution applied to scabies.
- A root decoction is taken to cure constipation, diarrhoea, lack of appetite, intestinal pain, menstrual problems, gastrointestinal disorders, testicular swelling, chest complaints and snakebites.
- Gastrointestinal trouble in infants is treated by giving them a root decoction of this plant.
- Plant sap is used as nose drops to treat toothache. It can be used to treat headache, bronchitis, earache and ophthalmia. Powder from dried plant material mixed with milk is drunk to treat jaundice.
- Ground leaves are rubbed on the skin with lemon juice as treatment for rheumatism.



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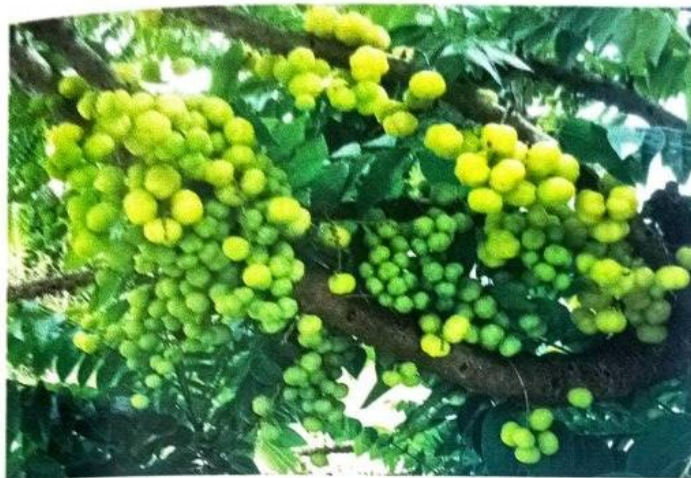
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### 159. *Phyllanthus acidus* (L.) Skeels.



**Family:** Euphorbiaceae

**Synonyms:** *Cicca disticha* L., *Phyllanthus distichus* Mull.Arg.

**Vernacular names:** Aranelli, Indian gooseberry, Star goose berry.

**Botanical Description:** Tree to 6m. Leaves elliptic to obovate, 5-8 x 2-4 cm, base rounded. Apex gradually acute; petiole to 0.4 cm; stipules toothed. Flowers on leafless branchlets; pedicel to 5 mm. male numerous, to 4mm across, tepals 4, unequal, 2+ 2, ovate, 2mm, 1 nerved, (sub) acute. Stamens 4, exserted; filaments recurved, 0.6mm; anthers oblong, 0.5mm dehiscence vertical. Disc glands 4. Female (sub) solitary, ovary (sub) globose, 3(4) - lobed; styles 3 or 4, reflexed, forked into subulate arms. Drupe roughly 6-8-angulalr, depressed-globose, juicy; endocarp hard.

**Parts used:** Seeds and leaves.

#### Traditional uses

- As a liver tonic in India; the latex obtained from various parts of the tree is emetic and purgative.
- The leaves are used as a demulcent against gonorrhoea. Decoction of the bark used for bronchial catarrh. The root infusion used for asthma.
- Root used for psoriasis, also used in chronic liver diseases. Fruits are taken as liver tonic.
- Decoction of leaves is diaphoretic and for gonorrhoea. Root boiling vapours inhaled for headache.
- Fruits are eaten to promote appetite; sap swallowed to induce vomiting and relieve bowel costiveness.
- Leaves are used as counter irritant in sciatica and lumbago.



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### 160. *Physalis peruviana* L.



**Family:** Solanaceae

**Synonyms:** *Alkekengi pubescens* Moench, *Boberella peruviana* (L.) E.H.L.Krause.

**Vernacular names:** Golden berry, Cape goose berry.

**Botanical Description:** Annual or perennial herbs, leaves alternate, entire, sinuate or shortly lobed. Flowers solitary, axillary, pedicelled. Calyx campanulate, 5-fid in fruit accrescent, then inflated, membranous, loosely enclosing the berry; teeth small, connivent. Corolla campanulate, lurid yellow, often with purple spots near the base. Stamens 5, attached near the base of the corolla; anthers oblong, shorter than the filaments, dehiscing longitudinally. Ovary 2-celled; ovules numerous; style linear; stigma obscurely 2-lobed. Fruit a globose berry, enveloped in the bladder like calyx. Seeds many or few, compressed, smooth; embryo peripheric.

**Parts used:** Leaves and fruit.

#### Traditional uses

- Cape gooseberry is good for diabetic patient, enhancing immunity and regulates the level of cholesterol.
- The golden berry are used for many medical uses such as anti asthmatic, anti spasmodic, anti septic, anti helmenthic, anti inflammatory, purgative, laxative and good for stomach related disorders.
- It controls high blood pressure due to the presence of phyto-chemicals such as polyphenols and carotenoids. These bio-chemicals compounds reduce cholesterol too.
- The anti-hepatoma properties of the fruit are also being related to treat cancer and leukemia.
- *Physalis peruviana* has the power to control the movement of free radicals thus helps in prevention of neurological related disorders. It is also used in treating of rheumatism and dermatitis.



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### 161. *Pisonia alba* Span.



**Family:** Nyctaginaceae

**Synonyms:** *Pisonia umbellifera* (J.R. Forst. & G. Forst.) Seem., *Pisonia excelsa* Blume.

**Vernacular names:** Lettuce tree, Moonlight tree.

**Botanical Description:** Trees or shrubs, unarmed or with axillary spines. Leaves opposite, entire. Flowers small usually dioecious, in paniculate subsessile or pedunculate cymes, bracts and bracteoles small. Male flowers: perianth campanulate, the limb 5-lobed, the lobes in duplicate valvate; stamens 6-10, exerted, filaments connate below in a tube or ring, anthers oblong or didynomous. Female flowers: perianth tubular, usually enlarged at the base; ovary sessile, elongate, style included or exerted; stigma capitate, peltate or fimbriate. Fruit enclosed in the coriaceous, oblong, linear or clavate, perianth base compressed or 5 angled, usually with rows of vicid stipitate glands, utricle.

**Parts used:** Leaves

**Traditional uses**

- Fresh leaves moistened with eau de cologne used to cure elephantoid inflammation of the legs.
- Leaves cooked or eaten by people suffering from arthritis or rheumatism.
- Leaves used as carminative, to expel flatulence.
- In traditional Indian medicine, used as an anti-diabetic, anti-inflammatory; used in the treatment of algnesia, ulcer, dysentery and snake bites.



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### 162. *Pithecellobium dulce* (Roxb.) Benth.



**Family:** Fabaceae

**Synonyms:** *Inga dulcis* (Roxb.) Willd., *Acacia obliquifolia* M. Martens & Galeotti

**Vernacular names:** Manila tamarind, Sweet tamarind, Monkey pod.

**Botanical Description:** Erect trees, unarmed with spinous stipules. Leaves bipinnate, pinna even-pinnate; stipules various; stipels 0. Flowers usually hermaphrodite, in globose heads on solitary fascicled or racemed peduncles, axillary at the ends of branches; bracts small; bracteoles under the calyx, cauducous sometimes persistent. Calyx campanulate, shortly 5-toothed. Petals 5 rarely 6, connate in a tubular corolla with 5-valvate lobes. Stamens monadelphous, much exerted; anthers small. Ovary sessile or stalked, many ovuled; style filiform; stigma minute. Pod strap shaped, circinate or falcate, sometimes coraciou, sometimes moniliform, usually dehiscent and much twisted, the sutures not thickened. Seeds ovate or orbicular, compressed, sometimes arilate.

**Parts used:** Bark, fruits, seeds and leaves.

#### Traditional uses

- The bark and pulp are astringent and hemostatic.
- The indigenous peoples use the pulp and bark against gum ailments, toothache and hemorrhages in general.
- A bark extract is also used against dysentery, chronic diarrhea and tuberculosis.
- An extract of the leaves is used for gall ailments and to prevent miscarriage.
- The ground seed is used to clean ulcers.



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### 163. *Plumeria rubra* L.



**Family:** Apocynaceae

**Synonyms:** *Plumeria acuminata* W.T.Aiton, *Plumeria acutifolia* Poir.

**Vernacular names:** Red jasmine, Red frangipani.

**Botanical Description:** Tree 10- 15 m. Leaves alternate, broadly obovate-spathulate, 20-30x7-10 cm, subcoriaceous, base cuneate to attenuate, apex acuminate, lateral nerves 30-40 pairs, parallel, arching towards margin. Inflorescence of terminal or corymbose, stout-peduncled cymes, often overtopped by axillary branches. Calyx copular, 3 mm; lobes 5 (sub) equal, rounded, obtuse. Corolla cream with yellow centre, 4 cm across, funnel shaped; tube 2 cm, expanded from above the middle; lobes 5, obovate, overlapping to left, obtuse. Stamens 5, attached at the base of tube, included; anthers ovate-lanceolate, 2.5 mm, sub sessile, acute, free from stigma. Ovaries half-interior, globose, 2 mm; ovules  $\alpha$ , marginal; stigma 2-lobed, subsessile. Follicles paired, 25x4 cm, postulate; seeds flat, winged.

**Parts used:** Stem.

**Traditional uses**

- It is used for the treatment of itches, swellings, and fever.



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### 164. *Polyalthia longifolia* Hook. f. & Thoms.



**Family:** Annonaceae

**Synonyms:** *Unona longifolia* (Sonn.) Dunal., *Uvaria longifolia* Sonn.

**Vernacular names:** Nettiilingam, Indian mast tree, False ashoka.

**Botanical Description:** Trees. Leaves narrow lanceolate, 7-9 in. long, margins undulate. Flowers in fascicles or umbels, axillary, terminal, leaf opposed or below the leaves on the young or old wood. Sepals free, valvate or subimbricate. Petals 6, 2-seriate, ovate flat. Torus convex. Stamens cuncate; anther-cells extrorse, remote, concealed below the overlapping connectives. Ovaries indefinite; style usually oblong; ovules 1-2, basal and erect or sub-basal and ascending. Fruit a ring of one seeded berries.

**Parts used:** Bark and leaves.

#### Traditional uses

- The extract of bark is used for fever, skin diseases, hypertension and helminthiasis.
- The bark is used as a febrifuge in the treatment of fever.
- Alcoholic extract of the leaf possesses strong antifungal and antibacterial properties against wide range of pathogens.



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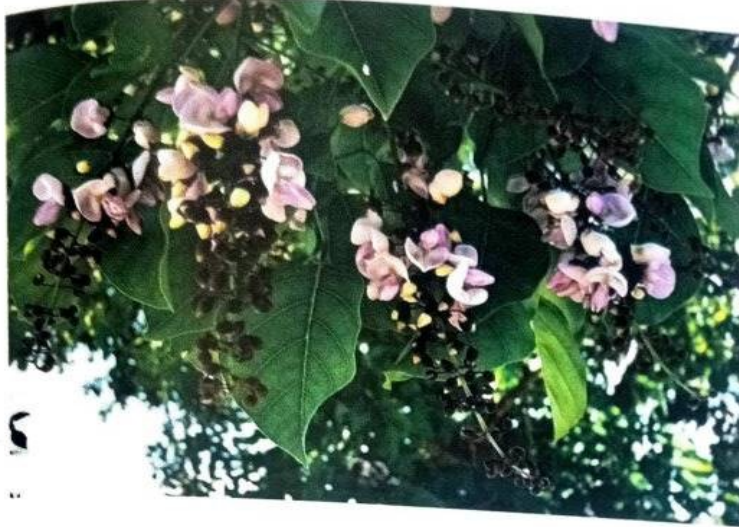
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### 165. *Pongamia pinnata* (L.) Pierre.



