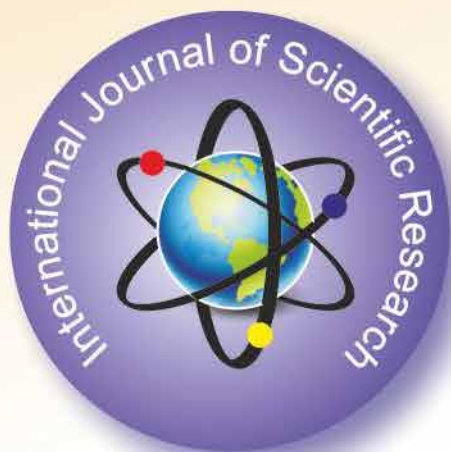


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## Cosmic Plants as Alternative Medicine



## Environment

KEYWORDS :

Dr. Sneh Harshendra Sharma Associate professor in PGGC-46 Chandigarh

## ABSTRACT

India, the land of mysterious and mystics which remained closed to the outside world for a long time in the past and which has opened up now, is a vast store house of knowledge in this direction. Unnoticed and therefore, unacknowledged, this magnificent land of so far unpolluted or less polluted environment, vibrates with energy to rejuvenate the present day along humanity. Cosmic Plants as Alternative Medicine case special reference to Physiochemical. There are 27 nakshatra in Indian 'Jyotish-Vigyan' each has four Pad ( Charam). 27x4=108, this No. 108 has its own importance as we know.

The role and importance of Nakshatras and its Plants are so many as, i.e.

1. Human Aura and mystery of plants. (By touching, embracing, watering, caring, planting, consuming etc.)
2. Electromagnetism- Nakshatras Plants and Human beings.

In the present work an effort has been made to give an exposition of important aspects of this health science in brief

## OBSERVATION COSMIC PLANTS AS ALTERNATIVE MEDICINE

India, the land of mysterious and mystics which remained closed to the outside world for a long time in the past and which has opened up now, is a vast store house of knowledge in this direction. Unnoticed and therefore, unacknowledged, this magnificent land of so far unpolluted or less polluted environment, vibrates with energy to rejuvenate the present day along humanity. The traditional medicine (Cosmic Plants), still popular among the local inhabitants etc. is a conglomeration of science, art philosophy and religion, one closely depending upon the other.

It has its own concepts of composition of the universe and body, physiology, pharmacology and pathology. It has its unique way of diagnosing diseases and treating them. The physician is considered to be an epitome of physical, mental and spiritual virtues.

In the present work an effort has been made to give an exposition of important aspects of this health science in brief.

Cosmic Plants as Alternative Medicine case special reference to Physiochemical. I have been working on this issue since long. Results are 70% positive. In this work an effort has been made to give an exposition of important aspects of "Nakshatra" and its plants. It has Physiochemical as we know foods containing physiochemical are already part of our daily diet. In fact, most foods contain physiochemical except for some refined foods such as sugar or alcohol. Some foods, such as whole grains, vegetables, beans, fruits and herbs contain many phytochemical. The easiest way to get more phytochemical is to eat more fruit ( Amla, jamun, Goolar, Bilva, Kathal, Aam, Mahua etc ) and vegetables. Fruits and vegetables are also rich in minerals, Vitamins and fiber and low in saturated fat.

There are 27 nakshatra in Indian 'Jyotish-Vigyan' each has four Pad ( Charam). 27x4=108, this No. 108 has its own importance as we know.

The role and importance of Nakshatras and its Plants are so many as, i.e.

1. Human Aura and mystery of plants. (By touching, embracing, watering, caring, planting, consuming etc.)
2. Electromagnetism- Nakshatras Plants and Human beings.
3. Harmonic life of Plants i.e. the connectivity of plants with human beings through their cosmic properties relating to the chemistry and direct bearing of plants on human life through the Nakshatra to which that plant belongs and in which the person born.
4. Its medicinal values and properties.
5. Phytochemical contents of these plants etc.

## Strychnos nux vomica Linn. LOGANIACEAE

## 1st Nakshatra-Ashwani

ENGLISH NAME:- Nux-vomica Tree/Poison nut tree. Hindi-Kuchila.

PARTS-USED:- Leaves, Bark, Wood and Seeds.

