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## *Aerva Lanata*



Common name—Polpala  
Production lead time - 2weeks  
Producing mode - Rooted in net pot  
Size - 12cm

*Aerva lanata* is a woody, prostrate or succulent, perennial herb in the Amaranthaceae family of the genus *Aerva*

The whole plant, especially the leaves, is edible. The leaves are commonly used in soup or eaten as a spinach or as a vegetable.

### Medicinal Uses

**Leaves** -A leaf-decoction is prepared as a gargle for treating sore-throat and used in various complex treatments against guinea-worm. It is used to wash Babies that have become unconscious during an attack of malaria or of some other disease .They are washed with a leaf decoction and at the same time smoke from the burning plant is inhaled. The leaf-sap is also used for eye-complaints. An infusion is given to cure diarrhea and in an unspecified manner at childbirth, and on sores.

**Root** -The root is used in snake-bite treatment.

**Flowers** -For pains in the lower part of the back. Leaves and flowers are reduced to ash which is rubbed into cuts on the back.

**Spiritual** -It is believed that it gives protection against evil spirits, is a good-luck talisman for hunters, and safeguards the well-being of widows.

## *Achyranthes aspera*



Common name - Gas Karalheba  
Production lead time -  
Producing mode - Rooted in net pot  
Size - 12cm

*Achyranthes aspera* L. (Family Amaranthaceae) is a common plant abundantly found in wastelands. It is known as “Prickly chaff flower” in English and Gas karalheba in local language and dialects.

### Medicinal uses

The plant is highly esteemed by traditional healers and used in treatment of asthma, bleeding, in facilitating delivery, bronchitis, cold, cough, colic, debility, dropsy, dog bite, dysentery, ear complications, headache, leucoderma, pneumonia, renal complications, scorpion bite, snake bite and skin diseases etc.

Its extractions are widely used to induce abortion, to induce labor pains, to expel dead fetus, to expel the remains of placenta after abortion, to stop excessive hemorrhage during pregnancy, to prevent post-partum hemorrhage, to prevent post-partum body aches, to prevent post-partum fever, to overcome post-partum loss of appetite (Anorexia), to treat Menoxenia (abnormal menses), to stop habitual abortion, to stop abnormal secretion of lochia, to overcome Costodynia (pain in ribs), to overcome infertility in women.

**Chemical Constituent:** Plant yields achyranthine

### Other Uses

Useful for reclamation of wastelands.  
Leaf is consumed as potherb.

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## *Alternanthera sessilis*



Common name— Mukunuwenna  
Producing mode - Rooted in net pot  
Production lead time - 2 weeks  
Size - 12cm

***Alternanthera sessilis*** is an aquatic plant. The plant occurs around the world. The leaves are used as a vegetable. Occasionally it is cultivated for food or for use in herbal medicines.

### Medicinal uses

This is used to treat wounds, flatulence, cough, bronchitis and diabetes. Some people use this for treating night blindness. The leaves and stem of this plant are used as galactagogue and febrifuge, respectively. The fresh and immature leaves are used for treating indigestion and eaten as a vegetable in cooked form.

It is applied on inflamed wounds externally. An extract of the roots is mixed with cow milk as a treatment for spermatorrhoea.

This is commonly used for treatment of acne vulgaris. It is also used for the treatment of biliousness, dyspepsia associated with sluggish liver, chronic congestion of liver, acute and chronic pyelitis, painful desire to urinate (strangery) and snake bites in Sri Lanka. It is used as a treatment for headaches and vertigo in Nigeria. It is also used to treat hepatitis, bronchitis, and asthma in Taiwan.

## *Acalypha indica*



Common name - Kuppamenia  
Producing mode - rooted in net pots  
Size - 12cm  
Production lead time - 4 weeks

*Acalypha indica* L. (family: *Euphorbiaceae*) is a plant widely distributed throughout the plains of India and Sri Lanka.

### Medicinal Uses

Leaves are mostly used in the form of powder or decoction.

Leaves are mixed with garlic and are used as anthelmintic in worms and applied to scabies. The juice mixed with oil forms is used as an application in rheumatic arthritis.

