

WEEDS THAT HEAL



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Citation : V.S.G.R., Naidu, Yaduraju, N. T., Gogoi, A.K. (Eds.) 2005. Weeds that Heal, National Research Centre for Weed Science, Jabalpur, India. pp 120.

Technical Assistance

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Computerization

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Cover Page Design

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Published by : Director,
National Research Centre for Weed Science,
Maharajpur, Adhartal, Jabalpur - 482 004 (M.P)

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Abelmoschus moschatus. Medik.

MALVACEAE

Common Name : Musk mallow.

Vernacular Names : *Gorukhia-korai* (A), *Kasturidana*, *Muskdana*(H), *Kattukasturi* (Mal), *Latakustarikam*(S), *Varttilai kasturi* (Tam), *Kasturi benda* (Tel).

Description : Stem herbaceous, hispid with spreading hairs. Leaves and long petioles hispid with rigid hairs but otherwise glabrous, unequally and coarsely toothed, deeply lobed; all spreading, oblong or lanceolate, acuminate; pedicels partially pubescent, axillary, about as long as the petioles: involucent leaves 6-10, linear; hair somewhat persistent; capsule oblong, acuminate and hairy.



Habitat and Distribution : A weed commonly found in wastelands and seldom in croplands also, over Deccan and central regions and foothills of Himalayas.

Flowering and Fruiting : October to November

Parts Used : Whole plant and seeds

Medicinal Uses : Fresh plants are used as febrifuge and expectorant, and poultice made of whole plant reduced to pulp is applied to chest in bronchitis, mucilage from the plant is used in several diseases, urinary discharges, painful menstruation and as aphrodisiac. Seeds are used as diuretic and demulcent. A decoction or tincture is useful in nervous debility, hysteria, and other nervous disorders. Seeds are used as insect repellent. Fatty acid fractions of fresh aqueous extract of seeds are reported to have anti-tumor properties. It is used as antiseptic, stimulant, cooling tonic and carminative. Seed oil is used as fixative oil in perfume industries.

Abutilon indicum (L.) Sweet

MALVACEAE

Common Name: Indian abutilon, Velvette leaf.

Vernacular Names: *Potari* (B), *Aphra*, *Kanghi* (H), *Tutti* (Kan), *Velluram* (Mal), *Atibala* (S), *Paniyarattutti* (Tam), *Tuttura benda* (Tel)

Description: Soft pubescent shrub, leaves simple, alternate, long petioled, broadly ovate cordate, acuminate, minutely stellate hairy above, margin crenate dentate, flowers yellow, axillary, solitary. Seeds ovate or sub-orbicular.

Habitat and Distribution: A weed of crop and non-cropped areas throughout India.

Flowering and Fruiting: July to December.

Parts Used: Whole plant, leaves and roots

Medicinal Uses: The root is aphrodisiac, diuretic, tonic, and cures cough, diabetics, fever, piles and worms. Whole plant is used as anthelmintic in urinary and uterine discharges. Leaves are cooked and eaten in bleeding piles. It is useful in inflammation of bladder and vaginal infection. Root is nervine tonic and used in piles and leucoderma. Powdered root is used in cough and leprosy.



Acalypha indica. Linn.

EUPHORBIACEAE

Common Name: Indian acalypha

Vernacular Names: *Muktajhuri* (B), *Dadano*, *Vanchikanto* (G), *Khokali*, *Kuppi* (H), *Kuppi gida* (Kan), *Khokali* (Mar), *Kuppaimeni* (Mal & Tam), *Harita manjari* (S), *Muripinda* (Tel).

Description: Erect annual herb with many spreading or ascending branches. Leaves membranous, broadly ovate or rhomboid-ovate, crenate serrate, cuneate at base. Flowers monoecious, minute, and green in lax, axillary spikes. Capsule hispid, of 3-valved, crustaceous coccid. Seeds ovoid, smooth and pale brown.



Habitat and Distribution: Found in gardens and waste places especially in shady areas throughout India.

Flowering and Fruiting: June to September.

Parts Used: Root, leaves and whole plant.

Medicinal Uses: The leaves possess laxative properties, used in the form of powder or decoction; mixed with garlic they are used as anthelmintic; mixed with common salt the leaves are applied to scabies. The leaf juice mixed with oil is applied in rheumatic arthritis. The decoction is employed in ear ache as instillation and also as fomentation round the aching ear; a cataplasm of the bruised leaves is applied to syphilitic ulcers, to maggot eaten sores, and also to relieve the pain of snakebite. The powder of dry leaves is used in bedsores. In case of obstinate constipation in children the leaves, ground into paste and made into a ball and

Acanthospermum hispidum. DC.

ASTERACEAE

Common Name: Bristly starbur, Goat head, Slingshot weed.

Vernacular Names: *Gokhuru* (H)

Description: It is an upright annual with dichotomous branching. The stems are densely covered with hairs. These hairs can be stiff and bristly or soft and flexible. The leaves are sessile, opposite, oval to triangular-ovate with a base that narrows rapidly to the stem, up to 11.5 cm long, margins irregular teeth or entire and smooth. Each flower head has 5-9 ray flowers, pale yellow and are about 1.5 mm long. The fruits are flattened and triangular in shape, covered with stiff, hooked hairs.



Habitat and Distribution: It is particularly adapted to light textured soils but also grows well in heavy soils. It is commonly found in cultivated upland crops, roadsides, pastures, waste places, and along railroads all over the country.

Flowering and Fruiting: July to November.

Parts Used: Leaves.

Medicinal Uses: The plant is used in skin diseases. Leaves are used in fever. Essential oil from leaves is antibacterial and antifungal.

Achillia milifolium Linn.

ASTERACEAE

Common Name: Milfoil, Yarrow.

Vernacular Names: *Biran* (Guj), *Biranjasif*, *Gandana* (H), *Rooamari* (Kan)

Description: The whole plant generally grows one to three feet tall, and is pleasantly aromatic. The white, or sometimes pink, flowers appear in flat-topped clusters; The flowers are small, composed of four to six ray flowers, generally more wide than long with three teeth at their tips. The dry flower stalks and seed heads remain standing through winter.



Habitat and Distribution: A common weed occurring in Western Himalayas from Kashmir to Kumaon.

Flowering and Fruiting: February to June.

Parts Used: Whole plant and leaves.

Medicinal Uses: Herb considered as astringent, tonic, diaphoretic, vulnerary and styptic. Decoction of leaves is carminative and stimulant. Plant decoction is given in colic.

Achyranthes aspera Linn.

AMARANTHACEAE

Common Name: Devils horsewhip, Prickly chaff-flower

Vernacular Names: *Apang* (B), *Aghedo* (G), *Chirchitta*, *Latjeera*, *Puthkunda*, *Ultekanta* (H), *Katalati* (Mal) *Aghadha* (Mar), *Apamarg* (S), *Nayurivi* (Tam), *Uttareni* (Tel).

Description: Erect or decumbent herb; leaves opposite, short petioled, exstipulate, obovate-orbicular or elliptic, obtuse or shortly acuminate, entire or slightly flexuous; flowers small, greenish-white, sessile, deflexed on terminal spikes; fruit an ovoid utricle.

Habitat and Distribution: A common weed in waste places throughout India.

Flowering and Fruiting: September to December.

Parts Used: Leaves, root, whole plant and seeds.

Medicinal Uses: Decoction of the plant is useful in curing pneumonia, cough, and kidney stones; ash is given in hemorrhoids. The drug is bitter, acrid, astringent, carminative, diuretic and cardio tonic. It cures high cough, ascites, and enlargement of cervical glands, skin diseases, piles, pruritus, and useful in many diseases. Tablets made from herb's paste with fruits of *Piper longum* reported to cure effects of bite of mad dog. Leaves are useful in leprosy, extract for treating cataracts and tetanus. Roots are given in stomach pain; paste applied to remove opacity of cornea; used in abdominal tumours. Decoction of root and paste are used as antifertility agents. Extract is used in menstrual disorder. Seeds are considered emetic and are useful in hydrophobia. Seed paste is applied to insect bite. Powdered seeds, soaked in buttermilk, are given in biliousness. Flower paste mixed with curd and sugar is given in



Adathoda vasica Nees.

ACANTHACEAE

Common Name: Malabar nut

Vernacular Names: *Bakash* (B), *Alduso* (G), *Arusha* (H), *Adusoge* (Kan), *Ataloetakam* (Mal), *Adulsa* (Mar), *Vasaka* (S), *Adatodai* (Tam), *Adasaramu* (Tel).

Description: Dense, evergreen shrub 1-3 m. high, with opposite ascending branches; leaves elliptic lanceolate, dark green above, paler beneath; flowers in axillary spikes towards the ends of the branches; corolla tubular, white, with a few rose coloured bars in the throat; fruit, capsule, clavate, bluntly pointed, orbicular, oblong, tubercular-verrucose.

Habitat and Distribution: Found in waste places and hedges along tropics from Punjab to Assam.

Flowering and Fruiting: August to November.

Parts Used: Root, leaves, flowers and whole Plant.

Medicinal Uses: Fresh and dried leaves constitute the drug *vasaka* used in bronchial troubles. Dried powder of entire plant is used in cough, asthma, bronchitis, pertussis, and tuberculosis of lungs, spasmodic diseases and ague fever. Leaf juice is used in diarrhoea, dysentery and glandular tumours. Powdered leaves are used for skin affections. The chief principle 'vasicine' has been found to be promising utero-tonic abortifacient. Flowers improve blood circulation; lessen strangury and jaundice. The fresh flowers are bound over



Aeschynomene indica Linn.

FABACEAE

Common Name: Indian joint-vetch.

Vernacular Names: *Kuhila* (A), *Kath shoal* (B), *Dhiden*, *Laugauni*, *Phulan* (H), *Lajuari* (O), *Nellithalli* (Tam & Mal), *Tiga jiluga* (Tel).

Description: Very slender, much branched annual. Branches with prickly glandular outgrowths, leaves 3-10 cm long, leaflets subsessile, linear-oblong, apex obtuse-mucronate, base obliquely rounded. Racemes axillary, 1-4 flowered. Calyx 5-6 mm long, yellow, standard purple-veined. Pods, flat, slightly curved, 6-10 jointed, minutely red dotted; seeds 2-3 mm long, black and smooth.



Habitat and Distribution: A shrub occurring in wetland areas, canal banks and low lying cultivated fields throughout India.

Flowering and Fruiting: October to February

Parts Used: Whole plant

Medicinal Uses: The extract of the plant is used as a spermicidal agent. Decoction of the leaves along with leaves of *Andrographis paniculata*, root of *thespesia populnea* and stem bark of *Strychnos nuxvomica* are taken internally for 40 days to cure snakebite.

Ageratum conyzoides L.

ASTERACEAE

Common Name: Goat weed, Tropic ageratum.

Vernacular Names: *Uchunti* (B), *Ajagandha* (Guj) *Gandheli*, *Makhua* (H), *Nayitulasi* (Kan), *Ghaneraosadi* (Mar), *Poksungs* (O), *Pumpillu* (Tam).

Description: Erect annual herb; stem often decumbent, rooting at the base, hairy on the nodes and young parts. Leaves broadly ovate to triangular, subcordate, rounded or truncate at base; serrate dentate, thinly long hairy. Heads white or violet in corymbs, 50-80 flowered; corolla infundibuliform. Achenes glabrous or thinly hairy, 0.2 cm. long.



Habitat and Distribution: Common in waste places, roadsides, plantations and field crops especially in dryland areas all over India.

Flowering and Fruiting: August to March.

Parts Used: Leaves, roots, flower and seeds.

Medicinal Uses: Fresh leaf extract is used as a blood coagulant and to heal the wounds rapidly. Water extract of roots has antilithic (dissolve stones) and wormicidal properties. Its roots are used on hand to control intermittent fever. Root extract is given in rectum pain and facilitating smooth motion. Extract of leaves and stem is given to control skin diseases and leprosy. Juice boiled with oil applied externally for rheumatism. Leaf juice is used on cuts and wounds and also to check bleeding. Tribal use this for number of diseases such as leprosy, piles, swelling of body, uterine disorders, and skin diseases and also for snakebites.

Alternanthera sessilis (L.) R.Br

AMARANTHACEAE

Common Name: Sessile joyweed.

Vernacular Names: *Kantevali santhi*, *Phulani* (H), *Jalajambe* (Guj), *Honagone soppu* (Kan), *Kanchari* (Mar), *Giojihra* (S), *Pannanganni keeray* (Tam & Mal), *Ponnagantikura* (Tel).

Description: Diffuse or prostrate herb; leaves opposite, elliptic to lanceolate, glabrous; flowers minute, white in axillary capitate clusters; utricle cordiform, strongly compressed; seeds orbicular.

Habitat and Distribution: Prefers moist and fertile soils, abundant in dryland crops, pastures, paddy bunds, shorelines of canals, ditches etc. Found in both plains and hilly areas in India.

Flowering and Fruiting: Most part of the year.

Parts Used: Leaves, shoots and whole plant.

Medicinal Uses: Whole plant, leaves and shoots are accredited with galactagogue properties; a good fodder increases the flow of milk in the cattle. Also used for treating night blindness as it contains carotene. Leaves are used in soups. Young shoots are nutritious; contain protein and iron.



Alysicarpus vaginalis (L.)

FABACEAE

Common Name: Alyce clover, Buffalo clover, One-leaf clover

Vernacular Names: *Gaddar*(G), *Birbut*(H).

Description: A decumbant ascending or prostrate herb 30-90 cm high. Leaves variable in size, hairy, cordate, sub orbicular or broad, oblong, upper one ovate, lanceolate; flowers small, red or pinkish yellow, in axillary or terminal racemes; pod nearly rounded or cylindrical, upto 2.5 cm length. Seeds smooth and brownish-yellow.

Habitat and Distribution: Commonly occurring in open pastures and lawns in drier parts all over India.

Flowering and Fruiting: August to November.

Parts Used: Leaves and root.

Medicinal Uses: Leaf extract is anti-cancerous and plant is used in treating bone fractures. Roots are employed for treating irregular menses, leprosy, urinary troubles and cough. Boiled leaves are used as a purgative.



Amaranthus spinosus Linn.

AMARANTHACEAE

Common Name: Spiny amaranth

Vernacular Names: *Kanta notya* (B), *Kantalo dambo*, *Kantanudant*, (G) *Kantalichaulai* (H), *Mulladantu*, *Mullaravesoppu* (Kan), *Kattu-mullen keera* (Mal), *Kantemath*, *Thandulaja* (Mar), *Apamarisha*, *Pathyashaka*, *Tandulia* (S), *Mullu kirai* (Tam), *Mullu-thotakura* (Tel).

Description: Erect glabrous spiny herb, 30-60 cm high, often reddish; branches grooved with sharp divaricated spines in the leaf axils; leaves ovate, lanceolate, obtuse, entire; Flowers in terminal and axillary dense spikes, numerous, unisexual; male calyx acute, bristles pointed; female calyx oblong, obtuse, apiculate; fruit, a capsule, long, ovoid, thickened at the top, rugose.



Habitat and Distribution: Common weed in waste places and roadsides; occasionally found in cultivated fields and gardens. Found all over India.

Flowering and Fruiting: August to January.

Parts Used: Root and leaves.

Medicinal Uses: The root is considered as specific in gonorrhoea; it is used in menorrhagia and eczema. It is applied as poultice to buboes and abscesses for hastening suppuration. It is also considered as lactagogue and a specific for colic. Boiled roots and leaves are given to children as laxative; they are applied as emollient to boils and burns.

Amaranthus viridis Linn.

AMARANTHACEAE

Common Name: Pigweed, Slender amaranth.

Vernacular Names: *Bannote* (B), *Dhinmado* (G), *Chaulai* (H), *Chilikirae soppa* (Kan), *Lhanamat* (Mar), *Vishaghna* (S), *Kuppai keerai* (Tam), *Chilaka thotakura* (Tel).

Description: Erect or diffuse herb; leaves ovate to lanceolate, or undulate; flowers polygamous, green in slender terminal or axillary interrupted paniculate spikes; bracts and bracteoles ovate-lanceolate with prominent midvein; utricle rugose, brownish; seeds black.



Habitat and Distribution: Commonly found in dryland field crops, plantation crops and wastelands especially during rainy season. Found throughout India.

Flowering and Fruiting: September to December.

Parts Used: Whole plant.

Medicinal Uses: The plant is used as a potherb. Tastes like spinach when boiled. Also used as cattle fodder. The leaves are used in curing the deficiency of iron.

Ammannia baccifera Linn.

LYTHRACEAE

Common Name: Blistering ammannia, Fire leaf.

Vernacular Names: *Jalavgio* (G), *Dadmari* (H), *Kalluravanchi* (Mal), *Bharjambhul* (Mar), *Kallurivi* (Tam), *Agnivednapaku* (Tel).

Description: An annual, erect or subscadent herb, 8-65 cm high, branches usually opposite; leaves opposite, sessile, linear, oblong or oblong lanceolate, much narrowed at the base; flowers in dense axillary clusters or in loose cymes forming whorls in the axils; fruit, capsule, depressed, globose, red, irregularly circumsciss above the middle; seeds sub-hemispheric excavated on the plane-face.



Habitat and Distribution: Found in moist habitat, common in rice and other Kharif crops all over the country.

Flowering and Fruiting: August to January.

Parts Used: Leaves and whole plant.

Medicinal Uses: Bitter; appetizer, laxative, stomachic, aphrodisiac; removes blood troubles, strangury. Leaves are acrid, used for ringworm and other skin diseases. Herb is reported to possess anti-tubercular properties. In konkan the plant, fresh or dried, is administered in decoction with ginger and cyperus root for intermittent fever and its ashes are mixed with oil and applied to herpetic eruptions.

Anagallis arvensis Linn.

PRIMULACEAE

Common Name: Scarlet pimpernel.