DESCRIPTION:- A tall tree, some times spiny; leaves smooth, shining with five mainveins Flowers small & greenish white. Fruits globose of about 3inch diameter & orange colour.

TASTE:- Bitter.

CHEMICAL CONSTITUENTS- Plant Contains:- Alkaloids, Glycosides, Carbohydrates Protein, Amino acids, Resin, steroids, triterpenes, Tannins, Iron, magnesium, Calcium, Potassium; All parts contain- Strychnine, brucin; Seeds Contains Loganic ( Glucoside), Trace of Copper.

ACTIONS:- Stomachic, Digestive, Stimulant, tonic, Aphorodisic, Blood purifier.

USED IN:- Nervous disorders, Facial paralysis, rheumatism, Lumbago, Cough, Loss of appetite, Constipation, Asthma, heart tonic.

## Phyllanthus Emblica Linn. Syn. Emblica officinalis Gertn. EUPHORBACEAE

## 2nd Nakshtra-Bharni

ENGLISH NAME:- Embic Myrobalan. Hindi- Aonla

PARTS-USED:- FRUIT AND Seeds.

DESCRIPTION:- A medium sized tree, leaves small looking like tamarindus leaves, flowers unisexual creamish yellow & small, fruits: flushy globose

TASTE:- Sour, Astringent, Sweet.

CHEMICAL CONSTITUENTS- Fruit Contains: Protein, Fats, Fibres, Carbohydrates, Vitamin-C, Nicotinic acid, Tannins; After-drying it contains gallic acid, Ellagic acid and Flavin & Glucose, Seeds Contains: Linoleic acid, Linolenic acid and Oleic acid.

ACTIONS:- Tonic, Diuretic, Astringent, Cooling, Antifungal, Laxative, Liver tonic. Anodyne, carminative, stomachic.

USED IN:- Haemorrhage, Diabetes, Polyuria, headache, Hysteria, Jaundice, Eczema, Disuria, Piles, Diarrhoea, cold, Menorrhagia, Scurvy. Dyspepsia, flatulence, menorrhagia

## Ficus glomerata Roxb. Syn. Fracemosa. MORACEAE

## 3rd Nakshtra-Kritika

ENGLISH NAME:- Lusterfig. Hindi-gular,umar

PARTS-USED:- Whole plant, Roots, Leaves, Bark Fruits and Latax.

DESCRIPTION:- A large evergreen tree, 50-60 feet high, leaves are dark green, glabrous and shining, fruits in clusters on woody branches.

**TASTE:- Acrid-sweet.**

CHEMICAL CONSTITUENTS-Bark Contins: Cerylphenate, Lupeol, Alphaamyrin, Glauinol, Beta-sitosterol, keton, Hentriacotane, Tiglic acid, Glucose, Taraxeroll and Tannin.

ACTIONS:- Sweet, Cooling, Wound healing, blood purifying, anti-inflammatory.

USED IN:- Diabetes, Diarrhoea, Dysentery, Sprue, Bleeding-piles, Leucoderma, Acidity, Scabies, Small pox, Mucularpain, Spermatorrhea, Wound healing, Promotecomplexion, Union of fracture, Genital disorder, Metrorrhagea, Menorrhagia, in abortifacient.

**Syzygium Cumini skeels Syn. Eugenia Jambolana, Lamk. MYRTACEAE****4 th Nakshtra-Rohini**

ENGLISH NAME:- Java apple or Black Plum. Hindi-Jamun/Pharena.

PARTS-USED:- Leaves, Bark, fruits and Seeds.

DESCRIPTION:- A big tee with white bark. Leaves simple, opposite, glabrous, shining, acuminate. White fragrant flowers. Fruits subglobular, berry, rose pink, plack purple when ripe.

TASTE:- Sweet

CHEMICAL CONSTITUENTS- Bark Contains:- Friedelin, Kaempferol, Tannins, Quercetin, Beta-sitosterol, Betullinin acid; Fruits Contain:-Anthocyanin, Eugin, Seeds Contains: Ellagic acid, Indole-acetic acid, Osalic acid Citric acid, Glycollic acid, Glucose, Fructose, Gallic acid; Leaves Contains:- Glycine, Alanin, Leucin & Tyrsin.

ACTIONS:- Carminative, Diuretic, Stomachic, Astringent, Antiemetic, refrigerant, antherlmintic.