Expressed juice of the leaves is a safe, certain and speedy emetic for children in one teaspoonful doses in cases of croup. In smaller doses it is an expectorant (a medication that helps bring up mucus and other material from the lungs, bronchi and trachea) and is useful in chronic bronchitis and asthma. The decoction is employed in ear-ache as instillation and also as fomentation round the aching ear. Also cataplasm of the bruised leaves is applied to syphilitic ulcers, to maggot-eaten sores and also to relieve the pain of snakebites.

Powder of dry leaves is used in bed sores. In congestive headache, a piece of cotton saturated with the expressed juice of the plant or leaves and inserted into each nostril is said to relieve it by causing hemorrhage from the nose.

In cases of obstinate constipation of children, the paste of leaves made into a ball and introduced into the rectum, relaxes the sphincter and produces free motions. An infusion of the root or the root bruised in water, acts as a cathartic.

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## *Amaranthus viridis*



Common name - Green Amaranth  
Producing mode - Rooted in net pots  
Size - 10/12cm  
Production lead time - 2 weeks

***Amaranthus viridis*** is a species in the family Amaranthaceae and is commonly known as **Slender Amaranth** or **Green Amaranth**. It is eaten traditionally as a vegetable in India and Sri Lanka. In Greece it is called **Vlita** and is one of the varieties of "horta" or greens known in Greek cuisine which is boiled and served with olive oil and lemon.

**As a medicine**—This has been used in Indian and Nepalese traditional system to reduce labour pain and act as an antipyretic . In Philippines the bruised leaves are directly applied on eczema, psoriasis and rashes etc . Other traditional uses range from an anti inflammatory agent of the urinary tract, , diuretic, anti rheumatic, anti ulcer, analgesic, anti emetic, laxative, improvement of appetite, treatment of respiratory and eye problems, to treatment of asthma etc .

**As a food** – It is used as a vegetable in Asian dishes. The leaves chopped into small pieces are mixed with grated fresh coconut and tempered in butter oil is a popular cuisine in Sri Lanka.

## *Alpinia Galanga*



Common name - Thai ginger, Arathi  
Producing mode - rooted  
Size - 15cm  
Production lead time - 2 weeks

***Alpinia galanga***, a plant in the ginger family, is a herb used for cooking of Indonesian cuisine and Thai cuisine. It is one of four plants known as galangal. The galangals are also called as blue ginger or Thai ginger.

### **As a food**

The rhizome is a common ingredient in Thai soups and curries. It is used fresh in chunks or thin slices, mashed and mixed into curry paste. It is used in Russia as a flavoring for beverages, including a liquor called *Nas-toika*.

### **As a Medicine**

Drugs prepared from the rhizomes and roots and used as tea or tincture (an alcoholic extract or solution of a non volatile substance) with spasmolytic, antiphlogistic (reducing inflammation or fever) and antibacterial effects. This is also an essential spice and food flavoring product as well as a medicament or part of medicaments in Asian folk medicine for various applications, such as rheumatic ointments, for the treatment of respiratory diseases, as aromaticum and tonicum.

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## *Biophytum reinwardtii*



Biopytum Reinwardt' Plant is an annual herb in the family Oxalidaceae which looks like a miniature tree.

Its leaves roots and seeds are used for its diuretic and an expectorant properties in Ayurvedic medicines which are used in the treatment of wounds,bruises,hypertension,asthma,phthisis,snake bite poisoning,and stones in the bladder etc.It also promotes suppuration.

Common name - Gas nidikumba  
Producing mode - Rooted in net pot  
Production lead time - 4 weeks  
Size - 12cm

## *Boerhavia diffusa*



Boerhavia diffusa or Punarnava belongs to the family Nyctaginaceae . This is also known as spiderlings as this plant grows low and spreads like spider web.It is taken in herbal medicine for pain relief and many other uses

**Obesity:** The herb has been used in indigenous medicine from time immemorial. This is highly beneficial in the treatment of obesity as almost all anti-obesity herbal preparations contain it in one or the other form.

**Dropsy (Edema):** It increases the secretion and discharge of urine as it is effective on controlling excessive fluids filled in the body cavity. The fresh boiled herb should be given in the treatment of this disease. A liquid extract of the fresh or dry plant can also be given in doses of 4 to 6 gms.

