



**Do-it-yourself  
Medicinal Plants & Its Domestic Uses**



**ARCHIV  
102226**

**This report is presented as received by IDRC from project recipient(s).  
It has not been subjected to peer review or other review processes.**

**This work is used with the permission of Institute of Engineering and  
Rural Technology.**

**© 1994, Institute of Engineering and Rural Technology.**



# MEDICINAL PLANTS & ITS DOMESTIC USES

**Tasveer Zaidi**

Often we notice that people of all ages, irrespective of their gender visit doctors for small ailments, little do they know that besides incurring wasteful expenditure on strong allopathic medicines they have to suffer from their after effects also which is unnecessary, since in the house or nearby we can find many herbs and shrubs & trees which can cure small ailments without leaving any side effects. Sometimes people do not recognise these herbs and are thus unaware of their qualities and utilities, therefore there is a crying need to recognise and be aware of some easily available plants and to know their uses so that they can be used judiciously in time and according to the diseases.

## TULSI

### How to recognise

In India Tulsi is a very common plant, because of its religious importance too, it is planted in most of the houses. Tulsi has tremendous amount of medicinal qualities, besides it drives away insects and mosquitos and keeps the atmosphere clean resulting pollution free environment. This plant is about 60 to 75. c.m. long and has many branches, leaves are about 5 c.m. long, with pink edges and hairy surface. It has light pink aromatic flowers which contain yellow tiny seeds.

ARCHIV

600 (540-22)

F 54



#### USE :

Tulsi leaves, roots and seeds are used as medicines. This plant is mainly useful in cough, cold, indigestion and skin diseases.

#### METHOD :

1. Take 8 tulsi leaves, 3 black pepper, one small piece of ginger-raw or dried, small ball of gogger (Gur) and boil together with a glass of water for sometime. When the water reduces to half, sieve and drink this decoction for relief with cough cold and fever. This decoction is very useful if taken early morning and/or at bed time.
2. One Tsp tulsi leaves juice, 1 Tsp ginger juice, 1 Tsp honey, mix together and lick it frequently. This syrup is very effective for curing cough.
3. Boil Tulsi roots in water, and sieve it. Take one cup of this decoction twice or thrice a day, it is beneficial in Malaria fever.
4. In earache or watery discharge from the ear, drop tulsi juice in ear once or twice in a day. It cures the discharge and reduces the pain.

5. Bleeding nose of children can be cured if Tulsi juice is dropped into the nose.
6. Tulsi paste is very effective in skin diseases like ekzema.
7. Bad odour of mouth can be reduced by chewing tulsi leaves.
8. Boil, Tulsi seeds in a glass of water, when quantity reduces to half, drink luke warm, useful for urinary infection.
9. According to latest research Tulsi is a very effective tonic. Regular intake of this herb keeps vitality and energy in the body. This can be consumed directly by chewing or boil it in a glass of water before can suming . It is good for stomach also as it kills the worms. Specially very useful for children.

## NEEM

### How to recognise :

Neem is a well recognised tree in India. It is huge in size and diameter. Construction of leaves are pointed in front and broad at rear portion. Flowers are white and aromatic. Raw Neem fruits are green and ripe fruits are yellow in colour. Inside this is a white seed which has very strong odour.



### USE :

Neem is a well established antiseptic plant, besides this it has other medicinal qualities and entire tree is useful, especially for skin diseases.

### METHOD :

1. Extract Juice of 8-10 fresh and, washed neem leaves,, mix pinch of salt and drink every morning. It is good for stomach and kills the worms.
2. Neem leaves juice mixed with honey is very useful in Jaundice, and it should be taken one table spoon in morning and evening.
3. Because of its antibiotic nature it helps curing and giving relief in small pox and chicken pox. Boil leaves in water and take bath with luke warm water. This gives relief to skin itchiness due to small/chicken pox.
4. (a) Neem fruits which are called Nimbori or Nimkauli has a peculiar oily substance. It cures dryness of the skin caused by Jaundice or ailments of liver. Leave overnight 8-10 crushed Neem fruits in 1/2 katori of coconut oil. Heat it up in the morning and message it on dry skin.
- (b) Boil few leaves and 20-25 fruits in water and take bath with this water (luke warm) after two hours of message.
5. Grind to paste 8-10 leaves and heat it up. Spread it on a guaze and bandage it on blisters. This remedy removes the puss formation and dries the wounds.
6. 2-3 inch piece of neem bark, boiled in water makes a good mouth wash. It reduces swelling of gums and tonsils, if gargle has been done with this water.
7. On stem of an old neem tree if a cut is made, it produces

gum like substance-this sticky syrup like substance is ideal to remove pimples and scars.

