



Study of Medicinal Plants used from Koothanoallur and Marakkadai, Thiruvarur district of Tamil nadu, India.

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Article history: Received: 20 January 2013, revised: 21 February 2013, accepted: 3 March 2013, Available online: 3 April 2013

Abstract

Plan: In the present study, the medicinal plants were collected from 49 plant species belonging to 34 families were recorded.

Methodology: The survey aimed to identifying the plant used for the ground health of indigenous people of the study area in Koothanoallur and Marakkadai.

Outcome: The medicinal plants are used to treat ailments like, cough, cold, fever, headache, stomach-ache, diarrhoea, dysentery, skin diseases, poison bites, wounds, diabetes, piles and rheumatism.

Key words: Koothanoallur, Marakkadai, Thiruvarur District, Study area, Medicinal uses

1. Introduction

Even today, this herbal medicine is in practice to cure variety of diseases. Hence research on these plants is of utmost importance to detect more number of properties about these plants. This herbal medicine has been practicing in rural areas for different diseases. Implication of the knowledge of those indigenous people into practice helped the researchers to develop the present formulation into a better approach with more therapeutic effect. This survey is conducted to make a place for many unrecognized medicinal plants in clinical trials. Many studies have been conducted on these plants in different areas in order to evaluate their properties.

About 72 plants were discovered which are very useful to treat various snake bites. This research led us to work on more plants which play a key role in treating various diseases. The plants like *Dridilla retusa* (Nara mamidi) used to treat fractured bones and semecarpus (nallajilleduchettu) used to treat skin diseases and *Cissus quadragularis* (Nalleruteega) used to treat dog bite. The present study reveals many plants with their medicinal properties. Some of the plant extracts like *Gymnema*, *Tephrosia* from the above survey were taken and their interaction has been studied. Further proceedings on these plants may probably reveal many properties that can cure various diseases. These plants are the basics for the traditional *Ayurvedic* system which does not show more side effects¹.



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Hygeia.J.D.Med. Vol.5 (1), April 2013

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Medicinal plants have been an integral part of life in various regional communities for food and drugs. India has more than 3,000 years of medicinal heritage based on medicinal plants. Medicinal plants are largely used by all divisions of the population either directly as folk medications or indirectly in the preparation of recent pharmaceuticals. Indian subcontinent is praised with most varied and diverse soil and climate conditions suitable for the growth of veracious plant species. The native people are acquainted with the properties and use of plants of their surroundings. People depend on the forest resources for several purposes like timber, wood, non-timber forest products, medications, food etc. Plants have been used as medicines for thousands of years and are used today in their natural as well as processed from several medicinal plants which have been forgotten by current man as a conclusion of his dependence on the quick results of allopathic medicines and are being rediscovered because of growing awareness of unwanted side effects and other attitudes of the later².

The information of medicinal plants have been accumulated in the course of several centuries based on various medicinal systems such as Ayurveda, Homeopathy, Naturopathy, Amchi, Modern, Siddha and Unani. In India, it is declared that traditional healers use 2500 plant species and 100 species of plants serve as natural principles of medicine. India is one of the twelve mega biodiversity centres with 2 hot-spots of biodiversity in the North-eastern Region and Western Ghats. Ethno botanical knowledge has been reported from several parts of Indian subcontinent. Salem district of TamilNadu is one of the most important floristic area of Southern India. The district is mountainous in description.

In the present investigation 44 medicinal plant species were surveyed to assess their therapeutic importance in managing several ailments. Ethnomedicinal exploration was conducted in the various localities of the *Kanjamalai Hills* and numbers of valuable data on the uses of indigenous medicinal plants were encountered³.

Nearly hundred papers have been published and several unpublished reports are also available with ethnomedicinal claims among different tribal communities of Tamil Nadu. A perusal of the literature reveals that a few ethnomedicinal studies among *Paliyar tribals* have been reported from the various districts of Tamil Nadu, viz., Madurai District, Tirunelveli District, Virudhunagar District and Dindigul District although Theni District has not yet been explored well in ethno botanical point of view, except a recent study by there is no report available in the literature about the *Mudhuvar tribals* of Tamil Nadu⁴.

2. Methodology

Study area

The study area covers Koothanoallur and Marakkadai from Thiruvarur District (*Fig 1*). Most of the communities doing agricultural practices in these districts. River Vennar, is the major water resource which flows through the heart of the town, keeps the soil most fertile.



Fig 1 Map showing from Koothanallur and Marakkadai, Thiruvarur District

The Koothanallur and Marakkadai together is a municipal town of 12.31 square kilometres in area, lying on the route between Mannargudi and Thiruvarur of old East Thanjore District, 350 kilometres south east of Chennai with latitude of 10.71244 and longitude 79.50379.