**Stomach disorders:** It is beneficial in the treatment of several stomach disorders as it is useful in strengthening the stomach and promoting its action particularly intestinal colic. A powder of the root is given in doses of 5 gms thrice a day. It is also useful in killing or expelling intestinal worms.

**Asthma:** It promotes the removal of catarrhal matter and phlegm from the bronchial tubes. It is, therefore, beneficial in the treatment of asthma. A powder of the root can be taken in small doses three times a day.

**Skin diseases:** A paste of the root can be applied beneficially as a dressing for oedematous swellings. A hot poultice of the root can be applied with gratifying results to ulcers, abscesses and similar skin diseases.

Common name - Spiderling,Punanawa  
Producing mode - Rooted  
Size - 15/20cm  
Production lead time - 4 weeks

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## *Cardiospermum Halicacabum*



Common name— Wel Penela ,love plant  
Producing mode - Rooted in net pot  
Production lead time - 5 weeks  
Size - 12cm

It is an annual herb which is very common throughout the tropics .The roots and the leaves are commonly used in medicine.

A decoction of the *Cardiospermum halicacabum* roots is given in half tablespoonful doses twice a day for bleeding piles. It is used to allay pains due to sprains and contusions about the joints.

The leaves are used for rheumatism, nervous diseases, hemorrhoids and chronic bronchitis. The juice of the leaves is put into the ear for ear-ache and also used for the abnormal suppression of menses.

### Medicinal uses

The leaves are applied as a poultice for skin eruptions. They are coated with castor oil and are applied on swellings and tumours. The crushed leaves are inhaled to relieve headache. The seeds are used as a tonic in fever, and rheumatism. It is also used in preparing an oil for infants when they find it difficult to breath through the nose.

## *Cassia tora*



Common name - Tora, Ringworm plant  
Producing mode - rooted in net pots  
Size - 12cm  
Production lead time - 4 weeks

This is an annual herb with a height of 30 to 90 cm. It has pinnate leaves, which are about 10 cm long.

### Medicinal Uses & Benefits

*Cassia tora* is used as a coffee substitute and has a maturing and anodyne action. It is very useful in treating skin diseases like ringworm and itching or body scratch and psoriasis. Its paste is used for treating skin ailments.

The alcoholic or vinegar maceration of pounded fresh leaves is used externally to treat eczema and dermatomycosis (skin disease caused by a fungus). Decoction of the fruit of *Cassia tora* is used in the treatment of fever. It also acts as a liver stimulant, mild laxative and heart tonic.

The herb helps the body in maintaining the normal level of cholesterol and also for getting rid of chronic diseases. Its powder is useful in combating indigestion, toning up heart muscles and purifying blood.

*Cassia tora* proves worthwhile in treating piles and hemorrhoids as well as relieving the pain caused on excretion.

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## *Centella asiatica*



Common name - Gotukola  
Producing mode - rooted  
Size - 12/15cm  
Production lead time - 4 weeks

This is a slender, creeping plant that grows commonly in swampy areas of India, Sri Lanka, Madagascar, South Africa and the tropics. Its common names are Indian pennywort, marsh penny and water pennywort. It is regarded as one of the most spiritual and rejuvenating herbs in Ayurveda and is used to improve meditation.

The leaves of this plant have been used around the world for centuries to treat leprosy, cancer, skin disorders, arthritis, hemorrhoids, and tuberculosis. In recent years, Gotu kola has become popular in the West as a nerve tonic to promote relaxation and to enhance memory. It is commonly used to rebuild energy reserves improve memory and treat fatigue, both mental and physical.

Recent studies show that it also has a positive effect on the circulatory system. It seems to improve the flow of blood throughout the body by strengthening the veins and capillaries.

It has been shown to be particularly useful for people who are inactive or confined to bed due to illness. The herb has been used successfully to treat phlebitis (inflammation of the veins), varicose veins, as well as leg cramps, swelling of the legs, and "heaviness" or tingling in the legs.

## *Costus speciosus*



Common name - Crape ginger  
Producing mode - rooted in net pots  
Size - 10/12cm  
Production lead time - 4weeks

**Costus speciosus** or **crape ginger** is possibly the best known cultivated species of the genus *Costus*. This differs from the common ginger by having only one row of spirally arranged leaves.

