

## Medicinal Plants

### List of Medicinal Plants as found in the District of Goa

1. Ganji .. (*Abrus precatorius*) - leaves, roots and seeds Uses .. For the cure of sore throat, dry cough, ardour urine, rheumatism, prevention of conception, for skin disease, ulcers and eye diseases, and serves as a blood purifier, a purgative and a tonic.
2. Shami .. (*Acacia arabica*) - Tender leaves, bark and gum Uses .. Treatment of gonorrhoea, leucorrhoea, discharge, prolapse of uterus, diarrhoea, dysentery, diabetes, bleeding from bites of leeches and as an expectorant.
3. Shikakai .. (*Acacia concinna*) - leaves and pods. Uses .. Treatment of jaundice, malarial fever, a mild laxative, biliousness, promotes growth of hair, kills dandruff and skin diseases.
4. Aduso .. (*Adhoda vasica*) - leaves, root, bark, flowers and fruits. Uses .. An antispasmodic, treatment of chest diseases, phthisis, chronic bronchitis, asthma, diarrhoea, dysentery, malaria fever, fresh wounds, rheumatic joints, inflammatory swellings, scabies, neuralgic pains, nose bleeding, diphtheria, gonorrhoea, an antiseptic and arthelmentic.
5. Belpatri .. (*Aegle marmelos*) - leaves, root, bark and fruits. Uses .. A mild laxative in fever and asthma, treatment of constipation, jaundice, diarrhoea, dysentery, dyspepsia, antiscorbutic and a tonic. A sharbet of ripe fruit gives cooling effect.
6. Anasaroli .. (*Alangium Salvifolium*) - root and bark. Uses .. Treatment of dogbites, a purgative, antidote and emetic.
7. Shiras .. (*Albizzia lebbeck*) - leaves, bark, flowers and seeds. Uses .. Treatment of night blindness, an astringent, piles, diarrhoea, dysentery, gonorrhoea, cure spongy gum boils, swellings, scrofulous enlargement of glands, and eye diseases.
8. Satan .. (*Alstonia scholaris*) - leaves and barks. Uses .. Treatment of ulcers, fevers, dyspepsia, debility, skin diseases, liver complaints, chronic diarrhoea and dysentery.
9. Kaju .. (*Anacardium occidentale*)-bark, apple, shell oil and seed. Uses .. In leprosy, ringworm, corns, obstinate ulcers, scurvy, diarrhoea, uterine complaints, dropsy, neuralgic pains, rheumatisms, elephantiasis, the seed oil is an excellent emollient and used in gastroenteritis.

10. Sitaphal .. (*Annona squamosa*) - leaves, bark, fruit and seeds Uses .. For the treatment of prolapse of anus of children, boils, ulcers, a fly infested sore, malignant tumours, hysteria, diarrhoea, acute dysentery, melancholia, spinal diseases, a tonic and an abortifacient.

11. Brahma-dandi .. (*Argemone mexicana*) - roots and seeds. Uses .. Treatment of dropsy, jaundice, skin diseases, gonorrhoea, blisters, rheumatic pains, ulcers, vesicular calculus, boils, abscesses, cough, pulmonary diseases, asthma, whooping cough, diseases of intestine.

12. Sathavari .. (*Asparagus recemosus*) - roots. Uses .. Treatment of dysentery, diarrhoea, tumours, inflammation, biliousness, blood diseases, kidney, liver, eye and throat complaints, tuberculous, leprosy, epilepsy, night blindness, scalding urine, rheumatism and gonorrhoea.

13. Kadulimbu .. (*Azadirachta indica*) - leaves, bark, gum, flowers, fruits and seeds. Uses .. Treatment of jaundice, skin diseases, malarial fever, boils, chronic ulcers, small-pox, syphilitic sores, an effective vaginal douche in after treatment of child-birth, liver complaints, a purgative, a tonic for treatment of general debility, nervous headache, urinary diseases, piles and intestinal worms.

