



## A General Survey of Medicinal Plants of Poondi and Siruvani Areas, Coimbatore (Dt), Tamil Nadu

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### KEYWORDS

### INTRODUCTION

Herbal molecules are safe and would overcome the resistance produced by the pathogens as they exist in a combined form or in a pooled form of more than one molecule in the protoplasm of the plant cell. Traditional use of medicine is recognized as a way to learn about potential future medicines. Researchers have identified number of compounds used in mainstream medicine which were derived from "ethnomedical" plant sources. Plants are used medicinally in different countries as a source of many potent and powerful drugs. This herbal medicine doesn't show any side effects when used in the assured proportions and also cost effective. The presented paper deals with the importance in focusing on medicinal plants, knowledge about the green wealth found in our nation.

### STUDY AREA

The hill ranges of Poondi and Siruvani areas have much abundant natural resources, which include rare herbs and predominantly it is a dry deciduous forest. Hence, the present study was aimed to survey the medicinal plants and to have some knowledge on the active principles, mode of administration and conservation of some species of plants in POONDI and SIRUVANI areas which located at the foot ranges of Velliangiri hills, continuation of Western Ghats, at Coimbatore in Tamil Nadu.

### GEOGRAPHY OF STUDY AREA

Coordinates	10.9888°N 76.6873°E
Country	India
State	Tamil Nadu
District	Coimbatore
Elevation	1,778m (5,833 ft)
Altitude	520m – 1840m
Annual rainfall	500mm – 7000mm
Temperature	0 °C during winter and 41 °C in the summer

### MATERIALS AND METHODS

Periodical field visits have been carried out once in a week for 3 months to the study Poondi and Siruvani areas, Coimbatore. The rural and tribal people in the area have been enquired and interviewed to gather the first hand information on the vernacular name, method of preparation of drug, mode of administration and dosage for each and every medicinal plant was collected. The twigs are then dried and after poisoning, they are deposited in the herbarium for the confirmation of the botanical identity at Botanical Survey of India, Southern circle, Coimbatore.

### ENUMERATION

S. No.	Botanical name and Family	Vernacular name	Active Principle	Medicinal Uses
1.	<i>Abrus precatorius</i> L. (Fabaceae)	Kuntumani	Precatorine	Seed paste is taken along with Cow's milk in the morning for nervous disorders and applied to get relief from joints pains, muscular pains and arthritis.
2.	<i>Abutilon indicum</i> L. (Malvaceae)	Thuthi	Luteolin	Leaf juice is used as a purgative, health tonic and used to treat fever.
3.	<i>Acacia leucopholea</i> Willd. (Mimosaceae)	Velvelam	Lupeol	Bark paste is used as an astringent, expectorant and leaf paste is applied to treat skin diseases, inflammation, wounds and cuts.
4.	<i>Acacia sinuata</i> Merr. (Mimosaceae)	Sikaikai	Acacic acid	Pod powder is used as an astringent, leprosy, anthelmintic and applied on the skins as an alternative to the soaps.
5.	<i>Acalypha fruticosa</i> Forsk (Euphobiaceae)	Sinnithalai	Saponin	Leaf juice is taken for stomach disorders and instilled into eyes for infection.
6.	<i>Acorus calamus</i> L. (Acoraceae)	Vasambu	Alpha asarone	Rhizome paste act as an antioxidant, antimicrobial and treats allergies.
7.	<i>Aegele marmelos</i> L. (Rutaceae)	Vilvum	Aegeline	Ripen fruit is used as a laxative, astringent and antidote.
8.	<i>Aloe vera</i> L. (Xanthorrhoeaceae)	Katralai	Choline	Gel is applied to cure skin problems and consumed to regulate digestive system by removing toxicity from the body.