### Medicinal uses

Mostly the rhizome of this plant is useful for medicinal purposes and it contains diosgenin, which is used for anti fertility, anti inflammatory and ant spasmodic treatment.

Rhizome is edible after cooking and this has been used in India and Southeast Asia to treat boils, constipation, diarrhea, dizziness, headache, vertigo, ear, eye, and nose pain, and to stop vomiting.

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## *Curcuma longa*



Common name - Indian Saffron  
Producing mode - Rooted  
Size - 12/15cm  
Production lead time - 8weeks

**Turmeric** (*Curcuma longa*) is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae.

The rhizomes are boiled for several hours and then dried in hot ovens. Then those are ground into a deep orange-yellow powder commonly used as a spice in curries and it is also used for dyeing in some South Asian and Middle Eastern countries. In medieval Europe, turmeric became known as **Indian Saffron**, since it was widely used as an alternative to the far more expensive saffron spice.

### Medicinal uses

**Antimicrobial Effects** -Turmeric extract and the essential oil of *Curcuma longa* inhibit the growth of a variety of bacteria, parasites, and pathogenic fungi.

**Cardiovascular Effects**-Turmeric's protective effects on the cardiovascular system include lowering cholesterol and triglyceride levels, decreasing susceptibility of low density lipoprotein (LDL).

**Gastrointestinal Effects**-Turmeric has also been shown to inhibit ulcer formation caused by stress, alcohol and some antibiotics.

**Anti-carcinogenic**-The anti-carcinogenic effects of turmeric are due to direct antioxidant and free-radical scavenging effects.

## *Cymbopogon citratus*



Common name - Lemon grass  
Producing mode - Bare rooted stem  
Size - 12/15cm  
Production lead time - 2weeks

It is a tall perennial grass. Common names include **lemon grass, barbed wire grass, silky heads, citronella grass, cha de Dartigalongue, fever grass, Hierba Luisa** or **Gavati Chaha** amongst many others, Lemongrass is native to India. It is widely used as a herb in Asian cuisine. It has a citrus flavor and can be dried and powdered, or used fresh.

Lemongrass is commonly used in teas, soups, and curries. It is also suitable for poultry, fish, and seafood. It is often used as a tea in African countries such as Togo and the Democratic Republic of the Congo and Latin American countries such as Mexico.

Lemon grass caused apoptosis (programmed cell death) in cancer cells. Through in vitro studies, the researchers examined the effect of citral, a molecule found in lemon grass, on both normal and cancerous cells. Using concentrations of citral equivalent to the quantity in a cup of tea, the researchers observed that citral induces programmed cell death in the cancerous cells, while the normal cells were left unharmed.

Lemon grass oil is a yellow - or amber liquid that is antiseptic; it can be used to treat athlete's foot (tinea pedis).

The stem and leaves are used as a spice for cooking in the Asian cuisine. It is also used as an insect repellent and a carminative.

Another source is the use of *Cymbopogon citratus* in the cosmetic industry, such as in soap - and hair care products.

Lemon grass is used against cough, cuts, asthma, bladder disorders and as a diaphoretic. It is also used to relieve headaches.

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## *Eclipta prostrata*



Common name - Keekiridiya  
Producing mode - Rooted in net pot  
Size - 12cm  
Production lead time - 4 weeks

***Eclipta prostrata***, commonly known as **False Daisy**, is a plant belonging to the family Asteraceae.

The herb contains mainly Coumestans which are known to possess a wide range of biological activity. This is used for the treatment of hepatitis and cirrhosis as an antibacterial and anti-hemorrhagic.

**Medicinal uses**-The expressed leaf juice is applied along with honey is a popular remedy for catarrh in infants. A preparation obtained from the leaf juice boiled with sesame or coconut oil is used for anointing the head to render the hair black and luxuriant. Plant is rubbed on the gums in toothache and applied with a little oil for relieving headache and with sesame oil in elephantiasis. Roots are emetic and purgative.