It is populated predominantly by Muslim community. The history began when Turkish traders and missionaries settled in Koothanoallur and Marakkadai build a first mosque in Big Street in 12th century. Koothanoallur and Marakkadai had a population of 1,22,986. Males constitute 47% of the population and females 53%. Koothanoallur and Marakkadai has an average literacy rate of 74%, higher than the national average of 59.5%: male literacy is 78%, and female literacy is 69%.

Most of information was gathered from the elderly people, who have a very long acquaintance with the usage of plants. The medicinal plant survey conducted from November 2012 to January 2013. The plant materials were identified with the help of standard flora Photographs and slides were also taken. The specimens were identified with help of the flora of the Presidency of Madras (Gamble and Fischer, 1959), The Flora of British India (Hook, 1872 – 1897) and the flora of Tamil Nadu Carnatic (Matthew, 1985). The flora of Tamil Nadu by ^{8,9} has been referred for the correct binomial names for the specimens collected. Preliminary identification was done by examining fresh plants procured from the villagers. The corresponding raw materials were collected and the morphological characters were compared with the fresh plants and vernacular names. Few respondents were more informative and co-operative they have shown fresh plants in the habitat, which are useful for the final identification.

3. Enumeration

The plant species are arranged in alphabetical order. The enumeration of plants contains scientific name, family name, vernacular name (Tamil) the medicinal uses are characterized with details such as the part(s) used singly. The villagers were mainly willing to share their information of herbal medication. The following in the list of 49 plants studied.

4. Result and Discussion

In the present study first hand information on the medicinal plants used by the villagers were arranged alphabetically. The information on each plant includes botanical name, family name and vernacular name (Table 1).

The ethno botanical uses reported is entirely different from the other reports available in the literature, whereas the plant has been used in the treatment of different types of headaches among the tribal people of Meghalaya¹⁰. Likewise the following plants were reported to have different types of uses by the various local communities elsewhere; *Botrychium lanuginosum* is reported to have antidysentric and antibacterial activity, *Ceratopteris thalictroides* is used to treat skin diseases (Jain and Rao, 1983). *Cheilanthes tenuifolia* is used as a general tonic¹². *Hemionitis arifolia* is used to treat cuts, wounds and menstrual disorders and *Leucostegia immerse* for treating boils and constipation¹³.

Dindigul District invariably utilises the forest resources to meet their necessity for food, fuel, shelter, medicine etc¹⁴. They are good herbalists, and know ethnobotanical importance of herbal medicine. Though some medical assistance is available in Pachalur and Thandikudi, the tribal living in remote areas are unable to get the medical assistance.

Hence they have to depend on the herbal medicines. In most of the settlements, the tribes conserve the medicinal plants in the form of sacred trees and sacred groves.

The conservation of medicinal plants not only saves the tribal lives, but also improves the socio economic conditions of the people¹⁵. In the present study, the therapeutic uses of medicinal plants used by Lakshmandi (Koothanoallur), Thiruvarur District of Tamil Nadu, India for curing various ailments like jaundice, cold and cough, fever, diabetic, indigestion, kidney stones, skin diseases are reported.

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Table: 1 Habit, useful parts and medicinal properties of the plants Tree-T, Herb-H, Shrub-S, Climber-C

