

# Report on Medicinal Plant Garden at Raidighi College

## 1. Introduction

Medicinal plants have been an integral part of traditional medicine systems for centuries, offering therapeutic benefits with minimal side effects. In recent years, there has been a resurgence of interest in herbal medicine and natural remedies, driven by a growing awareness of the potential risks associated with synthetic drugs. In line with this trend, **Raidighi College** has established a **Medicinal Plant Garden** as part of its efforts to promote environmental sustainability, traditional knowledge, and healthy living. The garden serves not only as an educational resource for students and the local community but also as a living repository of plants that have been used for centuries in Ayurvedic, Unani, and other traditional medicinal practices.

This report provides a detailed overview of the Medicinal Plant Garden at **Raidighi College**, highlighting key plants included in the garden and their medicinal uses. The garden houses a diverse collection of plants, ranging from widely known species to those with local significance. Some of the most important plants found in the garden include **Ashwagandha**, **Hadjoda**, **Devil's Backbone**, **Wedelia**, **Thankuni**, **Wild Turmeric**, **False Daisy**, **Nayan Tara**, **Gandal**, **Akanda**, **Jarul**, **Shatamul**, **Punarnava**, **Brahmi**, **Ginger**, **Lemon Grass**, and **Amla**.

## 2. Objective of the Medicinal Plant Garden

The primary objective of establishing the **Medicinal Plant Garden** at Raidighi College is to:

- 1. Preserve Biodiversity:** The garden serves as a space for the conservation of valuable medicinal plants, many of which are at risk due to overharvesting or habitat destruction.
- 2. Promote Traditional Knowledge:** The garden helps in preserving and sharing traditional knowledge about the uses of medicinal plants, many of which have been passed down through generations.
- 3. Educational Resource:** The garden provides students with hands-on learning opportunities about plant identification, cultivation, and the therapeutic properties of medicinal plants.
- 4. Encourage Sustainable Practices:** By cultivating medicinal plants in an environmentally friendly way, the garden promotes sustainability and reduces reliance on synthetic chemicals in healthcare.

## 3. Key Medicinal Plants in the Garden

The garden at Raidighi College includes a wide variety of medicinal plants, each with unique therapeutic properties. Below is an overview of the key plants in the garden and their uses in traditional medicine.

### 3.1 Ashwagandha (*Withania somnifera*)

Ashwagandha, often called "Indian ginseng," is a renowned adaptogen in Ayurvedic medicine. It is used to reduce stress, improve energy levels, and enhance overall vitality. The root is particularly valued for its anti-inflammatory, antioxidant, and anti-anxiety properties. Ashwagandha is also used to improve cognitive function and support immune health.

### 3.2 Hadjoda (*Cissus quadrangularis*)

Hadjoda, or **Veldt Grape**, is a plant commonly used in traditional medicine to treat bone and joint-related issues. Its high content of calcium and other nutrients makes it useful for promoting bone

health, particularly in the healing of fractures. It is also considered effective in reducing pain and inflammation associated with arthritis.

### **3.3 Devil's Backbone (Chirata or Swertia chirata)**

Devil's Backbone is a bitter herb used primarily as a liver tonic. It is effective in treating digestive disorders, jaundice, and malaria. The herb also has antimicrobial properties and is believed to help detoxify the body, improving overall liver function.

### **3.4 Wedelia (Wedelia trilobata)**

Wedelia is a fast-growing herb known for its wound-healing properties. Its leaves are used to treat cuts, burns, and skin infections. It is also traditionally used to improve liver function and reduce inflammation. The plant is believed to have anti-inflammatory and antimicrobial benefits, making it useful for a variety of skin and digestive ailments.

### **3.5 Thankuni (Centella Asiatica)**

Thankuni, or **Gotu Kola**, is a herb known for its ability to enhance cognitive function and promote skin healing. It is often used to treat wounds, reduce anxiety, and improve memory and concentration. In traditional medicine, it is also used to strengthen the immune system and support venous health, particularly in cases of varicose veins.

### **3.6 Wild Turmeric (Curcuma aromatica)**

Wild turmeric, a close relative of the more common turmeric, has been used for centuries in Ayurveda for its anti-inflammatory and antioxidant properties. The root of wild turmeric is used topically to treat skin conditions such as eczema and acne, and it is also used internally to improve digestive health and boost immunity.

### **3.7 False Daisy (Eclipta alba)**

False Daisy, or **Bhringraj**, is a herb traditionally used in hair care, promoting hair growth and preventing hair loss. It is also used in treating liver disorders, improving skin health, and as a remedy for respiratory issues like asthma and bronchitis. It is particularly valued for its rejuvenating and detoxifying effects on the liver.