USED IN:- Leaves; Diarrhoea, Dysentery, Menorrhagia, anaemia, Aneaeemic diarrhea, fruits: Hypoglyceamic, anti bacterial, Anti-diabetic. Bark: is Astringent- Styptic, Ulcer, Diarrhoea.

**Syn: Acacia Chundra (roxb) Willd. Acacia catechu willd MIMOSACEAE (LEGUMINOSAE)****5th Nakshtra-Mrigshira**

ENGLISH NAME:- Black catechu. Hindi-Khair, Kattha

PARTS-USED:- Pithregion, Bark condensed extract of heart wased..

DESCRIPTION:- a medium sized spiny tee, spiners are modification of stipules, leaves 30-40 pairs pinnal 10-20 pairs; pinnules, flowers on spikes, small creamish white, podthin brown shining.

CHEMICAL CONSTITUENTS- Inner wood contains catechin and catechutannicacid, Catechutannic acid contain about 50% Tannin.

ACTIONS:- Anti-inflammatory, Wound healing astringent, Cooling, Digestive, Bloodpurifier.

USED IN:- Skins diseases, Dental disorder, Dry cough, Stomatitis, Anaemia, eprosy, bronchitis, Pruritus, Diarrhoea, Polyuria.

**6th Nakshatra-Aadra**

, Same tree as for Pushya

**Bambusa arundinacea, willd POACEAE (GRAMINAE)****7th h Nakshtra-Punarvasu**

ENGLISH NAME:- Bamboo. Hindi-Bans

PARTS-USED:- Stem and young shoots.

DESCRIPTION:- A giant bamboo with stout rootstalks, the clump reaching 50-60 feet high/stem golden yellow.

TASTE:- Acrid

CHEMICAL CONSTITUENTS- stem contains: Cyanogenic glucoside, Taxiphllin, Solid accumulation\_Banslochan, Liquid-accumulation in hollow inter nodes is tabashin and Benjoic acid.

ACTIONS:- Expectorent, stimulant, Tonic, Aphrodisiac, anti-spasmodic, Antithirst.

USED IN:- Culms: Shoot mixed with lime, applied externally on cuts & wounds, used internally to cure blood tuber culsis, Bronchitis, asthma, Bans lochan is also useful in Tuberculosis, Asthma, leprosy; Extract of the young aerial shoots is blood purifier and also useful in leucoderma and inflammation.

**Acacia Aarebica (L.) Del SSP indica Brenen Syn: Acacia arubica Lumk (Mimosaceae)****7th (1) Nakshtra-Punarvasu**

ENGLISH NAME:- Indian Gum tree. Hindi-Babool

PARTS-USED:- Stem, Leaves, fruits, Stembark, Gum, Seeds.

DESCRIPTION:- A medium sized, spiny tree with short trunk, spines straight and sharp, in pairs, shipular leaves compound, pinnae 6-12 pinnules 20-40; flowers bright, yellow, in heads, auxiliary.

TASTE:- Acrid

CHEMICAL CONSTITUENTS- Bark contains: Beta-amyryn, Gallic acid, Tannins, Catechin, Quercetin, Leucocyanidin; Fruits Contain: Gallic acid, Catechin, Chlorogenic acid, Gum contains: Galactose, Arabic acid, Calcium & Magnesium. Seeds contain: Ascorbicacid, Niacin Thiamine, Aminoacids.

ACTIONS:- Astringent, Anthelmintic, Antidotal, Anti-inflammatory, Anti leprotic, emollient demulcent

USED IN:- Skin disease, Blood dysentery, Hemorrhagic disease, polyuria, Leucorrhoea, Fracture, Styptic, Wound healing, Dry-cough, gargle, stomatis

**Ficus religiosa Linn. MORACEAE.****8th Nakshtra-Pushya**

ENGLISH NAME:- Poplar leaved Fig Tree. Hindi-Pipal

PARTS-USED:- Bark, shoot, Leaves & Fruit.

DESCRIPTION:- A large deciduous tree often epiphytic sith gray bark leaves are cordate with large petiole and long tailed tip, fig axillary, period, purple when ripe.

TASTE:- Sweet-Astringent.

CHEMICAL CONSTITUENTS- Bark Contains: Tannin

ACTIONS:- Cooling, aphrodisiac, Antibacterial, anthelmintic, laxative, antiviral, Blood, purifier, Wound healing.