Vernacular Names: *Chhagroa* (B), *Morgellina* (G), *Jonkamari*, *Krishnaneel* (H), *Anagallide*, *Dhabbar* (P).

Description: Slender annual, creeping or erect, much branched, glabrous herb. Stem 4 angled with gland dots. Leaves ovate, cordate, sessile, opposite; whorled flowers, axillary, solitary, red or blue; seeds trigonous.

Habitat and Distribution: A moisture loving plant seen in crop fields, pasturelands, lawns, gardens along roadsides and waste places during winter season; distributed from plains to 2200m on Himalayas.

Flowering and Fruiting: October to March.

Parts Used: Whole plant.

Medicinal Uses: Whole plant is used in leprosy, dropsy, epilepsy, hydrophobia, fish poisoning and snake bite. It is diuretic, diaphoretic, expectorant and useful in rheumatism, cerebral, hepatic and renal complaints. The extract of plant is hypotensive, antiviral and diuretic; inhibits herpes and poliomyelitis virus.



Andrographis paniculata (Burm f.) Wall.

ACANTHACEAE

Common Name: King of bitter, The Creat.

Vernacular Names: *Kalmegh* (B), *Kirata*, *Kariyatu* (G), *Kirayat* (H), *Nelaberu* (Kan), *Nelavepu* (Mal), *Olikiryata* (Mar), *Mahateeta* (S), *Nilavaembu* (Tam), *Nelavemu* (Tel).

Description: An erect branched annual 0.3-0.9m high, branches sharply quadrangular, winged in the upper part. Leaves lanceolate acute, undulate, pale beneath; flowers small, solitary, distant, in lax axillary or terminal racemes or panicles; fruit, capsule, linear-oblong, acute at both ends; seeds many rugosely pitted, yellowish brown.

Habitat and Distribution: It is common in uncultivated areas and also as an under growth in forests; found wild and as hedge plant throughout tropical India.

Flowering and Fruiting: October to January.

Part Used: Whole plant and leaves.

Medicinal uses: Herb is an ingredient of a medicine commonly used as a bitter tonic and febrifuge. Plant is astringent, anodyne and tonic used in dysentery, cholera, diabetes, consumption, influenza, bronchitis, itches and piles. Decoction is used for sluggishness of liver, and jaundice. Leaves and root are used as febrifuge and anthelmintic. The root has stomachic, tonic and alterative properties. The juice of the leaves is a domestic remedy to flatulence and diarrhoea in children; it is also useful in dyspepsia, in general debility, and in advanced stages of dysentery. The plant contains two bitter principles Andrographolin and Kalmeghin.



Argemone mexicana Linn.

PAPAVERACEAE

Common Name: Mexican prickly poppy,

Vernacular Names: *Siyalkanta* (B), *Bharband*, *Kateli*, *Kandiari*, *Piladhatura*, *Satyanashi* (H), *Datturi* (Kan), *Ponnu-mmattam* (Mal). *Bramhadandi* (S&Tel), *Kudiyoetti* (Tam).

Description: An erect thistle like annual with bluish leaves and yellowish juice. Leaves pinnatifid with sharp prickles. Flowers golden yellow, sepals 2 or 3, petals 4 or 6, style very thick, short, stigma 4-7; capsule oblong usually prickly, oblong, ovoid, opening by 4-6 valves; seeds numerous, globose, netted, brownish black.



Habitat and Distribution: A weed of roadsides, cultivated and fallow fields. Introduced and naturalizes throughout India.

Flowering and Fruiting: January to June.

Parts Used: Root, seeds and milky juice of the fresh plant.

Medicinal Uses: The whole plant contains a yellow juice, which is diuretic in effect and therefore used in dropsy, jaundice and cutaneous affections. Juice is alterative, anodyne and hypnotic. Seeds are laxative, nauseant, expectorant, aperient and sedative combining the action of castor oil and cannabis. The juice is given with milk in leprosy; juice mixed with ghee is given internally in gonorrhoea. Ayurveda uses it for eye diseases also. Unani system uses it for purifying blood. Milky juice is used to relieve blisters, and heal indolent ulcers. Seed oil is applied to ulcers, herpetic eruptions and other skin diseases. Seeds are useful in cough, throat and pulmonary affections. The roots are used to cure guinea worm affections; they are

Artemisia maritima (L.)

ASTERACEAE

Common Name: Wormseed, Santonica

Vernacular Names: *Kirmala, Kirmanijwain* (H), *Kirmaniova* (Mar), *Gadadhari, Gandha* (S).

Description: Shrub with rough bark, fibrous twigs striate, hairy or some what white wooly, leaves 1.3-5.0 cm long, 2- pinnatisect, segments many, small, spreading, linear obtuse, hairy or tomentose, upper leaves simple and linear, heads homogamous, 3-8 flowered in spicate fascicles, involucre bracts varying in number from 7-15, linear, oblong, outer herbaceous, tomentose, inner acute glabrous.



Habitat and Distribution: Common in hilly areas; mostly found in Himalayas.

Flowering and Fruiting: October to March.

Parts Used: Whole plant and flowers.

Medicinal Uses: The herb is used as deobstruent, stomachic, laxative and tonic. It is bitter in taste. A decoction or infusion of fresh plant is used in case of intermittent and remittent fever. The flower tops are used in indigenous medicine as an anthelmintic (mainly thread worm and roundworms.) It is also useful in dropsy and as stimulant, disinfectant; for wounds; contains antifertility property.

Asclepias curassavica Linn.

ASCLEPIADACEAE

Common Name: Blood flower milk weed, Curassavian swallow-wort.

Vernacular Names: *Kurki* (Mar), *Kakatundi* (S).

Description: An erect, glabrous, perennial sometimes-annual herb; 30-120 cm. tall, with a milky sap throughout. Stem smooth, round, dull green or suffused with dull red; leaves simple, opposite, shortly petioled, lanceolate to oblong-lanceolate, acuminate; inflorescence an umbel with 6-15 flowers on terminal or axillary peduncles; flowers bright red or orange with yellow centre; fruit dehiscent, spindle-shaped, 5-15 cm. long, many seeded; seeds ovate, flat, winged, 4-6 mm long, brown, minutely ridged with pappus of fine, white silky hairs at apex.



Habitat and Distribution: Wild in shady places, occurs most frequently in pastures, wastelands and roadsides, sometimes cultivated as ornamental plant; Introduced from W. Indies, naturalized in many parts of India.

Flowering and Fruiting: February to December.

Parts Used: Root, leaves, flowers and milky latex.

Medicinal Uses: Roots are emetic and cathartic; used in piles and gonorrhoea. Vincetoxin isolated from roots, resembles emetine and aconitine in pharmacological action. Juice of the leaves is anthelmintic, antidysenteric and sudorific, used against cancer. Latex is used to remove warts and corns. Flower is a good styptic. Powdered leaves and flowers are used for treating sores and wounds.

Asphodelus tenuifolius Cav.

LILIACEAE

Common Name: Wild onion

Vernacular Names: *Dungaro* (G), *Pyazi* (H).

Description: An erect annual herb; root yellowish in young plants and dark brown at maturity; leaves numerous, all basal, hollow, slender, gradually acuminate to a point, 10-40 cm long, the base sheathing, smooth to minutely hairy; scapes several, simple, sparse dichotomous branching in upper region; flowers companulate, white with pink or purple stripe, in lax racemes; fruit a three valved capsule, dehiscent at partition into the cavity, transversely wrinkled; seeds 3-angled, blackish, finely pebbled texture, deep irregular dents on face and back.



Habitat and Distribution: It is commonly found in agricultural lands; it prefers areas of temperature and rainfall that support wheat, peas, potatoes, mustard, and cotton.

Flowering and Fruiting: December to March.

Parts Used: Leaves.

Medicinal Uses: Leaf decoction is given in toxemia and kidney stones. Leaf paste is applied on swellings.

Asteracantha longifolia (L.) Nees.

ACANTHACEAE

Common Name: Waterleaf, Water spiny ball.

Vernacular Names: *Kuliakhara* (B), *Gokhran* (G), *Katathua*, *Talmakhana* (H), *Kalavankabija* (Kan), *Vogalchullai* (Mal), *Koili khia* (O), *Kokilaksha* (S), *N i r m u l l i* (T a m) , *Neerugubbi* (Tel).

Description: It is robust, erect annual herb. Stem is sub quadrangular with thickened nodes; the leaves are oblanceolate with a yellow spine in its axil; the flowers are pale or purple blue, densely clustered in axils; the fruits are oblong, glabrous, 4-8 seeded.



Habitat and Distribution: It is seen in damp areas such as marshy margins of canals, rice fields etc. throughout India in plain areas and also seen in tropical Himalayas.

Flowering and Fruiting: September to December.

Parts Used: Root, leaves and seeds.

Medicinal Uses: The root is a cooling, bitter tonic and a reputed diuretic and demulcent; employed in the form of decoction in rheumatism, in diseases of genito-urinary tract and in dropsical affections. Leaves and seeds are regarded as demulcent and diuretic, useful in jaundice. The ash of the plant is used as a diuretic in dropsy. The plant is also used in curing bladder stones and eye diseases. Seeds are given in gonorrhoea, with milk and sugar in

Atylosia scarabaeoides (L.) Benth.

FABACEAE

Common Name: Wild pigeon pea

Vernacular Names: *Jangli tur*, *Vantuvar* (H).

Description: Slender, twining, hairy-pubescent, annual-perennial herb. Leaflets elliptic-obovate to oblong, obtuse or rounded and mucronate at apex, rounded at base, pubescent; petiole 1.5-4 cm. long. Flowers in corymbose racemes or often reduce to 1-2 on short peduncles. Pod 2-6 seeded, densely clothed with fine spreading brown hairs. Seeds oblong, black.

Habitat and Distribution: Common weed in cultivated fallow fields and field bunds throughout India.

Flowering and Fruiting: September to December.

Parts Used: Whole plant.

Medicinal Uses: Plant is used for treating pain in legs, night fever, dropsy, burns, wounds, small pox, gonorrhoea, cholera, dysentery, snakebite and grounded paste of plants is used for treating diarrhoea in cattle.



Bacopa monnieri (L.) Penn.

SCROPHULARIACEAE

Common Name: Thyme leaved graticula.

Vernacular Names: *Brihmi-sak* (B), *Barambi*, *Brahmi*, *Safed-kammi* (H), *Nirubrahmi* (Kan), *Nirbrahmi* (Mar&Mal), *Brahmi*, *Manduki*, *Nirabrahami* (S), *Neerpirami* (Tam), *Sambrani chettu* (Tel).

Description: A glabrous, succulent, creeping herb; stems rooting at the nodes; branches many, ascending; leaves sessile, decussate, obovate-oblong or spatulate, fleshy, black dotted, entire; flowers axillary, solitary; corolla 2-lipped, pale blue or white with shining dots. Fruit, capsule, ovoid, acute; seeds oblong, striate, pale.



Habitat and Distribution: Frequent in moist habitats throughout India.

Flowering and Fruiting: January to June.

Parts Used: Whole plant, leaves and seeds.

Medicinal Uses: It is an important drug in Ayurveda for improvement of intelligence and memory and revitalization of sensory organs. It is also capable of improving youthful vitality and longevity. Plant is used for dermatitis, anaemia and diabetes. It is used as a tonic for nerves, cough, dropsy, arthritis, anaemia, dyspepsia, insanity and asthma. The plant promotes fertility and sustains implantation and pregnancy. It helps to remove poisonous affections, spleen disorders and impurity of blood. It is effective in case of anxiety neurosis and re-vitalizing intellectual faculty. It is used as blood purifier, brain tonic, and cardiac tonic, used in catarrhal complaints. Juice with ginger juice, sugar, and bark extract of *Moringa oleifera* cures stomach disorders. Leaf decoction is given in cough, rheumatism. The plant cleans

Barleria prionitis Linn.

ACANTHACEAE

Common Name: Porcupine flower.

Vernacular Names: *Kanta jati* (B), *Kantashelio* (G), *Jhinti*, *Katseriya* (H), *Mullugorante* (Kan), *Pivali koranti*, *Piyabansa* (Mar), *Koranta* (S), *Shemmuli* (Tam&Mal), *Mullugorinta* (Tel).

Description: A shrub, 0.6-1.5 m. high, usually prickly; stem and branches 4-gonous; leaves elliptic, acuminate, bristle tipped, entire, usually with 3 circular spines in the axils. Flowers sessile, solitary in lower axils becoming spicate above; corolla yellow, infundibuliform, 2-lipped, upper lip 4-lobed, lower entire; fruit, capsule, ovoid with a long tapering beak, 2-seeded; seeds clothed with silky hairs.



Habitat and Distribution: A common weed in wastelands and roadsides found in plains especially in southern, central and eastern India; often planted as fence.

Flowering and Fruiting: September to January.

Parts Used: Leaves and root.

Medicinal Uses: Juices of the leaves is given with honey in catarrhal affection of children. A paste of the root is applied to boils and glandular swellings. Leaves chewed to relieve toothache. Root is febrifuge. The juice of the leaves is applied to feet during rainy season prevents their cracking and laceration. In the konkan dried bark is given in whooping cough; fresh bark juice with milk is given in anasarca.

Bidens pilosa Linn.

ASTERACEAE

Common Name: Black jack, Hairy beggarticks, Spanish needles.

Vernacular Names: *Phutum*, *Samara kodaki* (G), *Sui ka ped*, *Chirchitta* (H), *Magha latenga* (O).

Description: Stem upto 70cm tall, herbaceous, erect, glabrous, 4-angled, dichotomously branching, from taproot. Leaves - Opposite, petiolate, deeply bipinnatifid, glabrous or with a few sparse hairs, 20cm long, 12cm broad. Inflorescence - Single axillary pedunculate flower head. Achene compressed, 1mm long, glabrous. Pappus absent.



Habitat and Distribution: A common weed in dryland field crops.

Flowering and Fruiting: August to October.

Parts Used: Root, leaves, flowers and seeds.

Medicinal Uses: The herb is recommended for horses having intestinal parasites. Herb is tonic and stimulant, used in leprosy and other skin troubles, fistulae, tumours. Decoction is used for prickly heat and as a diuretic and febrifuge. Infusion of leaves is sudorific; juice is used for eye and ear troubles. Flowers are used in diarrhoea; seeds are anthelmintic. Infusion of roots is used for colic.

Biophytum sensitivum (Linn.) DC.

OXALIDACEAE

Common Name: Life plant, Makahia, Zarero.

Vernacular Names: *Lajalu*, *Lajvanti* (H), *Mukkutti* (Mal)
Alambusa (S).

Description: Erect herb. Leaves 1.5-5 cm long, crowded into a rosette at the end of stem; leaflets sessile, opposite, oblong, glabrous. Flowers, yellow often tinged with red, in shortly pedicellate, terminal or axillary umbels. Capsules elliptic, shining; seeds minute with obliquely transverse tubercled ridges.

Habitat and Distribution: Very common in moist shady places, riverbanks and also in cultivated fields; widespread in hotter parts of India.

Flowering and Fruiting: July to October.

Parts Used: Leaves and whole plant.

Medicinal Uses: Herb is tonic and stimulant; used in chest complaints, convulsions, cramps, and inflammatory tumours. Ash is mixed with limejuice and given for stomachache. Leaves and roots are styptic. Decoction of juice is given for diabetes, asthma, and phthisis. Leaves contain an insulin-like principle. Powdered seeds are applied to abscesses to promote suppuration.



Blumea lacera (Burm.f.) DC.

ASTERACEAE

Common Name: Blumea

Vernacular Names: *Kukursunga* (B), *Kalhar*, *Kakarunda*, *Pilokapurio* (G), *Jangli muli*, *Kakaronda*, *Kukurbanda* (H), *Bhamurdi*, *Burando*(Mar), *Kukkurandha*, *Kukkurdu*, *Mriduchhada*, *Tamrachuda* (S).

Description: Annual herb, with strong odour of turpentine; stem erect, 0.3-0.9m high, ash colored, densely glandular, pubescent; lower leaves petioled, often incised or lyrate, upper ones subsessile, elliptic oblong, finally silky pubescent on both sides, sharply serrate dentate, base tapered; flower heads many, in short axillary cymes or terminal penicle, yellow involucral bracts densely silky-villous, inner bracts with ribbed, pappus white; fruit, achene, oblong, not ribbed.



Habitat and Distribution: Common along rice fields throughout plains of India.

Flowering and Fruiting: January to June.

Parts Used: Root and leaves.

Medicinal Uses: It is hot, pungent, bitter, anti-pyretic; cures bronchitis, blood diseases. Juice of leaves is used as an anthelmintic, febrifuge, astringent, and diuretic; it is given in bleeding piles. Root with black pepper is given in cholera. The root kept in the mouth is said to cure disease of the mouth. Essential oil from *Blumea* has been shown analgesic, hypothermic, and tranquilizing activities.

Boerhavia diffusa Linn.

NYCTAGINACEAE

Common Name: Spreading hogweed

Vernacular Names: *Gadhapurna* (B), *Vakha-khaparo* (G), *Bikshafra*, *Sant*, *Shanti* (H), *Sanadhika* (Kan), *Talutama*, *Tavilama* (Mal), *Tambadi vasu* (Mar), *Pathara chata* (O), *Punarnva*, *Sotangi* (S), *Mukarattikirei* (Tam), *Atatamamidi* (Tel).

Description: Diffusely branched herb with elongated, fusiform, tuberose taproot; leaves linear, ovate, oblong or rounded with acute or cordate base in unequal pairs, green, glossy above, silvery white beneath; branches often reddish coloured. Flowers in corymbose umbels, very small, petals funnel shaped, dark pink or white. Fruit, clavate, bluntly five ribbed, very glandular.



Habitat and Distribution: A common weed of sandy tracts, wastelands, fallow fields, pastures and roadsides; found alover India especially during rainy season.

Flowering and Fruiting: July to October.

Parts Used: Root, leaves, seeds and whole plant.