In Taiwan, entire plant is used as a remedy for the treatment of bleeding, haemoptysis (a disease that symptoms include coughing up blood from the lungs), haematuria (presence of red blood cells in urine) and itching, hepatitis, diphtheria and diarrhea. In China, it is used as a cooling and restorative herb, which supports the mind, nerves, liver and eyes. The leaf extract is considered to be powerful liver tonic, rejuvenate, and especially good for the hair.

## *Hygrophilia spinosa*



Common name - Neeramuiya  
Producing mode - Rooted in net pot  
Size - 12cm  
Production lead time - 4 weeks

*Hygrophilia spinosa* belongs to Acanthaceae family. Its common name is Nirmulli or Gokulakanta. The root contains an alkaloid named hygrosterol. The aerial parts of the plant are reported to contain lupeol, stigmasterol and butelin, while the seeds mainly contain fatty acids. Its flower contains apigenin 7glucuronide.

### **Medicinal uses**

The plant is used as demulcent, aphrodisiac, diuretic, urinary tonic and hepatic-protective substance. The aerial parts and the roots are used in herbal preparations.

The plant is also used as a treatment for rheumatism, Jaundice, inflammation, pain, hepatic obstruction, gout, bacterial infection etc.

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## *Hemidesmus indicus*



**Indian Sarsaparilla** (*Hemidesmus indicus*) is a species of plants that is found in South Asia. It is a slender, laticiferous, twining, sometimes prostrate or semi-erect shrub. Roots are woody and aromatic. The stem is numerous, slender, terete, thickened at the nodes.

It is a well known herb used in many medicinal preparations. Usually the root of the plant is used but in some cases whole plant is used. The root of plant has cooling, antipyretic, alexiteric (resistance to poison), antidiarrhoeal properties and used to cure various ailments of body. This plant is very useful in treating abdominal problems, skin diseases, bone ailments, respiratory disorders, urinary infections and some types of fever. This herb is also effective in foul body odour, blood disorders, dysentery, diarrhea, burning sensation, piles and eye troubles.

It is one of the Rasayana plants of Ayurveda, as it is anabolic in its effect. It stimulates the flow of bile and removes toxins from the body. It is a good diuretic and increases flow of urine three to four times. When used with *Tinospora*, the herb's effect is enhanced further. It relieves inflammation of urethra and burning micturition and is also helpful for third or fourth stages of syphilis.

Common name - Iramusu, **Indian Sarsaparilla**

Producing mode - Rooted

Size - 12cm

Production lead time - 4 weeks

## *Ipomea aquatica*



*Ipomea aquatica* is a semi-aquatic tropical plant grown as a leaf vegetable. It is known in English as Water Spinach, Water Morning Glory, Water Convolvulus, or by the more ambiguous names "Chinese spinach" and "swamp cabbage".

### As a food

The vegetable is a common ingredient in Southeast Asian dishes. In Singapore, Indonesia and Malaysia, the leaves are usually stir fried with **chillie** pepper, garlic, ginger, dried shrimp paste (belacan/terasi) and other spices. In Penang and Ipoh, it is cooked with cuttlefish and a sweet and spicy sauce.

Common name— Water Spinach

Producing mode - Rooted in net pot

Size - 12cm

Production lead time - 3 weeks

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## *Justicia adhatoda*



Common name - Adathoda  
Producing mode - Rooted in net pot  
Size - 12cm  
Production lead time - 4 weeks

This is a esteemed Ayurvedic plant which can be propagated easily by cuttings. It grows to a height of 8 to 14 feet and has attractive white flowers.

*Adhatoda* is useful for curing coughs, colds and asthma and is easy to administer. As with most herbal medicines it is most effective if administered as soon as symptoms begin to manifest themselves. Boil three leaves of the herb (after washing) with one cup of water. (It should be boiled and reduced to half.) Half a cup of the decoction can be taken each time three or four times a day.

### Medicinal uses

*Adhatoda* works in two ways. It improves the functioning of the respiratory system and the immune system. It has been used for centuries as an expectorant and is a constituent of many herbal cough syrups.

A poultice of the leaves may be applied on wounds for their antibacterial and anti-inflammatory properties. The poultice is also helpful in relieving rheumatic symptoms when applied to joints.

It has been used to control both internal and external bleeding such as peptic ulcers, piles and bleeding gums.

This herb exhibits antispasmodic, expectorant and blood purifying qualities and also been used to speed delivery during childbirth.