USED IN:- In fusion of Barkin: Ulcer, Skindiseas; Aqueous extract (Bark) is anti bacterial, anthelmintic; decoction in : Gonorrhoea; Twig in: skindisease, Antifungal; Young leaves Crushed with wet flour of wheat applied on skin eruptions and swellings; seeds are laxative, if taken three days during, menstruation, sterilizes women for long time.

**Same tree for "Aadra Nakshatra"****Ficus benghalensis Linn. MORACEAE****10th Nakshtra-Magha**

ENGLISH NAME:- Banyan Tree. Hindi- Br,Bargad

PARTS-USED:- Whole plant, Buds, roots and latex.

DESCRIPTION:- Very large tree, with spreading braches, aerial prop roots, milky latex present in all parts, leaves ovate, obtuse and coriaceous, Flowers in receptacles; fig globose

TASTE:- Astringent

CHEMICAL CONSTITUENTS- Plant Contains: Glucoside; Bengalenoside and Talbutamide; Leucoantho cyanidins. Phyosterolin, Beta-sitosterol, freidelin, Querectin, galactoside, Ticlic acid, Tannin.

ACTIONS:- anti-emetic, anti-inflammatory, cooling, styptic, Wound healing, anodyne, depurative, antiarthritic

USED IN:- Infusion of Buds: useful in Diarrhea and Dysentery. Tipsof young aerial roots: stops vomiting; Juice mixed with Sesamumoil: is applied on burns; Latex used in: toothache, Genital diseases; latex mixed with sugar is useful in cough, Bark: in Diabetes and Polyuria.

**Syn: Butea monosperma (Lamk.) taub Butea frondosa koenex Roxb FABACEAE**

**11th Nakshtra-Purva Phalguni**

ENGLISH NAME:- Flame of the Forest. Hindi-Dhak, Chheola Tesu Gum-Kamarkas

PARTS-USED:- Bark, Flowers, Seeds and Gum.

DESCRIPTION:- A moderate sized deciduous tree about 15 meter high, leaves rough trifoliate, obovate laterases smale unequal sided flowers bright orangered indense raceme pod flate silky outside, seeds orbicular flat.

TASTE: - Bitter (Flowers)

CHEMICAL CONSTITUENTS- Plant Contains: Fats, oils, Mucilage, Protein, Resin, Butin, Glucoside, Butein, Isomonopermoside, Co-reopsin, Sulphurein, Plalsttrin, Butrin, Isobutrin; A gum which contains Thiamine and Riboflavin; Fatty acids Myrsiticacid, Palmitic, Steric and Arachindicacid.

ACTIONS:- anthelmintic, Carminative, anti-inflammatory, Dieuretic, Astringent, Aphorodisiac.

USED IN:- Piles, Intestinal worms, Seeds: in scabies, Pruritus, Ringworms, Gum: useful in Darrhoea & dysentery.

**12th Nakshatra- Utra Phalguni**  
**Plant- Khejri**

This is very important plant of Rajasthan worshipped by Vishnoe Samuday.

**13th Nakshatra-Hasta**  
**Plant-Juhi**

(famous for aroma oil)

**Aegle marmelos (Linn.), Corr. RUTACEAE**  
**14th Nakshtra-Chitra**

ENGLISH NAME:- Bengal Quince. Hindi-Bel

PARTS-USED:- Roots, Bark, Leaves, Ripe-Unripe Fruit, Flowers.

DESCRIPTION:- Medium deciduous glabrous tree with long spines on the branches. Leaves or trifoliate compound, Flowers greenish white, fruit large globose, rind hard, ripe after one year pulp, sweet, edible.

TASTE:- Bitter-Astringent

CHEMICAL CONSTITUENTS- Fruit contains: Gum, Pectins, Reducing Sugars, Sugars, Oil, Which contains Marmelosin( This Contains Voiletileoil) small amount of Tannin; Leaves & Root contains: Reducing Sugars, Tannins, Iron, Calcium, Magnesium, Potassium.

ACTIONS:- Antibilious, Febrifuge, Stomachic, Astringent, Expectorant(Fruits); leaves: Carminative, Anti-inflammatory, Antipyretic, Astringent.

USED IN:- Diarrhoea, Dysentery, Diabetes, Eardisease, Janundice, Piles, Inflammation, Vomiting.