Medicinal Uses: The root is laxative, diuretic and anthelmintic; used as diuretic in jaundice, gonorrhoea and dropsy; in moderate doses it is a good expectorant and antispasmodic, successful in asthma. Leaves are appetizer, alexiteric; useful in ophthalmia, joint pains. Seeds tonic, expectorant, carminative; useful in lumbago, scabies; purifies blood and hastens delivery. The drug exerts more powerful action as compared to other diuretics on certain types of ascites. Active constituent alkaloid is punaravine.

Boerhavia erecta. Linn.

NYCTAGINACEAE

Common Name: Hogweed.

Vernacular Names: *Shweta punarnava* (H), *Tavilama*, *Talutama* (Mal).

Description: Erect or diffuse herb, often reddish; leaves elliptic-ovate or lanceolate, acute in unequal pairs, margins wavy, thick, glabrescent to puberulous; flowers white in slender, axillary and/or terminal panicle; fruits clavate, truncate, glabrous.

Habitat and Distribution: A common weed along roadsides and moist sandy soils especially in Malabar Coast.

Flowering and Fruiting: Most part of the year.

Parts Used: Root, leaves and seeds.

Medicinal Uses: Bitter, cooling; astringent to bowels; useful in treating biliousness, blood impurities, leucorrhoea, anaemia, inflammations, heart diseases. Root is expectorant, laxative and diuretic used in asthma.



Caesulia axillaris Roxb.

ASTERACEAE

Common Name: Ghrilla

Vernacular Names: *Gurguza* (H), *Maka* (Mar).

Description: Erect or decumbent, ascending, somewhat flaccid, annual herb; leaves narrowly lanceolate, acute, serrulate; head axillary, sessile; involucre bracts 2-3, outer ones broadly ovate, orbicular, acuminate, denticulate, inner ones linear-lanceolate. Pappus of 2-ovate scales.

Habitat and Distribution: A cropland weed found in dry and warm places of India.

Flowering and Fruiting: February to August.

Parts Used: Whole plant.

Medicinal Uses: Plant is used in baldness. Bark of fresh herb is crushed and applied on wounds. The essential oil from plant is antimicrobial on human pathogenic bacteria and fungi.



Calotropis gigantea (L.) R.Br.

ASCLEPIADACEAE

Common Name: Gigantic swallow-wort

Vernacular Names: *Akanda* (B), *Akado* (G), *Ak*, *Ark*, *Madar* (H), *Arkagida*, *Ekke* (Kan), *Erikku* (Mal), *Rui* (Mar), *Arakha* (O), *Arka*, *Kshiranga*, *Kshirpani*, *Mandara*, *Shukaphala* (S), *Arkkam* (Tam), *Jilledu* (Tel).

Description: Erect, pale, greyish, sub-succulent, laticiferous shrub, covered with white cottony pubescence; leaves simple, opposite decussate, subsessile, obovate-oblong, obtuse, slightly cordate and auricled at base, pale green above, white tawny beneath; flowers lilac or dull white in lateral or terminal panicles of umbellate cymes; fruit, follicle, large, inflated, 8 x 4 cm; seeds many, the apex surrounded by a coma of long slender silky hairs.



Habitat and Distribution: A common weed in dry waste places and roadsides all over India.

Flowering and Fruiting: November to July.

Parts Used: Root bark, milky juice and whole plant.

Medicinal Uses: The term arkah meaning 'sun' possibly refers to the caustic nature of the plant especially of its milky latex. The plant has purgative property. It is hot, acrid and laxative. It can be used in small pox, dropsy, leg and chest pain, skin diseases, pruritus, ulcers, enlargement of spleen, boils, muscular pain, pain in joints, rheumatism, epilepsy, hemiplegia, tongue paralysis, tetanus, strangulation of intestine, convulsion, in cases of enlarged abdominal viscera, colics, piles, worms, post natal complaints, scabies, syphilis, carbuncles, cholera, dysentery, neuralgia, pleurisy, pneumonia, bite of dog or jackal, rabies and hemorrhage. The milky juice is recommended for ringworm of the scalp and to destroy piles; mixed with honey it is used in aphthae of the mouth and with a piece of cotton it is inserted into hollow tooth to cure tooth-ache.

Calotropis procera (Ait) R.Br.

ASCLEPIADACEAE

Common Name: Rooster tree.

Vernacular Names: *Akada*, *Safedak* (H), *Mandara* (Mar), *Ark*, *Rajarka* (S), *Vellerukka* (Tam).

Description: A shrub, smaller than *C. gigantea*; leaves simple, opposite, decussate, sub-sessile, oblong and acute; flowers pink, spotted with purple, in long peduncled umbels; buds globose, corolla scales with purple, in long peduncled umbels; follicles recurved; seeds broadly ovate, flattened, tomentose, comose.

Habitat and Distribution: A wasteland weed common in dry regions throught the country.

Flowering and Fruiting: October to June.

Parts Used: Whole plant, leaves, flowers and latex.

Medicinal Uses: It is used in spleen complaints, rheumatism, epilepsy, sores and small pox. Extract has antifungal and anti-cancerous activity. Leaves are used against guinea worms. Root bark is useful for treating chronic cases of dyspepsia, flatulence, constipation, loss of appetite, indigestion and mucous in stool. Terminal leaves are effective in treatment of migraine. The root bark has been found to produce marked improvement in cases of diarrhoea and dysentery. Calotropin, the extract from roots of the plant has also been found useful in fertility control. Flowers are useful in asthma; powdered flowers, black pepper and ash of barley seeds given in cholera. Latex is used in irritation and inflammation of eyes. Along with gur (Jaggary) it is given orally for rabies.



Crotalaria sericea Retz.

PAPALIONACEAE

Common Name: Rattle pod

Vernacular Names: *Pipuli jhunjhun* (B) *Jhunjhunia*, *Sanni* (H), *Ghantarava* (S).

Description: Erect glabrous annual herb. Leaves obovate-cuneate or lanceolate, oblong specially the upper ones obtuse or rounded, mucronate at apex; glabrous above and hairy beneath; flowers in lax racemes. Pod sub-sessile or short stalked, 20-30 seeded.

Habitat and Distribution: A wasteland weed distributed in tropical regions of the country.

Flowering and Fruiting: February to April

Parts Used: Whole plant.

Medicinal Uses: Plant is used in scabies and impetigo. It is poisonous to livestock. It is used in lowering blood pressure.



Cuscuta chinensis Lam.

CONVOLVULACEAE

Common Name: Dodder

Vernacular Names: *Haldi-algusi-lutta* (B), *Akasbel* (H) *Nirmuli* (Mar), *Nilathari* (P), *Amarvela* (S), *Sitamma Pogunalu* (Tel).

Description: Slender leafless parasite. Stem yellowish green, turning yellow, purple and brown at age. Flowers apparently globose, white, turning red at age; aggregated in dense glomerule. Calyx as long as and loosely fitting round the corolla tube. Corolla lobes obtuse or slightly acute. Stigma globose.

Habitat and Distribution: Occurs as a complete parasite on some of the crops like Niger, Blackgram, Greengram etc. and also on roadside trees and forests; distributed all over India.

Flowering and Fruiting: August to October.

Parts Used: Whole plant and seeds.

Medicinal Uses: Plant is purgative, used in flatulence and liver complaints, externally used for itch. Seeds are used in purgative preparations; contain the pigments amarbelin and cuscutin. Seeds are regarded as a diaphoretic, demulcent and tonic.



Cyanotis axillaris Roem. & Schult

COMMELINACEAE

Common Name: Cyanotis

Vernacular Names: *Baghanulla*, *Soltraj* (H), *Nirpulli* (Mar), *Nirupalli* (Tam), *Golagandi* (Tel).

Description: Prostrate or suberect, sub succulent herb, upto 40 cm long; leaves sessile upto 9 cm long, linear to linear - lanceolate, acute, flat, sparsely hairy, sheath ciliate; flowers pale-violet, clustered in the axil of inflated sheath; capsule oblong, 3-broken at apex. Seeds sub-cylindric, pitted.

Habitat and Distribution: A common weed of crop and non cropland areas during rainy season; found in plain areas all over India.

Flowering and Fruiting: August to November.

Parts Used: Seeds and whole plant

Medicinal Uses: It is used as a remedy in tympanitis and as external application in ascites.



Cynodon dactylon. (L) Pers.

POACEAE

Common Name: Bahama grass, Bermuda grass.**Vernacular Names:** *Dubori-bon* (A), *Durba*, *Dubh*, *Dubla* (B), *Dhub*, (H), *Garikehallu* (Kan), *Kurukapullu* (Mal), *Haryali* (Mar), *Duba* (O), *Bahuvirya*, *Durva*, *Hariali*, *Mangala*, *Shatagranthi*, *Shatamula* (S), *Arugam-pullu* (Tam), *Kudigarika*, *Garikaihallu* (Tel).**Description:** Perennial grass; stem slender, creeping, rooting at all nodes; branches erect, leaves narrowly linear, flat, upto 8 X 0.3 cm.; spikes 3-7 radiating from the top of slender peduncle, spikelets sessile, arranged in two alternative series, each spikelets one-flowered. Fruits oblong, laterally compressed grains.**Habitat and Distribution:** Grows everywhere.**Flowering and Fruiting:** June to October.**Parts Used:** Whole plant, roots and pollen.**Medicinal Uses:** The extract prepared from the plant along with garlic and warm mustard oil is rubbed on body to relieve body pains. Whole plant is useful in cough. It stops bleeding from cuts and wounds. The fresh expressed juice of the grass is astringent and is useful in haematuria and as an application in catarrhal ophthalmia; it is diuretic, used in case of dropsy and anasarca; the leaf juices dropped into nostrils to stop nose bleeding. It is also used in treating hysteria, epilepsy and insanity. A cold infusion of the grass stops bleeding from piles. The crushed roots mixed with curd are given in cases of chronic gleet. The Pollen extract is used in curing asthma.

Cyperus iria Linn.

CYPERACEAE

Common Name: Rice flat sedge.

Vernacular Names: *Morphula-bon* (A), *Motha* (B), *Galmotha* (H), *Jondu-hullu* (Kan), *Manjakora* (Mal), *Chhata juania* (O), *Gadditunga* (Tel).

Description: Stem tufted, 3-gonous, upto 60 cms tall. Leaves equalling or exceeding stem. Inflorescence, 1 compound umbel, upto 20 cms across. Spikelets 5x 2 mm, oblong, linear, erecto-patent or patent. Nuts broadly stipitate, shortly apiculate, dark brown.

Habitat and Distribution: A common weed in crop fields, marshy places and ditches during rainy season throughout India.

Flowering and Fruiting: August to October.

Parts Used: Whole plant.

Medicinal Uses: The plant is used as astringent, stimulant, tonic and stomachic.



Cyperus rotundus Linn.

CYPERACEAE

Common Name: Purple nutsedge

Vernacular Names: *Keyan-bon* (A), *Mutha* (B&H), *Chidha* (G), *Koranarigadde*, *Tungegadde* (Kan), *Mutanna* (Mal), *Bimbal* (Mar), *Bhadramusta*, *Granthi*, *Kachhola*, *Mustaka Sugandhi-granthila* (S), *Korai* (Tam), *Tungamuste* (Tel).

Description: Perennial herb with a woody, stoloniferous rhizome, which is clothed with fibrous scales. Stem sparsely tufted, erect, triquetrous; Leaves several, flat, 9-15 cm long, 0.1-0.2 cm wide, nerves prominent, scabrous; Inflorescence simple or compound umbel or short spike. Spikelets pale yellow or brown often with reddish tinge. Glumes ovate, straw coloured. Nuts broadly obovoid, grayish-black.



Habitat and Distribution: A common weed in crop fields, roadsides, wastelands, lawns and grassland area all over India.

Flowering and Fruiting: August to November.

Parts Used: Whole plant, tubers and root.

Medicinal Uses: The root is pungent, acrid, cooling; astringent, appetizer, stomachic, anthelmintic, diuretic, emmenagogue, vulnerary; useful in leprosy, thirst, fever, dysentery, pruritis, pain, vomiting, epilepsy, ophthalmia, erysipelas, dyspepsia and urinary contractions. The whole plant along with young leaves of *Azadirachta indica* and black pepper with leaves of *Ocimum sanctum* is made into decoction and the vapour is used to cure malarial fever. The decoction is given three times a day for the same purpose. Tubers diuretic. Root paste is applied for healing wounds and sores and also used in stomach complaints. In konkan the fresh tubers are applied to breast as galactogogue. Dried tuberous roots, known as source of aromatic compounds, are used in preparing perfumes and 'Agarbattis'.

Datura stramonium. Linn.

SOLANACEAE

Common Name: Jimson weed, Thorn apple.

Vernacular Names: *Dhatura* (B), *Sadahdhatura* (H), *Ummattam* (Kan & Mal), *Dudura* (O), *Dhustura* (S), *Vellummattai*, *Ummattai* (Tam), *Ummetta* (Tel).

Description: Erect sub-shrub, leaves simple, alternate, elliptic to angulated, acute to acuminate 10-18cm long and 7-15 cm wide, base unequally truncate, margins entire to sinuate or dentate often glabrous. Flower large, terminal, solitary, funnel shaped, white or purplish blue. Fruit is greenish, fleshy capsule.

Habitat and Distribution: Common in unused places, gardens, alongside of roads and railway tracts; distributed all over India.

Flowering and Fruiting: May to October.

Parts Used: Leaves, fruit and seeds.

Medicinal Uses: It has the properties analogous to those of belladonna. The different species of *Datura* poses the same medicinal properties although the purple variety is generally regarded as more valuable. The plant, as whole, has narcotic, anodyne and antispasmodic properties; it also causes the dilation of the eye pupil when applied in watery solution. The poultice is said to be the most useful in hastening the expulsion of guinea worms. Leaves are used as anodyne poultice to inflamed breasts to check inflammation and excessive secretion of milk. Leaf juice is given internally with milk in gonorrhoea; it is also popular remedy for prevention of hydrophobia. The smoking of dried leaves is found successful in relieving spasmodic asthma and chronic coughs. Fruit is smoked for toothache. Seeds have a strong aphrodisiac effect. Ground seeds made into pills and kept on the decayed teeth are said to relieve toothache. The powdered seeds are mixed with warm mustard oil and used in earache. Crushed seeds (very little) mixed with rice flour and prepared cake for the treatment of partial paralysis.



Desmodium gangeticum (L).DC.

PAPALIONACEAE

Common Name:

Vernacular Names: *Salwan* (G), *Salpan*, *Salwan*, *Sarivan* (H), *Murelehonne* (Kan), *Pullati* (Mal), *Darh*, *Ranbhal* (Mar), *Saloporni* (O), *Dirghamula*, *Kitavinashini*, *Shaliparni*, *Vidarigandha* (S), *Pulladi* (Tam), *Gitanaram* (Tel).

Description: A woody undershrub, 0.6-1.2m high, stems and branches angled, hairy; Leaves unifoliate, membranous, ovate-oblong, margins wavy, green and glabrous above, pale and hairy beneath; Flowers in terminal or axillary racemes, arranged in few flowered fascicles; corolla violet or white, standard cuneate at the base; fruit, pod, sub-falcate, rounded and deeply indented in the lower edge; upper edge straight, joints 6-8, hooked hairy.



Habitat and Distribution: Generally found as undergrowth of deciduous forests; distribute throughout India extending from Himalays southwards to Kerala.

Flowering and Fruiting: May to July

Parts Used: Root

Medicinal Uses: Root is hot, indigestible, alterative, aphrodisiac, anthelmintic, fattening, astringent to bowels; cures typhoid, other fevers, urinary discharges, piles, inflammations, asthma, bronchitis, thirst, vomiting, dysentery; alexipharmic; prevents death of foetus in womb; used in hemicrania.

Desmodium triflorum (L) DC. Prodr.

FABACEAE

Common Name: Three flowered ticktrefoil.

Vernacular Names: *Kudaliya* (H & B), *Janglimethi* (Mar), *Nilamparanda* (Mal), *Kuradhia* (O), *Tripadilea*, *Hunsapadi* (S) *Sirupulladi* (Tam), *Muntamandu* (Tel).

Description: Prostrate or creeping slender herb. Leaves alternate, trifoliate, leaflets obovate-retuse, base cuneate. Flowers small, dark pink, 1-3 on axillary pedicles. Lomentum 3-5 seeded, 1-1.5 cm long, straight on the dorsal suture, reticulate, glabrous.

Habitat and Distribution: A common weed in lawns, pastures in all plain districts of India upto 3000 ft in hills.

Flowering and Fruiting: September to January.

Parts Used: Root, leaves and whole plant.

Medicinal Uses: Whole plant is applied externally to burns, and on poisonous affections and skin diseases. Leaves with cow milk are given to children for diarrhoea due to indigestion. Juice of fresh plant is applied to abscesses and wounds for quick healing. Roots are considered carminative, tonic diuretic and used in bilious complaints, cough and asthma. Plant is also useful in eye diseases, spleen complaints, colic and breast pain.



Diplocyclos palmatus Linn.

CUCURBITACEAE

Common Name: Stripy cucumber.

Vernacular Names: *Hargunarn, Shivlingi* (H), *Kavodi* (Mar), *Apastambini, Bahupatra, Chandra, Lingaja* (S),

Description: An annual scandent herb; stem grooved, glabrous; tendrils bifid; leaves membranous, 10-15 cm long, green and scabrid above, paler and smooth beneath, 5-lobed, deeply cordate base, lobes oblong lanceolate, margins sinulate denticulate; flowers monoecious: male in fascicles of 3-6 flowers, corolla campanulate, 5-partite, ovate-oblong; female flowers solitary, or few, or many, corolla as in the male; fruits globose, smooth, bluish green with broad vertical lines; seeds yellowish brown.



Habitat and Distribution: Found commonly on bushes and hedges; distributed throughout the country.

Flowering and Fruiting: August to September.