14. Palas .. (*Butea monosperma*) - leaves, bark, flowers and seeds. Uses .. In diarrhoea, heartburn, sweating of phthistis, diabetes, flatulent colic, piles, ulcers, cough, catarrh and ringworm diseases.

15. Undi .. (*Calophyllum inophyllum*) - bark, root and leaves. Uses .. Treatment of of sore eyes, ulcers, leprosy, gonorrhoea and skin disease.

16. Bhavo .. (*Cassia fistula*) - leaves, roots and pods. Uses .. Treatment of paralysis, rheumatism, skin diseases, black water fever, a strange purgative and tonic.

17. Taikulo .. (*Cassia tora*) - leaves, roots and seeds. Uses .. Treatment of gonorrhoea, fever and headache, childrendiarrhoea and a laxative.

18. Sanvor .. (*Bombax ceiba*) - leaves, bark, pods, roots and gum. Uses .. Treatment of gonorrhoea, fever and headache, children diarrhoea and a laxative.

19. Brahmi .. (*Centella asiatica*) - entire plant. Uses .. A tonic, blood purifier, for treatment of nervous diseases, amenorrhoea, piles, elephantiasis, skin diseases, dysentery of children and bowel complaint, rheumatism, mental weakness and poor memory, gonorrhoea, jaundice and fevers.

20. Dalchini .. (*Cinnamomum Zeylanicum*) - bark, root and leaves. Uses .. Treatment of amenorrhoea, typhoids, rheumatism, headache, toothache,

paralysis of tongue, nausea, vomiting, gastric irritations, neuralgic pains, and tedious labour caused by defective uterine contraction.

21. Ganjan .. (*Cymbopogon citratus*) - leaves and seeds. Uses .. In diaphoretic, a stimulant in catarrh and febrile conditions, dysmenorrhoea, disordered menstruation, vomiting, diarrhoea, dropsical condition caused by malaria, rheumatic pain, sprains, ringworm disease, gastric irritability, cholera and a tonic.

22. Durvo .. (*Cynodon dactylon*) - entire plant. Uses .. In haematuria, vomiting, chronic diarrhoea, dysentery, hysteria, insanity, bleeding of piles, irritation of piles, irritation of bladder, second syphilis and vesical calculus.

23. Dhaturu .. (*Datura innoxia*) - leaves, stem, fruits and seeds. Uses .. Treatment of asthma, whooping cough, bronchitis, gonorrhoea, tumours, rheumatism, difficult menstruation, inflamed breasts, skin diseases, burns, boils, dandruff and falling of hair and decaying teeth trouble.

24. Pangaro .. (*Erythrina indica*) - leaves and bark. Uses .. Treatment of round worms, tape worms, thread worms, chronic dysentery, dressing of ulcers, toothache, rheumatic pains, venereal buboes, and eye diseases.

25. Anvalo .. (*Emblica officinalis*) - fruits and seeds. Uses .. In fevers, hiccup, vomiting, indigestion, constipation, diarrhoea, dysentery, biliousness, haemorrhage, gonorrhoea, ophthalmia, fevers, diabetes, nausea, scabies and itch. A source of Vitamin C.

26. Vad .. (*Ficus bengalensis*) - leaf buds, bark, latex and aerial roots. Uses .. In diarrhoea, dysentery, piles, abscesses, diabetes, toothache and vomiting.

27. Rumbad .. (*Ficus glomenata*) - leaves, bark, latex, figs. Uses .. Treatment of bilious disorders, dysentery, menorrhagia, haemoptysis, spongy gums, small pox, haematuria, diabetes, ulcers, diarrhoea, rheumatic and chest pains.

28. Pipal .. (*Ficus religiosa*) - barks and figs. Uses .. Decoction is used in gonorrhoea and scabies, treatment for toothache, for cracked and inflamed soles of feet, sores, a laxative and used to cure asthma.

29. Bhirand .. (*Garchinia indica*) - fruit and seeds. Uses .. Treatment of urticarias, dysentery, mucous diarrhoea, phthisis pulmonalis and scorbutic diseases, chapped hands abrasions, ulcerations and fissures on the body.