**Terminalia arjuna (Roxb) Wt. & Am.**  
**COMPRETACEAE**

**15th Nakshtra-Swati**

ENGLISH NAME:- Arjun Tree. Hindi-Kahua, Kakubh

PARTS-USED:- Bark, Leave and Fruits.

DESCRIPTION:- A large evergreen tree with white bark and root buttresses, leaves sub-opposite or alternate and coriaceous, flowers in axillary spikes; fruits winged.

TASTE:- Astringent.

CHEMICAL CONSTITUENTS- Bark Contins:-Beta-sitosterol, Ar-junic acid, Fredlene, Glucoside(Arjunetic.) Tannins, Sugars, Sodium, Magnesium, Aluminium, Calciumcarbonate.

ACTIONS:- Diuretic, Astringent, Cooling, Hearttonic, Spasmodic, Wound healing, demulcent, expectorant, alexiteric.

USED IN:- Heart and Liver disease, Singificantly effective on Cardiovascular system, Styptic, tuberculosis, Cough, Dyscrasia, Polyuria, Fever, Ulcer, dysentery, inflammation tumors.

**Measua ferrea GUTTIFERAE**  
**16th Nakshtra-Vishakha**

ENGLISH NAME:- Cobra's saffron/Ironwood of Assam. Hindi-Nagkesar

PARTS-USED:- Stamens, Bark, leaves, Fruits and Seeds.

DESCRIPTION:- A medium sized evergreen tree with short trunk; leaves opposite; flowers white aromatic, yellow stamens.

TASTE:- bitter-Astringent.

CHEMICAL CONSTITUENTS- Stamens Contain bitter substance, yellow pigaments, Aromatic oil; Seeds contain: Mesual oil, Meusone, Meusagin, Mammeigin, Mamesin, alpha & Beta Amyrin, Beta-sitosterol, Mesuanic acid Mesua ferrones A & B, Exanthone, Measuanaxanthone A & B Guttiferol, Oleic acid, Stearic acid, Palmitic acid & Linoleic acid.

ACTIONS:- Analgesic, Anthelmintic, Stomachic, Antiatic, Antidote.

USED IN:- Bleeding piles, fissures, Dysentery, Worms infestation Indigenstion. Haemorrhage, Disese of urinary bladder, Sore throat, Headache, Cough, Gastrits, Chronic catarrha, Dsyentery, Bleeding cough.

**Mimusops elengi Linn. SAPOTACEAE**  
**17th Nakshtra-Anuradha**

ENGLISH NAME:- Surinam Madler. Hindi-Maulsiri

PARTS-USED:- Bark, leaves, flowers, fruits and seeds.

DESCRIPTION:- A evergreen tree about 45 to 50 feet high, branches with compact leave glossy shining green forming head; at summit with white fragrant flowers; fruit avoid yellow berry one seeded.

TASTE:- Bitter Acrid.

CHEMICAL CONSTITUENTS- Bark Contains: Lupeol and Xylose Leaves: Mycetin, Quercetin; Flowers: Glucosides, Quercitol, Ursolic acid, Glucose, Triterpene, Essential Oil, Alcohol; Seeds Contains: Fatty oils, Fatty acid-Palmitic acid, Steric acid, Behenic acid, Oleic acid, Linoliec acid, Lauric acid, Myristic acid, Saponin. Fruits Contain: Sugars.

ACTIONS:- Astingent Diuretic, Antipyretic, Spasmolytic, Antibacterial Appitizer, Tonic.



USED IN:- Flowers Diuretic, Antipyretic, Spasmodic, Antibacterial Appetizer, Tonic Leucoderma, Worms, hypotensive effect, Spermicidal; Bark is useful in Dental troubles. Pyorrhoea diarrhoea, dysentery, stomatitis, ulcerated throat.

**Syn. Azadirachta indica. A. Juss. Melia azadirachta Linn. MELIACEAE**

**18th Nakshatra-Jyeshtha**

ENGLISH NAME:- Margosa tree ( Nimb tree )

PARTS-USED:- Whole plant, Root bark, stem bark, Leaves, Flowers, Fruits (Young & Ripe)

DESCRIPTION:- A large tree, impari pinnate compound leaves leaflets 9-15 lanceolate acuminate oblique, flowers creamish-white and aromatic, drupe oblong 1-2 cm., sweet pulpy when ripe.