Parts used: Root, seeds and whole plant.

Medicinal Uses: Plant is used in bilious attack. Leaves are applied externally to inflammation. Root and seed powder is given to help conception in women. The whole plant is used in headache and enlarged spleen and stomach swelling or tumors. The plant is also useful in snakebite.

Eclipta alba (L.) Hassk

ASTERACEAE

Common Name: False daisy.

Vernacular Names: *Kesuti, Keshukti* (B), *Bhangra, Kaluganthi* (G), *Bhangra* (H), *Garagadasoppu* (Kan), *Kyonni* (Mal), *Bhringuraja, Maka* (Mar), *Kesarda* (O), *Bhringaraja, Kesaraja* (S), *Garuga, Kayanthakara* (Tam), *Galagara, Guntagalijeru* (Tel).

Description: A diffuse prostrate or erect much-branched herb. Leaves variable in size and form, usually oblong, lanceolate, or elliptic, sub-entire or distantly toothed, base cuneate, petiole slender. Heads sub-globose, short peduncled, solitary or in pairs, axillary or terminal, heterogamous. Fruit, achene, cuneate with a narrow wing



Habitat and Distribution: A weed found in moist places common in tank beds, wastelands, cultivated fields where abundant moisture is available; distributed throughout India.

Flowering and Fruiting: October to December.

Parts Used: Leaves, roots and whole plant.

Medicinal Uses: The juice is taken to cure diarrhoea, throat pain and to reduce fever. Root is tonic and alterative, emetic and purgative and also applied to the wounds of cattle. Juice of leaf is hepatic tonic. Source of a black stain, enters into preparations for darkening hair. Fresh plant is applied with sesame oil in elephantiasis, and juice in affections of liver and dropsy. Root is used as tonic in hepatic and spleen enlargements and in various chronic skin troubles. It is given internally in scalding of urine. It relieves headache when applied with oil. Farmers use the herbal juice for sickle wounds. The root is used as tonic for darkening the hair. The leaf juice is used for external application on cattle wounds to prevent pus formation and bacterial infection. Root is used in snakebite and scorpion sting. Leaf paste is applied to cure white spot formed due to burning. The oil prepared from the herb is a great repute as hair dye and has cooling affect on the brain.

Elephantopus scaber. Linn.

ASTERACEAE

Common Name: Elephant foot

Vernacular Names: *Gojialata*, *Shamdulum* (B), *Bhophathari* (G), *Samudulan* (H), *Hakkarike* (Kan), *Anashovadi* (Mal & Tam), *Pathari* (Mar), *Gojihva*, *Karipadam* (S), *Hastikasaka* (Tel).

Description: Erect, subcapose, perennial herb. Stem terete, corombosely branched at top, pubescent. Lower leaves in basal rosette, obovate, obtuse, pubescent; cauline leaves much smaller. Head compound, few flowered.

Habitat and Distribution: In dry tracts, throughout India

Flowering and Fruiting: September to November.

Parts Used: Whole plant, roots and leaves.

Medicinal Uses: Plant is cardiac tonic. It is also used in snakebite. Decoction of roots and leaves emollient, given in diarrhoea, swelling or pain in stomach. Root powder with pepper is useful in toothache. Root is also used to cure pimples and digestive disorders.



Emilia sonchifolia (L.) DC

ASTERACEAE

Common Name: Red tassel flower.

Vernacular Names: *Sadhimodi* (B), *Mulshevi* (Mal).

Description: Erect or decumbent herb. Leaves sessile, lower ones small, upper ones sagittate, acute, dentate with rounded basal auricles. Head pink or purple. Achene oblong, 5-gonous.

Habitat and Distribution: A common weed of wastelands and roadsides; distributed in Punjab, upper Gangetic plains, Assam, Western Ghats and West Himalayas.



Flowering and Fruiting: July to December.

Parts Used: Root, leaves and whole plant.

Medicinal Uses: Plant decoction is used as febrifuge, in bowel complaints. Leaf juice is used in eye inflammation and night blindness. Root is used in diarrhoea.

Erigeron canadensis Linn.

ASTERACEAE

Common Name: Butterweed, Canada fleabane, Horseweed.

Vernacular Names: *Jarayupriya, Makshikavisha* (S).

Description: An annual herb; stem simple, erect, 2-4 ft. high, stiff, slender, pale green, striate, more or less rough with scattered spreading hairs; branches mostly in the upper part, numerous, short, slender, ascending. Radical leaves, forming a rosette, are spatulate or narrowly obovate with a few large teeth, soon withering. Heads very numerous, shortly stalked, very small; corymbs racemosely arranged on the branches, which form collectively a loose broadly oblong, blunt, cylindrical, terminal inflorescence; fruits small, oblong, compressed, without ribs, yellowish grey, with scattered, short, adpressed bristly hairs



Habitat and Distribution: A weed of wastelands distributed in Punjab, Upper gangetic plains, Assam, Western Ghats and Western Himalayas.

Flowering and Fruiting: June to November.

Parts Used: Whole plant.

Medicinal Uses: It is said to possess tonic and astringent qualities in addition to the diuretic property, which is the more special characteristic. It has been found a useful remedy in the treatment of diarrhoea, dysentery and dropsical complaints. The oil is a remedy for urine haemorrhage. The oil along with alcohol is used as an application to inflamed and enlarged tonsils, in inflammation and ulceration of the throat and in other local inflammations.

Euphorbia hirta Linn.

EUPHORBIACEAE

Common Name: Australian asthma herb, Garden spurge, Pill-bearing spurge.

Vernacular Names: *Barokheruie* (B), *Dudeli* (G), *Dudhi* (H), *Nelapalai* (Mal), *Dudhi* (Mar), *Amampatchaiarisi* (Tam), *Nanubala*, *Reddinanabrolu* (Tel).

Description: Annual herb, 15-50 cm high, erect or ascending, hispid, with long often yellowish hairs; branches often 4-angled; leaves opposite, obliquely oblong-lanceolate, serrulate or dentate, dark green above, pale beneath, base unequal sided; flowers in involucre, numerous, crowded in small axillary globose cymes; fruit, capsule, appressedly hairy; seeds ovoid, trigonous, rugose, reddish brown.



Habitat and Distribution: A common weed in cultivated fields, wastelands and roadsides throughout India.

Flowering and Fruiting: August to April.

Parts Used: Whole plant, leaves and milky juice.

Medicinal Uses: The plant is believed to be an effective remedy for diseases like, bronchitis, asthma and cough. The leaves possess anthelmintic properties and are used to kill intestinal worms in children. The milky juice of the plant is applied on lips against cracking. Plant extract is given to lactating mothers for increasing milk. The leaves are very helpful to relieve

Evolvulus alsinoides Linn.

CONVOLVULACEAE

Common Name: Slender dwarf morning glory.

Vernacular Names: *Shyamakranta* (H), *Kalishankhavali* (G), *Vishnukranti* (Kan), *Vistnaclandi* (Mal), *Jhinkiphudardi*, *Vishnukranta* (Mar), *Nilpushpi*, *Vishnugandhi* (S), *Vishnukrandi* (Tam), *Vishnukranta* (Tel).

Description: Diffused, densely hispid, perennial herb with a woody rootstock and many spreading branches; leaves many, alternate, broadly ovate or elliptic-acute, hairy on both sides; flowers light blue, solitary or some times two, axillary. Fruit globose, thin, 4 valved capsule; seed glabrous.



Habitat and Distribution: Found wild in grounds, by the road sides, grasslands and other waste places especially in plain areas of India.

Flowering and Fruiting : July to November.

Parts Used: Whole plant.

Medicinal Uses: It is tonic and febrifuge; mixed with hair oil for promoting growth of the hairs. Juice of the whole plant or tablets made by mixing mishri is taken internally in bone fracture. It is excellent bone growth promoter. Leaves made in to cigarettes smoked in chronic bronchitis and asthma. The plant extract along with the leaves of *Eclipta alba* and *Bacopa monnieri* (Brahmi) and with sesame and coconut oil is applied on scalp to stimulate hair growth. The plant decoction is vermifuge and employed in killing intestinal worms.

Fumaria parviflora Lam.

FUMARIACEAE

Common Name: Fine leaf fumitory.

Vernacular Names: *Ban-salpa* (B) *Pitpada* (G), *Pitpapa* (H), *Araka* (S), *Thura* (Tam), *Chatharasi* (Tel).

Description: A diffuse, branched, annual herb, branchlets grooved, puberulous, leaves 2-3, pinnatisect, 5-7cm, segments membraneous, entire, flowers small, white or pink with purple tips in terminal or leaf-opposed racemes; fruits indehiscent, globose ; nutlet 1-seeded.

Habitat and Distribution: It is a weed of cultivated fields, found chiefly at high elevations, commonly found at Mysore Plateau and in the Nilgiris.

Flowering and Fruiting: November to March.

Parts Used: Whole plant.

Medicinal Uses: Plant is diuretic, aperient and laxative. Whole plant paste is used for dyspepsia and scrofulous skin affections.



Gynandropsis pentaphylla DC.

AMARANTHACEAE

Common Name: Caravella, Wild spider flower.

Vernacular Names: *Sada hurhuria* (B), *Adityakharan*, *Sati talvani*, *Tanmani* (G), *Churota*, *Hul hul*, *Gand huli*, *Karalia* (H), *Narumbayale soppu*, *Shrikala* (Kan), *Karavela*, *Taivela* (Mal), *Kanphodi*, *Mabli*, *Moti talvan*, *Pandhari tilwan* (Mar), *Kathal* (P), *Arkapushpika*, *Bastagandha*, *Hulhul*, *Kabari*, *Karnasphota*, *Surja varta*, *Tilparni*, *Uragandha*, (S), *Katta kadugu*, *Taiwela*, *Velai* (Tam), *Vaminta*, *Velakura* (Tel).



Description: An annual erect herb 0.6-1.2 m high, stem and branches hairy; leaves 3-5 foliate, petioles sometimes armed with small prickles; leaflets subsessile, elliptic-obovate, pubescent, margins crenate-dentate; flowers in dense bracteate racemes, pedicels viscid hairy; fruit, capsule, viscid, hairy, 5-9 cm long, tapering at both the ends; seeds muricate, dark brown.

Habitat and Distribution: A common weed in dryland crops and waste places, found mostly in warm and moist regions of the country.

Flowering and Fruiting: June to September.

Parts Used: Root, leaves and seeds.

Medicinal Uses: A decoction of the root is said to be mild febrifuge; leaves are applied externally to boils to prevent the pus formation. Bruised leaves are rubefacient and vesicant producing copious exudation. Leaf juice is used as an anodyne for the relief of otalgia and catarrhal inflammation. Seeds are anthelmintic and rubefacient and employed internally for the expulsion of round worms and externally as a counter-irritant.

Hackelochloa granularis (Linn) Kuntze

POACEAE

Common Name: Pit scale grass.

Vernacular Names: *Kasiunghas* (G), *Trinpali* (H), *Kadu sanna harka hullu* (Kan), *Palanggini* (S), *Kurujedanai gaddi*, *Guru singu gaddi* (Tel).

Description: Annual, clumps erect, hirsute; nodes bearded. Leaves lanceolate, acute with cordate base, ciliate, hirsute. Racemes spiciforms, compressed. Joints flattened, fused with pedicels. Sessile and pedicelled spikelets are present.

Habitat and Distribution: A common weed in pastures and wastelands and in hotter parts of India.

Flowering and Fruiting: July to November

Parts Used: Whole plant.

Medicinal Uses: The plant along with oil is used internally as treatment for enlarged spleen and liver.



Heliotropium indicum Linn.

BORAGINACEAE

Common Name: Indian helitrope.

Vernacular Names: *Hattisura* (B), *Hatta-juri*, *Chapputattu* (H), *Chalukondee* (Kan), *Bhurundi* (M), *Nakkipoo*, *Thelkodukupundu*, *Thekkada*, *Vanapacha* (Mal), *Hati-sura* (O) *Bhurundi*, *Hastishunda*, *Nakrari*, *Srihastini*, *Vrischikali* (S), *Tel-kodukki* (Tam), *Gurugu*, *Nagadanti* (Tel).

Description: Annual, erect, hispid herb, upto 50 cm tall; leaves alternate or often sub-opposite, elliptic-ovate, 5-8 x 2-4 cm, base truncate, attenuate, margin undulate, apex acute, pubescent. Flowers, pale violet, in helicoids spikes, extra axillary. Fruit separating into 2-seeded, 2-pointed pyrenes, nutlets connate in pairs, angled, apically beaked



Habitat and Distribution: A common weed of wastelands, roadsides found during rainy season, throughout India.

Flowering and Fruiting: Round the year.

Parts used: Whole plant.

Medicinal Uses: The juice of the leaves is used as an application to wounds and sores, to boils and to the bites of scorpions and stings of insects. Decoction of leaves is used in urticaria and fever, and that of roots in coughs and fever. Flowers are considered as emmenagogue in small doses and abortifacient in large doses. Seeds masticated as stomachic.

Heteropogon contortus (L). Beauv.

POACEAE

Common Name: Piligrass, Speen grass, Tangle head.

Vernacular Names: *Kher* (B), *Dadhjulyun* (G), *Kher*, *Kumeria* (H), *Kari vunugada hullu* (Kan), *Gantegawta*(Mar), *Karunsi pullu*, *Oosi pullu*, *Pani pullu* (Tam), *Eddigaddi*(Tel).

Description: Erect or decumbent perennial grass, nodes glabrous; leaves linear, acute or acuminate, ciliated at base. Ligules ciliate, scarios rim. Raceme 12 cm long, joints glabrous.

Habitat and Distribution: found in open grasslands, wastelands and roadsides throughout India.

Flowering and Fruiting: July - September.

Parts used: Whole plant and root.

Medicinal Uses: Root is stimulant and diuretic. Plant is used in toothache, fever, atrophy, emaciation, haematuria, dysentery, muscular pain and scorpion sting.



Hibiscus lobatus Linn.

MALVACEAE

Common Name:

Vernacular Names: *Ran Bhindi* (Mar)

Description: Erect, simple or slightly branched, glabrescent or stellate-pubescent, annual herb. Leaves broadly ovate-orbicular, cordate at base; lower ones large, angular-lobed; upper ones small entire. Flowers white in racemes. Capsule oblong, beaked; seeds black and glabrous.

Habitat and Distribution: Common as forest under growth, along water streams and open fields during rainy season in most parts of the country.

Flowering and Fruiting: September to November.

Parts used: Whole plant.

Medicinal Uses: The plant is used in debility and spermatorrhoea.



Hyptis suaveolens L. Poit.

LAMIACEAE

Common Name: Pignut, Wild spikenard.

Vernacular Names: *Bilati tulsi* (B), *Wilayati tulsi*(H), *Natta poochedi* (Mal), *anga tulsi* (Oriya).

Description: Under shrub, strongly aromatic; stem quadrangular, white-hairy. Leaves ovate, crenate, denticulate sweetly scented, purplish green when young. Flowers axillary, in cymes or in fascicles, red-purple or blue in colour. Nutlets compressed, ribbed.

Habitat and Distribution: A wasteland weed distributed throughout India.

Flowering and Fruiting: September to March.

Parts Used: Leaves and root.

Medicinal Uses: leaves are used in cancer and in tumors; infusion is applied in headache, boils and uterus infection. Leaf decoction is used as eye lotion. Root extract is used as appetizer.



Imperata cylindrica. Linn.

POACEAE

Common Name: Cogongrass.

Vernacular Names: *Batta, Khair (A), Oolao (B), Dabh, Siru, Ulu (H), Dharbai pul, Sanna dab bai hullu(Kan), Vidulam(Mal), Kasa tandi (O), Dab, Kusa, Sil (P), Darbha(S), Darbaipul, Inankapillu, Nanal, Varlipillu (Tam), Balbajamu, Darbha gaddi(Tel).*

Description: A perennial grass very much variable in size. In open unaffected fields it may reach 2m, very common in dry lands. Leaves variable, very short to 1.5m long, erect, linear to linear lanceolate, flat. Panicle silver white, dense, fluffy, silky, cylindrical 2.5-22.5 cm or more in length. Grain (caryopsis) small elliptic to oblong and brown.



Habitat and Distribution: A weed of wastelands and infertile soils in warmer regions of the country.

Flowering and Fruiting: April to September.

Parts Used: Rhizome.

Medicinal Uses: Rhizome is chewed to kill intestinal parasites especially *Ascaries*. It is used as antidote of snakebite and to cure fever. Rhizome is a tonic used for liver and spleen complications. A decoction of rootstock is given for diarrhoea, dysentery and gonorrhoea. Roots are used in the treatment of piles.

Ipomoea aquatica Forsk. Fl

CONVOLVULACEAE

Common Name: Swamp cabbage, Swamp morning glory, Water spinach.

Vernacular Names: *Kolmow* (A), *Kalmisak* (B), *Nalanibhaji* (G), *Kalmisag* (H), *Vellacheera* (Mal), *Nadishaka* (Mar), *Ganthian* (P) *Kalaka*, *Kalambika*, *Nadika*, *Pechuli*, *Shradhashaka* (S), *Vellaikeerai* (Tam), *Tutikura* (Tel).

Description: Annual or biennial herb; stems long, prostrate, trailing on mud or floating, thick, hollow, rooting at the nodes; leaves 5-12 cm long and 3-8 cm wide, elliptic, oblong or subdeltoid, acute, cordate or hastate; flowers are in 1-5 flowered peduncles, pale to dull purple; fruit, capsule, ovoid; seeds 2 or 4, pubescent.



Habitat and Distribution: A weed of aquatic or semi aquatic conditions distributed in central, southern and parts of eastern India.

Flowering and Fruiting: November to April.

Parts Used: Whole plant, leaves and buds.

Medicinal Uses: Plant juice is emetic and purgative. Leaves are cooling; plant is given in piles and nervous disorders. The plant is considered as a wholesome remedy for female suffering from nervous and general debility. Buds are used in the treatment of ringworms. The stems and leaves are recommended in febrile delirium.