8. Neem oil is beneficial for skin diseases like leprosy, eczema, etc. It heals up the wounds also.

## AMLA

### How to recognise

It is a medicinal plant. The tree is of an average height. Leaves are very thin and formation is very close that they look like feathers. Flowers are light greenish yellow and grow beneath the leaves and they grow in bunches. Fruits are round and like marble. They are green in colour. It has a round stone like seed in it.





## Use :

Mainly Amla fruits are used for medicinal purpose, raw or dried. It has tremendous amount of vitamin C. It is mainly beneficial in heart disorders, asthma, jaundice, indigestion & other disorders of stomach, eye diseases, chronic headache etc. People who suffer from heat stroke, should take Amla regularly as medicine.

## METHOD :

1. Stomach disorders as gastric trouble, constipation, peptic ulcer, acidity, dysentery can be cured by eating raw or dry Amla. It is very useful for anemic patients. Raw Amla should be eaten empty stomach in the morning with salt and drink a glass of water, is very useful. Many people can not eat it because of its acetic taste, for them it is advisable to grate it in stainless steel grates, mix pinch of salt and little honey and eat. But remember it that, do not throw away the water which comes out after grating otherwise its medicinal value will reduce.
2. Dry Amla in season, pound and make powder of fruit and seeds separately. Before going to bed, eat one spoon each and drink water. It helps remaining indigestion and constipation.
3. Powder made out of seeds, taken one-two spoon, 2-3 times daily helps asthma patients. When fresh fruit is available use fresh seeds, crush and boil them in water. Let it boil till water reduces to half, drink one-cup of this luke warm water as medicine.
4. For people who suffer from headache and burning sensation in eyes should take Amla murabba early in the morning. If fresh fruit is available then use one spoon of fresh Amla Juice and



one Spoon Honey. This has more medicinal qualities than Murabba.

5. People prone to catch heat stroke should eat murabba and drink water before going out in day time in summer season.

6. Diseases like T.B., Skarvi and Jaundice require extra vitamin C to heal patients suffering from these diseases can take Amla in any form, eg-raw amla, amla powder, amla ketchup (Chatni) or Murabba.

7. Because of stones in Kidney if any urinary problem is occurring, instantly Amla sharbat should be taken. For this sharbat prick and dip 1 k.g. Amla in water for 2-3 days. Boil it in fresh water and after remaining seeds grind to paste. Mix with 1/2 ltr. water and 2.5 Kg. Sugar. Cook till it forms a smooth syrup. Make Sharbat with this Syrup and drink at the interval of 2 hours. It checks frequency of urine.

8. If Amla powder is rubbed on the teeth, it helps in curing pioria.

9. Amla powder 1 spoon & Jasmine oil 2 spoon mix well and rub on body, it cures itching on body.

10. On bleeding nose—fry dry Amla in pure Ghee and cool it then make paste. Apply paste on nose.

## ARJUN

### How to recognise

It is about 80 feet tall tree. Its leaves are broad and about 15-25 c.m. long. They grow on top. Light yellow flowers grow on the top of the tree in bunches. Fruits are brown and hairy.



### USE :

Fruit and bark are used for heart ailments, liver disorders and wounds etc. Leaves are useful for earache and headache.

### METHOD :

1. Take 3"-4" piece of bark from trunk of Arjun tree. Boil it in a glass of milk and drink it early in the morning in empty stomach. This is beneficial in heart ailments.
2. If fresh bark is not available easily then alternate is to collect and dry the bark in sun and make powder. Mix one tea spoon full of powder in milk with sugar or Gaggery (Gur) and drink.
3. After getting hit if bruises (blue spot on skin) appear, or in fracture, one spoonfull of bark powder and 1/2 tea spoon full honey should be taken orally, twice or thrice in a day. It helps preventing wound, bruises pain etc.