## *Kaempferia galanga*



Common name - sand ginger  
Producing mode - Rooted  
Size - 15cm  
Production lead time - 4weeks

***Kaempferia galanga***, commonly known as **kencur**, **aromatic ginger**, **sand ginger**, **cutcherry** or **resurrection lily**, is a monocotyledonous plant in the ginger family.

The rhizomes of the plant, which contain essential oils, have been used in Chinese medicine as a decoction or powder for treating indigestion, cold, pectoral and abdominal pains, headache and toothache. Its alcoholic maceration has also been applied as liniment for rheumatism.

***Kaempferia galanga*** is used as a tasty culinary herb in certain Asian cuisines. It is used in cooking similarly to *Alpinia galanga*.

The rhizomes are stimulating, expectorant, carminative, diuretic, and given in cough. They reduce irritation of caterpillar stings. The rhizome is an ingredient of medicated hair oils effective in controlling dandruff and head lice, and are often used as insect repellents.

The rhizome oil is used in cosmetics and perfume industry.

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## *Lawsonia inermis*



Common name - Henna  
Producing mode - Rooted  
Size - 12cm  
Production lead time - 4weeks

**Henna** (*Lawsonia inermis*) is a flowering plant used since antiquity to dye skin, hair, fingernails, leather and wool.

### Uses

For skin dyeing, a paste of ground henna (either prepared from a dried powder or from fresh ground leaves) is placed in contact with the skin from a few hours to overnight. Henna stains can last a few days to a month depending on the quality of the paste, individual skin type, and how long the paste is allowed to stay on the skin.

Henna also acts as an anti-fungal and a preservative for leather and cloth. Henna flowers have been used to create perfume since ancient times and henna perfume is experiencing a resurgence. Henna repels some insect pests and mildew.

Henna's coloring properties are due to **lawsone**, a burgundy organic compound that has an affinity for bonding with protein. Lawsone is primarily concentrated on the leaves, especially in the petioles of the leaf. Lawsone content in leaves is negatively correlated with the number of seeds in the fruits.<sup>[8]</sup>

## *Moringa oleifera*



Common name - Murunga  
Producing mode - rooted canes  
Size - 12cm  
Production lead time - 8weeks

**Moringa oleifera**, commonly referred to simply as "Moringa" is the most widely cultivated species of the genus *Moringa*, which is the only genus in the family Moringaceae. It is an exceptionally nutritious vegetable tree with a variety of potential uses.

The leaves are highly nutritious, being a significant source of beta-carotene, Vitamin C, protein, iron, and potassium.<sup>[4]</sup> The leaves are cooked and used like spinach. In addition to being used fresh as a substitute for spinach, its leaves are commonly dried and crushed into a powder, and used in soups and sauces. *Murungakai*, as it is locally known in Tamil Nadu and Kerala, is used in Siddha medicine. The tree is a good source for calcium and phosphorus. In Siddha medicines, these drumstick seeds are used as a sexual virility drug for treating erectile dysfunction in men and also in women for prolonging sexual activity.

Moringa trees have been used to combat malnutrition, especially among infants and nursing mothers. Leaves can be eaten fresh, cooked, or stored as dried powder for many months without refrigeration, and reportedly without loss of nutritional value.

The Moringa pod is known as "drumstick" or *saragwa* or *saragwe* in India. It can be made into a variety of *curry* dishes by mixing with coconut, poppy seeds, and mustard. It can just be boiled until the drumsticks are semi-soft and consumed directly without any extra processing or cooking. It is used in curries, sambars, kormas, and dhal, and it is also used to add flavor to cutlets, etc.

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## *Muraya koengi*



Common name - Curry leaf  
Producing mode - rooted  
Size - 15/20cm  
Production lead time - 12 weeks

The **curry tree** (*Murraya koenigii*) is a tropical to sub-tropical tree in the family Rutaceae, which is native to India. Often used in curries, the leaves go by the name "curry leaves." They are also called as "sweet neem leaves."

The leaves of *Murraya koenigii* are also used as a herb in Ayurvedic medicine.