Ipomoea hederacea. (Linn). Jacq.

CONVOLVULACEAE

Common Name: Indian jalap, Ivy leaf morning glory.

Vernacular Names: *Kaladana* (B, G & H), *Ganribij* (Kan), *Nilvel* (Mar), *Krishnabij* (S), *Kakkattam* (Tam) *Jirki*, *Kollivittulu* (Tel).

Description: An annual herb; stems twining, sparsely hairy; leaves ovate-cordate, deeply three lobed; lobes ovate; flowers in 1-5 flowered axillary cymes; corolla 3-5 cm long, tubular, funnel shaped, blue, tinged with pink; fruit, capsule, subglobose or ovoid, 3-celled; seeds 4-6.

Habitat and Distribution: Commonly found as weed in field crops, waste places and roadsides during rainy season; distributed all over India.

Flowering and Fruiting: September to March.

Parts Used: Seeds.

Medicinal Uses: Seeds laxative, carminative; cures inflammations, abdominal diseases, fever, headache and bronchitis. Also they are purgative, bechic, anthelmintic; useful in liver and spleen diseases, pain in joints, leucoderma, and scabies; dries the phlegm, purifies blood. Seed paste is a good application to cure skin diseases.



Lactuca serriola. Linn.

ASTERACEAE

Common Name: Prickly lettuce, Wild lettuce

Vernacular Names: *Kahu* (B & H).

Description: Stems upto 2m tall, erect, single from the base, glabrous above, typically hispid near the base, glaucous or not, with pure white milky sap, herbaceous, from a taproot, fistulose, typically simple except in the inflorescence. Leaves - Alternate, sessile, with a distinct white midrib, glabrous, glaucous, auriculate, clasping. Inflorescence - Terminal and axillary paniculate clusters of multiple flower heads. Achenes dark brown to black.



Habitat and Distribution: Found wild in open places in the Western Himalayas.

Flowering and Fruiting: June to October.

Parts Used: Seeds.

Medicinal Uses: Seeds are used for cough and their decoction for insomnia. Seed oil possesses hypnotic and antipyretic properties, also considered cure for falling hair.

Lantana camara. Linn.

VERBENACEAE

Common Name: Lantana, Tiger shrub, Wild sage.

Vernacular Names: *Rai munia* (H), *Nata hu gida* (Kan), *Arippu* (Mal), *Chadurang*, *Ghaneri* (Mar), *Nagra airi* (O), *Unnichedi* (Tam), *Pulikampa* (Tel).

Description: Prickly rembling or climbing shrub. Leaves opposite, ovate, flowers in pedunculate capitate spikes, pink, orange or yellow. Drupes globose. Seeds black.

Habitat and Distribution: A weed commonly found in wastelands, road sides and rocky areas all over the country and in some places it is grown as a hedge plant.

Flowering and Fruiting: Almost throughout the year.

Parts Used: Whole plant.

Medicinal Uses: The decoction of plant is used in tetanus, rheumatism and also in malaria. Essential oil from leaves is used to treat itching and as antiseptic to wounds. The plant is also having vulnerary, diaphoretic, carminative and antiseptic property; used in treating fistulae and tumours.



Lathyrus sativus Linn.

FABACEAE

Common Name: Grass pea

Vernacular Names: *Khesari*, (A, B & H), *Lang* (G), *Latri*, *Tiuri*, *Kassar* (H), *Lakh* (Mar), *Khesra* (O), *Chural*, *Karas*, *Karil*, *Kisari* (P), *Sandika*, *Triputi* (S).

Description: A suberect, glabrous herb; leaves paripinnate, leaflets 2.5-6 x 0.2-1.3 cm, linear-lanceolate; rachis of upper and medium leaflets mostly ending in trifid tendrils; flowers solitary, axillary; pods oblong, winged along dorsal suture, 4-5 seeded.



Habitat and Distribution: A weed in field crops during rabi season commonly found in Aandhra Pradesh, Gujarat, Madhya Pradesh, Uttar Pradesh and West Bengal.

Flowering and Fruiting: October to February.

Parts Used: Seeds and flowers.

Medicinal Uses: Seeds astringent to bowel, cooling, tonic; the oil from the seeds is a powerful cathartic.

Lepidium sativum. Linn.

BRASSICACEAE

Common Name: Garden cress.

Vernacular Names: *Halim* (B), *Asaliya* (G), *Hurf* (H), *Allibija* (Kan), *Ahliva* (Mar), *Halim*, *Shargunde*, *Tezak* (P), *Chandrasura* (S), *Aliverai* (Tam), *Adalavitulu*, *Adeli*, *Adityalu* (Tel).

Description: Annual, glabrous or pubescent herb. Leaves long, lower pinnatisect, upper entire or sub entire. Flowers small, white, in elongating raceme. Siliculae long narrowly winged.

Habitat and Distribution: Wild and cultivated; found throughout India

Flowering and Fruiting: June to December

Parts Used: Root, leaves, seeds and whole plant

Medicinal Uses: Plant is given in asthma, cough and in bleeding piles; leaves mildly stimulant and diuretic, used in scorbutic diseases and hepatic complaints. Roots are used in secondary syphilis and tenesmus. Seeds galactagogue, emmenagogue, diuretic, tonic, aphrodisiac, laxative and rubefacient, used in poultices for hurt and sprains. Seed mucilage allays irritation of intestine in dysentery and diarrhoea. The whole plant increases the percentage of hemoglobin in blood.



Leucas aspera (Wild) Spreng.

LAMIACEAE

Common Name: Leucas, Maldoda

Vernacular Names: *Doron* (A), *Chota halkusa* (B & H), *Kubi* (G), *Thumbe gida* (Kan), *Thumba* (Mal), *Bhutamari*, *Gayasa* (O), *Thumbai* (Tam), *Tummi* (Tel).

Description: Erect scabrid herb; leaves simple, opposite, linear lanceolate, acute up to 7x1 cms, dentate, puberulous. Flowers small, white, in axillary, many-flowered verticles. Nutlets oblong on the inner face, smooth.

Habitat and Distribution: A weed of cultivated fields and wastelands found all over India.

Flowering and Fruiting : August to January

Part Used: Leaves.

Medicinal uses: Juice of fresh leaves or cooked leaves is given in anorexia. Juice of fresh leaves applied externally in skin eruption, psoriasis and painful swellings. Young leaves are rubbed on forehead for cold and headache and also for chronic rheumatism. Flowers along with honey are used for coughs and colds. The herb is used as an antipyretic.



Matricaria chamomilla Linn.

ASTERACEAE

Common Name: German chamomile.

Vernacular Names: *Babuno, Suteigul* (P).

Description: An erect annual herb, branched, upto 1 m. tall, with a strong odour when the plant is bruised; leaves alternate, soft, 2-3 pinnatipartite with slender segments; flower head large, yellow, solitary on 2-8 cm long grooved peduncle; fruit is an achene with pappus small or absent; seeds small, 1 mm long.

Habitat and Distribution: A common weed of orchards, parks, roadsides and some fallow lands.

Flowering and Fruiting: June to August.

Parts Used: Root, leaves and milky latex.

Medicinal Uses: Antispasmodic, expectorant, carminative, anthelmintic, sedative, diuretic and attenuant; used particularly in ailments of children such as dentition troubles, stomach disorders, neuralgic pains and convulsions. It is also prescribed in constitutional debility, flatulent colic, hysteria and intermittent fevers. An infusion is used for eczema, bruises, sores and inflammation especially in piles.



Melilotus indica All.Fl. Pedem

FABACEAE

Common Name: Indian sweet clover

Vernacular Names: *Banmethi* (B & H), *Banamethika* (S).

Description: Erect annual. Leaves toothed, oblanceolate or obovate, cuneate, rounded, truncate. Flowers yellow, small in dense flowered raceme. Pods ellipsoid, compressed.

Habitat and Distribution: A weed of cultivated fields

Flowering and Fruiting: October to January

Parts Used: Seeds.

Medicinal Uses: Seeds are used in bowel complaints and it is also useful in infantile diarrhoea.



Merremia emarginata. Hallier. f.

CONVOLVULACEAE

Common Name: Rat's ear

Vernacular Names: *Kohalota* (A), *Bhuikamri*, *Indurkani* (B), *Undirkani* (G), *Musakni* (H), *Undirkani* (Kan&Mal), *Bhumichari*, *Mushakarni*, *Vrischikparni* (S), *Elikathu keerai* (Tam), *Elika-jemudu* (Tel).

Description: A herb; stems many, filiform, creeping and rooting at the nodes, clothed with long hairs; leaves 1.3-2.5 cm., broad, reniform or ovate-cordate, crenate, glabrous; petioles hairy; flowers yellow, axillary, solitary or 2-3 together on a very short peduncle; fruit, capsule, subglobose, surrounded by ciliate sepals; seeds dark chestnut coloured.



Habitat and Distribution: A weed found wild in hedges along upper gangetic plain, Bihar, West Bengal, Tamil Nadu and Gujarat

Flowering and Fruiting: October to February.

Parts Used: Whole plant.

Medicinal Uses: Plant is bitter, acrid, pungent, cooling, anthelmintic, laxative, carminative; useful in diseases of kidney, bladder, uterus, lungs, heart and abdomen; good in pains, fever, strangury, urethral discharges, anaemia, fistula, leucoderma; reduces tumours. Leaf juice is given in cough, dropped in ear to cure sores, useful in bite of rat and snake.

Mikania micrantha. H.B.K.

ASTERACEAE

Common Name: Climbing hempvine, Mile-a-minute weed.

Vernacular Names: *Japanilota* (A)

Description: *Mikania* is a perennial, scrambling and twining vine. Stem is slender, branched, ribbed and pubescent. Leaves are light green in colour, opposite, triangular with smooth leaf surface. Each plant can bear numerous large, loose heads of white or cream coloured flowers. It has a high seed production capacity (up to 40,000/plant), which are spread by wind, water and animals. The plants can also reproduce vegetatively from nodes, stem cuttings and suckers.



Habitat and Distribution: It prefers to grow in fertile and damp soils and grows vigorously in open places, fallow lands, forests, also found in aquatic habitats; commonly found in eastern, northeastern and southern parts of India.

Flowering and Fruiting: November to February.

Parts Used: Leaves.

Medicinal Uses: The leaf juice is applied to cuts and wounds for clotting blood as a first aid. The leaves are boiled in water and the decoction is given to the patient suffering from dysentery.

Mimosa pudica Linn.

MIMOSACEAE

Common Name: Humble plant, Sensitive plant, Touch me not.

Vernacular Names: *Nilaji-bon* (A), *Lajjabati* (B), *Risemani* (G), *Lajalu*, *Lajvanti* (H), *Nachikegidda* (Kan), *Thottamvati*, *Thendarmani* (Mal), *Lajari* (mar), *Ajalikalika*, *Namaskari* (S), *Tottalpadi* (Tam), *Munuguda-maramu*, *Muttavapulagam chettu*, *Kunuku mokka* (Tel).



Description: A diffuse under shrub, 45-90 cm high, stem and branches sparingly prickly, clothed with glandular hairs; leaves bipinnate, sensitive, digitate, petioles hairy, leaflets 15-20 pairs, glabrous above, hairy beneath; flower 4 numerous, pink, in globose heads; fruit, pod, flat, slightly recurved, with 3-5 one seeded joints.

Habitat and Distribution: Prefers hot and moist conditions, commonly found in wastelands, roadsides and other open places all over the country.

Flowering and Fruiting: September to January.

Parts Used: Root and leaves.

Medicinal Uses: The leaf juice is used for dressing of sinus and piles. Poultice made of leaves is applied to sores. The root also has medicinal properties and the juice of root is taken by tribal to relieve pain associated with urinary bladder. The few drops of root extract are put in eyes to cure eye troubles. Root and leaves in powdered state are given with milk, in piles and fistula. Leaf juice with equal quantity of horse urine is made into 'Anjan' to remove films in conjunctiva.

Monochoria vaginalis (Burms. f.) Pres

PONTEDERIACEAE

Common Name: Monochoria.

Vernacular Names: *Horu* (A), *Nukha*, *Nanka* (B), *Kakapola* (Mal), *Hansapadia* (O), *Chinna gurrapudekka*, *Nirkancha* (Tel).

Description: Perennial. Leaves solitary terminal ovate or oblong lanceolate. Flowers blue-violet.

Habitat and Distribution: Hydrophytic, usually grows in marshy soils, ponds, drains throughout India.

Flowering and Fruiting: September to April.

Parts Used: Roots and leaves.

Medicinal Uses: Leaf juice is used in cough ; root of the plant is useful in stomach and liver complaints. Root is also used in asthma and toothache.



Ocimum basilicum Linn.

LAMIACEAE

Common Name: Common sweet basil.

Vernacular Names: *Damrao, Nasabo, Sabja* (G), *Bahari, Rihan, Sabzah* (H), *Ramakasturi, Sabja, S a j j e b i j a* (K a n) , *Ram-tulasi, Tirunirupachai* (Mal) *Tukhamariya* (Mar), *Ajagandhika, Barbar, Manjarki, Surabhi, Surasa, Tungi* (S), *Bhu-tulasi* (Tel)



Description: An erect herb, 0.6-0.9 m high, glabrous or hispidly pubescent; stems and branches green or purplish; leaves ovate, acute, entire, toothed, or lobed; flowers in whorled racemes, terminal raceme longer than the lateral; bracts stalked, corolla 2-lipped, 8-13 mm long, white, pink or purplish, glabrous or pubescent; fruit, nutlet, about 2mm long, ellipsoid, black and pitted.

Habitat and Distribution: Occurs wild in gardens, field bunds and open places especially under moist situations; distributed throughout India.

Flowering and Fruiting: November to April.

Parts Used: Roots, leaves, flowers and seeds.

Medicinal Uses: Plant is useful in fever, cough, worms, stomach complaints and gout. Roots are used for bowel complaints of children. Leaf juice forms an excellent nostrum for the cure of ringworms. It is dropped into ear in case of earache and dull hearing. The flowers possess stimulant, diuretic and demulcent properties. Seeds are mucilaginous and cooling, given in infusion in gonorrhoea, diarrhoea and chronic dysentery; a cold infusion is said to relieve the after-pains of parturition. Seeds are given internally to relieve constipation and piles; they are also aphrodisiac.

Ocimum gratissimum Linn.

LAMIACEAE

Common Name: Large basil, Lemon-shrubby basil.

Vernacular Names: *Avachi-bavachi* (G), *Ban-Mal tulasi* (H), *Rama-Ran tulasi* (Mar) *Ajaka*, *Gandhapanijaka*, *Sumuka*, *Vanabarbarika*, (S).

Description: A perennial shrub, 1.2-1.8m high, branched, woody below; stems and branches subquadrangular; young ones pubescent; leaves elliptic-lanceolate, coarsely crenate-serrate, pubescent, gland-dotted; flowers in simple or branched racemes, in close whorls; rachis quadrangular; corolla 2-lipped, pale greenish yellow, lower lip longer; fruit, nutlet, subglobose, brown, rugose.



Habitat and Distribution: Found wild throughout India; often cultivated.

Flowering and Fruiting: July to October.

Parts Used: Whole plant.

Medicinal Uses: The plant has aromatic and stimulant properties; aromatic baths and fumigations are advised in the treatment of rheumatism and paralysis. In the apthae of children a strong decoction is found effective. During fever when extremities are cold, leaf paste is applied to fingers and toenails. Decoction of leaves is useful in seminal weakness and remedy in gonorrhoea. Seeds are useful in headache and dysentery and infusion is used in urinary disorder.

Oldenlandia corymbosa Linn.

RUBIACEAE

Common Name: Tongue weed.

Vernacular Names: *Khetpapra* (B), *Parpat* (G), *Damanpaper* (H), *Soppugida* (Kan), *Parpatakam* (Mal), *Papli*, *Phapti* (Mar), *Gharapodia* (O), *Parpate* (S).

Description: An annual herb, varying from 7.5-38 cm high; stems numerous; leaves subsessile, linear or linear-lanceolate, margins recurved and scabrous, stipules with bristles; flowers on filiform pedicels, usually 2-3cm long, lobes acute; fruit, capsule, globose or pyriform; seeds pale brown angular;

Habitat and Distribution: A common weed in wet lowlands and cultivated fields distributed throughout India.

Flowering and Fruiting: September to November.

Parts Used: Whole plant.

Medicinal Uses: It is considered stomachic and refrigerant; decoction is prescribed in remittent fever with gastric irritability and also used in jaundice and other liver troubles. The decoction of the whole plant is said to be a good febrifuse and is used in chronic malaria. In the konkan the juice of the plant is applied to palms and soles when they burn from fever. Juice is given internally with little milk and sugar in the burning at the stomach-pit and to cure heat eruptions.



Oxalis corniculata L.

OXALIDACEAE

Common Name: Creeping wood sorrel, Indian sorrel.

Vernacular Names:, *Amrulsak* (B), *Amrul*, *Chuka tripati* (H), *Huli-hunichegida* (Kan), *Teltuppi* (Kon), *Pullampurachi* (Mal), *Bhui-sarpati* (Mar), *Puli-yarai* (Tam), *Amalalonika*, *Ambastha*, *Changeri*, *Chukrita*, *Shuklika* (S), *Puli chintaku* (Tel).

Description: Diffuse herb; stem creeping, rooting at nodes, softly pilose; leaves digitately 3-foliolate; leaflets subsesile, obcordate, emarginated at apex, base cuneate, margin entire, 1.5-1.8 cm; flowers small, yellow in umbellate clusters on slender axillary peduncles. Capsule linear 5- angled. Seeds many, bedbug shaped.



Habitat and Distribution: It is common on the banks of ponds and fields throughout the warmer parts of the country.

Flowering and Fruiting: September to May.

Parts Used: Whole plant.