**Family:** Fabaceae

**Synonyms:** *Pongamia glabra* vent., *Dalbergia arborea* Willd.

**Vernacular names:** Pungam.

**Botanical Description:** A moderate sized nearly evergreen tree with 5 or more rather large ovate acuminate leaflets and pinkish white flowers. Leaves alternate, imparipinnate; leaflets opposite; stipules small; stipels 0. Flowers in lax axillary racemes, the flowers in fascicles of 2-4 on the rachis; bracts small, caducous; bracteoles minute. Calyx campanulate, truncate, teeth obsolete. Corolla much exserted, standard suborbicular with curved folds above the claw, wings obliquely long, slightly adnate above the claws to the obtuse keel petals. Stamens 10 monadelphous, vexillary; stamen free below and above; anthers uniform. Ovary sub-sessile; ovules 2; style incurved, beardless; stigma capitate. Pod obliquely oblong, attenuated at both ends, curved at apex, thick, more or less compressed, indehiscent. Seed 1, reniform, rather thick; hilum small.

**Parts used:** Whole plant.

#### Traditional uses

- Flowers are used to treat bleeding hemorrhoids, or piles.
- Fruits aid treatment of abdominal tumors, female genital tract infections, ulcers.
- Seeds extracts can be used to heal scar tissue tumors, treat high blood pressure and treat anemia.
- Powdered seeds reduce fever and helps in treating bronchitis and whooping cough.
- Oil extracted from seeds are used as an astringent and to kill parasitic worms, helpful in treating whooping cough, piles, liver pain, chronic fever, ulcers, and leprosy.



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### 166. *Portulaca oleracea* L.



**Family:** Portulacaceae

**Synonyms:** *Portulaca marginata* Kunth, *Portulaca officinarum* Crantz.

**Vernacular names:** Vazhukkaikeeri, Pasalai keerai, pigweed.

**Botanical Description:** Herbs, usually succulent. Leaves alternate, subopposite obovate to spatulate, fleshy, glabrous, margin entire, apex obtuse or truncate, axillary hairs minute. Flowers 3-6 in terminal cluster, rarely solitary; foliar involucre 2-6. Sepals 2, lanceolate, subequal. Petals 5 yellow, obovate, subconnate, retuse, mucronate. Stamens 12; filaments unequal, pubescent at base. Ovary half inferior; style 4-5 fid; ovules numerous. Capsule ovoid, glabrous; Seeds many reniform.

**Parts used:** Leaves and stem.

#### Traditional uses

- The leaves are used for insect or snake bites on the skin, boils, sores, pain from bee stings, bacillary dysentery, diarrhea, hemorrhoids, postpartum bleeding, and intestinal bleeding.
- The plant is used in contraindicated during pregnancy and for those with cold and weak digestion.
- Purslane is a clinically effective treatment for oral infections.



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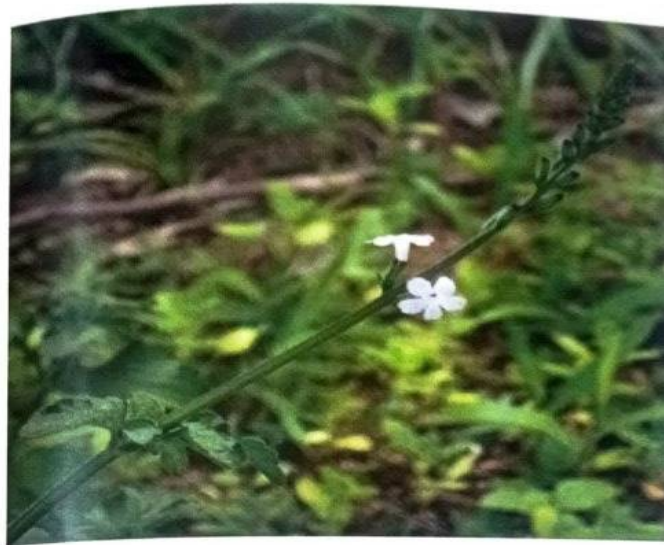
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### 167. *Priva cordifolia* (L.f.) Druc



Family: Verbenaceae

Synonyms: *Priva leptostachya* juss., *Buchnera cordifolia* L.f.

Vernacular names: Velvette leaf plant.

**Botanical Description:** Erect herbs. Leaves opposite, simple, thin, margin dentate or serrate, exstipulate. Inflorescence raceme, terminal, axillary, pedunculate, erect or subflexuous. Flowers spirally alternate, solitary, hypogynous, bracts lanceolate. Calyx slightly zygomorphic, tubular, 5 toothed, Corolla hypocrateriform. Stamens 4, didynamous, anthers ovoid. Ovary superior, 2-loculed, Style shorter than corolla tube, Stigma 2 lobed. Fruit schizocarps woody. Seeds non-endospermous.

Parts used: Leaves.

Traditional uses

- A highly medicinal plant used to cast powerful spells, used to treat migraines.



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### 168. *Psidium guajava* L.



**Family:** Myrtaceae

**Synonyms:** *Myrtus guajava* (L.) Kuntze, *Guajava pyrifera* (L.) Kuntze.

**Vernacular names:** Guava, Koyya.

**Botanical Description:** Trees or shrubs. Leaves opposite, entire, not dotted. Flowers large, white, on 1- or few flowered axillary peduncles. Calyx urceolate, obovate, limb undivided in aestivation, separating valvately into 4-5 lobes when in flower. Petals 4 or 5, free. Stamens many, inserted in several series on a wide disk. Ovary many celled, with numerous ovules in each cell; style subulate; stigma peltate or capitate. Fruit a globose, ovoid or pyriform berry, usually crowned by the calyx-limb. Seeds many, subreniform; testa hard; embryo curved with short cotyledons and long radical.

**Parts used:** Stem, root, leaves, bark and fruit.

#### Traditional uses

- Every single part of the plant from the roots to the fruit was used to aid in everything from childbirth to skin rashes.
- Traditionally the leaves are either brewed to treat intestinal tract issues or ground into a poultice and applied to the skin to treat open wounds and rashes.
- Both the unripe and ripe fruit have been consumed to soothe upset stomachs.
- When the flesh is ready to eat it acts as a mild laxative and the unripe fruit works as an antidiarrheal. It is used as a folk medicine against intestinal helminthic parasites.



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### 169. *Pterocarpus marsupium* Roxburgh.



**Family:** Fabaceae

**Synonyms:** *Pterocarpus marsupium* f. *acuminata* Prain, *Pterocarpus marsupium* f. *acuta* Prain.

**Vernacular names:** Indian kino, Malabar kino, Venkai.

**Botanical Description:** Deciduous trees, to 30 m high, bark 10-15 mm, surface grey or greyish-black, rough, deeply vertically cracked, exfoliations small, irregular, fibrous; blaze pink; exudation blood-red. Leaves imparipinnate, alternate; stipules small, lateral, caudaceous; rachis 6.5-11.1 cm long, slender, pulvinate, glabrous; leaflets 5-7, alternate, estipulate, slender, glabrous; lamina elliptic-oblong, base obtuse or acute, apex obtuse and emarginate, margin entire, glabrous, coriaceous; lateral nerves 9-20 pairs, parallel, prominent, ascending, secondary laterals prominent; intercostae reticulate, prominent. Flowers bisexual, yellow, in terminal and axillary panicles; 10-12 mm long; bracts small, dioecious; bracteoles 2, caudaceous; calyx tube campanulate, lobes short, the upper 2 often connate; corolla exserted; petals 5, all long-clawed, crisped along the margins; standard orbicular, wings oblique, obovate, auricled; keel petals oblique, small, slightly connate; stamens 10, monadelphous; filaments subequal; anthers uniform; ovary shortly stalked, inferior, tomentose, 1-celled, ovules 2; style filiform, in curved, beardless; stigma capitate. Fruit a pod, 2.5-5 cm across, orbicular-reniform, broadly winged; seed one, subreniform.

**Parts used:** Stem, bark and leaves.

#### Traditional uses

- The resin is applied in the fore heads it is believed to drive away evil spirits.
- The bark is used while bathing infants to cure them of their 'twisted limbs'.



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### 170. *Quisqualis indica* L.



**Family:** Combretaceae

**Synonyms:** *Combretum indicum* L., *Quisqualis grandiflora* Miq.

**Vernacular names:** Rangoon Creeper, Burma creeper, Irangunmalli.

**Botanical Description:** A large straggling or climbing shrub. Leaves opposite, oblong or obovate, entire. Long-tubed flowers in short axillary or terminal spikes, changing colour from white to orange and red; bracteoles small. Calyx-tube produced above the ovary; limb 5-lobed. Petals 5. Stamens 10, short. Ovary 1-celled; ovules 3-4, pendulous; style filiform, somewhat adnate to the calyx-tube; stigma subcapitate. Fruit dry, coriaceous, 5-angled or 5-winged. Seed 1; cotyledons not convolute.

**Parts used:** Leaves, fruits, roots and seed.

#### Traditional uses

- Decoctions of the root, seed or fruit can be used as antihelmintic to expel parasitic worms or for alleviating diarrhea.
- Fruit decoction can also be used for gargling.
- The fruits are also used to combat nephritis.
- Leaves can be used to relieve pain caused by fever.
- The roots are used to treat rheumatism.



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### 171. *Ravenala madagascariensis* Sonn.



**Family:** Strelitziaceae

**Synonyms:** *Urania madagascariensis* (Sonn.) Raeusch., *Heliconia ravenala* Willemet.

**Vernacular names:** Visiri vazhai, Fan tree, Travellers's palm

**Botanical Description:** Medium-sized evergreen tree, up to 20(-30) m tall; trunk solitary or branched at base, cylindrical, woody, ring-scarred with leaf bases; crown fan-like, with 20 or more leaves. Leaves alternate, distichously arranged, simple; petiole 3-6 m long, stout; blade oblong, glabrous, dull green, midrib sulcate, parallel veins. Inflorescence an axillary thyse, bearing circinnate flower clusters enclosed in distichously arranged, large, stiff, boat-shaped bracts 20-25(-30) cm long, whitish. Flowers bisexual, slightly zygomorphic, 3-merous, subtended by carinate bracteoles; sepals free, lanceolate, subequal, up to 20 cm long, long-acuminate; petals free, lanceolate, up to 15 cm long. Stamens 6 in 2 whorls of 3, up to 16 cm long; anthers basifixed, dehiscing via longitudinal slits; ovary inferior, 3-locular, style long, straight; stigma with finger-like protuberances. Fruit oblong, woody, loculicidal capsule 2-4 cm long, many-seeded.

**Parts used:** Seed and plant extract.

#### Traditional uses

- The seed oil is sometimes used for cooking, and is reported to be antiseptic.
- The sap or an extract of that plant is used as a hydrating active agent in a cosmetic composition, to restore, maintain or reinforce the hydration state of the skin.



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### 172. *Ricinus communis* L.