4. Bark powder and honey if mixed together and applied on pimple as a pack, prevents and dries pimples.
5. Boil bark & leaves in water, use this water for washing wounds. this water acts as disinfectant.
6. For earache drop 3-4 drops of leaves extract (Juice) in ears twice or thrice daily.

## BEL

### How to recognise :-

It is a big tree. It has cluster of 3 or 5 leaves. Thorns are grow in between leaves. Flowers are white aromatic and grow in bunches. Fruits are big and round like ball. Fruits skin is hard like wood. Raw fruit is green in colour but it turns yellowish brown when it is ripe. Fruit pulp is dark yellow in colour and has very strong aroma. Seeds are small and have coating of gum like substance.



**USE :**

Bel fruit is used to check irregularities of the stomach as constipation and chronic dysentery etc. Decoction of the leaves is useful for diabetes patients.

**METHOD :**

1. Eat fruit pulp after removing seeds. This can be taken any time but more effective after meals. It is useful to control the constipation.
2. Pulp of half ripe fruit taken twice in a day increases appetite and cures indigestion.
3. Take 15-20 leaves and boil it with two glass of water, when it remains half sieve it. This decoction is very much useful for diabetes patients. Take one glass, once a day.
4. Decoction made out of bark of Bel trunk, taken thrice a day cures diarrhoea.
5. After curing dysentery, squash made out of pulp of Bel fruit, helps to regularise the stomach. For this purpose take full ripe bel pulp after removing seeds, soak it in water for 1 hour. Now mash properly and sieve. Mix sugar in this Bel puree and cook. After cooling keep it in a bottle and drink twice in a day, with mixing water like other squash.

**AMALTAS****How to recognise**

It is a small tree. Leaves are dark green and 5-10 c.m. long & grow in a bunch. Tiny yellow flowers are also grow in very big bunches to give appearance of a big flower. Fruit, are 50-60 c.m. long, green in colour and in appearance - like flute. They turn black or brown in colour after ripe. Fruits skin are very hard.



### USE :

Fruit pulp is good to cure constipation, especially for children. Leaves are useful for facial paralysis and ring-worm.

### METHOD :

Take one spoon grinded fruit pulp, mix it in one glass of water. One spoon can be given to children once or twice in a day as required. To clear bowel specially for children it is a very good medicine.

2. Apply leaves juice on affected area of ring-worm.
3. In facial paralysis rub heated leaves on affected area.
4. Ground fruit pulp in applied on navel for taught stomach and pain to children.

## MAHUA

### How to recognise

Mahua tree is very big in size. Main trunk of the tree is not too big but its branches are widely spread in diameter. Leaves are thick and tough and about 15-25 c.m. long which have prominent veins. Flowers are highly aromatic, light yellow in colour, pulpy and grown in bunches. They grow at the tip of the branches. Fruits are small and of light yellowish colour, and full of liquid pulp with strong odour.



### USE :

Whole Mahua tree has tremendous medicinal value. Bark, leaves, fruits and seeds are used as medicine. Normally it is used to cure skin diseases, bleeding gums and diabetics. Flowers are useful to prevent cough and skin diseases.

### METHOD :

1. Ground bark is used for bleeding gums, swollen gums, boils, and itching on skin.
2. Burn dry leaves and make ash. Mix pure ghee in it and apply it on wounds for fast healing.
3. Make floral decoction by boiling flowers in a glass of water. Drink this decoction 2 hours before meals, it is a good tonic as well as it increases hunger also.
4. Boil fresh or dry Mahua fruits in water. Give hot fermentation on stomach with this water.
5. In diabetics eat 5-6 fresh Mahua fruits in the morning. In absence of fresh fruit dry fruit can be taken. It helps to control the diabetics.
6. Its seeds contain very rich oil which is beneficial for gout and joint-pains. Grind seeds to paste, heat up and give massage on affected parts. In headache apply this paste on forehead without heating. Pain disappears very fast.

