Divide Basiles (The Herbal Therapy)



Edited by

Sushil Kumar Shahi • Dhananjay Pandey

Himalaya Publishing House

ISO 9001:2008 CERTIFIED

About the Editors



Dr. Sushil Kumar Shahi is currently working as Associate Professor and Head at Department of Botany, Guru Ghasidas Vishwavidyalaya (A Central University), Bilaspur, Chhattisgarh, India. He has completed his graduation in 1993 from Chaudhary Charan Singh University, Meerut and subsequently received Master's degree in 1995 from Dr. Ram Manohar Lohia Avadh University, Faizabad. He was awarded with doctoral

degree from University of Allahabad in 1998 in the area of Medical Mycology. During his research tenure, he has received many awards and recognitions for his outstanding contributions to science. He has more than 40 peer reviewed research articles and inventor in many patents. His thrust areas of research are Microbial Technology, Nano-biotechnology, Phytomedicine, Lichen Metabolites, Bio-energy and Quorum Sensing.



Dr. Dhananjay Pandey is presently working as Assistant Professor at Department of Botany, Guru Ghasidas Vishwavidyalaya (A Central University), Bilaspur, Chhattisgarh, India. He has completed his graduation and post graduation and earned nine Gold medals for the topper of Pt. Ravishankar Shukla University (A Grade University), Raipur, Chhattisgarh, India. He was awarded with doctoral degree from Pt.

Ravishankar Shukla University. He has over 7 years of teaching and research experience. He has to his credits one book chapter and eight research papers in peer reviewed national and international journals. He is a life member of various renowned scientific bodies and as reviewer in the editorial board of national and international journals. He was bestowed with the prestigious DST-INSPIRE fellowship (2011-2016) by the Department of Science and Technology, Ministry of Science and Technology, Government of India, New Delhi. He has also presented his research work as poster and oral presentation in several national and international conferences and was awarded with Young Scientist Award for the best research paper in Life Sciences.

www.himpab.com



ISBN: 978-93-5299-336-9 PSB 260 ₹ 1500/-

Authors

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any least onic mechanical, photocopying, recording and/or otherwise without the prior written permission of any least onic mechanical. No part of this publication may be reproduced, stored in a robust of the prior written permission of the publisher.

First Edition: 2018

Published by

Mrs. Meena Pandey for Himalaya Publishing House Pvt. Ltd.,

"Ramdoot", Dr. Bhalerao Marg, Girgaon, Mumbai - 400 004. Phone: 022-23860170/23863863, Fax: 022-23877178

E-mail: himpub@vsnl.com; Website: www.himpub.com

Branch Offices

: "Pooja Apartments", 4-B, Murari Lal Street, Ansari Road, Darya Ganj, New Delhi

New Delhi - 110 002. Phone: 011-23270392, 23278631; Fax: 011-23256286

: Kundanlal Chandak Industrial Estate, Ghat Road, Nagpur - 440 018 Nagpur

Phone: 0712-2738731, 3296733; Telefax: 0712-2721216

: Plot No. 91-33, 2nd Main Road Seshadripuram, Behind Nataraja Theatre. Bengaluru

Bengaluru - 560 020. Phone: 080-41138821,

Mobile: 09379847017, 09379847005.

: No. 3-4-184, Lingampally, Besides Raghavendra Swamy Matham, Kachiguda. Hyderabad

Hyderabad - 500 027. Phone: 040-27560041, 27550139

New No. 48/2, Old No. 28/2, Ground Floor, Sarangapani Street, T. Nagar. Chennai

Chennai - 600 012. Mobile: 09380460419

: First Floor, "Laksha" Apartment, No. 527, Mehunpura, Shaniwarpeth Pune

(Near Prabhat Theatre), Pune - 411 030.

Phone: 020-24496323/24496333; Mobile: 09370579333

Lucknow : House No 731, Shekhupura Colony, Near B.D. Convent School, Aligani,

Lucknow - 226 022. Phone: 0522-4012353; Mobile: 09307501549

Ahmedabad : 114, "SHAIL", 1st Floor, Opp. Madhu Sudan House, C.G. Road, Navrang Pura,

Ahmedabad - 380 009. Phone: 079-26560126; Mobile: 09377088847

Ernakulam : 39/176 (New No: 60/251) 1st Floor, Karikkamuri Road, Ernakulam,

Kochi - 682 011. Phone: 0484-2378012, 2378016; Mobile: 09387122121

Bhubaneswar: Plot No. 214/1342, Budheswari Colony, Behind Durga Mandap,

Bhubaneswar - 751 006. Phone: 0674-2575129; Mobile: 09338746007

Kolkata 108/4, Beliaghata Main Road, Near ID Hospital, Opp. SBI Bank,

Kolkata - 700 010, Phone: 033-32449649, Mobile: 07439040301

DTP by : Nilima

Printed at : Geetanjali Press Pvt. Ltd., Nagpur (S). On behalf of HPH.