**Family:** Euphorbiaceae

**Synonyms:** *Ricinus laevis* DC., *Ricinus japonicus* Thunb.

**Vernacular names:** Castor oil plant, Amanakku, Kottaimuthu.

**Botanical Description:** A small tree with a thin greyish brown bark and soft white wood. Leaves alternate, palmately lobed with 7 or more serrate lobes. Flowers monoecious, in terminal panicle racemes, the upper male, crowded, the lower female. Calyx in male membranous, splitting into 3-5 valvate lobes; in female spathaceous, caducous. Petals 0, disc 0. Stamens very many, the filaments connate and repeatedly branched; anthers with distinct distant subglobose divergent cells. Ovary 3-celled, ovule 1 in each cell; styles entire 2-fid or 2-partite, papillose. Fruit a capsule of 3 2-valved cocci, prickly without. Seeds oblong; testa crustaceous, marbled; albumen fleshy; cotyledons broad.

**Parts used:** Leaves, seeds, root and oil.

#### Traditional uses

- Castor oil is well known for its strongly laxative (and, in higher doses, purgative) action, prompting a bowel movement about 3-5 hours after ingestion.
- The oil is so effective that it is regularly used to clear the digestive tract in cases of poisoning.
- Castor oil is well tolerated by the skin, and it is sometimes used as a vehicle for medicinal and cosmetic preparations. The oil is massaged into the breasts after childbirth to stimulate milk flow.
- Indian herbalism uses a poultice of castor oil seeds to relieve swollen and tender joints.
- The crushed seeds are used to treat facial palsy.



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### 173. *Roystonea regia* (Kunth) O.F. Cook



**Family:** Arecaceae

**Synonyms:** *Oenocarpus regius* (Kunth) Spreng., *Palma elata* W. Bartram.

**Vernacular names:** Royal palm, Cuban Royal Palm.

**Botanical Description:** A large palm which reaches a height of 20–30 metres (66–98 ft) tall, (with heights up to 34.5 m (113 ft)) and a stem diameter of about 47 centimetres (19 in). The trunk is stout, very smooth and grey-white in colour with a characteristic bulge below a distinctive green crownshaft. Trees have about 15 leaves which can be up to 4 m (13 ft) long. The flowers are white with pinkish anthers. Fruit spheroid to ellipsoid in shape, 8.9–15 mm long and 7–10.9 mm wide, green when immature, turning red and eventually purplish-black as they mature.

**Parts used:** Roots and fruits.

**Traditional uses**

- The roots are used as a diuretic and also used as a treatment for diabetes.
- The fruit extract is used for the treatment of benign prostatic hyperplasia.



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### 174. *Russelia equisetiformis* Schlecht. & Cham.



**Family:** Scrophulariaceae

**Synonym:** *Russelia juncea* (Zucc.)

**Vernacular names:** Fire cracker plant, Coral fountain.

**Botanical Description:** A multi-branching plant with 4–5 feet (1.2–1.5 m) long arching branches. The overall graceful form of the subshrub is a fountain esque mound. The stems and tiny oval leaves are bright green. It flowers profusely with small decumbent red flowers. It can bloom year round in tropical and subtropical climates. It is a very popular nectar plant for hummingbirds and butterflies.

**Parts used:** Flower and stem.

#### Traditional uses

- *Russelia equisetiformis* is used to treat diabetes, leukemia, malaria, cancer and inflammatory diseases.



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### 175. *Sansevieria roxburghiana* Schult. & Schult.f.



**Family:** Asparagaceae

**Synonyms:** *Acynta roxburghiana* Kuntze, *Cordyline roxburghiana* Merr.

**Vernacular names:** Snake plant, Mother-in-law's tongue, Marulchedi.

**Botanical Description:** Stout, fleshy herb; rootstock short, often stoloniferous or a creeping rhizome. Leaves narrow, cartilaginous or fleshy, flat or terete, nerves immersed. Flowers racemed on a stout scape. Perianth-tube slender, lobes 6, long, narrow. Stamens 6, on the perianth-tube; filaments filiform; anthers dorsifixed. Ovary attached by a broad base, 3-celled; ovules solitary in each cell, erect; style filiform; stigma simple. Fruit membranous, indehiscent, pericarp evanescent. Seeds 1-3, large, globose, fleshy, ripening outside the pericarp.

**Parts used:** Leaves and roots.

#### Traditional Uses

- The plant is used for the treatment of ear pain, swellings, boils and fever.
- For snakebite, rashes and skin sores; this plant is being used.
- Leaf extract is used in treating tumors.
- The root of this plant is used for throat infection, cough and cold.



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### 176. *Santalum album* L.



**Family:** Santalaceae

**Synonyms:** *Sirium myrtifolium* L., *Santalum ovatum* R. Br.

**Vernacular Names:** Chandanam, Santal.

**Botanical Description:** A small, evergreen, semiparasitic tree with elliptic-ovate leaves up to 3 inch long, 1.5 inch broad, opposite, glabrous. Flowers hermaphrodite, axillary or in terminal 3-chotomous paniculate cymes; bracts minute. Perianth-tube campanulate or ovoid, adnate to the base of the ovary; lobes 4, rarely 5, valvate, with a tuft of hairs on the face. Stamens 4 or 5, adnate to the bases of the perianth-lobes, alternating with fleshy scales of the disk; filaments short; anthers ovate, the cells distinct, parallel. Disc of the scales between the stamens. Ovary at first free, later semi-inferior; ovules 2-3 pendulous from below the top of a long acuminate central column; style elongate; stigma 2-3-lobed. Fruit a subglobose drupe, annulate on the top by the deciduous perianth, endocarp rugose. Seed subglobose; albumen copious; embryo terete, slender; radicle longer than the cotyledons.

**Parts used:** Wood and oil.

#### Traditional uses

- Sandalwood oil has been widely used in folk medicine for treatment of common colds, bronchitis, skin disorders, heart ailments, general weakness, fever.
- It is used to treat infection of the urinary tract, inflammation of the mouth and pharynx, liver and gallbladder complaints and other maladies.
- Sandalwood is very beneficial for treating gastric irritability and any other kind of gastric ailments. The wood is also used in the treatment of dysentery.
- Since ancient times, sandalwood paste has been used to relieve headache and control the body temperature during fever.



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### 177. *Scoparia dulcis* L.



**Family:** Scrophulariaceae

**Synonyms:** *Scoparia purpurea* Ridl., *Scoparia ternata* Forssk.

**Vernacular names:** Sarakkotthini, Kalurukki, Licorice weed, Goatweed.

**Botanical Description:** A labrous undershrub sometimes up to 3 ft. in height with twiggly branches. Leaves opposite, lanceolate or elliptic-anceolate coarsely serrate leaves. Flowers small, white, axillary, solitary or binate; bracteoles 0. Calyx small, 4-5 partite, lobes imbricate. Corolla rotate, 4-lobed, throat densely bearded; lobes obtuse, subequal. Stamens 4, subequal; filaments filiform; anther cells distinct, parallel or diverging. Ovary with many ovules; style subclavate; stigma notched or truncate. Fruit a small globose or ovoid septicidal capsule, enclosed in the calyx, the valves membranous, separating from the placentiferous axis. Seeds many, angled, scrobiculate.

**Parts used:** Leaves.

#### Traditional uses

- It is used for treating diabetes in India.
- It also used in the treatment of anemia, burns, hypertension and headaches.
- It is used for hemorrhoids and wounds.
- It is being used to treat sickle cell disease.
- It is antilithic.



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### 178. *Senna siamea* (Lam.) H.S. Irwin & Barneby



**Family:** Fabaceae

**Synonyms:** *Cassia florida* Vahl, *Cassia gigantea* DC.

**Vernacular names:** Kassode tree, Yellow cassia, Siamese senna.

**Botanical Description:** Small to medium sized tree, to 15-20 m tall, with a short bole and low branching high crown. Leaves -bipinnate, alternate, rachis with a marked furrow, 8-13 pairs of leaflets of different size. Leaflets oblong, rounded at the base and at the apex, slightly retuse. Upper side dark green and shining, underside dull-green, shortly haired. Flowers are bright yellow and borne in numerous large pyramidal panicles; pedicelate; bracts subpersistent, petals 15-25 mm long, fertile stamens 7 or 10 (with 3 large staminodes); filaments unequal, the lateral abaxial ones 7-12 mm long, the others 2.5-5.5 mm long; anthers subequal, weakly beaked, 5-8 mm long. Pods, glabrous, flat, 15-25 cm long, soft and ribbon-like when young, brown when ripe, indented between the seeds; 20-30 seeds per pod. Seeds are bean-shaped, shiny dark-brown, 8 mm long,

**Parts used:** Leaves and flowers.

#### Traditional uses

- Leaves used as a laxative.
- Powder of leaves and flowers increase bowel contents.
- Also used to treat constipation, fungal infections and hemarroids.
- Prolonged use may result in organ failiure.



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### 179. *Sida cordifolia* L.



**Famil:** Malvaceae

**Synonyms:** *Sida herbacea* Cav., *Sida rotundifolia* Lam.

**Vernacular names:** Chitaamuttie, Flannel weed, Heart-leaf sida.

**Botanical Description:** Herb or undershrub, pubescent with simple or stellate hairs. Leaves toothed; stipules linear. Whole plant velvety. Flower-pedicels axillary, solitary or clustered, disarticulating in fruit at a joint below the calyx; bracteoles 0. Sepals 5, connate below. Corolla small, yellow or white. Staminal tube divided into numerous filaments at the top. Ovary 5-12-celled; ovules pendulous, 1 in each cell; styles as many as the carpels separating from each other and from the axis; Awns of carpels exceeding the calyx, retrorse-hairy; carpels 10. Seeds smooth. Fibre-yielding plant.

**Parts used:** Roots, leaves, seeds and stem.

#### Traditional uses

- Decoction of leaves used as emollient and a diuretic.
- Pounded in water juice used for spermatorrhea and gonorrhoea.
- Infusion of roots used for nervous and urinary disease and for disorders of the blood and bile.
- Plant used as diuretic. Root juice used for healing wounds.



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### 180. *Sida rhombifolia* L.



**Family:** Malvaceae

**Synonyms:** *Malva rhombifolia* (L.) E.H.L.Krause, *Sida alba* Cav.

**Vernacular names:** kurumthotti, Cuban jute, Rhombus-leaved sida, Jelly leaf.

**Botanical Description:** Herb or undershrub, pubescent with simple or stellate hairs. Leaves pubescent-hairy; peduncle longer than the petiole; peduncle jointed in the middle half; Flower-pedicels axillary, solitary or clustered, disarticulating in fruit at a joint below the calyx; bracteoles 0. Sepals 5, connate below. Corolla small, yellow or white. Staminal tube divided into numerous filaments at the top. Ovary 5-12-celled; ovules pendulous, 1 in each cell; styles as many as the carpels separating from each other and from the axis; carpels awned. Seeds smooth. Fibre-yielding plant.

**Parts used:** Leaves, stems and roots.

#### Traditional uses

- The pounded leaves are used to relieve swelling.
- The fruits are used to relieve headache.
- The mucilage is used as an emollient, and the root is used to treat rheumatism.



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### 181. *Simarouba glauca* Dc.



**Family:** Simaroubaceae

**Synonyms:** *Simarouba amara* Aubl., *Quassia glauca* (DC.) Spreng.

**Vernacular names:** Paradise Tree. Sorkkamaram, Lakshmi tree.

**Botanical Description:** This is a medium-sized tree that grows to 18 m. Its alternate leaves are 20 to 50 cm long. Each leaf consists of 9 to 16 leaflets. Its white flowers form inflorescences in panicles. Its fleshy oval fruit is 2 cm across. It starts out red and turns dark purple when ripe. The tree develops buttress roots at its base.