Botanical Name	Family	Herbarium specimen No.	Local Name (or) Vernacular Name	Habit	Medicinal Value	Parts of the plant used
<i>Acacia arabica</i> Willd	Mimosaceae	14	Karuvelam	T	Toothache, gum disorders, toothbrush	Bark, fruit, young stem
<i>Acacia nilotica</i> Willd.	Mimosaceae	15	Karuvelam	T	Young stem is used as toothbrush	Stem
<i>Acalypha alnifolia</i> Klein ex. Willd	Euphorbiaceae	34	Sirukurunjan	H	Leaf juice is used for diabetic patients	Leaf
<i>Aegle marmelos</i> L.	Rutaceae	7	Vilvam	T	Dysentery and dyspepsia. Fever, head to get cooling effect used for eyes diseases. Diarrhoea and diabetes	Fruit, root, stem, leaves
<i>Andrographis paniculata</i> (Nees)	Acanthaceae	31	Nilavembu	H	Leaves used dyspepsia anthelmintic and stomachache. Root tonic and antipyretic. Worms, fever, Hepatoprotective	Whole plant
<i>Arachis hypogea</i> L.	Leguminosae	12	Nilakadalai	H	The seed is aperients, demulcent, emollient The seed is used mainly as a nutritive food. The seeds have been used in folk medicine as an anti-inflammatory, treatment of some blood disorders.	Seed
<i>Areca catechu</i> Linn	Arecaceae	44	Pakku	T	Dentifrice	Nuts
<i>Basella rubra</i> Linn	Basellaceae	1	Pasalaikerai	H	Vata, pitta, burning sensation, hemorrhages, skin diseases, sexual weakness, ulcer, laxative in children and pregnant women	Stem, leaves
<i>Bauhinia tomentosa</i> L.	Fabaceae	10	Iruvaji, Segapumanchori, Manthari	S	Green leaves liked by cattle. Gum is used medicinally. Leaves used in headache and malaria.	Leaves
<i>Bauhinia purpurea</i> L.	Leguminosae	13	Mandarai	T	The root is grated with water and is drunk to treat common fever. The flowers are used as laxative and leaves applied to sores and boils, and for cough treatment. Antibacterial, Antifungal, Antimalarial, Cytotoxic, Anticancer, Anti inflammatory.	Root, flower
<i>Bougainvillea spectabilis</i> Willd	Nyctaginaceae	32	Kaaghihapoo	H	Leaves used for jaundice, dysentery and diarrhea. Root cough and fever	Leaves, roots
<i>Borassus flabellifer</i> L.	Arecaceae	45	Panai	T	Tooth ache, tooth brush	Leaf, root youn rachis
<i>Causarina equisetifolia</i> J.R. and G. Forster	Casuarinaceae	43	Chouk, sabuku, savukku	T	Root extracts are used for medical treatment of dysentery, diarrhoea and stomach-ache. In West Malaysia, a decoction of the twigs is used for treating swelling and the powdered bark is used for treating pimples on the face.	Root
<i>Centella asiatica</i> L.	Apiaceae	19	Vallarai	C	Veneral diseases, wound, brain tonic, cardio tonic, improve memory and youth	Leaves
<i>Chromolaena odorata</i> L.	Asteraceae	20	Vetukayapoondu	H	Leaves paste is applied for cuts	Leaves
<i>Citrus maxima</i> Merr.	Rutaceae	8	Pambalimasu, Periyaelumuchhai	T	Plant pacifies vitiated pitta, burning sensation, febrile fits in children, epilepsy, cough, asthma, and general weakness.	Fruits, oil
<i>Commiphora caudata</i> Engl.	Burseraceae	5	Kiluvai, Pachaikiluvai	T	Vata, pitta, diabetes, low back pain, fever, arthritis and urinary retention	Bark, Leaves
<i>Cordia dichotoma</i> G. Forst.	Boraginaceae	28	naru-valli, viricu	T	Rheumatic pain and to purge parasitic intestinal worms, ringworm, wounds and ulcers, coughs, chest complaints and to treat sore throats.	Fruit
<i>Crataeva dansonii</i> DC (Buch-Ham)	Capparaceae	3	Mavilangam	T	Snake bite, and insect bite, treat kidney stone and get relief from indigestion and fever.	Leaf, flower, barks, fruit
<i>Delonix regia</i> (Boj.ex. Hook) Raf.	Caesalpiniaceae	16	Mayaram	T	Treat constipation, inflammations, arthritis & hamiplagia	Leaf
<i>Dendrophthoe falcata</i> (L.f)	Loranthaceae	40	Pulluruvi, Pulluri, Uchi	T	Whole plant is used in indigenous system of medicine as cooling, bitter, astringent, aphrodisiac, narcotic and diuretic, useful in treating pulmonary tuberculosis, asthma, menstrual disorders, swelling wounds, ulcers	Whole plant
<i>Diploclisia glauca</i> (Blume) Diels	Menispermaceae	2	Kottaiyachachi, Morasankodi, Erumaithirankodi	C	Powdered leaf with milk given in biliousness, gonorrhoea and syphilis. Ten grams of dried leaves are soaked in one hundred ml of coconut oil (<i>Cocosnucifera</i> L.) for few days. The oil infusion is externally applied thrice a day to treat leprosy and scabies.	Leaf
<i>Eucalyptus obliqua</i> L.Her.	Myrtaceae	17	Neelagirithailam, Eucalyptusthailam,	T	Internally, Eucalyptus appears to help relieve symptoms of colds, flu, chest congestion, sore throat, bronchitis, pneumonia, and respiratory infections. Internal use, Eucalyptus can be made into a tea or tincture, relief sore throat, relieve the pain of rheumatism, aching, pains, stiffness, and neuralgia, treatment of burns, sores, ulcers, scrapes, boils, and wounds, asthma, and respiratory problems, kidney or liver problems.	Leaf