CONTENTS

About Chhattisgarh		(xi)
About Bastar		(xii)
List of Medicinal Plants (English)		(xvi) - (xviii
List of Medicinal Plants (Hindi)		(xix) - (xxii
Introduction		1
1.	Family: Acanthaceace	
	Adhatoda vasica	2
	Andographis paniculata	4
	Barleria prionitis	6
II.	Family: Acoraceae	
	Acorus calamus	. 8
III.	Family: Amaranthaceae	
	 Achyranthes aspera 	10
IV.	Family: Amaryllidaceae	
	 Allium cepa 	12
	 Allium sativum 	14
V.	Family: Anacardiaceae	
	 Mangifera indica 	16
VI.	Family: Apiaceae	
	 Coriandrum sativum 	18
	 Cuminum cyminum 	20
	 Ferula narthex 	22
	 Foeniculum vulgare 	24
	 Trachyspermum ammi 	26
VII.	Family: Apocynaceae	
	 Alstonia scholaris 	28
	 Calotropis procera 	30
	 Hemidesmus indicus 	32
	 Rauvolfia serpentina 	34
VIII.	Family: Asparagaceae	
	 Asparagus racemosus 	36
	Acheragus adscendens	38

IX.	Family: Asphodelaceae	
	 Aloe Barbadensis 	4.5
Χ.	Family: Asteraceae	40
	 Eclipta alba 	40
XI.	Family: Caricaceae	42
	 Carica papaya 	44
XII.	Family: Combretaceae	44
	 Terminalia arjuna 	46
	 Terminalia bellirica 	48
	 Terminalia chebula 	50
XIII.	Family: Cucurbitaceae	30
	 Momorrdica Charantia 	52
XIV.	Family: Cyperaceae	02
	 Cyperus rotundus 	54
XV.	Family: Fabaceae	04
	 Bauhinia Variegata 	56
	 Glycyrrhiza glabra 	58
	 Mimosa pudica 	60
	 Pongamia pinnata 	62
	 Trigonella foenum-graecum 	64
XVI.	Family: Lamiaceae	04
	 Clerodendrum serratum 	66
	 Mentha spicata 	68
	 Ocimum sanctum 	70
	 Vitex negundo 	70 72
XVII.	Family: Lythraceae	12
	 Punica granatum 	74
XVIII.	Family: Malvaceae	14
	 Bombax malabaricum 	76
	 Hibiscus rosa sinensis 	
XIX.	Family: Menispermaceae	78
	 Tinospora cordifolia 	00
XX.	Family: Moraceae	80
VV.	 Ficus glomerata 	00
XXI.	Family: Moringaceae	82
	 Moringa oleifera 	9.4
		× / I

(vis.)

XXII.	Family: Myrtaceae	
	 Eugenia jambolana 	86
XXIII.	Family: Nyctaginaceae	
	Boerhavia diffusa	88
XXIV.	Family: Oleaceae	
	 Nictanthes arbortristis 	90
XXV.	Family: Phyllanthaceae	
	 Phyllanthus emblica 	92
	Phyllanthus niruri	94
XXVI.	Family: Piperaceae	
	 Piper longum 	96
	Piper nigrum	98
XXVII.	Family: Plumbaginaceae	
	 Plumbago zeylanica 	100
XXVIII.	Family: Rutaceae	
	 Aegle marmelos 	102
	 Citrus medica 	104
XXIX.	Family: Solanaceae	
	Datura metel	106
	 Solanum nigrum 	108
	 Solanum surattens 	110
	 Withania somnifera 	112
XXX.	Family: Vitaceae	
	 Cissus quadrangularis 	114
XXXI.	Family: Zingiberaceae	
	 Curcuma longa 	116
	 Zingiber officinale 	118
XXXII.	Family: Zygophyllaceae	
	 Tribulus terrestris 	120
Glossary	: English	123
Glossary	: Hindi	131
Appendix	c: English	141
Appendix	: Hindi	147