**Parts used:** Seed and leaves.

**Traditional uses**

- The leaves are used as a tonic for Cancer, Leukemia, Ulcers, Rheumatoid arthritis, Malaria and Colitis.
- Used as a remedy for diarrhea or dysentery.



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182. *Solanum nigrum* L.



**Family:** *Solanaceae*

**Synonyms:** *Solanum adventitium* Polgar, *Solanum americanum* Mill.

**Vernacular names:** Chukatti keerai, Manatakkali, Black nightshade.

**Botanical Description:** Annual herb; leaves thin glabrous, ovate-lanceolate, acute or acuminate, entire or sinuate-toothed; flowers white, in axillary or lateral umbellate cymes; calyx 5-10-lobed, rarely 4 lobed or sub-entire, accrescent. Corolla rotate, rarely campanulate; tube short; limb peliculate, usually 5-lobed. Stamens 5, rarely 4 or 6, attached to the throat of the corolla; filaments short; anther oblong, often narrowed upwards, opening by terminal pores or short slits. Ovary 2, rarely 3-4 celled; style columnar; stigma small. Fruit a globose 0.25 inch in diameter, black but sometimes red or yellow, shining. Seeds very many, small, usually discoid minutely pitted; albumen fleshy; embryo peripheric, cotyledons linear, radicle terete.

**Parts used:** Leaves, fruits and whole plant.

**Traditional uses**

- Infusions are used in dysentery, stomach complaints and fever. The juice of the plant is used on ulcers and other skin diseases. The plant was used to treat tuberculosis.
- The fruits are used as a tonic for laxative, appetite, stimulant, treating asthma and "excessive thirst".
- This plant's leaves are used to treat mouth ulcers.
- The boiled extracts of leaves and berries are also used to alleviate liver-related ailments, including jaundice. The juice from its roots is used against asthma and whooping cough.



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### 183. *Solanum torvum* Sw.



**Family:** Solanaceae

**Synonyms:** *Solanum ficifolium* Ortega, *Solanum acanthifolium* Par. ex Dunal.

**Vernacular name:** Sundaikkai.

**Botanical Description:** Shrub or small tree. Leaves ovate or sub-rectangular in outline, acute, often cordate at base with few large triangular lobes, softly fulvous-tomentose, up to 9 inch long, 7 inch broad; prickles very few, on stem and petioles only. Flowers many, cymes corymbose; calyx 5-10-lobed, rarely 4 lobed or subentire, accrescent or not in fruit. Corolla 0.75 inch in diameter, stellate-pubescent without; rotate, rarely campanulate; tube short; limb peliculate, usually 5-lobed. Stamens 5, rarely 4 or 6, attached to the throat of the corolla; filaments short; anther oblong, often narrowed upwards, connivent in a cone, opening by terminal pores or short slits. Ovary 2, rarely 3-4 celled; style columnar; stigma small. Berry small, 3 inch in diameter, smooth. Seeds very many, small, usually discoid; testa crustaceous, often pitted; albumen fleshy; embryo peripheric, cotyledons linear, radicle terete.

**Parts used:** Leaves and fruits.

#### Traditional uses

- The plant is sedative, diuretic and digestive; used in the treatment of cough.
- Leaves are used as haemostatic. Roots are useful in poulticing cracks in the foot heels.
- The fruits are eaten as a vegetable; good in enlarged spleen.
- The boiled fruits with rice at night for 2-3 days to expell thread-worms.



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### 184. *Sonchus oleraceus* L.



**Family:** Asteraceae

**Synonyms:** *Sonchus ciliatus* Lam., *Sonchus glaber* Gilib.

**Vernacular name:** Milk thistle.

**Botanical Description:** Annual milky herb. Leaves with acute spreading auricles, usually runcinate-pinnatifid; bracts glabrous or nearly so; achenes obovoid, ribbed, transversely muriculate. Heads homogamous, terminal, subcorymbose or umbellate or paniced. Involucres ovoid campanulate or cylindric, often thickened at the base; bracts many-seriate, herbaceous, the outer smaller. Receptacle flat, naked. Corollas yellow, the ligules truncate and 5-toothed at apex. Anther-bases sagittate, auricles setaceous-acuminate. Style arms slender. Achenes ovoid obovoid or ellipsoid, more or less compressed, ribbed, slightly contracted at base and apex but not beaked, smooth or transversely rugose; pappus copious many-seriate, the hairs white, soft and silky, united at base in a deciduous ring.

**Parts used:** Leaves, roots and stem.

**Traditional uses**

- Plant is useful in liver diseases.
- Leaves and roots are used in indigestion as febrifuge.
- Stem is used as sedative, tonic, root extract is used in ointments for ulcers and wounds.
- Gum produced by evaporating latex is used for ascites and hydrothorax.



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### 185. *Spathodea campanulata* Beauv.



Family: Bignoniaceae

Synonyms: *Bignonia tulipifera* Schum., *Spathodea nilotica* Seem.

Vernacular names: African tulip tree, Fountain tree, Patadi.

**Botanical Description:** Robust tree. Leaves imparipinnate; leaflets numerous, entire, unequal at base. Flowers large, terminal thyrsoid panicles. Calyx large, ovoid, closed in bud, in flower ventricose-campanulate; lobes 5. Corolla large, tubular-ventricose; lobes 5, subequal, crisped on the margins. Stamens 4, didynamous, with a rudimentary fifth, sub-exsert; filaments slender; anther-cells linear-divergent. Disc annular. Ovary 2 celled; ovules many-seriate on each placenta; style long; stigma 2-lobed. Fruit a large narrowly oblong, compressed, winged capsule, loculicidally 2-valved, the septum contrary to the valves. Seeds compressed, with hyaline wings; cotyledons emarginated.

**Parts used:** Leaves, root-bark, stems and fruit.

#### Traditional uses

- The bark is used in wound healing and especially burn healing.
- The bark and leaves shows a wide spectrum of antibacterial activity including anti-malarial activity.
- Aqueous alcoholic decoctions of the leaves are used for the treatment of malaria.



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### 186. *Spermacoce hispida* Linn.



**Family :** Rubiaceae

**Synonyms:** *Borreria hispida* linn., *Spermacoce muriculata*, Blanco.

**Vernacular names:** Nathaichoori.

**Botanical Description:** Diffuse herb; branchlets terete, 4-angled, hispid; leaves opposite, decussate, elliptic-obovate, cuneate at base, undulate at margin, apiculate - acute at apex, hispid, sessile; stipules linear, 5-teeth, sparsely ciliate at margin; flowers pinkish-white, solitary, axillary; calyx-tube terribinate, lobe 4, teeth, subulate, ciliate at margin, acuminate at apex; corolla campanulate, tube 04 mm across, lobes 4, ovate, sparsely hairy backwardly; stamens 4; filament united with corolla lobe; anther ovate, 1.2 mm long; ovary obovoid, 2-loculed; ovules 1 per cell; style slender, 07 mm long, scabrous; stigma 2-lobed, 0.6 mm long; capsules oblong-globose, 06 x 04 mm long, hispid; seeds 2, oblong, 3.6 x 02 mm long.

**Parts used:** Whole plant.

#### Traditional uses

- The plant is antibacterial and also used in cardiovascular disorder. The extract of leaves is given for hemorrhoids. Seeds are used as demulcent and used in diarrhea, dysentery.
- Various parts of the plant are useful in the treatment of appetite, bleeding in child birth, body ache, gum trouble, scabies and skin disease, stomach complaints, headache, wounds and toothache.



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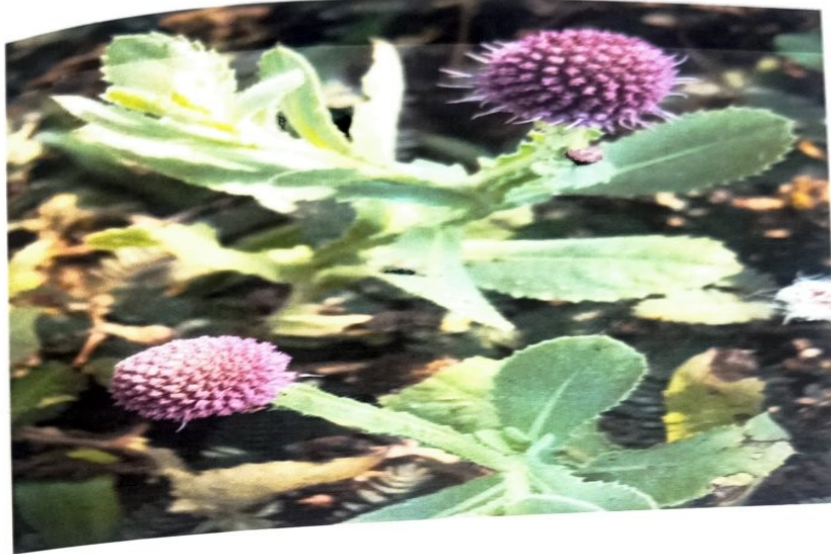
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### 187. *Sphaeranthus mollis* Roxb.



**Family:** Asteraceae

**Synonyms:** *Sphaeranthus hirtus* Willd., *Sphaeranthus indicus* L.

**Vernacular names:** Kesavarthini, Kottakaranthai, Globe thistle.

**Botanical Description:** Annual herb with spreading branches. Leaves alternate, toothed, decurrent on the stem. Heads small, heterogamous, not rayed, collected together in close terminal globose or ovoid clusters crowded on a large common receptacle and often having a general involucre of empty bracts at their base. Each head with few or many outer female flowers, fertile, few inner male flowers, fertile or sterile. Involucre narrow, with few or many paleaceous bracts. Receptacle small, naked. Corolla of female flowers slender, tubular, minutely 2-3 toothed, of male flowers with tubular funnel-shaped or globular thickened tube and 4-5 lobed limb. Anther-bases sagittate, auricles acute or tailed. Style-arms filiform. Sometimes connate. Achenes terete or angled, glabrous or villous, often glandular.

**Parts used:** Root, leaves, flowers and seeds.

**Traditional uses**

- This herb is hot, laxative, digestible, tonic, fattening, alterative, anthelmintic and alexipharmic.
- It is used in insanity, tuberculosis, indigestion, bronchitis, spleen diseases, elephantiasis, anaemia, pain in uterus and vagina, piles, asthma, leucoderma, dysentery, vomiting, hemicrania, etc.



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### 188. *Stereospermum colais* D. L. Mabberley



**Family:** Bignoniaceae

**Synonyms:** *Stereospermum tetragonum* Dc., *Stereospermum personatum* (Hassk.) Chatterjee

**Vernacular names:** Yellow snake tree, Paadiri, Pumbadiri.

**Botanical Description:** Tree with pinnate leaves; leaflets 7-9, obovate to lanceolate, 7-15 x 4-7 cm, thin-coriaceous, lateral nerves 8 pairs, flattened above, raised below, base acute, margin entire to minutely toothed, apex acuminate; petiole to 1 cm for terminal leaflet to 3.5 cm. corymbs axillary. Calyx campanulate, bilabiate. Corolla yellow, bell shaped, tube 1.5 cm, gradually widened, villous in the middle from below upwards; lobes 5, subequal, 1 cm, margin crisped. Stamens 4; filament pairs 6 and 8 mm, anthers divaricate, 2mm. Ovary oblong, cylindrical, 4 mm; ovules 2 seriate; style 1 cm; stigma ovate-oblong, subacute. Capsule terete or 4-angled, elongate, twisted; epicarp thick, with speckles; seeds compressed, trigonous, grooved outside, ridged within; septum thick, corky, ridged.