TASTE:- Bitter

CHEMICAL CONSTITUENTS- Plant Contains:- Margocin (Bitter), Nimbadin, Sulphur, Nimban, Nimbosterol, Tannin, Essential oil, Resin, Glycosides, Fatty acids, Gum, Free Aminoacids, Starch Sugars. Leaves Contain:- Quercetin, Beta-sito sterol (Nimbasterol).

ACTIONS:- Bark: Bitter, Tonic, Astringent, Purgative, Demulcent, Anthelmintic, Leaves: Anti-inflammatory, Wound healer, Antheleptic, Liver stimulant, Anti leprotic.

USED IN:- Bark: Rhinitis affections, Hypoglycaemic, Rheumatism, Antipyretic, Analgesic, Malarial fever, Seaditive, Anti ulcer, Anti bacterial; Leaves are useful in Ecaema, Ringworm, Fungal affections, Antiseptic; Whole Plant: useful in Scabies, Ulcer, Leucoderma, inflammation, Blood purification, Oil: is used in Rheumatism, Leprosy & Ulcer.

**Shorea robusta Gaertn DIPTEROCARPACEAE**

**19th Nakshatra-Moola**

ENGLISH NAME:- The Sal Tree. Hindi- Sal, Saraiya.

PARTS-USED:- Bark, Wood Resin and Seeds.

DESCRIPTION:- A large deciduous tree, leaves Ovate large, rounded or cordate at base, bluntly acuminate, Flowers yellowish, inraceme in clusters Seeds are five winged.

TASTE:- Acrid.

CHEMICAL CONSTITUENTS- Seeds Contains:- Fatty oil which is Known as Salbutter wood contains: Oleo resin.

ACTIONS:- Astringent, Wound healing, Anthelmintic.

USED IN:- Bark-wood-Seeds & Gum: Useful in Diabetes, Cough, Asthma, Bleedingpiles, Bleeding diarrhoea, Dysentery, Wound healer, Sprain, Fracture, Ear disease, Ophthalmia, Uterine-disease, Dyscrasia, Anaemia, Polyuria.

**Syn. Saraca indica Linn. Saraca asoca (Roxb.) De Wilde CAESALPINIACEAE(LEGUMINOSAE)**

**20th Nakshatra-Purva Shardha**

ENGLISH NAME:- Jonesia Ashoka. Hindi-Asoka, Seitaa asok

PARTS-USED:- Stem-bark, Flowers and Seeds.

DESCRIPTION:- A small ever green tree with drooping branches, leaves paripinnate compound, 3 to 6 pairs of leaflets; flowers orange or orange yellow in congested clusters.

TASTE:- Bitter.

CHEMICAL CONSTITUENTS- Bark Contains:- Glycosides, Saponins, Tannins, Catechol, Essential oil, Haematoxylene, Ketosterol, Apigenin, Cyanidin, Daempferol, Pelargonidin, Quercetin, Calcium, Iron, Fatty acid & Gallic acid.

ACTIONS:- Astringent, Stimulant, Spasmodic, Blood purifier, Anti-inflammatory, Cooling, refrigerant, anthelmintic, febrifuge, demulcent, styptic.

USED IN:- Metrorrhagia, Uterine affections, Disuria Leucoderma, Calculii, Cardiac stimulant, Anti-bacterial, Anti-fungal, Anti-tumour, Anti-Cancer, Improves complexion, Colic dysentery, Piles Ulcers, Flowers are used in Blood dysentery.

**Artocarpus intergrifolia Linn. MORACEAE**

**21th Nakshatra-Utra Shadha**

ENGLISH NAME:- Indian Jack Fruit. Hindi-Kathal

PARTS-USED:- Root Bark, Leaves and Fruit.

DESCRIPTION:- A large evergreen tree with rough bark and milky latex, 30-40 meter high.

TASTE:- Acrid.

CHEMICAL CONSTITUENTS- Bark Contains:- Cycloartenyl acetate, Cycloartenol, Tannins and Cycloartenone: Root Contains: Beta-Sita sterol, Betulinic acid and Ursolic acid, Artoflavanone, Artocarpesin, Norartocarpetin. Iron, Fruit Contains:- Vitamin A and C, Iron P(hosphorus and Proteins, Seed: Vitamin B, & B2. Driedlatex: Artostenone which is converted in to Artosteron which shows Androgenic properties.