<i>Feronia limonia</i> Swingle	<i>Rutaceae</i>	9	Velam, Velan, Vila, Vilanga	T	The fruit is much used in India as a liver and cardiac tonic, and, when unripe, as an astringent means of halting diarrhea and dysentery and effective treatment for sore throat and diseases of the gums. Juice of young leaves is mixed with milk and sugar candy and given as a remedy for biliousness and intestinal troubles of children. The powdered gum, mixed with honey, is given to overcome dysentery and diarrhoea in children. Leaves, bark, roots and fruit pulp are all used against snakebite. The bark is chewed with that of <i>Barringtonia</i> and applied on venomous wounds.	Fruit, leaves, bark
<i>Ficus religiosa</i> L.	<i>Moraceae</i>	39	Arashamaram	T	Leaves, skin diseases, aphrodisiac, Ulcer, skin diseases, scabies, aphrodisiac, digestive, bile, inflammation, swelling and indisposition etc.	Leaves, bark, fruit
<i>Ipomoea staphylina</i> Roem. &Schult.	<i>Convolvulaceae</i>	29	OonanKodi	Cs	Root ground into a paste and applied locally to the affected parts as an anti dote for snake-bite.	Root
<i>Jatropha curcas</i> L.	<i>Euphorbiaceae</i>	35	Kattamanakku	H	Milky latex cure to mouth ulcer, Tooth brush, foetid smell, mouth ulcer	Latex, Young stem, latex Leaves
<i>Launaea nudicaulis</i> Hook.f	<i>Asteraceae</i>	21	Ezhuthanipoondu		Anti-inflammatory, purgative	
<i>Madhuca indica</i> J.F. Gmel	<i>Sapotaceae</i>	23	Moha, madhuca, illuppai, kuligam, madurgam, mavagam, nattiluppai,	T	Barks useful in bleeding gums and ulcers, and also useful in the diabetes, drugs, cough, soaps and good useful in skin diseases.	bark, leaves, fruits, flowers, and seeds Leaf
<i>Marsilea quadrifolia</i> L.	<i>Marsileaceae</i>	47	Aalaikkeerai	H	Cough, cold and skin diseases	
<i>Mimusops elengi</i> L.	<i>Sapotaceae</i>	24	Maghizam	T	Treat fever, delivery for women, cure to common weakness of the body. Tonic, fever, diarrhoea and head ache.	Stem bark, Bark, fruit, seed
<i>Mirabilis jalapa</i> L.	<i>Nyctaginaceae</i>	33	Anthimantharai, Andhimalli	H	Jaundice, dysentery, diarrhoea and dyspepsia. Diuretic, purgative, and for vulnerary (wound healing)fever, syphilis, inflammation, burns and scalds, and general debility	Leaves, roots
<i>Musa parasidiaca</i> L.	<i>Musaceae</i>	41	Valai	T	Inflammation, rheumatism, diabetes, antihypertensive. Unripe bananas and plantain fruits are astringent, and used to treat diarrhea. The leaves are used for cough and bronchitis. Plantain juice is used as an antidote for snakebite. Other uses are asthma, burns, diabetes, dysentery, excessive menstrual flow, fever, gangrene, gout, headache, hemorrhage, inflammation, intestinal parasites, sores, syphilis, tuberculosis, ulcers. The red protecting leaves of the bud was used against heavy menstrual bleeding (menorrhagia). Other therapeutic uses were against diarrhoea, dysentery, hypertension, asthma and jaundice.	Stem
<i>Nyctanthes abortivus</i> Linn.	<i>Oleaceae</i>	25	Pavalamalli	S	Vata, kapha, inflammation, dyspepsia, cough, asthma, constipation, baldness, premature graying of hair and pruritus	Leaves, Flowers, Seeds, Fruit
<i>Opuntia dillenii</i> Haw.	<i>Cactaceae</i>	22	Sappathikali	S	Gonorrhoea, snake bite and dog bite, Plant pacifies vitiated pitta over perspiration, burning sensations, asthma, whooping cough, hepatitis, poison, fever, constipation, conjunctivitis, boils, ulcers, edema, leucorrhoea and menorrhagia.	
<i>Pandanus amaryllifolius</i> Roxb.	<i>Pandanaceae</i>	42	Thazhampoo	S	Jaundice, head aches, rheumatism, epilepsy and as cure for sore throat	Shoot, leaf
<i>Pavetta indica</i> L.	<i>Rubiaceae</i>	18	Kattukkarana, Karanai	S	Bark, pulverized or in decoction, is used for visceral obstructions, Decoction of leaves used externally for hemorrhoidal pains, Roots used for urinary complaints, Fruits used as anthelmintic, Bark decoction used for arthritis	Bark, leaves, fruits
<i>Pergularia daemia</i> Forsk	<i>Asclepiadaceae</i>	26	Uttamani	H	Stomach ulcers and menstrual cramps. Leaf juice taken orally. Pergularia has been used in folk medicine for the treatment of liver disorders.	Leaves
<i>Phoenix pusilla</i> Gaertn.	<i>Arecaceae</i>	46	Ichamaram	T	Gargle for foetid breath, vitiated vata, pitta, burning sensation, fever, cardiac debility, peptic ulcer and general weakness.	Fruits, root
<i>Physalis peruviana</i> Linn	<i>Solanaceae</i>	30	Sodukkuthakkali	H	Worms and skin disease, vermifuge and diuretic.	Leaves
<i>Phyllanthus acidus</i> L. (Skeels)	<i>Phyllanthaceae</i>	38	Arunelli	T	Fruits are taken as liver tonic, to enrich the blood. The syrup is prescribed as a stomachic; and the seeds are cathartic. Because of the mucilaginous nature of the leaves, they are taken as a demulcent in cases of gonorrhoea. Coughs and headache root infusion is taken in very small doses to alleviate asthma. Externally, the root is used to treat psoriasis of the soles of feet.	Fruit, leaves, root, latex
<i>Pithecellobium dulce</i> (Roxb.) Benth.	<i>Fabaceae</i>	11	Karkapilli, Kattupilli	T	The leaves can be applied as plasters for pain and venereal sores. Decoctions of leaves are also used for indigestion, intestinal disorder and used in ear ache, leprosy, tooth ache and larvicide. Bark is used as a febrifuge and decoction is given as an enema.	Leaves, bark
<i>Plectranthus coleoides</i> Bent. Mudupattani	<i>Lamiaceae</i>	48	Omaivalchedi	H	Skin disease and burns.	Leaves