9.	<i>Amaranthus spinosus</i> L. (Amaranthaceae)	Mullu-keerai	Flavonoids	Boiled leaves are taken as a diuretic, appetizer, and treats leucorrhoea and nausea.	21.	<i>Eclipta alba</i> L. (Asteraceae)	Kayyanthagarai	Eclipton	Leaf paste is used to treat skin diseases and induce hair growth in Alopecia patients.
10.	<i>Andrographis paniculata</i> Burm F. (Acanthaceae)	Siriyannagai	Andrographaloid	Leaves are anti-dote, anti-diabetic and removes fungal infections.	22.	<i>Euphorbia hirta</i> L. (Euphorbiaceae)	Ammanpacharisi	Quercetin	Flower paste is taken with milk to improve lactation, and treats constipation, fissures and stomach ulcers.
11.	<i>Anethum graveolens</i> L. (Apiaceae)	Sadakutti	Niacin	Fruits are anthelmintic, anti-inflammatory, aphrodisiac, antispasmodic, face toner and treats splenomegaly.	23.	<i>Feronia limonia</i> L. (Rutaceae)	Vilam Pazham	Limonene	Leaves and fruits are taken as remedy for menorrhagia. Used as liver tonic, cardiac tonic, rejuvenator and an antidote.
12.	<i>Argemone mexicana</i> L. (Papaveraceae)	Kudiyoti	Sanguinarine	Leaf paste is taken for stomach disorders, ulcers and applied on the skins for allergy.	24.	<i>Hemidesmus indicus</i> L. (Apocyanaceae)	Nannari	Saponin	Root decoction is used as a refrigerant, purifies blood and beverage preparation.
13.	<i>Aristolochia indica</i> L. (Aristolochiaceae)	Urikutithalai	Aristolochene	Leaf juice is taken to treat diarrhoea, swellings, scabies and act as an antidote.	25.	<i>Jatropha curcas</i> L. (Euphorbiaceae)	Kottathalai	Jatrophin	Latex is applied on the fungal infection and goggled to get rid from mouth infection.
14.	<i>Argyreia nervosa</i> Burm F. (Convolvulaceae)	Katappaalai	Argyreioside	Seed paste is used to heal the wounds and consumed to reduce blood pressure.	26.	<i>Kedrostis foetidissima</i> Jacq. (Cucurbitaceae)	Appakovai	Quercetin	Cooked leaves increases calcium content in body, back pain killer, promotes normal delivery and regulates menstruation.
15.	<i>Basella alba</i> L. (Basellaceae)	Pasalai keerai	Niacin	Leaves are taken as an appetizer and laxative for pregnant women. Cooked leaves are given to the feeding mothers to increase lactation.	27.	<i>Melothria medaraspata</i> L. (Cucurbitaceae)	Musumuskai	Coumarin	Fruits and leaves are taken for diabetes, leucorrhoea, constipation, cold, intestinal wounds and to improve pelvic expansion.
16.	<i>Caesalpinia bonduc</i> L. (Caesalpinaceae)	Kalarchi kodi	Bonducellin	Seed powder is taken for diabetes, indigestion, gas troubles and oil is applied on the face to remove freckles, pimples and wounds.	28.	<i>Milletia pinnata</i> L. (Fabaceae)	Pungai	Karanjin	Bark is boiled in coconut oil and distilled into ears to remove pus. Fruit is applied over eyes to relieve pain.
17.	<i>Calycopteris floribunda</i> Lan. (Combretaceae)	Minnathalai	Brahmic acid	Fruits are taken for jaundice, malaria, dysentery and ulcer.	29.	<i>Mimusops elenji</i> L. (Sapotaceae)	Magizham or Ilanji	Tannin	Entire plant is used as an astringent, anthelmintic, to treat dental problems. Roots are useful in treating menorrhagia and leucorrhoea.
18.	<i>Canthium parviflorum</i> Lam. (Rubiaceae)	Karachedi	Tannin	Roots and leaves are made into paste and taken to treat leucorrhoea, intestinal worms and constipation.	30.	<i>Oxalis corniculata</i> L. (Oxalidaceae)	Aalakku	Niacin	Rich in vitamin C and treats survey. Used as an antidote. Leaf paste applied externally for skin rashes, eruptions and burns.
19.	<i>Centella asiatica</i> L. (Apiaceae)	Vallarai	Brahmic acid	Leaf decoction induces appetite, increases memory and cures stomach problems.	31.	<i>Piper betle</i> L. (Piperaceae)	Vettrilai	Allylpyrocatechol	Chewing leaves increases calcium. Leaves are fried with turmeric powder in coconut oil taken as an expectorant.
20.	<i>Cissampelos pareira</i> L. (Menispermaceae)	Mala-thangi	Terpenoids	Leaves cures Parkinson's disease, skin diseases and shows anti-malarial activity. Root paste is used curing infertility, bleeding and miscarriage.					

32.	Phyllanthus emblica L. (Euphorbiaceae)	Perunelli	Cytarabine	Dried fruit powder is taken in the empty stomach to increases digestion, purifies blood, increases iron content, reduce hair fall and grey formation.
33.	Sesbania grandiflora L. (Fabaceae)	Agathi	Thyamine	Leaf cures intestinal wounds, mouth ulcers, dysentery and diarrhea. Fruit paste is applied over wounds, cuts, burns and allergies.
34.	Solanum xanthocarpum Sch. (Solanaceae)	Kandangkathiri	Saponin	Fruit are taken for tooth, gastrointestinal disorders, kidney stone, enlargement of spleen & liver. Leaf paste mixed with lemon juice is applied for snake bite.
35.	Syzygium cumini L. (Mytaceae)	Navarpazham	Gallic acid	Seed powder is taken to maintain blood sugar level, paste is applied over skin diseases.
36.	Tabernaemontana divaericatum L. (Apocyanaceae)	Nandhiyavatam	Phlobatamin	Root is meant to cure tooth ache. Flower juice is instilled into eyes to remove dust and act as a coolant.
37.	Terminalia arjuna Roxb. (Combretaceae)	Marutham	Ellagic acid	Cardio tonic, prevents blood clotting, reduces stress and nervousness. Prevents hardening of the blood vessels and edema.
38.	Terminalia chebula Retz. (Combretaceae)	Kadukkai	Chebuloside	Seed paste with honey is taken for intestinal wounds. Dried fruit is chewed to avoid foul smell and wounds in mouth. Seed decoction cures dysentery & diarrhoea.
39.	Tephrosia purpurea L. (Papilionaceae)	Kolunji	Tephrosin	Leaf paste is used in the treatment of leprosy, asthma, spleen enlargement and urinary disorders.
40.	Trigonella foenum-graecum L. (Papilionaceae)	Vendhayam	Vitexin	Seeds soaked in tender coconut water in overnight is made into paste is used to remove wrinkles, dullness, dryness, pimples from face. Boiled seeds are taken for stomach disorders.

41.	Vitex negundo L. (Verbenaceae)	Notchi	Casticin	Root powder treats eczema, ringworm. Leaf paste is applied on head ache. Leaf decoction is taken for liver complaints, cholera and cardiac disorders.
42.	Wedalia sinensis Jacq. (Asteraceae)	Manjal Karisalan-ganni	Wedallin	Decoction made from leaf, flower and seed is taken regularly to control uterine hemorrhage. Leaf paste is applied on head to promote hair growth and used as a natural hair dye.

### Discussion

Medicinal plants have been identified and used throughout human history. Plants have the ability to synthesize a wide variety of chemical compounds that are used to perform important biological functions. Medicinal plants are so as effective as conventional medicines. The use herbs in order to cure disease are almost universal among non-industrialized societies. From the present investigation, it was concluded that the herbal medicines have more impact in curing common diseases than the allopathic medicines

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