### SAHIJAN

#### How to recognise

This is very commonly available and well known tree in India. In size it is very big, but its branches are not very strong. They are so weak that in fruit season, because of weight of fruits they start breaking themselves. Leaves are very tiny. Flowers are greenish white. They grow on top of the stems. Its green fruits are thin round in diameter and about 14" long like sticks that is why they are called drumsticks.



**USE :**

Leaves, fruits, flowers are extensively used as home remedies. It works as a tonic on sprain, weakness of bones, especially in children, piles, berry berry and general weakness of children.

**METHOD :**

1. One tsp juice of Sahijan leaves, one glass coconut water and 1 spoon honey mixed together and given to the patient suffering from dysentary, twice a day helps tremendously.
2. In gastric troubles take one spoon juice of leaves with salt. It gives relief instantly. If required can be taken in the interval of 15 minutes, for three to four times.
3. In urinary infection half cup juice of leaves mix with a cup of carrot or cucumber juice helps a lot. If carrot or cucumber is not available then any other vegetable juice can be added.
4. Mix together juice of leaves and tie oil together, cook this mixture till water evaporate. Use this oil on gout or sprain. Patient gets relief.
5. Soup of fresh tender drum sticks is given to the patient of stones of urinary track and gout as medicine. For this soup boil together 8-10 drum sticks, 1 piece of garlic, 1/2 onion, 4-5 black pepper and salt. Sieve and season it with pure Ghee. Drink it hot. It is quite tasteful and benefecial.
6. People who suffer from heat stroke should take decoction of flowers. For this use fresh or dry flowers, cook it with small raw mango, add salt, mash and eat it as ketchup. It fulfills deficiency of Iron and vitamin C. It is ideal for feeding mothers.
7. Make Powder after drying seeds. Take powder thrice a day to get rid of thread worm and round worms in stomach. It should be taken for 15 days to eradicate worms completely.

8. Decoction of roots and bark with honey is very much useful to control the irregular fever. Gargle with this decoction without mixing honey is good for throat infection.
9. Sahijan is an inexpensive natural tonic. It fulfills the deficiency of Iron, Calcium and Vitamins in prenatal and postnatal days. For new born babies also, it is ideal as it gives strength to the bones and general health. For this cook the juice of leaves on double boiler (cook on steam). When it starts thickening remove and sieve, mix it in milk and drink once a day.

## ASHVA GANDHA (ASGANDH)

### How to recognise

This plant has wild growth. This is about 1.5 meter tall and always remains green. Its roots are fleshy, thick and brownish white in colour. Fresh root smells like urine of horse because of this it is called “Ashvagandha”. Leaves are 5-10 c.m. long 2-5 c.m. broad and oval in shape. Its fruits are like Peas or Makoi. They are green in colour, after ripe they turn in orangish red. Its seeds are yellow in colour and like beans in shape.



**USE :**

Ashvagandha is used as medicine on diseases like T.B., gout and general weakness. It is used as preventive medicine also. Ground root heals wounds, boils and swelling. In low blood pressure because of tension this plant provides energy. This increases mental ability, sound sleep and decreases blood pressure. For children who are suffering from requetts its a very effective healer.

**METHOD :**

1. Its leaves and roots have antibiotic and anti bacterial qualities because of this quality it heals up and dries up wounds fast. Take fresh roots and leaves and grind them to paste . Apply this paste on wound and tie it with cloth. Wound heals very fast.
2. For swelling (due to injury or any other cause) heat up this paste and apply.
3. For Gout, mix any oil in the paste of roots, heat up the mixture and apply on affected parts.
4. For high fever take fresh juice of leaves thrice daily.
5. Its an ideal medicine for low blood pressure. It is benefecial in all the ailments related to low blood pressure. Grind seeds and leaves in equal proportion make pea like balls and dry it. Take 3-4 balls at bed time with milk. This will bitter in taste but its an ideal medicine for low blood pressure.



**INFORMATION SERVICE DIVISION**  
Centre for Development of Rural Technology  
Institute of Engg. & Rural Technology  
26, Chatham Lines, Allahabad - 211 002.