30. Shivan .. (*Gmelina arborea*) - leaves and roots. Uses .. Treated for gonorrhoea, catarrh of bladder, cough, cleaning the ulcers, insanity, epilepsy, fevers, indigestion, anasarca and a nerve tonic.

31. Sarsaparilla .. (*Hemid Esmus indicus*) - roots. Uses .. Treated for dyspepsia, fever, skin diseases, syphilis, leucorrhoea, genito-urinary diseases, chronic cough, rheumatic pains and boils.

32. Kudo .. (*Holarrhena antidysenterica*) - bark and seeds. Uses .. In amoebic dysentery, piles, leprosy, colic, dyspepsia, chronic chest complaints, diuresis, spleen diseases, jaundice, bilious, bladder calculi and given to women after childbirth.

33. Kadu Kavath .. (*Hydrocarpus kurzil*) - seeds. Uses .. Skin diseases and wounds.

34. Moi .. (*Lannea coromandelica*) – Tender branches and gum. Uses .. In coma caused by overdose of narcotics, dyspepsia, general debility, gout and dysentery, sore eyes, leprosy, sprains and bruises.

35. -- .. (*Mallotus philippinensis*) Leaves. Uses .. In debility, tapeworms, ringworms, scabies, herpes and other skin diseases.

36. Ambo .. (*Mangifera indica*) - bark, gum, fruit and seeds. Uses .. Treated for menorrhagea, leucorrhoea, mucopurulent discharges from uterus and bowels, dysentery, bleeding piles haemorrhage from the lungs, intestines or uterus and diarrhoea, diphtheria, prolapse of vagina and rectum nasal, catarrh and skin diseases.

37. Nag-chapa .. (*Mesua Ferrea*) - bark, flowers, fruits and seeds. Uses .. Dysentery, vomiting, cough, irritability of the stomach, excessive perspiration and bleeding piles, burning feet, genito-urinary diseases wounds and skin diseases.

38. Vonvol .. (*Mimusops elengi*) - bark, root, flowers and fruit. Uses .. Fevers, teeth trouble, pustular eruptions of skin, bathing wounds, ulcers, headaches and tonic.

39. Lajje zad .. (*Mimosa pudica*) - leaves and roots. Uses .. Treatment of kidney, piles, fistular sores, urinary diseases and abscesses.

40. Karbel .. (*Murraya Koengii*) - leaves, bark and roots. Uses .. In dysentery, diarrhoea, vomiting, paste is applied over bruises and bites of venomous animals.

41. Kali-miri .. (*Piper nigrum*) - berries. Uses .. Uses for dyspepsia, flatulence, debility, prolapse of anus, diarrhoea piles, urinary disorders, cough, vertigo, coma, gonorrhoea, malarial fever, boils, relaxed sore throat, paralytic affectation, rheumatic pains, headache, prolapsed rectum, skin diseases, toothache, alopecia, and urticaria.

42. Galai .. (*Randia dumetorum*) - bark and fruits. Uses .. In diarrhoea, dysentery, rheumatism, nausea, and as an expectorant.

43. Adiki .. (*Rauwolfia serpentina*) - roots. Uses .. Treated for insomnia, hypochondria, insanity, irritable condition of the central nervous system, high blood pressure, intestinal disorders, diarrhoea and dysentery.

44. Sanvar .. (*Salmalia malbarica*) - bark, gum, root, flower and fruit. Uses .. Treated for abnormal uterine bleeding, haemoptysis of pulmonary tuberculosis, influenza, vomiting of blood menorrhagia, infantile diarrhoea, sore eyes, ulceration of the bladder and the kidneys, gonorrhoea, gleet and chronic cystitis.

45. Ashok .. (*Saraka indica*) - bark and flowers. Uses .. In uterine disorders especially for menorrhagia and leuchorrhoea, internal piles, dysentery and diabetes.