Medicinal Uses: Leaves have been used in fever, dysentery and scurvy. Plant with cumin seeds are pounded and orally taken with water thrice a day in diarrhoea and dysentery. The paste of the plant is massaged on forehead to relieve headache. The fresh juice of the plant is beneficial for the treatment of anaemia and piles. The fresh leaf juice mixed with cow butter is used in treatment of jaundice. Curry from the fresh leaves improves appetite and digestion of dyspeptic patients.

Phaseolus trilobus Ait.

FABACEAE

Common Name: Wild moong.

Vernacular Names: *Mugan* (B), *Adabanmagi*, *Adavada*, *Magavala* (G), *Mugam*, *Mungani*, *Mungawana*, *Rakhalkali*, *Trianguli* (H), *Kohesaru* (Kan), *Cheruidukol* (Mal), *Ranmath*, *Ranmung* (Mar), *Koshila*, *Kurangika*, *Mudgaparni*, *Shimbiparni*, *Vanmudga* (S), *Panipayar* (Tam), *Pillipesara* (Tel).

Description: Annual or perennial, stems numerous from a woody root stock, prostrate, wiry, glabrous or hairy; leaves trifoliolate, petioles grooved; leaflets 1.3-2.5 cm long, commonly 3-lobed-middle the largest, broadly spathulate; lateral oblong or more or less spathulate- all pale green, membranous; flowers in sub-capitate, few flowered racemes, peduncles 10-23 cm long, yellow; fruit, pod, 2.5-5 cm long, straight, subcylindric, slightly recurved; seeds 6-12.



Habitat and Distribution: Frequently found on field bunds and non cropland areas during rainy season and occasionally cultivated as mixed crop for fodder; distributed from Himalayas at an altitude of 2200m to southwards.

Flowering and Fruiting: September to November.

Parts Used: Leaves and fruits.

Medicinal Uses: Fruit is cooling, aphrodisiac, astringent, anthelmintic; good for eyes; cures consumption, inflammations, fever, burning sensation, thirst, piles, dysentery, cough, and gout. The juice of the plant is prescribed in rat-bite fever. The leaves are considered tonic and sedative; they are used in cataplasms for weak eyes.

Phyla nodiflora. Greene.

VERBENACEAE

Common Name: Creeping lip plant

Vernacular Names: *Bhuiokra* (H), *Ratolia*, *Ratuliyo* (G), *Jalapimli* (Mar), *Agnijwala*, *Jalpippali*, *Langali*, *Sharadi*, *Toyavalluri*, *Vashira* (S).

Description: A creeping perennial herb; stems rooting at the nodes, much branched, clothed with appressed white hairs; leaves opposite, subsessile, spatulate, rounded at the apex, sharply serrate in the upper part; flowers sessile, densely packed in long peduncled axillary heads; corolla white or pale pink; two lipped, upper 2-lobbed, lower 3-lobbed; fruit globose, oblong.



Habitat and Distribution: Common in grassy and shady places throughout India.

Flowering and Fruiting: More or less throughout the year.

Parts Used: Leaves, stalks and fruits.

Medicinal Uses: Plant is acrid, cooling, aphrodisiac, anthelmintic, alexiteric, useful in diseases of heart, blood and eyes; good for ulcers, wounds, burning sensation, asthma, bronchitis, thirst and loss of consciousness. The tender leaves and stalks are slightly bitter and prescribed in the form of infusion to children suffering from indigestion and to women after delivery. A poultice composed of fresh plant is a good maturant for boils. Chutney made from leaves and fruits gives temporary relief to the irritation of internal piles.

Phyllanthus niruri L.

EUPHORBIACEAE

Common Name: Gripe weed.

Vernacular Names: Bhuiavala (B&Mar), Bhuianvalah, Jaramala, Sadahazurmani (H), Kirunelligida (Kan), Bhuyavali (Kon), Kilanelli (Mal), Badianla, Bui aoala (O), Ajata, Amala, Bhumyamalaki, Bhuta-dhatri, Sukshamadala, Vituntika (S), Kizhkay-nelli (Tam), Nela usirika (Tel).

Description: An annual herb, 30-60 cm high; stems branched at base, angular; leaves numerous, distichous, elliptic-oblong; flowers yellowish, very numerous, axillary, monoecious; males 1-3, females solitary; fruit, capsule, very small, globose, smooth, scarcely lobed; seeds trigonous, longitudinally ribbed on the back.



Habitat and Distribution: Common in cultivated fields, gardens and waste places during rainy season throughout the country.

Flowering and Fruiting: August to October.

Parts Used: Whole plant and root.

Medicinal Uses: Plant is acrid, cooling, deobstruent, alexipharmic; useful in thirst, bronchitis, leprosy, anaemia, urinary discharges, anuria, asthma, hiccup; used also as diuretic and in menorrhagia. The tender shoots are administered in the form of infusion for chronic dysentery. Leaf poultice with salt cures scabby affections, and without salt may be applied to bruises. Fresh root is said to be an excellent remedy for jaundice. Fruit is useful for tubercular ulcers, wounds, sores, scabies, and ringworm.

Physalis minima Linn.

SOLANACEAE

Common Name: Ground cherries, Sun berry.

Vernacular Names: *Kopalphutia* (A), *Bantipariya* (B), *Parpoti*, *Popti* (G), *Tulatipati* (H), *Gudde hannu*, *Kupanti* (Kan), *Njodi njotta* (Mal), *Chirboti*, *Dhanmori* (Mar), *Photakaphala* (O), *Tholtakkali* (Tam), *Budda budama*, *Kupanti* (Tel).

Description: Erect sub-succulent, patent hairy herb. Stem angular, ribbed, often purple-tinged. Leaves ovate, toothed, sinuate or lobulate. Flowers pale yellow. Fruits globose, enclosed within inflated calyx.



Habitat and Distribution: Usually found in irrigated fields during warm season and prefers high soil moisture; more or less common all over India.

Flowering and Fruiting: August to January.

Parts Used: Whole plant and leaves.

Medicinal Uses: Plant is diuretic, tonic, alterative and aperient; used in dropsy, urinary disorders and enlargement of spleen. Juice of leaves mixed with water and mustard oil is used as a remedy against earache.

Plantago major Linn.

PLANTAGINACEAE

Common Name: Broad leaf plantain, Great plantain

Vernacular Names: *Bartang, Lahuriya* (H)

Description: A perennial herb with an erect, stout rootstock; leaves alternate, radial, 2.5-12.5 cm long, variable in width, ovate or oblong, entire or toothed, base tapering into petiole, petiole longer than leaf blade; flowers scattered or crowded in long lax spikes 5-15 cm long; fruit, capsule, ovoid; dehiscent a little above the base, top coming off as a conical lid; seeds 4-8, angled, dull black.



Habitat and Distribution: A weed that grows along river banks; distributed in temperate Himalayese, Assam, W. Ghats, Nilgiris and Palni hills.

Flowering and Fruiting: September to February.

Parts Used: Root, leaves and seeds.

Medicinal Uses: Plant is useful in rheumatism and griping pain of bowels. Root and leaves are astringent and used in fever. Seeds are useful in dysentery. Fresh leaves placed on parts of body stung by insects afford relief. They are used in diarrhoea and piles. Leaves are applied to open wounds and sores. The expressed juice of the plant has proved to have curative effect in tubercular consumption with spitting of blood. A bunch of leaves made hot and applied to the foot is good to draw out thorn or splinter.

Plumbago zeylanica Linn.

PLUMBAGINACEAE

Common Name: Ceylon-white flowered leadwort.

Vernacular Names: *Chitra* (G, H&S), *Chtaro*, *Chitrak* (G), *Bile-Chitramula* (Kan), *Chitrak*, *Vellakotu-veri* (Mal), *Chitramula* (Mar), *Agniskikha*, *Chitraka*, *Chitranga*, *Jyotishka*, *Vallari* (S) *Chittira* (Tam), *Agnimatha*, *Chitra-mulamu* (Tel).

Description: A perennial subscandent herb; stems 0.6-1.5m. long, woody, spreading, terete, striate; leaves thin, ovate, entire, attenuated into a short petiole; petiole amplexicaul at the base and dilated into auricles; flowers in elongated spikes, rachis glandular; corolla white, lobes 5; fruit capsule, oblong, pointed.



Habitat and Distribution: Found wild in pennsular India and probably in Bengal.

Flowering and Fruiting: August to September.

Parts Used: Root, root bark and leaves.

Medicinal Uses: Root is said to increase digestive power and to promote appetite. Root and root bark are bitter, hot, stomachic, carminative, astringent to bowels, anthelmintic, alterative; cures intestinal troubles, dysentery, leucoderma, inflammations, piles, bronchitis, itching, diseases of liver, consumption and ascites; it is also useful in curing laryngitis, rheumatism, diseases of spleen, ringworm and scabies. Root paste is made with milk, vinegar or salt and water for external use in skin diseases; a tincture of root bark is an antiperiodic and a powerful sudorific. Leaves are vesicant and aphrodisiac. Root contains an active principle called *Plumbagin*".

Polygonum hydropiper. L.

POLYGONACEAE

Common Name: Pepperwort, Water pepper.

Vernacular Names: *Packur mul, Pani-miricha* (B)

Description: Annual herb; Stem up to 1m tall, herbaceous, glabrous or with some pubescence above, typically green or reddish, erect to spreading, multiple or single from base, simple to few-branching; leaves alternate, short-petiolate or sessile, lanceolate to linear-oblong, glabrous, acuminate. Ocrea with ciliate bristles on margin, glabrous to scabrous. Inflorescence-terminal and axillary racemes, loosely arranged, often nodding at tip. Achene 3-angled, partially exerted at maturity.



Habitat and Distribution: Found in moist places and distributed in plain areas in most parts of the country.

Flowering and Fruiting: May to November.

Parts Used: Leaves, seeds and whole plant.

Medicinal Uses: Used as flavouring, stimulant, diuretic, styptic, emmenagogue and lithontriptic. Liquid extract of the herb is used as an oral contraceptive; infusion is used in uterine disorders and as a haemostatic. Roots stimulant, diuretic, carminative, tonic, and anthelmintic; their juice is used for skin affections. Bruised leaves and seeds are used as vesicant.

Polygonum persicaria. L.

POLYGONACEAE

Common Name: Ladys' thumb, Smart weed.

Vernacular Names: *Bonjhaluk* (A).

Description: Stem upto -1m tall, glabrous, branching at base, erect, herbaceous, from taproot, typically reddish at nodes. Leaves - Alternate, lanceolate to linear lanceolate, short petiolate to sessile typically with purple splotch near middle of blade, entire. Ocrea appressed, pubescent, fringed with cilia. Inflorescence - Terminal and axillary racemes, dense. Flowers - Perianth pink to rose or typically whitish at anthesis. Achenes typically 2-sided, black, shiny.



Habitat and Distribution: Found in moist places and distributed in plain areas in most parts of the country.

Flowering and Fruiting: May to October.

Parts Used: Whole plant.

Medicinal Uses: Astringent, laxative, styptic, vulnerary and lithontriptic; also used as a cardiac stimulant and in colds, fevers and asthma. Infusion is useful as a gargle in inflammation of pharynx.

Portulaca oleracea L.

PORTULACACEAE

Common Name: Common purslane.

Vernacular Names: *Nonia* (A), *Baraloniya* (B&H), *Motiloni* (G), *Khursa*, *Kulfa* (H), *Dooddagooni soppu* (Kan), *Kariecheera*, *Parambuchee* (Mal), *Bhuigoli*, *Mhotighol* (Mar), *Balu baluka*, *Purunisag* (O), *Lonak*, *Kundar* (P). *Brihalloni*, *Lonamla*, *Lonika* (S) *Karikeerai*, *Paruppukirai*, *Pullikirai* (Tam), *Ganga payilikura*, *Peddapayilikura* (Tel).

Description: Prostrate, fleshy, glabrous annual herb. Nodes glabrous. Leaves spatulate, thick and flashy. Flower minute, yellow in clusters of 3-5. Fruit a crustaceous, circumscissile capsule. Seeds many, reni form.



Habitat and Distribution: Found in irrigated cultivated fields, plantation crops, orchards and waste places all over the country.

Flowering and Fruiting: February to April.

Parts Used: Whole plant, stem, leaves and seeds.

Medicinal Uses: Herb is refrigerant, vulnerary, antiscorbutic, aperient and diuretic; used in scurvy and diseases of liver, spleen, kidney, and bladder; also employed in cardio-vascular diseases, dysuria, haematuria, in dysentery, sore nipples and ulceration of the mouth. In homeopathy the herb is employed to stimulate gastric secretion. Leaf paste is applied to bones, scald and other skin diseases. Seeds are demulcent, astringent, diuretic and vermifuge. Juice of stem is applied in case of prickly heat.

Psoralea corylifolia L.

FABACEAE

Common Name: Babchi seeds, Malaysian scurf pea.

Vernacular Names: *Latakasturi*, *Hakuchi* (B), *Bowachchi* (G), *Babachi*, *Bhavanj*, *Bukchi* (H), *Bavachi* (Mar), *Vakuchi*, *Chandralekha*, *Kalameshi*, *Kushtaghni*, *Vanguji* (S), *Karpokarishi* (Tam), *Bhavanchi vittulu* (Tel).

Description: Erect, Annual herb, stem and branches striated, studded with glands and white hairs. Leaves simple, broadly elliptic, inciso-dentate, rounded and mucronate at the apex, white hairy, nigro-punctate, petioles hairy and gland-dotted; flowers in dense axillary, solitary, 10-30 flowered racemes; corolla bluish purple, standard orbicular, clawed; fruit, pod, ovoid-oblong, closely pitted, mucronate, black; seed, one, smooth.



Habitat and Distribution: A wasteland weed found throughout India.

Flowering and Fruiting: October to April.

Parts Used: Root, leaves, fruit and seeds.

Medicinal Uses: Root is useful in treating caries of teeth. Leaves are good for diarrhoea. Fruit is diuretic, cures vomiting, difficulty in micturition, piles, bronchitis, inflammation and anaemia. Leaves are used to cure diarrhoea. It imparts vigour and vitality, improves digesting power and receptive power. It improves the texture and complexion of skin and helps in the growth of hair. Seeds are refrigerant, alterative, laxative, antipyretic, anthelmintic, alexiteric; bitter in taste; good for heart troubles, urinary discharges; heals ulcers. The seeds have been specially recommended in leprosy internally and also used as paste or ointment externally. The drug was considered so efficacious that it was given the name "*Kushtanashini*"

Rungia repens L. Nees

ACANTHACEAE

Common Name:

Vernacular Names: *Khatsolia*, *Khatsheodio* (G), *Kharmor* (H), *Kodagasale gida* (Kan), *Ghati pittapapada* (Mar), *Kodaga saleh* (Tam), *Parpatha* (S).

Description: A herb; stem usually decumbent, often rooting near the base, then erect; leaves subsessile, oblong, lanceolate, acute; flowers in erect terminal imperfectly one sided spikes, bracts elliptic, ciliate; corolla, white, blue or pink, with darker spots, 2-lipped, upper emarginated, lower shortly 3-lobed; fruit, capsule, ovoid oblong, acute, with scarious faces and hard ridges; seeds suborbicular, rugose with furrow, pale brown.



Habitat and Distribution: A weed specifically found in black soils distributed throughout hotter parts of the country.

Flowering and Fruiting: November to January.

Parts Used: Whole plant and leaves.

Medicinal Uses: Herb is given in cough, fever; as vermifuge and diuretic. The plant is also given in skin infections. Fresh leaves are bruised and mixed with castor oil and applied to scalp in cases of *Tinea capitis*, a scaly fungal infection.

Saccharum spontaneum (L.) Mant.

POACEAE

Common Name: Tiger grass.

Vernacular Names: *Kohua* (A), *Dabh* (G), *Kans* (H), *Kansghasa* (O), *Kasa* (S).

Description: Perennial grass with stout rootstock and silky stem. Leaves erect, very long, narrow; ligule membranous. Panicle long, spikelets 2-4 mm. Spikelets paired, one pedicellate, the other sessile, one flowered, hermaphrodite.

Habitat and Distribution: A wasteland weed usually found on riverbanks, swampy localities and on field bunds throughout India.

Flowering and Fruiting: Sept to November.

Parts Used: Rhizome.

Medicinal Uses: The drug is reported to be sweet, cooling, astringent, diuretic, galactagogue, aphrodisiac, laxative and cures tuberculosis, dysentery, bleeding piles, kidney and bladder stones, dysuria, thirst, burning sensation, haemorrhage, strangury and blood diseases.



Scoparia dulcis Linn.

SCROPHULARIACEAE

Common Name: Licorice weed.

Vernacular Names: *Methi buti* (H)

Description: Branched herb; Leaves opposite or verticillate, entire or dentate, punctate. Flowers axillary, usually paired, sometimes solitary, white, yellow or pale blue. Corolla 4-fid. Capsule ovoid-globose.

Habitat and Distribution: Found wild in waste places and road sides; distributed in plain areas all over the country

Flowering and Fruiting: January to September

Parts Used: Whole plant, roots.

Medicinal Uses: The decoction of plants is used in eye troubles. The leaf infusion is used in fever and bronchitis. The root extraction is orally taken in diarrhoea and dysentery. The green plant is used in anemia. An anti diabetic compound, amellin, occurs in the leaves and stems of green plants.



Senecio vulgaris. Linn.

ASTERACEAE

Common Name: Common groundsel

Vernacular names:

Description: Stems - Multiple from base, upto 40cm tall, pubescent when young, glabrescent when mature, branching, herbaceous, erect, purplish, slightly ribbed, fistulose. Leaves - Alternate, sessile to very short petiolate, auriculate and sub-clasping above, pinnately lobed; flower heads terminating main stems. Peduncle of flower heads some times elongating in fruit upto 3cm long. Leaves reduced to bracts and subtending each peduncle in the inflorescence.



Habitat and Distribution: Found round the year in humid areas of the country.