**Parts used:** Root bark, leaf, flowers and seeds.

**Traditional uses**

- The root is used in the treatment of intestinal catarrh, chronic enteritis, diarrhoea and dysentery.
- It improves the appetite, facilitates digestion, and treats anaemia.



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### 189. *Striga asiatica* (L.) Kuntze



**Family:** Scrophulariaceae

**Synonyms:** *Striga lutea* Lour., *Buchnera asiatica* L.

**Vernacular names:** Pallipoondu, kollaippalli, Chirakachitam, Witch weed.

**Botanical Description:** An erect scabrous hirsute branching parasitic herb, little branched; leaves linear. Flowers axillary or the upper in bracteates spikes; bracteoles usually 2. Calyx 10-ribbed, occasionally 15-ribbed, but the secondary ribs ending at the sinus between the lobes, the ribs with stiff hairs on bulbous bases. Corolla yellow or sometimes white; tube slender, abruptly in curved at or above the middle; limb spreading, the upper lip inner in bud, usually short, notched or 2-lobed, the lower 3-lobed. Stamens 4, didynamous, included; anthers 1-celled, vertical, dorsifixed, the connective sometimes mucronate. Ovary many-ovuled; style slender, thickened upwards; stigma entire. Fruit an oblong obovoid or subglobose capsule, loculicidal, the valves entire septiferous, separating from the placentas. Seeds many, ovoid or oblong, usually reticulate.

**Parts used:** Whole plant.

**Traditional uses**

- The whole plant is used for treating intestinal parasites.
- Improves appetite and taste. Prescribed in strangury and diseases due to vitiated blood.



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190. *Syzygium cumini* (L.) Skeels.



**Family:** Myrtaceae

**Synonyms:** *Eugenia cumini* (L.) Druce., *Eugenia jambolana* Lam.

**Vernacular names:** Naaval, Java plum.

**Botanical Description:** Large tree; leaves variable in shape but usually 3-6 inch long, usually acuminate, sometimes abruptly, the nerves close and parallel. Flowers large, terminal axillary or lateral cymes, usually corymbose; bracteoles small deciduous or 0, calyx -tube 2- inch in diameter, turbinate or funnel-shaped, the limb 4-rarely 5 lobed; no thickened stamina disc. Petals 4-5, rounded, concave, usually falling off as a calytrate lid, sometimes singly. Stamens very numerous, free, bent inwards at the middle when in bud. Ovary 2- celled, with several ovules in each cell; style 1; stigma simple. Fruit a 1-celled, 1- or few seeded berry, oblong ellipsoid or globose, crowned by the calyx-limb. Seeds globose; cotyledons fleshy; radicle small, concealed between the cotyledons.

**Parts used:** Seeds, leaves, fruits and bark.

**Traditional uses**

- The leaves are used for strengthening the teeth and gums.
- The fruit and seeds are sweet, acrid, sour, tonic and cooling. They are used in diabetes, diarrhea and ringworm. The bark is astringent, sweet sour, diuretic, digestive and anthelmintic.
- Leaves are used as poultices on skin diseases.
- Decoction of the fruit is used in case of enlargement of the spleen.



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### 191. *Tabernaemontana divaricate* R.Br. ex Roem. & Schult.



**Family:** Apocynaceae

**Synonyms:** *Tabernaemontana coronaria* (Jacq.) Willd., *Ervatamia coronaria* (Jacq.) Stap

**Vernacular names:** Nandhiyavattai, Crape jasmine.

**Botanical Description:** Tall shrub or small tree reaching a height of 6-8 feet with white scented flowers. Leaves are opposite, obovate or oblanceolate, acuminate or caudate at apex, 3-6 inches long, main nerves 6-8; axillary stipules usually distinct; axillary glands small, often numerous. Flowers infundibulliform cymes or axillary corymbose in pairs; branches dichotomous. Calyx small, lobes 5, free or connate at the base, glandular inside. Corolla salver-shaped, lobes overlapping to left, thick corolla tube 5-1 inches long, tube cylindrical, slightly dilated towards the naked mouth. Stamens included; filaments short; anthers linear long, filiform; stigma clavate or oblong with a bifid apiculus. Fruits ovoid to lanceolate, usually curved and beaked with 2 follicular mericarps, coriaceous when mature. Seeds 3-6, crustaceous enveloped in a red fleshy aril.

**Parts used** Flowers, fruits and wood.

#### Traditional uses

- Roots are emmenagogue, aphrodisiac, tonic, purgative, astringent to the bowels and tonic to the brains, liver and spleen; The roots when chewed relieve toothache.
- Useful in paralysis and strangury; lessens pain in the limbs and the joints.
- Extracts of the different parts cause sedation, decreases respiration and skeletal muscle tone and possesses analgesic activity.



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### 192. *Tamarindus indicus* L.



**Family:** Fabaceae

**Synonyms:** *Tamarindus occidentalis* Gaertn., *Tamarindus officinalis* Hook.

**Vernacular names:** Puliyamaram, Tamarind.

**Botanical Description:** A tree. Leaves abruptly pinnate; leaflets many, small, opposite; stipules minute, caducous; stipels 0; flowers in racemes at the ends of branches; bracts and bracteoles ovate-oblong, coloured, caducous. Calyx-tube turbinate, lobes 4, lanceolate, membranous, imbricate. Petals 3, imbricate, the two lower reduced to scales. Stamens 3, perfect, the filaments connate about half-way up in a sheath split above, the rest reduced to bristle-like staminodes; anthers versatile, dehiscing longitudinally. Ovary stipitate, stalk adnate to the disc, many ovuled; style filiform; stigma capitate. Pod linear-oblong, incurved, thick, compressed with brittle epicarp, pulpy mesocarp and leathery septate endocarp. Seeds obovate-orbicular, compressed, testa hard.

**Parts used:** Whole tree.

#### Traditional uses

- Tamarind leaves and flowers, dried or boiled, are used as poultices for swollen joints, sprains and boils. The fruit shells are burned and reduced to an alkaline ash, which enters into medicinal formulas. Pulp helps in treating constipation.
- Lotions and extracts made from them are used in treating conjunctivitis, dysentery, jaundice, hemorrhoids and various other ailments, because of their antiseptics and vermifuge properties.
- The bark of the tree is regarded as an effective astringent, tonic and febrifuge. Fried with salt and pulverized to an ash, it is given as a remedy for indigestion and colic.



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### 193. *Tecoma stans* (L) Juss. Ex kunth



**Family:** Bignoniaceae

**Synonyms:** *Bignonia frutescens* Mill., *Stenolobium quinquejugum* Loes.

**Vernacular names:** Manjarali, yellow trumpet bush, yellow bells, yellow elder.

**Botanical Description:** Evergreen shrub or small tree; Leaves opposite, pinnate compound, 10-20 cm long; leaflets 5-13, ovate to lanceolate, 4-9 cm long, sharply serrate, acuminate; flowers bright yellow, 4-5 cm long, in open few-flowered racemes; calyx campanulate, 5-lobed; corolla abruptly contracted towards base, lobes undulate; capsule linear, 12-20 cm long, 6 mm broad.

**Parts used:** Whole plant.

**Traditional uses**

- Roots are used as diuretic, tonic, anti-syphilitic and vermifuge.
- The decoction of flowers and bark are used for stomach pains.
- The plant is also used in the treatment of diabetes.



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### 194. *Tecoma capensis* (Thunb.) Lindl.



**Family:** Bignoniaceae

**Synonyms:** *Bignonia capensis* Thunb.; *Tecoma petersii* Klotzsch;

**Vernacular name:** Cape honey suckle.

**Botanical Description:** An erect and scrambling shrub, up to c. 3 m high. Leaves opposite; leaflets 5-9, 1-3 x 1-2 cm elliptic to suborbicular, acute to obtuse at apex, crenate, lateral nerves 4-5 pairs, with domatia in the nerve axils; subsessile. Flowers in terminal racemes. Calyx tubular, 5-toothed at apex. Corolla tubular, 4-5 cm long, red, rarely pale yellow, villous within. Stamens 4, didynamous, exserted, filaments 3-3.5 cm long. Disc fleshy. Stigmatic lobes flattened.

**Parts used:** Leaves, flower and bark.

**Traditional uses**

- The powdered bark of this attractive garden plant is used for relieve pain and sleeplessness.



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### 195. *Tectona grandis* L.f.



**Family:** Verbenaceae

**Synonyms:** *Jatus grandis* (L.f.) Kuntze, *Theka grandis* (L.f.) Lam.

**Vernacular names:** Tekkumaram, Teak.

**Botanical Description:** A very large deciduous tree with quadrangular stems, covered with stellate tomentum. Leaves large, opposite, whorled, entire, petiolate. Flowers numerous in dichotomous cymes in large terminal panicles; bracts small, narrow. Calyx campanulate, shortly 5-6 lobed, enlarged and bladder-like in fruit. Corolla small, white; tube short; limb with 5-6 short subequal, spreading imbricate lobes. Stamens 5-6, inserted near the base of the corolla, equal, exserted; anthers ovate or oblong with distinct parallel cells. Ovary fleshy, 4-celled, each cell 1-ovuled; style linear; stigma shortly bifid. Fruit a drupe enclosed in the enlarged calyx; exocarp spongy or nearly dry; endocarp bony thick, 4-celled. Seeds erect, oblong; testa membranous; albumen 0; cotyledons fleshy and oily; radicle short.

**Parts used:** Whole plant.

#### Traditional uses

- Wood is acrid, cooling, laxative, sedative to gravid uterus and useful in treatment of piles, leucoderma and dysentery.
- Flowers are acrid, bitter and dry and useful in bronchitis, biliousness, urinary discharges etc. Roots are useful in treatment of urinary system related troubles.
- The oil from flower is hair promoter and useful in scabies.
- Wood is good for headache, biliousness, burning sensation and pain and liver related troubles. It possesses anthelmintic and expectorant properties.



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### 196. *Tephrosia purpurea* (L.) Pers.



**Family:** Fabaceae

**Synonyms:** *Cracca piscatoria* (Aiton) Lyons, *Cracca purpurea* L.

**Vernacular names:** Kozhingi, Kavali, Wild indigo, Fish poison plant.

**Botanical Description:** Herbs or undershrubs, rarely shrubs. Leaves imparipinnate, sometimes reduced to one leaflet; side leaflets opposite; stipules free from the petiole, lanceolate or subulate, sometimes reduced to spines. Flowers reddish or white, in terminal or leaf opposed racemes or solitary or in pairs in the axils of the leaves, bracteate, bracteoles 0. Flowers less than 0.3 inch long, bluish-purple. Calyx-tube campanulate, teeth subequal or the lower longer, the 2 upper often slightly connate. Pubescence of pedicel and calyx appressed. Petals clawed; standard suborbicular; wings obliquely oblong or obovate, slightly adherent to the incurved keel petals. Stamens diadelphous, free; anther uniform. Ovary sessile, linear, many ovuled. Style incurved, often flattened, glabrous, or bearded; stigma terminal. Pod linear, flattened. Seeds many, reniform elliptic or ovoid.

**Parts used:** Roots, leaves, seeds and bark.

#### Traditional uses

- The plant is digestible, anthelmintic, alexiteric, antipyretic, alternative, cures diseases of liver, spleen, heart, blood, tumours, ulcers, leprosy, asthma, poisoning etc.
- The root is diuretic, allays thirst, enriches blood, cures diarrhea, useful in bronchitis, asthma, liver, spleen diseases, inflammations, boils and pimples.
- Leaves are tonic to intestines and a promising appetizer. Good for piles, syphilis and gonorrhoea.