ACTIONS:- Cooling, Diuretic, Aphrodisiac ( Seeds), laxative ( Ripen Fruit) & Tonic.

USED IN:- Unripened Fruit:-Acrid, Carminative and Tonic; Ripen Fruit Cooling and useful in Seminal debility, biliousness; Leaves: a sh is used inhealing of wound & ulcers and skin diseases; Roots: in asthma, Diarrhoea, Stomach Complaints, Toothache, Sores, Carbuncle and Small pox.

Calotropisprocera (Ait) R.Br.

**22nd Nakshatra- Shrawan**

ENGLISH NAME:- Swallowwort Madar

PARTS-USED:- Root Bark, Leaves and Fruit & Milk.

DESCRIPTION:- A small evergreen tree with rough bark and milky latex,

TASTE:- Given After medical consultant advice (Because Slightly( Poisin)

CHEMICAL CONSTITUENTS- The milky, sour and pungent juice found all over the plant is the uniqueness of this shrub. In addition the roots of the plant also store two chemicals called Mandaralban and bhandar fuabil.

USED IN:- These are useful in curing gastric problem, ulcers liver disorders jaundice, flatulence, piles, stomach disorders and parasitic infection due to intestinal worms

**Prosopis spicigral. Syn.P.cineraria. MIMOSAE. (LEGUMINOSAE)**

**23rd Nakshatra-Dhanishta**

ENGLISH NAME:- Sponge Tree. Hindi-Shami, Chhokar.

PARTS-USED:- Bark, flowers and Pods(Fruits)

DESCRIPTION:- An armed small tree. Leaves bipinnate compound, leaflets 7-12 pairs, pinnate 3 pairs, opposite, often with round insect-galls on thrachis. Flowers in axillary spikes yellow. Pods turgid straight, 10-15 Seeded.

TASTE:- Bitter.

**CHEMICAL CONSTITUENTS-**

ACTIONS:- Bitter, Cooling, Laxative, Fruits-Bitter Pungent, Bileous, Nervine Tonic.

USED IN:- Diarrhea; hemorrhagic disease, Lucoderma, Piles, Asthma, Cough, Vertigo, Worms infestation, Fatigue, useful as hair remover, Mental disorder.

**Syn: Anthocephalus Chinesnsis(Lamk.) A Indicus A rich. Anthocephalus cadamba Miq. RUBIACEAE**  
**24th Nakshtra-Shatbhisha**

ENGLISH NAME:- Kadamba. Hindi-Kadam

PARTS-USED:- Roots, Stembark, Leaves, Flowers and Fruits.

DESCRIPTION:- A large tree leaves opposite and stipul, flowers fragrant in globose heads pairs 3-4 cm in diam globose, pulpy, edible.

TASTE:- Bitter-Astringent.

CHEMICAL CONSTITUENTS- Leaves Contains: Alkaloids (Kadambine and 3-4 cm alphdihydrocadambine); Glycosides alkaloids (ISO-Dihydrocadambine & Beta Sit sterol); Root and Stem bark Contain: Quinovic acid, Pent acyclic triterpenic acid, Cadambagenic acid, Quinoric acid, Saponin; Flowers: Essential oils.

ACTIONS:- Tonic, Astringent, Febrifuge, Anti-inflammatory, Stomachic, Digestive, Wound healing.

USED IN:- Snake bite, Cardiac depression, depress sant effect on spinal reflex is hypotensive, Antipyretic, Antidiuretic, Antibacterial, Anti-a bortifacent, Anticalculii, Improve Complexion.

**Melia azedarach Linn. MELIACEAE.**

**25th Nakshtra-Purva Bhadrpad**

ENGLISH NAME:- Persian Lilac. Hindi-Bakain.

PARTS-USED:- Root Bark, Leaves, Fruits and Stem Bark.

DESCRIPTION:- A medium size tree, 9-12 meter high, leaves are bipinnate, leaflets, are serrate; ovale lance late Flowers are fragrant and lilac; drupe globose, yellow.

TASTE:- Bitter.

CHEMICAL CONSTITUENTS- Plant Contains: Azaridine, Bakayannin, Bakalactone, Margosine, Azadirone, Azadiraone, Ochinol, Ochinine, Ochinolal, Nimbolinin, Nimbolidins, Triterpene, Meliacins, Sendanins, Melianol, Lupeol, Betasitosterol, Catechin, Vanilin, Cinnamic acid, Cystine, Serine, Arginine, Glycine, Glutomic acid, Luecine, Threonine and Methionine.