**As a Medicine**-There are many traditional remedies for everyday utilization. A few of them are as follows. As a skin medicine, curry leaves boiled in cow's milk can be applied on a heat rash or a milk skin infection. It can also be ground into a paste with some turmeric and applied on acne infected skin for a few days.

To help in constipation, one can soak curry leaves in hot water for a few hours and drink the water with a spoonful of honey added to it. It eases the digestive tract and allows easier motion of stools. To cure nausea, brewing a curry leaf tea helps. Drinking a mixture of 1 teaspoon curry leaves juice with 2 teaspoons lime juice and 1 teaspoon sugar every morning, the nausea brought on by pregnancy is cured.

**As a food**- Curry leaves are a common ingredient in most Indian and Sri Lankan curries. Curry leaf rice ,soup with curry leaf and rice starch mixture are some of popular cuisines.

**Growing**-This can be easily grown in a small pot at home. All it needs is some watering during a dry spell and some sunshine during cold months. It can withstand a small amount of frost and needs moderate light and warmth to grow. A small pot with these aromatic leaves can be kept in a partially indoor area to ensure a fresh aroma to the area.

## *Osbeckia octandra*



Common name -  
Producing mode -  
Size -  
Production lead time -

**Osbeckia** is a genus of plants in the family Melastomataceae. It was named by Carolus Linnaeus for the Swedish explorer and naturalist Pehr Osbeck.

*Osbeckia octandra* is a plant used in traditional medicine to treat jaundice and other liver disorders.

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## *Ocimum basilicum*



Common name - Basil  
Producing mode - Rooted in net pot  
Size - 12cm  
Production lead time - 2 weeks

Basil (*Ocimum basilicum*), of the family Lamiaceae (mints), is a culinary herb prominently featured in Italian cuisine, and also plays a major role in the Southeast Asian cuisines of Taiwan, Thailand, Vietnam, Cambodia, and Laos. The plant tastes somewhat like anise, with a strong, pungent, sweet smell.

There are many varieties of basil. That which is used in Italian food is typically called sweet basil, as opposed to Thai basil, lemon basil and holy basil, which are used in Asia.

### As a food

Basil is commonly used fresh in cooked recipes. It is generally added at the last moment, as cooking quickly destroys the flavour. The fresh herb can be kept for a short time in plastic bags in the refrigerator, or for a longer period in the freezer, after being blanched quickly in boiling water.

### Medicinal uses

Scientific studies have established that compounds in basil oil have potent antioxidant, anti-cancer, antiviral, and anti-microbial properties. It is traditionally used for supplementary treatment of stress, asthma and diabetes in India. In Siddha medicine, it is used for treating pimples on the face.

## *Ocimum sanctum*



Common name - Holy basil, Tulsi  
Producing mode - rooted  
Size - 12cm  
Production lead time - 4weeks

*Ocimum sanctum* alias Tulsi, the purest and most sublime plant, has been known and worshipped in India for more than five millennia for its remarkable healing properties. Considered as an 'Elixir of Life', this wonder herb has now been claimed to keep the deadly swine flu at bay and helps fast recovery in afflicted persons.

### Uses

The leaves contain a bright yellow volatile oil which is useful against insects and bacteria. It inhibits the in vitro growth of *Mycobacterium tuberculosis* and *Micrococcus pyogenes* var. *aureus*. It has marked insecticidal activity against mosquitoes. The juice of leaves, and or a concoction, called 'Joshanda', a kind of tea, gives relief in common cold, fever, bronchitis, cough, digestive complaints, etc. When applied locally, it helps in eradicating ringworms and other skin diseases. The oil is also used as ear drops in case of pain. The seeds are used in curing urinary problems.

This can control swine flu and it should be taken in fresh form. Juice or paste of at least 20-25 medium sized leaves should be consumed twice a day on an empty stomach. This increases the resistance of the body and thereby, reduces the chances of inviting swine flu.

The anti-flu property of Tulsi has been discovered by medical experts across the world quite recently. Tulsi improves the body's overall defense mechanism including its ability to fight viral diseases. It was successfully used in combating Japanese Encephalitis.



# Herbal plants Catalogue



## *Piper nigrum*



Common name - Peper  
Producing mode - Rooted eye stem  
Size - 12 x 15cm leaf  
Production lead time - 6 weeks

**Black pepper (*Piper nigrum*)** is a flowering vine in the family Piperaceae, cultivated for its fruit, which is usually dried and used as a spice and seasoning.