### **3.8 Nayan Tara (Solanum xanthocarpum)**

Nayan Tara, also known as **Yellow Berries**, is a shrub widely used in traditional medicine for its respiratory benefits. It is commonly used to treat conditions such as asthma, cough, and bronchitis. The fruit and leaves of the plant are believed to have anti-inflammatory, analgesic, and antispasmodic properties.

### **3.9 Gandal (Euphorbia hirta)**

Gandal, or **Asthma Weed**, is primarily used in the treatment of respiratory ailments, particularly asthma and bronchitis. It has anti-inflammatory and bronchodilator effects, which help ease breathing difficulties. The plant is also used to treat various gastrointestinal issues and has mild diuretic properties.

### **3.10 Akanda (Calotropis gigantea)**

Akanda, or **Crown Flower**, is known for its antimicrobial and anti-inflammatory properties. The plant is used to treat a range of conditions, including skin infections, wounds, and respiratory disorders. Its leaves and flowers are also used in traditional medicine for treating pain and inflammation.

### **3.11 Jarul (*Lagerstroemia speciosa*)**

Jarul, or **Pride of India**, is a flowering tree used in traditional medicine for its anti-diabetic and anti-inflammatory properties. The leaves of the Jarul tree are used to regulate blood sugar levels, making it an important herb in the management of diabetes. The plant is also used to treat conditions like fever, dysentery, and indigestion.

### **3.12 Shatamul (*Asteracantha longifolia*)**

Shatamul is a herb traditionally used for its diuretic properties. It is commonly used to treat urinary tract infections, kidney stones, and other kidney-related issues. The plant is also known for its ability to reduce inflammation and regulate blood sugar levels.

### **3.13 Punarnava (*Boerhavia diffusa*)**

Punarnava, also known as **Red Spiderling**, is a herb used extensively in Ayurvedic medicine. It is considered a natural diuretic and is used to treat conditions like edema, kidney disorders, and urinary retention. It is also used to improve digestion and detoxify the body.

### **3.14 Brahmi (*Bacopa monnieri*)**

Brahmi is a well-known herb in Ayurvedic medicine, renowned for its cognitive-enhancing properties. It is used to improve memory, concentration, and mental clarity. Brahmi is also considered effective in reducing stress and anxiety, making it a popular adaptogen. Additionally, it is believed to promote overall brain health and enhance learning abilities.

### **3.15 Ginger (*Zingiber officinale*)**

Ginger is widely used both as a culinary spice and a medicinal herb. It is known for its digestive benefits, helping to reduce nausea, improve appetite, and alleviate indigestion. Ginger also has anti-inflammatory properties and is used to treat conditions like arthritis and muscular pain.

### **3.16 Lemon Grass (*Cymbopogon citratus*)**

Lemon grass is a fragrant herb that is commonly used in teas and for its soothing properties. It is effective in treating digestive issues, reducing anxiety, and acting as a mild sedative. Lemon grass is also known for its antimicrobial properties and is used to treat infections and inflammation.

### **3.17 Amla (*Phyllanthus emblica*)**

Amla, or **Indian Gooseberry**, is one of the most revered fruits in Ayurvedic medicine. Rich in Vitamin C, it is used to boost the immune system, improve skin health, and enhance digestion. Amla is also considered an effective remedy for hair loss, promoting hair growth and preventing premature graying.

## **4. Conclusion**

The **Medicinal Plant Garden at Raidighi College** plays a vital role in preserving the rich heritage of traditional medicine while promoting sustainable agricultural practices. The variety of medicinal plants grown in the garden, including **Ashwagandha, Brahmi, Ginger, Amla**, and others, offer a unique opportunity for students and the community to learn about the therapeutic properties of plants. As the demand for natural and alternative healthcare solutions grows, the Medicinal Plant Garden serves as an important educational and environmental resource. The college's efforts in establishing this garden not only contribute to the conservation of medicinal plant species but also provide a platform for research and experimentation in the field of herbal medicine and sustainable agriculture.



# RAIDIGHI COLLEGE

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## MEDICINAL PLANT GARDEN: CURATED AND MAINTAINED BY THE DEPARTMENT OF BOTANY & THE GREEN CLUB



P.O.+P.S, Sub. Division: Diamond Harbour, Raidighi, West Bengal 743383, India

Latitude  
21.9915192°

Local 10:23:59 AM  
GMT 04:53:59 AM

Longitude  
88.44107354°

Altitude 6 meters  
Wednesday, 12.06.2024



XCCR+M7Q, Raidighi, West Bengal 743383, India


Latitude  
21.99166447°

Local 10:12:30 AM  
GMT 04:42:30 AM

Longitude  
88.44100119°

Altitude 6 meters  
Wednesday, 12.06.2024



  
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**Leucas aspera (Dronapushpi)**

**Leucas aspera**  
Family- Lamiaceae

Antifungal, Anti-inflammatory, Antimicrobial, Prostaglandin inhibitory and antioxidant activities, Antinociceptive, antioxidant and cytotoxic activities of Leucas aspera root. Antidote to snakebite, in fever, headache and insect-stings, asthma, Earache and arthritic pain, one side headache, Skin diseases, ghibis tich and ringworm, Burning sensation and redness of eyes.

