



# HERBAL PLANTS AT PVPP



## ***CATHARANTHUS ROSEUS***

Common Name: Periwinkle

- The leaves and stems are a source of alkaloids that have anti tumor and anti cancer properties.
- The leaves are used to control diabetes and high blood pressure.
- The alkaloids also offer sedative and tranquilizing properties.
- It relieves muscle pain and depression.



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## *CYMBOPOGON*

Common Name: Lemon  
grass

- Mosquito repellent
- Weight loss





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## ***WITHANIA SOMNIFERA***

Common Name:  
Ginseng

- Lowers blood sugar levels
- Reduce symptoms of depression
- It has anti cancer properties
- It can reduce cortisol levels



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## ***Bryophyllum Pinnatum***

CommonName:

Couelus/Miracle leaf/

Panfuti

- Kidney treatment
- Cholera treatment



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## *Ocimum Fenuiflorum*

Common Name: Holy Basil

- Joint Pain
- Anti inflammatory



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## *Citrus limetta*

Common Name: Sweet Lime

- Protects against arthritis
- Boosts immunity
- Prevents scurvy



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## ***Piper betel***

Common Name: Betel Leaves

- **Weakness of Nerves**  
Betel leaves are beneficial in the treatment of nervous pains, nervous exhaustion and debility. The juice of a few betel leaves, with a teaspoon of honey, will serve as a good tonic
- **Healing Power and Curative Properties**  
Betel leaf has been used from ancient times as an aromatic stimulant and anti-flatulent. It is useful in arresting secretion or bleeding and is an aphrodisiac. Its leaf is used in several common household remedies.



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## *Prunus dulcis*

Common Name: ALMOND

- Almonds contain lots of healthy fats, fiber, protein, magnesium and vitamin E.
- The health benefits of almonds include lower blood sugar levels, reduced blood pressure and lower cholesterol levels.
- They can also reduce hunger and promote weight loss





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## *Phyllanthus emblica*

Common Name: AMLA

- The fruit is the richest source of Vitamin C and is a diuretic, aperients, Laxative and hair dye.
- It cures insomnia and is healthy for hair.
- It is used as the cardio protective, useful in hemorrhage





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## *Citrus × limon*

Common Name: lemon

- Lemons are a good source of vitamin C and of flavonoids, or antioxidants, which are thought to boost health and wellbeing in several ways.
- Cancer prevention
- Preventing asthma
- Boosting the immune system



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## ***Punica granatum***

Common Name: Pomegranate

- Antioxidants. Pomegranates have been eaten throughout history for their health benefits.
- Vitamin C.
- Cancer prevention.
- Alzheimer's disease protection.
- Digestion.
- Anti-inflammatory.
- Arthritis.
- Heart disease.



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## *Capsicum annum*

Common Name: Chilli

- Cardiovascular health
- Pain relief



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## *Curcuma longa*

Common Name:Turmeric

- Powerful anti inflammatory effect
- Strong anti oxidant



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## *Chamaecostus cuspidatus*

Common Name: Insulin  
plant

- Lowers blood sugar
- Possess anti cancer effects



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## *Carica papaya*

Common Name: Papaya

- Treats heart diseases, diabetes and cancer
- Improves wound healing.



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## *Datura stramonium*

Common Name: Devil's  
tumpet

- Bone setting
- Treat spasm of  
bronchitis





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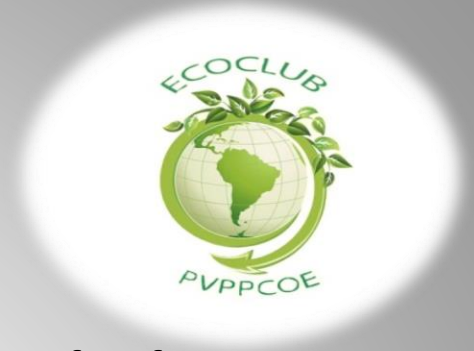
## *Tinospora cordifolia*

Common Name: Giloy  
plant/gulvel

- Treats chronic fever
- Fights respiratory problems



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## ***Bacopa monnieri***

Common Name: Bacopa/ Brahmi

- Brahmi is a therapeutic herb commonly used as a memory enhancer
- Brahmi has antioxidants that are essential for living a healthy life
- Brahmi regulates the blood sugar levels in patients with diabetes



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## *Calatropis gigantea*

Common Name: Milkweeds

- Skin: Milkweed can promote healing of warts and ringworm
- Lungs: Milkweed's reputation largely lies in its ability to help with lung conditions
- Stomach: Digestive problems such as diarrhea and constipation may be managed with milkweed.



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## *Murraya koenigii*

Common Name: Curry leaves

- relieves morning sickness and nausea
- Eliminates bacteria



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## *Trachyspermum ammi*

Common Name: Ajowan

- relief from arthritis pain
- Lessen graying of hair





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## *Hibiscus rosa -sinensis*

Common Name: Hibiscus

- It has anti-depressant properties
- Helps in managing blood pressure
- It lowers cholesterol
- Prevents liver damage





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## *Justicia Adhatoda*

Common Name: Malabar  
nut/Adulsa

- Asthma and chronic cough
- Anti septic



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## *Menta Arvensis*

Common Name: Mint

- Helps in digestion
- Beauty products







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## ***Azadirachta Indica***

Common Name: Neem

- Detoxifying Agent
- Digestive health benefit



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## *Aloe Indica Royale*

Common Name: Alovera

- Treats sun burn
- Helps lowering cholesterol



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## *Solanum Lycopersicum*

Common Name: Tomato

- reducing high blood pressure
- Antioxidant