Dried ground pepper has been used since antiquity for both its flavor and as a medicine. It is one of the most common spices added to European cuisine and its descendants. It may be found on nearly every dinner table in the industrialized world, often alongside table salt.

Pepper has long been recognized as an ingredient for stimulating the appetite as well as an aid in the relief of nausea. In India it had been used as a medicine for variety of ailments from paralysis to toothache.

A Philippine folk remedy calls for a generous pinch of black pepper and an equivalent amount of anise to be combined to 1 cup of brandy. Warm it over low heat (Do not boil). Slowly sip small amount of this while still warm. Retain in the mouth for 45 seconds before swallowing. This helps to reduce elevated body temperature due to fever.

Black pepper is used in liniments and gargles. They have been used as carminatives to reduce stomach and intestinal gas and they have been found to stimulate the activity of the heart and kidneys. It is also an effective insecticide against houseflies. Gardeners use pepper sprays against several kinds of pests.

## *Pandanus latifolia*



Common name - Rampe  
Producing mode - rooted /unrooted cuttings  
Size - 20/25cm  
Production lead time - 12 weeks

This is a common constituent in most south Asian including Srilankan cooking as it is widely used to enhance the aroma of rice and curries. Basically the leaves torn apart are added into rice and curries while it is still cooked and remove at the end before its delivered to the table.

Some times it is oven dried and kept in bottles for preservation until it is used. This product is mostly available in western countries in dried form.

Other than that there are many recipes .To impart its aroma into chicken, pieces of marinated chicken are enclosed in a clever wrapping of pandanus leaves and grilled or deep fried. The leaves which are pounded and strained (or blended with a little water) yield flavour and colour for cakes and sweets. This flavor is delicate, and as important to Asians as vanilla is to Westerners.

These leaves are used to make small containers for sweets little jelly and puddings. Some people wrap their hot foods using these leaves as it produce aroma when it is still warm.

These plants can be easily propagated by side shoot cuttings taken from the base of the plant. The higher the maturity of the cutting the easier the establishment.

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## *Plectantus ambonicus*



Common name - Country borage  
Producing mode - Rooted  
Size - 15/20cm  
Production lead time - 4 weeks

A large succulent aromatic perennial herb with hispidly villous or tomentose fleshy stem

The leaves have bitter, acrid, and aromatic properties. They are used as a constituent in some ayurvedic medicine as treatments for range of disorders

They are useful in treating whooping cough, colic, diarrhoea and cholera especially in children. It is also used in medicines for halitosis, convulsions, epilepsy, cough, chronic asthma, hiccough, bronchitis, renal and vesical calculi, strangury, hepatopathy and malarial fever

## • *Synsepalum dulcificum*



Common name - Miracle fruit  
Producing mode - rooted /unrooted cuttings  
Size - 10/12cm  
Production lead time - 12 weeks

The **miracle fruit**, or miracle berry plant (*Synsepalum dulcificum*), produces berries that, when eaten, cause sour foods (such as lemons and limes) subsequently consumed to taste sweet.

The berry itself has a low sugar content and a mildly sweet tang. It contains a glycoprotein molecule, with some trailing carbohydrate chains, called miraculin. When the fleshy part of the fruit is eaten, this molecule binds to the tongue's taste buds, causing sour foods to taste sweet. While the exact cause for this change is unknown, one theory is that the effect may be caused if miraculin works by distorting the shape of sweetness receptors "so that they become responsive to acids, instead of sugar and other sweet things". This effect lasts for 15–60 minutes.

### Here are some observations and results:

- It makes a **lemon** taste like a **Valencia orange**.
- It makes a **Meyer lemon** taste like an **expensive Valencia orange**.
- It makes a **lime** taste like a sweet **tangerine**.
- It makes **Country Time Instant Lemonade** taste like bland **sugar water**.
- It makes **Sour Patch Kids** taste like **Normal Patch Kids** (it makes them taste like fruity gummy bears).
- It makes a **Dill Pickle** taste like a gross **Sweet Pickle**.
- It makes a **Cola** taste very sugary and sweetener.