HERBAL GARDEN AT C.KANDASWAMI NAIDU COLLEGE FOR WOMEN,CUDDALORE

THE NEED OF A HERBAL GARDEN

Our country is rich in diverse flora of medicinal importance. In our region, western ghats are rich in plant communities. The available medicinal and aromatic plants are invaluable biological resource, closely associated with health care, cuisine, traditions and culture. Traditional knowledge about the plants and their uses has been handed down by word of mouth from generation to generation. Since antiquity, mankind has been using plants to cure diseases knowingly or unknowingly. According to world Health Organization some 80% of the world's people use herbs as their main form of medical treatment. Some of the traditional medicinal systems such as Ayurvedha and Siddha are still included as part of the habitual treatment of various diseases. The significance of Siddha medicine is that it has its origin from our state, the state of Tamil Nadu. These medicinal systems are based on herbal cure. But with the change in lifestyles, the younger generation is losing this knowledge. We urgently need to help youngsters learn about the fascinating world of herbal plants, their uses, and the joy of seeing them grow and using them

OBJECTIVES

- Promoting Herbal Gardens in our college was an initiative started to help students, teachers, and families learn about, and recognise the importance of the herbal plants that are part of our everyday life.
- To expose students to maximum common and rare medicinal plants species with comprehensive knowledge of identification of various medicinal plants in fresh as well as in dry form and its various biochemical and therapeutical properties.
- To encourage students to use herbs in food and health.
- To encourage and promote 'Herbal Gardens' in their surroundings and provide them an opportunity to work closely with herbal plants.
- To popularize the usefulness of commonly available and frequently used herbal plants and to conserve the associated traditional knowledge for future generations, in a fun and practical way
- To inculcate a sense of familiarity with surrounding biodiversity and its conservation, especially herbal plants, sustainable use of biodiversity resources, particularly the medicinal and aromatic plants
- By integrating the concept into the students, the knowledge spreads to their families and their villages.

GARDEN AT OUR COLLEGE

With these objectives in mind, a lush green, herbal garden was developed inside our college campus. More than 60 plants of medicinal importance are grown here. This garden includes many ornamental plants as well. Each and every plant has a descriptive placard bearing its common name, binomial name, family are uses .We also aim to increase the number of plant species.

Developing herbal garden in our college had been a fun-filled learning activity for the students where they got the opportunity to learn about the medicinal plants by actually planting the medicinal herbs and watching them grow in the garden, and by exploring information about them from various sources. The task of making the garden itself has been enriching in terms of making students realize the importance of team work such as detailed planning, and allocation of tasks within a team. Another point of importance is Medicinal Botany and Herbal Science are the papers included in the syllabus for UG course. Medicinal Botany is for the students of departments other than Botany while Herbal Science is for Botany students.

Motivation, enthusiasm, and appreciation go a long way!

STUDENTS' INVOLVEMENT AT THE TIME OF PROMOTING HERBAL GARDEN


SOME OF THE MEDICINAL PLANTS IN OUR GARDEN

BINOMIAL NAME	FAMILY	USES
Acmella oleracea	Asteraceae	Toothache, throat and gum infection
Coleus aromaticus	Lamiaceae	Nasal congestion, cough and sore throats.
Ocimum basilicum	Lamiaceae	Easing flatulence, stomach cramps, colic and indigestion
Ocimum sanctum	Lamiaceae	Cold, digestive and breathing problems.
Sauropus androgunus	Phyllanthaceae	Multivitamin Plant
Calotropis procera	Asclepiadaceae	Eye tonic, Dyspepsia,

		Diarrhoea, Dysentery, Jaundice, Elephantiasis.
Hemidesmus indicus	Apocyanaceae	Beverages and traditional medicine.
Alternanthera sessilis	Amaranthaceae	Diuretic, Cooling tonic and Laxative
Alpinia galanga	Zingiberaceae	Cough, Throat infection,Asthma.
Ipomoea obscura	Convolvulaceae	Insanity, Leaf-sap medicines. Agriculture-Horticulture fodder.
Vitex negundo	Verbenaceae	Ear pain, Diabetes, Obesity, Rheumatism and Muscular pain
Solanum trilobatum	Solanaceae	Lung cancer, Caulera, Diarrhoea, Cold and Cough.
Andrographis paniculata	Acanthaceae	Cold and Flu, Upper respiratory infections.
Kalanchoe pinnata	Crassulaceae	Poisonous insect bites and Kidney stones.
Piper longum	Piperaceae	Asthma, Hair growth tonic, stomach pain, Preventive effect in Stroke.
Bacopa monnieri	Plantaginaceae	Memory enhancer, Aphrodisiac
Andrographis echioides	Acanthaceae	Snake bites and Liver disorders.
Rhinacanthus nasutus	Acanthaceae	Antidiabetic, Snake bites, Antihyberlipidemic cervical cancer.
Blepharis maderaspatensis	Acanthaceae	Wound healing
Cassia auriculata	Fabaceae	Fevers, Diabetes, Diseases of urinary system and Constipation
Borreria hispida	Rubiaceae	Decreasing blood sugar, Anti-dandruff, Cough and

		Malaria
Hybanthus enneaspermus	Violaceae	Diuretic and Demulcent.
Tinospora cordifolia	Menispermaceae	Altering Blood sugar levels.
Cissus quadrangularis	Vitaceae	Bone fracture, Joint pain, Hemorrhoids, Allergy, asthma.
Ocimium basilicum	Lamiaceae	Skin infection, insect bites, Mouth ulcer, Ear infection and Headache.
Cleodendrum splendens	Lamiaceae	
Catharanthus roseus	Apocyanaceae	Anti-tumour and Anti-cancer.
Aloe vera *Gnetum ula*	Asphodelaceae Gnetaceae	Multipurpose beauty gel Rheumatism, Bronchitis, piles, inflammation, jaundice, arthritis
Andrographis paniculata	Acanthaceae	Treatment of Malaria, enhance immune function, preventing the multiplication of cancer cells.
Marantaceae	*Maranta arundinacea*	Urinary problems and Digestive troubles.
Abutilon indicum	Malvaceae	Bladder infection, Diuretic,Sedative and Anthelmintic
Phyllanthus nirurii	Euphorbiaceae	Liver and Spleen disorders, Hepatitis.
Bauhinia tomentosa	Caesalpiniaceae	cure wounds and Ulcers.
Adathoda vasika	Acanthaceae	stimulant effect on the respiratory system
Aegle marmelos	Rutaceae	treatment of dysentery and diabetes
Morinda tinctoria	Rubiaceae	astringent

CONCLUSION

An herbal garden reflects the long- standing tradition of conserving and using plant products for health care and cooking. Gardening may be done with virtually no economic resources, using locally available planting materials, green manures, live fencing and indigenous methods of pest control. Thus, herbal gardening is not only for therapeutic purpose ,but at some level is a production system that the poor can easily enter and also contributes to the food security. We part this knowledge theoretically and practically to our students.