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### 197. *Terminalia catappa* L.



**Family:** Combretaceae

**Synonyms:** *Catappa domestica* Rumph., *Juglans catappa* (L.) Lou.

**Vernacular names:** Nattu-vaadham, vatha-kottai, Indian almond.

**Botanical Description:** Tree to 25 m; branchlets with persistent leaf-scars. Leaves densely clustered at the ends of branchlets, alternate, obovate, 15-30 x 10-17 cm, thin-coriaceous, 12-15 nerved, glabrous above, tomentose below, base subcordate-cuneate, margin entire, apex obtuse-rotund, venose; petiole to 1 cm; glands 2, at the base of leaf-blade, sessile. Spikes to 10 cm, axillary; peduncle to 4 cm, bracteoles triangular, 0.5 mm. flowers 4 mm across. Calyx-tube 2 mm, tomentose; lobes 5, triangular, 1 mm, puberulous. Stamens 10; filaments 2-3 mm. ovary 5 mm, 1-celled; style 4 mm. drupe ellipsoid, 5.5 x 1.5 cm, ± compressed, 2-ridged when dry, glabrous.

**Parts used:** Leaves, trunk barks and fruits.

**Traditional uses**

- The leaves are used for the treatment of liver related diseases and sickle cell disorders.
- The young leaves and fruits are used for headaches and colic.



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### 198. *Thespesia populnea* (L.) Sol. ex Correa



**Family:** Malvaceae

**Synonyms:** *Abelmoschus acuminatus* (Alef.) Müll. Berol. *Hibiscus bacciferus* Blume

**Vernacular name:** Puvarasu maram. Portia tree. Indian tulip tree.

**Botanical Description:** A fairly large evergreen tree with cordate entire long petioled leaves 3-5 inch. each way and long-peduncled flowers 2-3 inch. across, the petals yellow fading to purplish pink; solitary, axillary. Bracteoles 5, fugacious or 0. Calyx truncate, entire. Petals 5, convolute. Staminal tube toothed at the top, clothed except at the swollen base with the free ends of the filaments. Ovary 5-celled; ovules 2-3 in each cell; styles club-shaped, 5-furrowed. Fruit fleshy, very tardily dehiscent. Seed few, large, striate with lines of adpressed soft hairs.

**Parts used:** Fruits, flowers, young leaves and bark.

#### Traditional uses

- Ground up bark is used to treat skin diseases, dysentery and haemorrhoids (Mauritius).
- Leaves are applied to inflamed and swollen joints.
- When cut, the young fruit secretes a yellow sticky sap used to treat ringworm and other skin



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### 199. *Thevetia nerifolia* Juw. ex A.DC.



**Family:** Apocynaceae

**Synonyms:** *Cascabela thevetia* (L.) Lippold., *Cerbera thevetia* L.

**Vernacular name:** Ponnarali.

**Botanical Description:** Evergreen shrub or small tree, 4 m high. Leaves alternate, linear-lanceolate, 10-15 x 0.7-1 cm, subcoriaceous, base cuneate, margin recurved, apex acute, lateral nerves 16-20 pairs, faint; petiole to 1 cm. Inflorescence a terminal cyme, overtopped by axillary branches; peduncle to 2.5 cm; pedicel to 2 cm. Calyx -lobes 5, unequal, shortly united, lanceolate, to 1 cm, acute. Corolla yellow, 5 cm across, funnel-shaped; tube 4 cm, narrowed from below the middle, throat of narrow tube, included; anthers oblong-cordate, 2 mm, mucronate, free from stigma. Ovary depressed cone, 2 mm, 2-locular; style 1.5 mm; stigma conic, with a basal ring. Drupe broadly turbinate, 3 cm across, slightly compressed laterally; seeds a few, flattened, without coma.

**Parts used:** Leaves, barks and seeds.

#### Traditional uses

- Barks and seeds are cardiac tonic and strong cardiac stimulant.
- Bark is cathartic, powerful febrifuge and emetic; useful in various kinds of intermittent fevers.
- Leaves also possess purgative and emetic properties.
- Seeds are abortifacient; used for suicidal and homicidal purposes.
- Seed oil is emetic and purgative.



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200. *Thuja orientalis* L.



**Family:** Cupressaceae

**Synonyms:** *Biota chengii* (bordères & gausson), *Platycladus orientalis* (L.) franco.

**Vernacular names:** Oriental arborvitae, Chinese arborvitae, Oriental thuja.

**Botanical Description:** Small, slow-growing tree. trunk, to 15–20 m x 0.5 m across (exceptionally to 30 m tall and 2 m diameter in very old trees). Foliage flat sprays with scale-like leaves, to 2–4 mm. Cones to 15–25 mm, green, ripening brown in about eight months from pollination, 6–12 thick scales arranged in opposite pairs. Seeds 4–6 mm long with no wing.

**Part used:** Leaves, stem, root bark and seeds.

### Traditional uses

- The leaves are antibacterial, antipyretic, antitussive, astringent, diuretic, emmenagogue, emollient, expectorant, febrifuge, haemostatic, refrigerant and stomachic.
- They are used internally in the treatment of coughs, haemorrhages, excessive menstruation, bronchitis, asthma, skin infections, mumps, bacterial dysentery, arthritic pain and premature baldness.
- The leaves are harvested for use as required and can be used fresh or dried. This remedy should not be prescribed to pregnant women. The extract of leaves improves the growth of hair.
- The seed is aperient, lenitive and sedative. It is used internally in the treatment of palpitations, insomnia, nervous disorders and constipation in the elderly.
- The root bark is used in the treatment of burns and scalds. The stems are used in the treatment of coughs, colds, dysentery, rheumatism and parasitic skin diseases.



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### 201. *Tinospora cordifolia* (Thunb.) Miers



**Family:** Menispermaceae

**Synonyms:** *Menispermum cordifolium* Willd., *Cocculus cordifolius* (Willd.) DC.

**Vernacular names:** Shindilakodi, Heart-leaved Moonseed.

**Botanical Description:** A climbing shrub with succulent stems, the bark papery at first then corky; leaves glabrous. Racemes or rarely panicles of usually precocious flowers, axillary terminal or from the old wood. Sepals 6, 2-seriate, inner larger. Petals 6, smaller. Male stamens 6, free; anther-cells connivent at the thickened top of the filament, bursting longitudinally. Female staminodes 6, clavate; ovaries 3; stigmas forked. Drupes red, sessile; endocarp with few isolated tubercles or smooth. Seed grooved ventrally or curved round a 2-lobed intrusion of the endocarp; albumen ventrally ruminant; cotyledons foliaceous, ovate, spreading.

**Parts used:** Whole plant.

**Traditional uses**

- The plant oil is effective in reducing pain and edema and in gout and skin diseases.
- The herb accords longevity, enhances memory, improves health, and bestows youth, betters complexion, voice, energy and luster of the skin.
- It is helpful in treating digestive ailments such as hyperacidity, colitis, worm infestations, loss of appetite, abdominal pain, excessive thirst, and vomiting and even liver disorders like hepatitis.
- Fresh juice when mixed with rock candy, speeds up the recovery in hepatitis patients.



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### 202. *Tradescantia spathacea* Sw.



**Family:** Commelinaceae

**Synonyms:** *Rhoeo discolor* (L'Hér.) Hance, *Tradescantia discolor* L'Hér.

**Vernacular names:** Boat Lily.

**Botanical Description:** Herbs perennial. Stems erect, often forming colonies, simple, glabrous. Leaves alternate, sometimes seemingly spirally arranged, sessile; leaf sheath sometimes pilose at mouth; leaf blade dark green adaxially, purple abaxially, oblong-lanceolate, 20-40 × 3-6 cm, glabrous, somewhat fleshy, base narrowed and semiclasping, apex acuminate. Flowers in axillary, pedunculate, simple or forked, many-flowered umbels subtended by 2 large, conduplicate, ovate bracts to 3 cm. Petals white, ovate, 5-8 mm, apex abruptly acute. Seeds rugose.

**Parts used:** Flowers and leaves.

#### Traditional uses

- Flowers and leaves are used to treat cancer, superficial mycoses, coughs, colds, and dysentery.



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### 203. *Tradescantia virginiana* L.,



**Family:** Commelinaceae

**Synonyms:** *Ephemerum congestum* Moench, *Tradescantia brevicaulis* Raf.

**Vernacular name:** Spiderwort.

**Botanical Description:** Virginia spiderwort is a large but dainty perennial to 3 ft. with long, bright-green, narrow leaves. The thick clump of slender, branched stalks is topped by groups of blue or purplish, three-petaled flowers up to 2 in. across. Spiderwort flowers close by mid-day and last only one day. Blue-violet (sometimes white) flowers with showy, yellow stamens in a terminal cluster above a pair of long, narrow, leaf-like bracts.

**Parts used:** Flowers and leaves.

**Traditional uses**

- The roots are laxative. They are also used as a tea in the treatment of kidney and stomach ailments and women's complaints.
- A poultice of the leaves is applied to stings, insect bites and cancers.



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### 204. *Tradescantia zebrina* (Schinz) D. R. Hunt



**Family:** Commelinaceae

**Synonyms:** *Zebrina pendula* Schnizl., *Tradescantia pendula* (Schnizl.) D.R.Hunt.

**Vernacular name:** Inch plant.

**Botanical Description:** Herbs, decumbent. Leaves 2-ranked; blade variegated, abaxially reddish purple, adaxially striped green and white, lanceolate-elliptic to ovate-elliptic, 3-9 x 1.5-3 cm, base oblique, cuneate, apex acute to acuminate. Inflorescence terminal, consisting of pairs of sessile cymes enclosed in sheath of spatheaceous bracts, pedunculate; spatheaceous bracts foliaceous, reduced. Flowers subsessile; sepals basally connate, 4-5 mm.; petals pink, clawed, claws basally connate forming tube; stamens epipetalous; filaments bearded. Capsules 3-locular; locules 2-seeded.

**Parts used:** Whole plant.

**Traditional uses**

- It is used as a cold herbal tea and also used for lubricant.
- It is used to treat, problems of the uterus, high blood pressure and tuberculosis.



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### 205. *Trianthema portulacastrum* L.



**Family:** Aizoaceae

**Synonyms:** *Portulacastrum monogynum* (L.) Medik., *Trianthema obcordata* Roxb

**Vernacular names:** Sharunnai, Black pigweed.

**Botanical Description:** Diffuse prostrate branched herbs, glabrous or papillose. Leaves obovate; flowers small, solitary, sessile, sheathed by the base of petiole. Calyx-tube short or long; lobes 5, coloured within, mucronate on the back near the tip. Petals 0. Stamens 10 or 15, inserted near the top of the calyx-tube. Ovary free, sessile, usually truncate at apex, 1-2 celled; ovules 1 or more in each cell, from a basal placenta; styles 1 or 2, papillose. Fruit a capsule, circumsciss; capsule-top mitriform enclosing at least 1 seed, the lower part 3-5-seeded; seeds with concentric muriculate lines.

**Parts used:** Leaves and whole plant

**Traditional uses**

- The plant is used in the treatment of edema in the liver and spleen, uterualgia, and cough.
- The plant is lithotriptic for the kidney and bladder.
- The plant is considered as a diuretic.



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### 206. *Tribulus terrestris* L.