Flowering and Fruiting: June to October.

Parts Used: Whole plant.

Medicinal Uses: Used in dysmenorrhoea and amenorrhoea and also as a diaphoretic, diuretic, and tonic. Infusion is used as a lotion in chronic mastitis, haemorrhoids, and gout; extract is given in colic and as a vermifuge. Decoction is purgative and emetic.

Sida acuta. Burm. f.

MALVACEAE

Common Name: Common wireweed.

Vernacular names: *Pilabarela-shikar*, *Sweet barela* (B) *Baladungaraubal*, *Balajungli-methi* (G), *Bariara*, *Kareta*, *Kharenta* (H&P), *Heruparuva*, *Malatanni*, *Vattairippi* (Kan), *Chikana*, *Pata. Tukati*, *Tupkaria* (Mar), *Ancharna*, *Siobola*, *Sunakhodika* (O), *Bala* (S), *Ariva-mooku kelrai*, *Kayapunalu*, *Malaitangi*, *Mayir-manikham*, *Pazampaasi*, *Pon musuttai* (Tam), *Jitimutti*, *Mutuvapulagam*, *Nelabenda*, *Vishaboddi* (Tel).



Botanical description: A shrub; branches slender, minutely hairy; leaves 2.5-6.3 cm long, lanceolate, base rounded, sharply serrate, glabrous; flowers 1-2 in each axil, pedicel jointed above the middle; corolla, yellow, petals connate at the base with staminal tube; fruit, 5-6 mm diameter, carpels 5-9, strongly reticulated, puberulous, dorsal margins toothed; awns 2, linear; seeds smooth, black.

Habitat and Distribution: A common weed of pastures, lawns, wastelands, field bunds, roadsides throughout hotter parts of the country.

Flowering and Fruiting : July to January.

Part Used: Leaves, root and shoot.

Medicinal Uses: Paste prepared from leaves and young shoots is applied over boils and also used against scabies and other skin diseases. Leaves made warm and moistened with a little sesame oil are employed to hasten suppuration. Roots are used in urinary troubles. Root extract is also given as tonic in nervous weakness. Roots are beneficial for expelling worms from alimentary canal.

Sida cordata (Burm.f.) Waalkes

MALVACEAE

Common name: Heart leaf fanpetals.

Vernacular Name: *Bir* (H), *Nag bala* (S)

Description: Trailing, hispid herb; leaves simple, alternate, ovate-cordate, clothed with stellated hairs on both surface; flowers small, yellow, axillary, solitary on jointed peduncles. Fruit is a schizocarp enclosed within the calyx; seeds glabrous, brownish.

Habitat and Distribution: Common in forests among tall grasses, hedges, open areas throughout hotter parts of the country.

Flowering and Fruiting: July to December.

Parts Used: Leaves, flowers and whole plant.

Medicinal Uses: The plant is used to cure cough. Flowers and up-ripe fruits are given with sugar in burning sensation in micturition. Leaves are used in diarrhoea during pregnancy; leaves are powdered and used as local application to cuts and bruises.



Sida cordifolia Linn.

MALVACEAE

Common Name: Country mallow

Vernacular Names: *Bala baldana* (Guj), *Bariari*, *Kharenti*, *Kunghy* (H), *Katturam* (Mal), *Chikana* (Mar), *Bala gayanti* (S).

Description: Erect bushy plant, densely pubescent all over; leaves simple, alternate, orbicular, ovate, obtuse, cordate at base, 1.5-4 X 1-3 cms, tomentose, margins serrate-crenate; flowers pale yellow, solitary or in few flowered cluster in axils. Fruit a depressed globose schizocarp; seeds smooth.

Habitat and Distribution: A wasteland weed found throughout the tropical and subtropical India.

Flowering and Fruiting: August to October.

Parts Used: Root and whole plant.

Medicinal Uses: The drug is used for treatment of rheumatism. It is also useful in neurological disorders like sciatica, headache, fever and uterine disorder. The root juice is used in heart irregularity and it is also used for the healing of wounds.



Sida rhombifolia L.

MALVACEAE

Common Name: Arrow leaf sida, Cuban jute.

Vernacular Name: *Lal barela* (B), *Bhinuli* (H)

Description: Erect, minutely stellate-hairy herb; leaves simple, alternate, short-petioled, rhomboid or obovate-retuse, cuneate at base, coarsely toothed. Flowers yellow, solitary, axillary. Fruit depressed, globose, enclosed in persistent calyx; cocci usually 10, reticulate, 2-veined.

Habitat and Distribution: A weed of wastelands and roadsides found in warmer parts of the country, chiefly in Bengal, Konkan, Mumbai, Karnataka and Kerala.

Flowering and Fruiting: September to November.

Parts Used: Leaves and whole plant.

Medicinal Uses: The plant is used as cardiac tonic. It is important drug for the treatment of rheumatism and neurological disorders. The plant is regarded useful in tuberculosis and rheumatism. The pounded leaves are applied on swellings.



Solanum nigrum L.

SOLANACEAE

Common Name: Black night-shade.

Vernacular Names: *Pichkati* (A), *Piludi* (G), *Gurkamai*, *Kabaiya*, *Makoi* (H), *Kamoni* (Mar), *Kakamunchi* (Kan), *Mako*, *Kambei* (P), *Kakamachi*, *Katuphala*, *Tiktika*, *Vayasi* (S), *Munotakali* (Tam), *Gajju chettu*, *Kachchipundu*, *Kachi*, *Kamachi* (Tel).

Description: Erect or rambling, sparingly or much branched, annual- perennial herb; stem erect, much divaricately branched; leaves many, ovate-lanceolate, entire or sinuate, toothed, tapering into petioles; flowers small, in extra-axillary, sub-umbellate, 3-8 flowered cymes; corolla divided more than half way into 5 oblong lobes; fruit, berry, usually purplish black, smooth, shining; seed discoid, yellow, minutely pitted.



Habitat and Distribution: Commonly found in cultivated fields, gardens, open wastelands and roadsides throughout India.

Flowering and Fruiting: September to January.

Parts Used: Root, leaves, flowers, fruits and whole plant.

Medicinal Uses: The plant is antiseptic and antidysenteric. Infusion of herb is applied in anthrax pustules. The herb is also used as laxative and diuretic. Ripe fruits are used in piles, infection of eyes. The plant is cardiac tonic and anti-diabetic. Decoction of berries and flowers is used in cough. Fresh juice of plant is recommended for swelling and enlargement of spleen. Freshly prepared extract of the herb is effective in cirrhosis of liver. Juice of fresh leaves produces dilatation of pupils. Berries are tonic, diuretic and cathartic, used in anasarca and heart diseases. Root bark is laxative, useful in diseases of eye, ear and nose; good for neck ulcers, throat burning, liver inflammation and chronic fever and not to be given to pregnant woman.

Solanum surrattens Burms.f.

SOLANACEAE

Common Name: Prickly brinjal, Yellow berried night-shade.

Vernacular Names: *Bhoyaringani* (G), *Katai*, *Kateli*, *Ringani* (H), *Bhuringaj* (Mar), *Ankranti*, *Bheji-begun*, *Kantakari*, *Nelamulaka*, *Pinnamulaka* (O), *Kandyali*, *Mahori*, *Warumba* (P) *Nidigadhika* (S) *Kandankattiri* (Tam & Mal), *Vankuda* (Tel).

Description: Diffused herb, very prickly on stem, leaves and calyses; leaves ovate-oblong acute, pinnately 7-11 lobed, sparsely stellate-pubescent; flowers purple in few flowered axillary cymes. Fruit, a glabrous, globular berry variegated with green and white stripes when young, yellow when mature; seeds smooth, compressed, and reniform.



Habitat and Distribution: Roadsides and wastelands throughout India.

Flowering and Fruiting: November to March.

Parts Used: Root, leaves, flowers, fruits and whole plant.

Medicinal Uses: Root is expectorant, forms a constituent of the well-known Ayurvedic preparation 'Dasamula'. The root of this plant and that of *Alternanthera sessilis* ground with water is given in urinary troubles. The drug is used in cough, asthma, pain in chest and certain kinds of fevers. It is diuretic and considered useful in controlling of stones in bladder. Stem, flowers and fruits are carminative, used in treating burning sensation in the feet accompanied by vesicular watery eruptions. Juice is bitter and is used to cure sore throat. Leaf juice mixed with black pepper is prescribed in rheumatism. Fumigation with vapour of burning seeds is of high repute in curing toothache.

Sonchus arvensis DC.

ASTERACEAE

Common Name: Corn sowthistle, Perennial sowthistle

Vernacular Names: *Banpalang*(B), *Shahdavi bari* (H), *Jangli tamaku*(Tel)

Description: Erect, perennial herb; stem 1.5m tall, erect, herbaceous, glabrous, glaucous, hollow, with milky sap, branching above in inflorescence, single from stout taproot or stolon. Leaves alternate, sessile, clasping, glabrous, dentate upto 30 cm long, reduced above. Inflorescence - Loose corymbiform arrangement of flower heads. Achene slightly compressed, oblong, prominently ribbed.



Habitat and Distribution: A cropland and non-cropland weed found in cool moist places.

Flowering and Fruiting: June to October.

Parts Used: Roots, leaves and latex.

Medicinal Uses: Roots are used in cough, bronchitis, asthma and pertussis; leaf paste is applied on swellings; latex is used for eye troubles.

Sonchus asper (L.). Hill.

ASTERACEAE

Common Name: Spiny sowthistle

Vernacular Names: *Didhi* (H), *Mhatara* (Mar)

Description: A erect annual glabrous herb; Stem upto 1m tall, erect, herbaceous, from taproot, fistulose, purplish, glabrous, glaucous, with milky sap, single or multiple from base, branching, often carinate. Leaves runicinate. Head in umbellate cymes. Achene compressed, 3-ribbed on face.

Habitat and Distribution: A cropland and non-cropland weed found in cool moist places.

Flowering and Fruiting: May to October.

Parts Used: Roots and whole plant.

Medicinal Uses: Pounded roots are applied to wounds and boils. Paste of the plant is applied to breast to increase lactation.



Sphaeranthus indicus Linn.

ASTERACEAE

Common Name: East Indian globe thistle.

Vernacular Names: *Gorakh mundi* (B, G, H & Mar), *Adakkamaniyam*, *Mirangani* (Mal), *Bokashungi*, *Buikadamba*, *Murisa* (O), *Ghundi*, *Khamadrus* (Pun), *Hapusa*, *Mahamundi*, *Mundi* (S), *Kottakarantjai* (Tam), *Boddasaramu*, *Boddatarupu* (Tel).

Description: Much branched, annual herb, 30 cm. high; stem and branches cylindrical with toothed wings, glandular, hairy; leaves alternate, sub sessile, oblong-spathulate, obtuse, lacerate or dentate, base decurrent, hirsute-pubescent, aromatic; Flowers- compound heads globose, ovoid, peduncles with toothed wings, heterogamous, purplish pink, outer florets female and inner bisexual; fruit, achene, glabrous, stalked.



Habitat and Distribution: A weed of wet places in plain areas.

Flowering and Fruiting : January to March.

Part Used: Whole plant.

Medicinal Uses: Hot, laxative, digestible, tonic, fattening, alterative, anthelmintic, alexipharmic; used in insanity, tuberculous glands, indigestion, bronchitis, spleen diseases, elephantiasis, anaemia, pain in uterus and vagina, piles, strangury, epileptic convulsions, asthma, leucoderma, dysentery, vomiting, urinary discharges, rectal pain, looseness of breasts, hemicrania. Plant is pounded with a little water and the juice expressed is used as styptic. Juice boiled with a little milk and sugar candy is taken for cough. Plant is also used in glandular swellings and urethral discharges. The flowers are highly esteemed as alteratives, depuratives and tonics useful in skin diseases. The bark, grounded and mixed with whey, is a valuable remedy in piles. Oil prepared from the root is said to be aphrodisiac. Shade dried plants at flowering stage are powdered and taken orally with *desi ghee* and *honey* for 38 days to develop sexual power. Root powder mixed with sesame oil is massaged on the male sex organ for perfect action.

Spilanthes acmella Murr.

ASTERACEAE

Common Name: Para cress, Pellitory.

Vernacular Names: *Pirazha* (A), *Akarkara* (H), *Hemmugulu*, *Maratimogga*, *Vanamugali* (Kan), *Kuppamanjel* (Mal), *Pipulka* (Mar.), *Akarkarha*, *Pokarmul* (P), *Akarkarava* (S), *Maratiteega* (Tel).

Description: Annual herb; stem and branches hairy; leaves opposite, ovate, irregularly crenate-serrate, base usually acute; flowers, in heads, ovoid, solitary or subpanicled, peduncles reaching 10 cm long; fruit, achene, oblong, truncate, compressed.

Habitat and Distribution: Found wild as well as cultivated in warmer parts of the country.

Flowering and Fruiting: November to January.

Parts Used: Leaves, flowers and seeds.

Medicinal Uses: Leaves and flower heads are chewed to relieve toothache and infection of throat and gums. Leaves are rubbed on the skin to soothe the itching. A tincture made from flower heads is a substitute for tincture of pyrethrum to treat inflammation of jawbones and caries. Plant boiled in water is given in dysentery. Flower heads are used as mosquito repellent. The seeds are chewed to provoke salivation when the mouth is dry.



Tephrosia purpurea Pers.

FABACEAE

Common Name: Wild indigo**Vernacular Names:** *Ban-nil-gachi* (B), *Ghodakan*, *Jhila*, *Sarpankho* (G), *Asia*, *Sarphoka* (H), *Empali*, *Kogge*, *Phanike* (Kan), *Kaatamiri*, *Kozhenjil* (Mal), *Ali* (Mar), *Kolothiyapokha*, *Mohishiakolothiga*, *Pokha* (O), *Bansabansu*, *Jhojhru* (P). *Plihari*, *Sharapunkha*, *Udhadi*, *U n h k a l i k a* (S) , *Dam kolingi*, *Katkolingi*, *Kolluk-kay-velai*, *Paavali* (Tam), *Vempali* (Tel),**Description:** A perennial herb, 30-60 cm high, branches spreading; leaves imparipinnate, 5-10 cm long; leaflets 11-21, oblanceolate, mucronate, glabrous above, silky hairy beneath; flowers in leaf-opposed lax racemes, lower flowers of the raceme fascicled; petal clawed, standard, suborbicular, pubescent on the back, red; fruit, pod, 3-4.5 cm long, linear, slightly curved, mucronate; seeds 5-6.**Habitat and Distribution:** Found in open situations, along forest borders, cultivated lands and roadsides all over India.**Flowering and Fruiting:** August to December.**Parts Used:** Root and pods.**Medicinal Uses:** Tonic, laxative, diuretic. Used in bronchitis and bilious attacks. Decoction of root is given in diarrhoea, rheumatism, asthma and urinary disorders. Decoction of pods is given to stop vomiting. Root is given in tympanitis, dyspepsia and chronic diarrhoea; fresh root bark, grounded along with black pepper is given obstinate colic. Fresh root juice is reliable medicine for appendicitis.

Trianthema portulacastrum Linn.

AIZOACEAE

Common Name: Black pigweed, Desert horse purselane.

Vernacular Names: *Gadabani* (B), *Svet-sabuni*, *Lal-sabuni* (H), *Muchchugoni*, *Pasalaesoppu* (Kan), *Talutama* (Mal), *Bishkapra*, *Pundharighentuli* (Mar), *Itsit* (P), *Pasalikeera*, *Tavilana upothaki* (S), *Shaaranaj* (Tam), *Ambatimadu* (Tel).

Description: Prostrate or diffuse succulent herb; stem terete, minutely hairy; leaves simple, opposite in unequal pairs, larger ones orbicular-ovate, 3.5x2.5 cms, smaller ones narrow, oblong-apiculate at apex; flowers axillary, solitary, sessile, enclosed in the sheathing leaf-base, white; capsules opercular with many seeds in the chambers and 1-2 in the operculum.



Habitat and Distribution: Abundant during rainy season in fallow rice fields, wastelands and roadsides throughout India.

Flowering and Fruiting: August to December

Parts Used: Root, leaves and whole plant.

Medicinal Uses: Roots cathartic, irritant, and abortifacient, used in asthma, amenorrhoea and obstruction of the liver. Leaves diuretic, used in dropsy, oedema and ascites. Decoction of the herb is used as antidote to alcohol poisoning, also used in rheumatism and as vermifuge.

Tribulus terrestris Linn.

ZYGOPHYLLACEAE

Common Name: Land-caltrops, Puncture vine.

Vernacular Names: *Gokshra* (B&O), *Chota Gokhru* (H), *Sannaneggilu* (Kan), *Nerinjeekai* (Mal&Tam), *Lahangokhru*, *Mithagokhru*, *Nahanagokhru* (Mar), *Bakhra*, *Lotak* (P), *Gokshura*, *Ikshugandha*, *Nerunji* (S), *Chinnapalleru*, *Chirupalleru*, *Pallerukayalu* (Tel).

Description: A procumbent herb; stem and branches pilose, young parts silky; leaves opposite, abruptly pinnate, one of each pair smaller than the other; leaflets 3-6 pairs, oblong, mucronate, hairy, base oblique; flowers axillary or leaf opposed, solitary, yellow; fruit globose, of 5 woody cocci, each with 2 pairs of hard, sharp spines, one pair longer than the other; seeds several in each coccus.



Habitat and Distribution: A common weed of waste places and roadsides chiefly hot, dry and sandy localities of the country.

Flowering and fruiting: June to October.

Parts Used: Root, leaves, fruits and seeds.

Medicinal Uses: Roots are aperient. Leaves are stomachic, used as lithontriptic. Fruits are cooling, diuretic, tonic, and aphrodisiac and are used in calculus affections, urinary disorders and impotence. Fruits and roots are boiled with rice to form medicated water, which is taken in large quantities. Powered herb is useful in cough and difficult breathing. Infusion of the stem is administered for gonorrhoea.