<i>Ricinus communis</i> L.	<i>Euphorbiaceae</i>	36	Aamanakku, Arandi	S	Traditional Ayurvedic medicine considers castor oil the king of medicinals for curing arthritic diseases. It is regularly given to children orally, for de-worming. Castor oil is also applied in the hair as it reduces itchiness and supports the growth of hair, treats fungal infections and strengthens nails when massaged on the nail bed. It relieves menstrual pains when applied on the navel and lower abdomen, reduces stretch marks, repairs cracked nipples, tones and softens women's breasts, and is also used in improving eye sight. Skin to alleviate swellings and pain.	Leaves, barks, seeds, seed, root, Oil
<i>Saccharum officinarum</i> L.	<i>Poaceae</i>	49	Karumbu	H	Laxative and diuretic, antidote, antiseptic, bactericide, cardiotoxic, demulcent, diuretic, intoxicant, laxative, pectoral, refrigerant, and stomachic. It is a folk remedy for arthritis, bedsores, boils, cancer, colds, cough, diarrhea, dysentery, eyes, fever, inflammation, skin, sores, sore throat, spleen, tumors, and wounds	Stem
<i>Thespesia populnea</i> Cav.	<i>Malvaceae</i>	4	Poovarasani	T	Skin and liver diseases, dysentery, cholera and haemorrhoids, skin diseases, hepatitis, jaundice, ulcers, wounds, psoriasis, scabies, urinary tract infections, diabetes, cholera, cough, asthma and guinea worm infections.	Bark, root, Leaves, Bark, Flowers
<i>Tragia involucrata</i> Linn	<i>Euphorbiaceae</i>	37	kanchori	H	Constipation, hemorrhoids, diabetes, skin diseases, vomiting, vertigo, giddiness and headache.	Root, Leaves
<i>Tylophora indica</i> R.Br.	<i>Asclepiadaceae</i>	27	Nacharuppan	S	Asthma and expectorant, cough, asthma, bronchitis, dysentery, diarrhea, wounds, ulcer, hemorrhoids, malignant tumor, and leukemia.	Root, leaves
<i>Ziziphus jujuba</i> Mill	<i>Rhamnaceae</i>	6	Illanthai	T	Anticancer, sedative, stomachic, styptic and tonic, loss of appetite, diarrhoea, anaemia. A decoction of root has been used in the treatment of fevers, powder and applied to old wounds and ulcers, growth hairs, plaster in the treatment of strangury, folk remedy for anaemia, hypertonia, nephritis, nervous diseases, China as a treatment for burns.	Leaves, fruit, root