**Family:** Zygophyllaceae

**Synonyms:** *Tribulus lanuginosus* L., *Tribulus maximus* var. *roseus* Kuntze

**Vernacular names:** Palleru-mullu, Nerunji, Puncture wine.

**Botanical Description:** A procumbent herb. Leaves stipulate, opposite or some time alternate, abruptly pinnate; leaflets 6-12, 2-5 inch long, oblong, silky. Flowers solitary, axillary, 5-1 inch across, yellow in colour. Sepals 5, imbricate. Petals 5, spreading, imbricate, fugacious. Disk annular, 10 lobed. Stamens 10 (or 5). Filaments bare. Ovary sessile, hirsute, 5-12 lobed, 5-12-celled; ovules 1-5 in each cell. Stigmas 5-12. Fruit 5-angled, of 5-12 celled; ovules 1-5 in each cell. Stigmas 5-12. Fruit 5 angled, 5-12 winged, spinous or tuberculate cocci.

**Parts used:** Leaves, fruits, roots and seeds.

#### Traditional uses

- Tribulus is used for kidney problems, including kidney stones, painful urination, a kidney disorder and diuretic to increase urination; for skin disorders, including eczema psoriasis, and scabies.
- It is used for heart and circulatory system problems, including chest pain, high blood pressure, high cholesterol.
- It is used for the treatment of gonorrhoea, liver disease (hepatitis), inflammation, joint pain, leprosy, coughs, headache, dizziness (vertigo) and chronic fatigues syndrome.



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### 207. *Trichodesma indicum* (L.) R. Br.



**Family:** Boraginaceae

**Synonyms:** *Borago indica* L., *Trichodesma hirsutum* Edgew.

**Vernacular name:** Kallutai tumapi, Indian borage.

**Botanical Description:** Coarse erect, hispid herb. Leaves variable, lanceolate or ovate or oblong, cordate or hastate, villous and hispid. Flowers solitary on axillary pedicels, but passing into terminal racemess. Calyx 5-lobes, hastate at base; corolla 5-tube as long as the lobes, which are rounded and slenderly abruptly apiculate and recurved in flower; glandular spots on the throat 2 to each lobe; stamens-5, closely connivent, densely shortly hirsute, the tips with spirally twisted hair-like points; Ovary 4-celled; stigma small. Fruit pyramidal with an ovoid oblong nutlet adnate to the torus. Seeds suborbicular or obovoid.

**Parts used:** Roots, leaves and flowers.

#### Traditional uses

- In herbal medicine jargon, it is thermogenic, emollient, alexeteric, anodyne, anti-inflammatory, carminative, constipating, diuretic, depurative, ophthalmic, febrifuge and pectoral.
- It is used in arthralgia, inflammations, dyspepsia, diarrhoea, dysentery, strangury, skin diseases and dysmenorrhoea. Leaves and roots are used as remedy for snake bites; also used as diuretic.
- Cold infusion of leaves considered depurative.
- Crushed roots, in decoction or infusion, used for dysentery in children.



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### 208. *Tridax procumbens* L.



**Family:** Asteraceae

**Synonyms:** *Balbisia canescens* Rich., *Tridax procumbens* var. *ovatifolia* B.L.Rob.

**Vernacular names:** Vettukaaya poondu, Coat buttons, Tridax daisy.

**Botanical Description:** A straggling hispid herb; leaves, opposite, dentate or pinnatisect. Flowers yellow; heads medium-sized, heterogamous, rayed; ray-flowers female, fertile, disk flowers male and female, fertile. Involucres campanulate, few-seriate, outer broad, herbaceous, inner scarious. Receptacle flat or convex; paleae membranous. Corolla of female flowers ligulate or 2-labiate, the outer lip large 3-lobed, the inner small 2-lobed; male and female flowers tubular, the limb 2-lobed. Anther bases with short acute auricles. Style arms hairy, the tips subulate. Achenes turbinate or oblong, silky; pappus of short or long aristate feathery bristles.

**Parts used:** Leaves.

#### Traditional uses

- The plant is used for wound healing, staunching bleeding, diarrhea, backache and bronchial catarrh.
- The leaf juice can be used to cure fresh wounds, to stop bleeding, as a hair tonic.
- The plant has hepatoprotective activity, anti-inflammatory, wound healing, anti-diabetic activity and hypotensive effect. It also has immunomodulating property, bronchial catarrh, dysentery, and diarrhea and to prevent falling of hair promotes the growth of hair, and antimicrobial activity against both Gram-positive and Gram-negative bacteria.



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### 209. *Tylophora indica* (Burm. f.) Merr.



**Family:** Asclepiadaceae

**Synonyms:** *Asclepias asthmatica* L.f., *Tylophora asthmatica* Wight & Arn.

**Vernacular names:** Naippalai, Nancharuppan, Koorinja.

**Botanical Description:** Erect or twining perennial herbs or undershrubs. Leaves opposite. Flowers small, in axillary or lateral simple or branched umbelliform cymes of flower-clusters or short racemes scattered along them. Calyx 5-partite, glandular within; lobes ovate or lanceolate. Corolla rotate or rotate-campanulate, deeply 5-lobed, the lobes slightly overlapping to the right; corona of 5 small fleshy tubercular processes adnate to the lower part of the stamina-column arising from the base of the corolla; anthers erect, small, with small inflexed membranous appendages; pollen-masses minute, usually horizontal, attached by their middle or near their base by very slender usually short caudicles to the pollen-carriers. Ovary of 2 carpels; style -apex pentagonal or 5 lobed, flattened or convex, rarely exerted. Fruit of 2 follicular mericarps, smooth, usually acuminate. Seeds flattened, ovoid, margined, ending in a silky coma; cotyledons elliptic; radicle cylindrical.

**Parts used:** Leaves and roots.

#### Traditional uses

- The plant is used for the treatment of bronchial asthma, inflammation, bronchitis, allergies, rheumatism and dermatitis.



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### 210. *Vernonia cinerea* (L.) Less.



**Family:** Asteraceae

**Synonyms:** *Cyanopsis erigeroides* DC., *Eupatorium myosotifolium* Jacq.

**Vernacular names:** Naichotte Poondu, Purple fleabane.

**Botanical Description:** Annual or somewhat perennial herb erect or decumbent, 0.5- 1.5 ft. high, the leaves very variable, glabrous or pubescent, ovate or lanceolate, the margins undulately toothed; involucre bracts usually glabrous above; outer pappus hairs rather long. Corollas all equal, tubular, slender; lobes 5, narrow. Anthers obtusely auricled at base. Style-arms subulate, puberulous. Achenes 10-ribbed 3-5-angled or terete; pappus usually 2-seriate, the outer simple or paleaceous, the inner long, feathery.

**Parts used:** Whole plant.

#### Traditional uses

- The plant is used for the treatment of febrifuge and diaphoretic
- The plant is used for strangury and for haematological disorders, as a blood purifier and Styptic. Also used in asthma.



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### 211. *Vinca rosea* L.



**Family:** Apocynaceae

**Synonyms:** *Catharanthus roseus* (L.) G. Don, *Lochnera rosea* (L.)

**Vernacular Names:** Nithyakalyani, Madagascar periwinkle, Rosy periwinkle.

**Botanical Description:** Perennial herb or subshrub to 75 cm. leaves elliptic-obovate to oblong, 4-10 × 2-4 cm, glabrous to puberulous, base acute to cuneate, apex obtusely apiculate, lateral nerves 10-12 pairs; petiole to 1 (1.5) cm. flower(s) axillary, solitary or paired, shortly pedicellate. Calyx-lobes 5, subequal, 6 mm, acuminate. Corolla white or pink, 4 cm across; tube 3 cm, glabrescent to puberulous without; lobes 5, ovate-triangular, to 2 cm, obtusely apiculate. Stamens 5, attached above the middle of tube; anthers 3 mm, ovate-lanceolate, acute, subsessile, base rounded, free from stigma. Ovary 4 mm, ovaries 2, free, oblong; style 3 cm. mericarps 3-4 × 0.3 cm, puberulous.

**Parts used:** Roots and leaves.

#### Traditional Uses

- The herb has two anti-carcinogenic compounds such as vincristine and vinblastine which have been found to be effective in the cure of various types of cancers.
- It is effective in the treatment of diabetes as it has the property to lower the blood sugar.
- It lowers the blood pressure in high blood pressure patients.
- It relieves anxiety, thus it has tranquilizing properties.



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### 212. *Waltheria indica* L.



**Family:** Malvaceae

**Synonyms:** *Waltheria Americana* L., *Waltheria pyrolaefolia* A. Gray.

**Vernacular names:** Shengali poondu, Sleepy morning, Marsh-mallow.

**Botanical Description:** An undershrub with much soft pubescence. Leaves ovate, serrate. Flowers yellow, in globose axillary clusters. Sepals 5, connate below in a tube. Petals 5. Stamens 5, connate below in a tube, anther-cells parallel. Ovary sessile, 1 celled; ovules 2, ascending; style excentric; stigma club-shaped. Fruit a 2-valved, 1 seeded capsule. Seed ascending; albumen copious; embryo straight; cotyledons flat.

**Parts used:** Roots and leaves.

#### Traditional uses

- It is used as febrifuge and as antisyphilitic.
- Decoction used as remedy for eruptions of the skin and also used for washing the wounds.
- Decoction is also used as syphilis prevention or immunity.
- Used by farmers as a restorative drink during the labours of harvesting.
- Root is used as a remedy for sterility, as astringent, and also for internal hemorrhage.



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### 213. *Ziziphus mauritiana* Lam.



**Family:** Rhamnaceae

**Synonyms:** *Ziziphus jujuba* Mill, *Rhamnus jujube* L.

**Vernacular Names:** Elandhai, Buck thorn, Chinese date.

**Botanical Description :** Small tree usually with short thick bole and rounded head. Leaves ovate-elliptic, up to 2.5 inch long by 1.5 inch broad, fuscous-tomentose beneath; disk grooved; flowers small, greenish or yellowish, in axillary fascicles or in sessile or peduncled cymes. Calyx with broadly obconic tube and 5 triangular acute lobes keeled within, lobes valvate. Petals 5, or rarely 0, cucullate, deflexed. Stamens 5, opposite to and enclosed in the petals and usually longer than them. Disk 5-10 lobed, flat or pitted, the margin free. Ovary sunk in or adnate at the base to the disk, 2-4celled; style 2-3, rarely 4, free or connate; stigmas small, papillose. Fruit drupe oblong or globose over 0.5 inch in diameter. Seed plano-convex; albumen 0 or scanty; cotyledons thick; radicle short.

**Parts used:** Seeds bark and fruit.

#### Traditional uses

- It is used to treat gastrointestinal health and digestion, as well as being a combination sedative, anxiolytic, pain killer.
- It is used for anxiety and insomnia, and as an appetite stimulant or digestive aid.
- It appears to be pro-motility in regards to the intestines, speeding up transit time and encouraging defecation.
- It acts as antifertility for females.



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### 214. *Zoysia matrella* (L.) Merr.



**Family:** Poaceae

**Synonyms:** *Agrostis matrella* L., *Zoysia pungens* Willd.

**Vernacular Names:** Manilla grass, Korean grass.

**Botanical Description:** A mat-forming perennial, often stoloniferous, rarely rhizomatous, up to 35 cm high. Stolons to 45 cm long. Leaf-sheath hairy at the throat; ligule membranous and finely hairy, ca. 0.25 mm long; leaf-blade lanceolate, up to 8 cm x 3 mm when expanded, erect to patent, base more or less cordately contracted into a short pseudo-petiole. Inflorescence a terminal, spike-like raceme, up to 4 cm long, rachis somewhat wavy; pedicels 0-3 mm long; spikelets ovoid-oblongoid, 2-3.8 mm x 1 mm; lower glume usually absent, upper glume 5-nerved; palea absent. Caryopsis with a straight truncate base. There is considerable variation in growth habit, rhizome development and the shape of spikelets.