Tridax procumbens. Linn.

ASTERACEAE

Common Name: Coat buttons, Foul chrysanthemum, Mexican daisy.

Vernacular Names: *Phulani* (H), *Gabbu sanna savanathi*, *Nettu gabbu savanathi* (Kan), *Ekdandi* (Mar), *Bisalya karani* (O), *Vettukaya thalai* (Tam), *Gaddi chamanthi*, *Kampu chamanthi*, *Ravanaasurudi talakai* (Tel).

Description: A perennial strangling herb, 30-60 cm high; stem and branches hairy; leaves ovate-elliptic, acute, deeply inciso-dentate or pinnatisect, glandular, hairy; petioles densely hairy; flower head solitary, peduncles very long, some times exceeding 30-35 cm., slender, sparsely white hairy. Ray flowers ligulate, ligules yellow, 3-partite, middle lobe smallest; pappus of numerous feathery bristles; fruit, achene, densely silky hairy, black.



Habitat and Distribution: Found in cultivated fields, wastelands, roadsides, river plains and hilly areas of the country.

Flowering and Fruiting: Throughout the year.

Parts Used: Leaves.

Medicinal Uses: leaves are used in bronchial catarrh, dysentery and diarrhoea. Leaf juice is used to check the haemorrhage from cuts and wounds.

Urena lobata Linn.

MALVACEAE

Common Name: Ceasar weed.

Vernacular Names: *Ban okhra* (B), *Bachita*, *Lapetua*, *Pithia*, *Unga* (H), *Otte* (Kan), *Uram* (Mal), *Van bhendi* (Mar), *Bilokapasiva* (O), *Vana bhenda* (S), *Ottatti*, *Ottuttutti* (Tam), *Peddabenda* (Tel).

Description: Much branched erect woody herb or undershrub. Leaves simple, alternate, digitately lobed, with yellowish or purplish green bands along nerves, leaflet linear. Flowers purplish red. Pods greyish.

Habitat and Distribution: Grows in mud flats of river banks and along shady forest margins; found throughout tropical part of India

Flowering and Fruiting: August to May.

Parts Used: Root, leaves and flowers.

Medicinal Uses: Root is diuretic, used externally in rheumatism. The root is also useful in piles. Decoction of the root and stem is used for flatulent colic; flowers are expectorant; their infusion is used in aphthae and sore throat. Leaf powder along with leaves of *Jasminum flexile* is mixed with water and taken internally for 20 days to cure skin diseases.



Vernonia cinerea (L) Less.

ASTERACEAE

Common Name: Ash-coloured fleabane, Purple fleabane.

Vernacular Names: *Kalajira, Kukshim* (B), *Sadori* (G), *Sadodi, Sahadevi* (H), *Sahadevi* (Kan), *Puvankodanthe* (Mal & Tam), *Osari, Sadodi* (Mar), *Ardhaprasadana, Daudotpala, Devasahra, Gaudhavalli, Sahadevi* (S), *Mukuttipundu, Scrashangalamir* (Tam), *Garitikamma* (Tel).

Description: Annual, erect herb, 15-75 cm high; stem stiff, striate, pubescent; leaves simple, alternate, variable in shape, broadly elliptic or lanceolate, irregularly toothed or crenate-serrate; flowers pinkish violet; heads small, about 20 flowered in divaricate terminal corymbs; fruit, achene, oblong, clothed with white hairs.



Habitat and Distribution: A common weed of roadsides, open forests and garden lands; distributed in plain areas of the country.

Flowering and Fruiting: August to May.

Parts Used: Root, flowers, seeds and whole plant.

Medicinal Uses: Root is given for dropsy; the flowers are administered for blood-shot eyes (conjunctivitis); seeds are employed as an alexipharmic and anthelmintic. The plant decoction is used to promote perspiration in febrile conditions. Plant juice is given in piles. Infusion of the herb makes a useful combination with quinine against malaria.

Xanthium strumarium Linn.

ASTERACEAE

Common Name: Burweed, Common cocklebur

Vernacular Names: *Agara* (A), *Banokhra*, *Chota datura* (B), *Banokra*, *Gokhru*, *Adasisi* (H), *Gadarium* (G), *Marulu ummatti* (Kan), *Dutundi*, *Shankeshvara* (Mar), *Wandan tsuru* (P), *Arishta*, *Itara*, *Kambu-vanamalini*, *Sarpakshi* (S), *Maruloomatham* (Tam), *Marulamatangi* (Tel).

Description: Annual herb; stem short, stout, rough with short hairs; leaves many, 5-7.5 cm long, broadly triangulate-ovate or suborbicular, 3-lobed, hairy on both sides, irregularly inciso-serrate; flowerheads in terminal and axillary racemes, barren heads many at the top, fertile heads few at axils; fruit ovoid 1.6 cm long with 2-erect beaks, thickly clothed with hooked prickles, hard and tough;



Habitat and Distribution: A cosmopolitan weed grows from sealevel to an altitude of 2000 m in Himalayas.

Flowering and Fruiting: November to June.

Parts Used: Root, fruits, seeds and whole plant.

Medicinal Uses: The herb is reported to be used in snakebite. The fruits are used as tonic, diuretic and also given in smallpox. It is effective drug used against Malaria. It contains alkaloid xanthium. It is useful as a central nervous system depressant. Fruits are said to be effective in treating smallpox. The ashes are applied to sores on the lips and mucous membrane of the mouth. The seeds are used for resolving inflammatory swellings and the oil from them for treating bladder affections, herpes and erysipelas. The leaves are reported to possess astringent, alterative, antisyphilitic and diuretic properties. They are also given for scrofula and herpes. The root is a bitter tonic and has been employed in cancer and scrofula. Its extracts are used locally on ulcers, boils and abscesses.

Abbreviations

A	: Assamese
B	: Bengali
G	: Gujarati
H	: Hindi
K	: Kannada
Kon	: Konkan
Mal	: Malyalam
Mar	: Marathi
O	: Oriya
P	: Punjabi
S	: Sanskrit
Tam	: Tamil
Tel	: Telugu.

+ GLOSSARY OF MEDICAL TERMS +

Abortifacient	:	An agent that induces abortion
Abscess	:	A localized collection of pus caused by suppuration in a tissue.
Acrid	:	Biting, pungent.
Alexipharmic	:	Antidote to poison
Alexiteric	:	Protective to infectious diseases.
Alterative	:	A drug, which corrects disordered process of nutrition and restores the normal function of an organ or system.
Amenorrhoea	:	Failure of menstruation.
Analgesic	:	An anodyne
Anasarca	:	General dropsy of cellular tissues.
Anaemia	:	Lack of enough blood causing paleness
Anodyne	:	A drug that relieves pain
Anorexia	:	A condition of having lost the appetite for food.
Anthelmintic	:	A drug that kills intestinal worms.
Antilithic	:	An agent, which prevents the formation of calculi or promotes their dilution.
Antidote	:	An agent, which neutralises or opposes the action of a poison.

WEEDS THAT HEAL

Anti periodic	:	Preventing the regular recurrence of a disease.
Antipyretic	:	Counteracting fever.
Antiscorbutic	:	A drug which prevents or cures scurvy.
Antiseptic	:	A chemical sterilizing substance to kill or control pathogenic microbes.
Antispasmodic	:	A drug, which counteracts spasmodic disorders.
Anuria	:	Complete cessation of the secretion and excretion of urine
Aperient	:	A mild purgative or Laxative
Aphrodisiac	:	A drug, which stimulates sexual desire.
Aphthae	:	A small, usually, white ulcers occurring in groups in the mouth or on the tongue.
Arthritis	:	Inflammation of a joint.
Ascites	:	Abnormal accumulation of fluid in the peritoneal cavity.
Asphyxia	:	Inability to breathe.
Asthma	:	A chronic disorder of the bronchial tubes.
Astringent	:	A drug, which arrests secretion or bleeding.
Atrophy	:	Wasting of a tissue or organ.
Bronchitis	:	An inflammation of the air passages.
Calculus	:	A concentration formed in any part of the body usually compounds of

WEEDS THAT HEAL

Carbuncle	:	An infection of the skin and subcutaneous tissue by <i>staphylococcus aureus</i> .
Caries	:	Decay of teeth
Carminative	:	A drug, which relieves flatulence.
Cataract	:	Opacity in the crystalline lens of the eye, which may be partial or complete.
Catarrh	:	Inflammation of mucus membrane, usually associated with an increase in the amount of normal secretion of mucus
Cathartic	:	A drug which induces active movement of the bowels
Cephalic	:	A remedy for disorders of the head.
Cholera	:	A severe infectious epidemic disease due to <i>Vibrio cholerae</i> .
Chorea	:	A disease marked by irregular spasmodic and involuntary actions of the limbs and face.
Cirrhosis	:	A general term meaning progressive fibrous tissue over growth in an organ.
Colic	:	Pain due to spasmodic contraction of the abdomen
Collyrium	:	An eye -salve or eye-wash.
Congestion	:	An abnormal collection of blood in the blood vessels of any organ or part of the body.
Conjunctivitis	:	Inflammation of the conjunctiva, the mucous membrane covering the eyeball and lining the eyelids.

Contusion	:	An injury to the soft parts without breaking the skin.
Convulsion	:	A violent involuntary contraction of the skeletal musculature.
Corn	:	A small circumscribed painful horny growth.
Cornea	:	The transparent coat of the front part of the eye ball.
Dandruff	:	An inflamed condition of the scalp characterized by the presence of white scales in the hair due to the exfoliation of the horny cells of the scalp.
Debility	:	Lack of strength or vitality.
Delirium	:	An extreme mental disturbance marked by excitement, restlessness and rapid succession of confused and unconnected ideas
Demulcent	:	An agent having a soothing effect on the skin and mucous membranes
Dental caries	:	Decay of teeth
Deobstruent	:	Relieving or removing obstruction
Depurative	:	An agent that purifies blood
Diabetes	:	Increase in blood and urine sugar levels caused by the impaired secretion of insulin in the body
Diaphoretic	:	A drug that induces copious perspiration
Disinfectant	:	Having a lethal effect upon the germs

WEEDS THAT HEAL

Dropsy	:	An excessive accumulation of clear or watery fluid in any tissues or cavities of the body
Dysentery	:	An infectious disease of which the chief symptoms are acute diarrhoea and discharge of mucus and blood
Dysmenorrhoea	:	Usually painful and difficult menstruation
Dyspepsia	:	Indigestion
Dysuria	:	Painful and difficult urination
Eczema	:	A skin disease accompanied by swelling, redness and exudation of lymph.
Elephantiasis	:	A chronic diseases showing hypertrophy of the skin and enlargement of the part affected due to parasitic worm.
Emaciation	:	Becoming abnormally thin.
Emetic	:	Causing vomiting
Emmenagogue	:	A drug which promotes menstruation or regulates the menstrual periods
Emollient	:	A drug which allays irritation of the skin and alleviates swelling and pain
Epilepsy	:	A chronic nervous disorder marked by attacks of unconsciousness or convulsions
Epistaxis	:	Bleeding from the nose
Erysipelas	:	An inflammatory disease generally affecting the face marked by a

WEEDS THAT HEAL

Febrifuge	:	Anything which reduces fever
Febrile	:	Feverish.
Fistula	:	An open channel from the anus or rectum to the skin near the anus
Flatulence	:	Presence of excessive gas in the stomach or intestine
Galactagogue	:	Medicine that promotes secretion of milk.
Germicidal	:	Causing destruction of micro-organisms
Gleet	:	Chronic discharge of thin mucus from the vagina
Gonorrhoea	:	An infectious disease marked by an inflammatory discharge from the genital organs
Gout	:	A disease of purine metabolism characterized by attacks of arthritis with an associated raised level of serum uric acid
Guinea worms	:	A very slender worm infecting human beings through drinking contaminated water; it gradually works its way into subcutaneous tissues
Haematuria	:	The presence of blood in the urine
Haemoptysis	:	Spitting of blood from the lungs or bronchial tubes
Haemorrhage	:	Bleeding, especially profuse, from any part of the body
Hemorrhoid	:	A bleeding pile
Haemostatic	:	An agent that arrests or restrains bleeding.

WEEDS THAT HEAL

Hepatic	:	Pertaining to the liver
Herpes	:	Inflammation of skin or mucous membrane with clusters of deep seated vesicles
Hydrocele	:	A circumscribed collection of fluid in the testis.
Hydrophobia	:	Exaggerated fear of water as in rabies
Hypnotic	:	Inducing sleep
Hypotension	:	A fall in blood pressure below the normal level
Hysteria	:	A disease in which a physically healthy patient has lost control over acts and feelings and suffers from imaginary ailments
Impetigo	:	An inflammation of skin associated with discrete vesicles due to streptococcal infection
Insanity	:	Mental disease of a grave kind
Insomnia	:	Sleeplessness.
Itch	:	An infectious skin disease, caused by a mite, without specific lesions and marked by excessive itching; scabies.
Jaundice	:	A diseased condition in which there is a yellowish staining of the tissues and excretions with bile.
Lactagogue	:	Increasing the flow of milk.
Laryngitis	:	Inflammation of the larynx
Laxative	:	Having the action of loosening the bowel.
Leprosy	:	A chronic wasting disease caused by a germ; the disease generally

WEEDS THAT HEAL

Leucoderma	:	A condition of the skin in which there is loss of pigment wholly or partially.
Leucorrhoea	:	An abnormal mucous discharge from the vagina.
Lithontriptic	:	A drug for removing calculi or stones formed in the urinary system.
Lumbago	:	Rheumatism of the muscles of the back.
Malaria	:	A recurrent disease marked by bouts of shivering, sudden rise of temperature and general aching of the body, ague.
Mania	:	A mental disorder marked by dangerous excitement or insane or morbid craving.
Maturant	:	Agent that Promotes maturity.
Menorrhagia	:	Excessive or prolonged menstruation.
Micturition	:	Urination
Migraine	:	Periodic attack of headache affecting one side of the head.
Nausea	:	A feeling that vomiting is about to take place.
Nervine	:	A remedy that calms nervous excitement or acts favourably on nervous diseases.
Neuralgia	:	A painful affection of the nerves due to functional disturbances or neuritis.
Obesity	:	An excessive accumulation of the fat in the body.
Oedema	:	Dropsical swelling.

WEEDS THAT HEAL

Otalgia	:	Pain in the ear.
Paralysis	:	A disease in which there is loss of power of voluntary movement in any part of the body.
Parturition	:	The act of giving birth to a child.
Pertussis	:	Whooping cough
Phlegm	:	Bronchial mucous.
Phthisis	:	A progressive wasting diseases. Ex: pulmonary tuberculosis.
Piles	:	An inflamed condition of the veins in the rectal region.
Pleurisy	:	Inflammation of the pleurae, with impairment of the lubricating function and pain on breathing, associated with disease of the chest or abdomen.
Pneumonia	:	Inflammation of the lungs.
Poliomyelitis	:	An acute inflammation of the anterior horn cells of the spinal cord due to an enterovirus infections.
Poultice	:	A soft matter prepared by various substances with oily or watery fluids.
Pruritus	:	Intense itching with out any visible eruption.
Psoriasis	:	A condition characterized by the eruption of circumscribed discrete and confluent reddish, silvery scaled lesions.
Pulmonary	:	Pertaining to the lungs.

WEEDS THAT HEAL

Refrigerant	:	Cooling
Remittent fever	:	Fever in which the temperature fluctuates considerably but does not drop to the normal.
Renal	:	Relating to kidney.
Resolvent	:	That, which causes the absorption of inflammatory or other swellings.
Revulsive	:	Causing revulsion in drawing away of blood from a pathological area to another area.
Rheumatism	:	An indefinite term used for pains in the muscles, joints and certain tissues.
Ringworm	:	A parasitic skin disease usually marked by red, scaly circular patches.
Rubefacient	:	A mild counter-irritant.
Scabies	:	An itching disease caused by a mite.
Scald	:	The lesion caused by contact with a hot liquid or vapour.
Scalding of urine	:	Severe burning sensation during micturition.
Sciatica	:	An inflammation of the sciatic nerve at the back of the thigh.
Scorbutic	:	Suffering from scurvy.
Scrofula	:	A disease of the lymphatic gland, often of the neck.
Scurvy	:	A deficiency disease due to lack of vitamin C.
Sedative	:	A drug, which reduces excitement, irritation and pain

WEEDS THAT HEAL

Sinusitis	:	Inflammation affecting the mural epithelium of a sinus.
Soporific	:	A drug that induces sleep.
Spasm	:	A sudden, violent, involuntary muscular contraction.
Spermatorrhoea	:	An involuntary emission of semen.
Sprain	:	A severe wrench or twist of a joint; the pain and swelling thus caused.
Stomachic	:	A drug that strengthens the stomach and promotes its action.
Strangury	:	Painful and drop-by-drop discharge of urine.
Styptic	:	An agent, which checks bleeding.
Sudorific	:	Inducing profuse sweating.
Suppuration	:	Discharge of pus.
Syphilis	:	A contagious venereal disease.
Tenesmus	:	Painful urging to stools.
Tetanus	:	An infectious disease, marked by painful contraction in the muscles caused by <i>Clostridium tetani</i> .
Tinea-capitis	:	Ringworm of the scalp
Toxemia	:	An illness or condition caused by the spread of bacterial or other toxins by the blood stream.
Tympanitis	:	Distention of the abdomen due to the collection of gas.

- Typhoid fever : An acute infectious disease characterised by ulceration of the intestines, eruption of rose-coloured spots, and a typical course of temperature.
- Ulcer : An open sore of the skin.
- Urticaria : An allergic disease of systemic origin marked by painful and itching elevations of the skin.
- Vermifuge : A drug, which expels intestinal worms.
- Vesicant : An agent that produces a blister.
- Vulnerary : A drug, which promotes healing of wounds.
- Wart : A hypertrophy of or growth on the skin.

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