46. Biba .. (*Semicarpus anacardium*) - fruit. Uses .. In dyspepsia, piles, skin diseases, nervous debility, worms, palsy and epilepsy, syphilis, asthma and neuralgia.

47. Kazro .. (*Strychnos nux-vomica*) - wood and seeds. Uses .. Intermittent fevers, cholera, acute dysentery, debility, worms, hysteria, hydrophobia, tobacco amaurosis, mental emotions, gout, insomnia, spasmodic diseases as vomiting of pregnancy, opium poisoning, sexual impotence and for bronchitis.

48. Jambal .. (*Syzigium-cumuni*) - leaves, bark, fruits and seeds. Uses .. Dysentery, chronic diarrhoea, menorrhagia, enlargement of spleen, spongy gums, stomatitis, suppressed urine and diabetes.

49. Chinch .. (*Tamarindus indica*) - leaves, bark fruit and seeds. Uses .. In jaundice, sprains, boils, sore eyes, scabies, alcohol intoxication, dhatoora poisoning, bilious vomiting and in sunstroke.

50. Sailo .. (*Tectona grandis*) - bark, wood, flower and seeds. Uses .. Dyspepsia, heartburn, headache, toothache, diuresis, a hair tonic and for skin itch.

51. Ghoting .. (*Terminalia balerica*) - fruits. Uses .. In piles, diarrhoea, fever and dropsy cough, hoarseness of voice, sore throat, dyspepsia and a purgative.

52. Hirda .. (*Terminalia chebula*) - fruits Uses .. A mild laxative treated for dysentery costiveness, flatulence, asthma, uriginary disorders, vomiting, hiccup, intestinal worms, ascites, larged spleen and liver, vaginal discharges, ulceration of gums, a dressing for burns and scalds and piles. A cardiac tonic.

53. Maroatha .. (*Terminalia tormentosa*) - bark, Uses .. Treatment of ulcers, haemorrhages, fractures, bronchitis, leucorrhoea, gonorrhoea, diarrhoea, dysentery, ecchymosis, and spitting of blood.

54. Amrut val .. (*Tinospora cordifolia*) - entire plant. Uses .. Rheumatism, urinary diseases, dyspepsia, general debility, syphilis, biliousness, fever, piles, bronchitis spermatorrhoea, impotence, jaundice, turpidity of liver, and for fractures

55. Nirgud .. (*Vitex negundo*) - leaves, roots and flowers. Uses .. In catarrhal fever, rheumatism, enlargement of spleen, headaches, sprains, inflammatory swellings of joints, sinuses, srofulous ulcers sloughing wounds, cholera and haemorrhages.

56. Bor .. (*Zizyphus jujuba*) - leaves, bark and fruits. Uses .. In gonorrhoea, abscesses, boils, dysuria, colic and inflammation of gums, a mild laxative and an expectorant.

**Important Fibres and Flosses found in Goa are as follows:**

|                                    |                                       |
|------------------------------------|---------------------------------------|
| Sardol .. <i>Sterculia villosa</i> | Kewan .. <i>Helicteres isora</i>      |
| Dhaman .. <i>Grewia tilaefolia</i> | Rui .. <i>Calotropis gigantea</i>     |
| Billamad .. <i>Caryota urens</i>   | Samvar .. <i>Salmalia malabaricum</i> |
| Gol .. <i>Trema orientalis</i>     |                                       |

**Tanning Barks of the following varieties are found in Goa:**

|                             |                             |                                |
|-----------------------------|-----------------------------|--------------------------------|
| <i>Cassia fistula</i>       | <i>Terminalia arjuna</i>    | <i>Emblica officianalis</i>    |
| <i>Syzgium cummunii</i>     | <i>Lannea coromandelica</i> | <i>Legistroemia parviflora</i> |
| <i>Terminalia tomentosa</i> | <i>Sylia Xylocapra</i>      | <i>Careya arborea</i>          |

**Source: <http://www.goacom.com/goafoundation/biodiversity/>**