ACTIONS:- Astringent, Diuretic, Bitter tonic, Anthlminitic, Analgesic, antiseptic, expectorant emmenagogue.

USED IN:- Diabetes, Worm infection, Rheumatism, Urinary disease, Sciatica, headache, Piles, Fever, Cough, Asthma, Leprosy, Leucoderma, burning Sensation, Spleenomegaly, Chronic wounds, Heart troubles and Polyuria, Lumbago, cephalalgia.

**Mangifera indica Linn. ANACARDIACEAE.**

**26th Nakshtra-Utra-Bhadrapad**

ENGLISH NAME:- Mango Tree. Hindi-Aam

PARTS-USED:- Leaves, Bark, Flowers, Fruits, Seeds Gum and All Parts

DESCRIPTION:- A large ever green tree, branches widely spreading, compact leaves at the end of branches, flowers Creamish white fruits variable in size & shape, fleshy.

TASTE:- Sweet-Sour.

CHEMICAL CONSTITUENTS- It contains: Mangiferin, Amino acids, Gallotannin Gallic acid, Ethylgallate, Isoquercetin, Beta-sitosterol, Riboflavin, Vitamin-C Citronellal, Deterpene, Geraniol, Limonene, Mangiferol, Mangiferon, Nerol and Tannine; It also Contain large amount of Vitamin A and some amount of Ascorbic acid, Protein, Fat, Carbohydrates, Calcium, Phosphate, Iron, Carotene, Sucrose, Fructose & Glucose.

ACTIONS:- Flowers: Cooling, Appitizer, Astringent, Unripe Fruits: Sour, Appitizer; Ripe fruit: Sweet, Sepermpoeitic, Tonic, Young leaves: Appitizer, Expectorant, Antibillious.

USED IN:- Unripe fruits: in Soarthroat, Gastricstimulant, Scurvey; Ripe Fruits: in Haemorrhagic Disease and in dysentery, Appitizer; Rind: indebility, Seeds: Anthelmintic, useful in Ashtma & Diarrhoea Thirst, Inflammation.

**Sapotaceae Madhuca Indica**

**27th Nakshtra-Rewati**

ENGLISH NAME:- Indian Butter Tree.

PARTS-USED:- Seed, Fruit, Bark, Shoot, Leaves, Flowers.

DESCRIPTION:- Medium sized to large deciduous tree usually 12 to 15 meter tall with a short trunk and a large rounded crown. Bark-dark brown or black inner bark dark red, milky, Leaves-clustered 5-25 cm long and 3.5 to 12 cm wide.

TASTE:- Sweet.

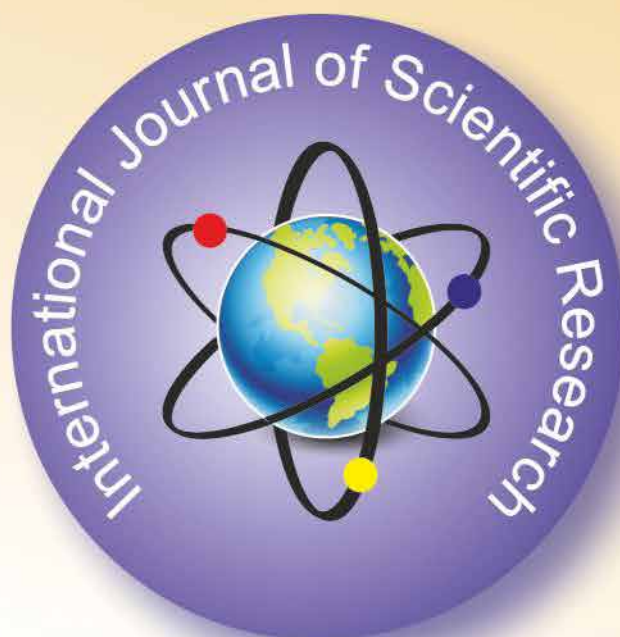
**CHEMICAL CONSTITUENTS-**

ACTIONS:- Wound healing, Antibacterial, edible oil useful for heart patients as ointment prevent skin cracks.

USED IN:- As sugar , as Vitamins & Minerals.

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