#### Economic uses

- Commonly used in land scaping as lawn grass.
- It is grown as an ornamental grass and is used for turf on golf courses.
- In addition to its ability to grow on sandy soils, it tolerates high salinity, making it ideal for erosion control and lawns in coastal areas.



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Benjamin Fig	95	Chirakachitam	189
Bhiramma thandu	27	Chitaamuttie	179
Big sage	122	Chittirapaladai	91
Bird cherry	134	Chotthukathalai	16
Black board tree	17	Christmas bush	54
Black henna	112	Christmas tree	26
Black night shade	182	Christ's thorn	48
Black pigweed	205	Chukatti keerai	182
Black Wattle tree	3	Climbing dayflower	62
Blanket grass	32	Coat buttons	208
Blue commelina	61	Cock's comb	52
Boat Lily	202	Coco-grass	75



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Vernacular index

Coconut Palm	60	Fan tree	171
Coffee senna	50	Feather celosia	51
Common leucas	124	Fire bush	104
Common prickly pear	141	Fire cracker flower	66
Congress weed	146	Fire cracker plant	174
Copper leaf plant	6	Fire of forest	79
Copper pod tree	149	Fire-flame Bush	52
Coral fountain	174	First aid plant	16
Cori konnrai	142	Fish poison plant	196
Corn or cornstalk plant	83	Flannel weed	179
Country mallow	2	Flea tree	14
Crab grass	82	Fodder grass	32
Crape jasmine	191	Fodder grass	42
Crow foot grass	77	Fodder grass	152
Cuban jute	180	Foetid cassia	50
Cuban Royal Palm	173	Fortune plant	84
Curry leaf tree	135	Fountain tree	185
Custard apple	25	Four leaf clover	127
Cypress vine	114	Fragrant dracaena	83
Date palm	154	Fragrant swamp mallow	148
Datura	78	French indigo	111
Desert cotton	11	Frog fruit	155
Devil bean	67	Giant crinum lily	65
Devil weed	54	Giant milk weed	44
Devil's Backbone	55	Globe thistle	187
Devil's grass	74	Goat weed	177
Devil's Guts	70	Goat's head	7
Devil's horsewhip	9	Golden bamboo	35
Dodder plant	70	Golden berry	160
Dog grass	88	Golden cane palm	86
Dog-tooth grass	145	Golden dew drops	85
Dump cane	81	Golden Shower	49
Dwarf bamboo	34	Golden trumpet	15
Dwarf cat tail	4	Goose grass	88
Dwarf copper leaf	20	Grand crinum lily	65
Dwarf morning glory	93	Grasshopper's cyperus	76
Dye root	105	Guava	168
Eantha panai	71	Gulmohar	79
Egyptian Finger Grass	77	Hairy carpet weed	99
Elalaipalai	17	Hairy crab grass	82
Elandhai	213	Heart-leaf sida	179
Elanji	130	Heart-leaved Moonseed	201
Ellumichai	56	Hellweed	70
False ashoka	164	Hispid starbur	7



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Holy basil	140	Kallutai tumapi	207
Honey suckle	80	Kalmoongil	35
Humming bird bush	104	Kalurukki	177
Hyptis	110	Kamakshipul	73
Idly poo	115	Kanagaambaram	66
Inch plant	204	Kariveppu	135
Indian jute	63	Karpura thaila maram	90
Indian almond	63	Karu oomathai	78
Indian Banyan	197	Kassode tree	178
Indian borage	94	Kavali	196
Indian cork tree	207	Keezhanelli	156
Indian devil tree	128	Kesavarthini	187
Indian Fig	17	Khaki weed	18
Indian gooseberry	94	kilaakkaai	48
Indian gooseberry	157	Kilu kiluppai	67
Indian kino	159	King of bitters	23
Indian laburnum	169	King sago palm	72
Indian liquorice	49	Kollaippalli	189
Indian mast tree	1	Koorinja	209
Indian nettle	164	Koraipul	75
Indian pink	5	Koran poo	115
Indian Shot	114	Korean grass	214
Indian thorn apple	45	Kottaimuthu	172
Indian trumpet flower	78	Kottakaranthai	187
Indian tulip tree	142	Kovaikai	59
Irangunmalli	198	Koyya	168
Iruvillipalai	170	Kozhikondai	52
Ivy gourd	97	Kozhingi	196
Jack fruit tree	59	Kudiraival pullu	151
Jamaica Cherry	29	Kuduhai	64
Jasmine	134	Kuntimani	1
Java grass	116	Kuppaikerai	21
Java plum	75	Kuppaimeni	5
Jelly leaf	190	kurumthotti	180
Jequirity	180	Kuthirai kulambu	113
Jew's Mallow	1	Lakshmi tree	181
Jumby-Bean	63	Lebbek tree	14
Jungle rice	43	Lemon	56
Jungle rice grass	144	Leopard lilly	81
Kaakataan	87	Lettuce tree	161
Kaattaamanakku	87	Licorice weed	177
Kahitha poo	58	Lily pink	22
Kaka cal pul	117	Lobster claw	106
	41	Maavilingum	64
	77	Madagascar periwinkle	211



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		Vernacular index	
	102	Naaval	190
Madras carpet	158	Naayuruvi	9
Madras leaf-flower	130	Naichotte Poondu	210
Magizham	24	Naippalai	209
Malabar cat mint	169	Naked lady	22
Malabar kino	44	Nalavelai	103
Malaierukku	95	Nalla tulasi	140
Malaicichi	116	Nancharuppan	209
Malligai	126	Nandhiyavattai	191
Mamaram	182	Narival	151
Manatakkali	126	Natal grass	89
Mango tree	162	Nathaichoori	186
Manila tamarind	214	Nattu-vaadham	197
Manilla grass	131	Neelavuri	112
Manja naval	109	Neem tree	33
Manjalthutti	193	Neeraraikerai	127
Manjarali	128	Neermathalam	64
Maramalli	33	Nerunji	206
Margosa tree	212	Nettilingam	164
Marsh-mallow	175	Nilagiri thaila maram	90
Marulchedi	51	Nimbu	56
Masili keerai	72	Ningal	97
Mathana kamarajamaram	114	Nirkongu	97
Mayilmanikkam	142	Nithyakalyani	211
Midnight horror	184	Noni	131
Milk thistle	18	Nunna	131
Minnamkkanni	110	Nut grass	75
Mint weed	162	Oleander	137
Monkey pod	161	Oriental arborvitae	200
Moonlight tree	147	Oriental thuja	200
Mossy passion flower	81	Paadiri	188
Mother in law plant	175	Paereechai	154
Mother-in-law's tongue	12	Paeyavarai	50
Mountain knot	39	Pala maram	29
Mukkarattai Keerai	132	Palegaruda	17
Mulberry tree	18	Palleru-mullu	206
Mulluponnanganni	113	Pallipoondu	189
Musattalai	133	Panic grass	144
Musumuskai	46	Pannai keerai	51
Muttakathan	113	Papawli	47
Muyal kaathilai	57	Papaya	41
Naai kadughu	139	Paper flower	181
Naai thulasi	57	Paradise Tree	106
Naai velai	139	Parrot's beak	166
Naattucavindaal	57		
	123	Pasalai keerai	



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Patadi	185	Rice flats edge	
Pavettai	118	Rosary pea	76
Peelai	11	Rosy periwinkle	1
Peepal tree	96	Royal palm	211
Peramutti	148	Saala panai	173
Peria nelli	157	Sago Palm	71
Periyathaharai	123	Salangai chedi	71
Peruerukku	44	Salattu	68
Perunkonrai	149	Sanghu pushpam	121
Peyimeratti	24	Sannal	58
Pigweed	166	Santal	63
Pineapple palm	153	Sapota	176
Pirandai	55	Sapathi kalli	8
Podutalai	155	Sarakkoththini	141
Poison bulb	65	Sarakondrai	177
Ponnankanni	20	Scarlet Ixora	49
Ponnarali	199	Scorpion weed	115
Poonamayakki	5	Scurvy Weed	107
Poovaghai	79	Seemai mukkirattai	62
Portia tree	198	Seemennai poondu	40
Prickly chaff flower	9	Seendhal kodi	69
Prickly lettuce	121	Seetha	150
Prickly poppy	27	Sensitive plant	25
Puliyamaram	192	Serupattai	129
Puliyarai	143	Sessile joyweed	99
Pullem payiru	87	Sevappu nerunji	20
Pulluruvi	80	Sevvarali	111
Pumbadiri	188	Shama millet	137
Puncture wine	206	Sharunnai	87
Pungam	165	Shattavaari	205
Purple fleabane	210	Shell bean	30
Purple violacea	31	Shenbagam	98
Puvarasu maram	198	Shengali poondu	125
quail grass	51	Shindilakodi	212
Queen Sago	71	Shoe flower	201
Rail poondu	69	Siam weed	108
Rangoon Creeper	170	Siamese senna	54
Rattle weed	67	Siriyaa Nangai	178
Red edged dracaena	84	Sirrupula	23
Red frangipani	163	Sivappu mantharai	12
Red jasmine	163	Sleepy morning	37
Red milk weed	91	Snake plant	212
Rhombus-leaved sida	180	Snake weed	175
Ribbon plant	84	Sorkkamaram	92
			181



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Sour lime	56	Uttamani	
Spider lily	65	Vaadamalligai	150
Spiderwort	203	Vaahai	100
Squirrel tail	119	Vallarai	14
Star gooseberry	159	Vandunikkirachedi	53
Star weed	146	vatha-kottai	107
Stinking kedrostis	120	Vazhai	197
Strawberry tree	134	Vazhukkaikeri	136
Subabul tree	123	Veapamaram	166
Sundaikkai	183	Velimungil	33
Sweet basil	138	Veliparatti	119
Sweet signal grass	42	Vellaimancharai	150
Sweet tamarind	162	Velvette leaf plant	38
Taivelai	103	Venkai	167
Tamarind	192	Vetchi	169
Teak	195	Vettukaaya poondu	115
Tekkumaram	195	Vilayatu tulsi	208
Telanthera bettzickiana Regel	19	Vilvam	110
Tender eyelashes	98	Vishnugiranthi	10
Thaneervittaan	30	Visiri vazhai	93
Theal kodukkupoondu	107	Water grass	171
Thennai	60	Weeping fig	62
Thiruneertu pachilai	138	Wild grass	95
Thopparai pullu	151	Wild indigo	144
Thottaar sinungi	129	Wild passion fruit	196
Thumbai	124	Wild sage	147
Thuthi	2	Wild spider flower	122
Timothy grass	152	Wire grass	103
Tooth-leaf rattle pod	68	Witchweed	88
Torpedo grass	145	Wood tree	189
Touch-me-not	129	Wood tree	14
Travellers' palm	171	Yellow bells	193
Triangle tree	26	Yellow cassia	178
Tridax daisy	208	Yellow elder	193
True indigo	112	Yellow flame tree	149
Turpentine grass	73	Yellow snake tree	188
Uchi	80	Yellow trumpet bush	193
Unnichedi	122	Yellow wood sorrel	143