GPS Map  
Camera Lite

XCRR+M7Q, Raidighi, West Bengal 743383, India

Latitude 21.99161274°	Longitude 88.44082299°
Local 10:31:42 AM GMT 05:01:42 AM	Altitude 6 meters Wednesday, 12.06.2024



  
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## A DETAILED REPORT ON THE MEDICINAL PLANT GARDEN

In the heart of rural landscapes, where access to modern healthcare facilities might be limited, the significance of medicinal plant gardens within college campuses becomes paramount. These green sanctuaries not only enrich the aesthetic appeal of the campus but also serve as invaluable repositories of traditional healing knowledge. Nestled amidst the academic hustle, a medicinal plant garden stands as a living testament to the deep-rooted connection between nature and human health.

In rural settings where communities often rely on indigenous remedies, these gardens play a pivotal role in preserving and promoting traditional medicinal practices. Students, faculty, and local inhabitants alike benefit from the wealth of botanical resources, learning about the therapeutic properties of diverse plant species firsthand. Such gardens foster a sense of appreciation for biodiversity and environmental stewardship while empowering individuals with the tools to address healthcare needs sustainably.

Moreover, these green spaces serve as living laboratories for research and education, bridging the gap between theory and practice in fields such as botany, pharmacology, and ethnobotany. By cultivating medicinal plant gardens, rural colleges not only nurture a deeper understanding of traditional medicine but also contribute to community well-being and the conservation of plant biodiversity on a local and global scale.

### **Reporting of Raidighi college Medicinal Plant Garden Expansion as per meeting resolution dated 19<sup>th</sup> September 2019, towards Community Involvements.**

As per Raidighi College Green Club Resolution dated 19th September 2019, our medicinal plant garden, The Dr. Kalipada Biswas Medicinal Plant Garden, formerly known as the Raidighi College Medicinal Plant Garden, has expanded to include various poly-herbal formulations. These formulations are not only for identification purposes but also allow stakeholders to collect leaves and twigs for medicinal use. Below are details on some (26 species are allowed to public collection) important medicinal plants and their combinations


#### **1. Ashwagandha (*Withania somnifera*) (*Solanaceae*)**

**Uses:** Reduces stress, boosts energy levels, and improves concentration.

**Parts Used:** Roots, Leaves

**Details:** This adaptogenic herb is often used to enhance physical and mental performance. It helps the body adapt to stress and has rejuvenating properties.



  
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## 2. Hadjoda (*Cissus quadrangularis*)



**Uses:** Promotes bone health, speeds up fracture healing, and reduces inflammation.

**Parts Used:** Stem

**Details:** Hadjoda is known for its ability to enhance bone healing and strength. It is also used to treat joint pain and inflammation.



  
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3. Devil's Backbone (*Euphorbia tithymaloides*)



**Uses:** Ligament wound healing, Treats skin conditions, digestive issues, and respiratory problems.

**Parts Used:** Leaves, Stem, and Warm watery latex.



  
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**Details:** This plant is used in traditional medicine for its ability to treat ligament wound recovery, skin conditions, aid digestion, and relieve respiratory issues.

#### 4. *Wedelia* (*Wedelia chinensis*)



**Uses:** Treats liver disorders, skin issues, and hair problems.

**Parts Used:** Leaves, Roots

**Details:** *Wedelia* is known for its hepatoprotective properties and is often used in the treatment of liver disorders. It also promotes hair growth and skin health.



  
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5. Thankuni (*Centella asiatica*)



**Uses:** Enhances cognitive function, reduces anxiety, and promotes wound healing.

**Parts Used:** Leaves, Stems

**Details:** Gotu Kola is renowned for its ability to improve memory and cognitive function. It also promotes wound healing and reduces anxiety.



  
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6. Wild Turmeric, Palo, (*Curcuma aromatica*)



**Uses:** Anti-inflammatory, antimicrobial, and used in skin care.

**Parts Used:** Rhizome



  
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**Details:** Wild Turmeric is commonly used for its anti-inflammatory and antimicrobial properties. It is also used in skin care to improve complexion and treat skin conditions.

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## 7. False Daisy (*Syndrella nodiflora*)

**Uses:** Promotes hair growth, treats skin disorders, and has anti-inflammatory properties.

**Parts Used:** Leaves, Flowers

**Details:** False Daisy is widely used in traditional medicine for promoting hair growth and treating skin disorders. It also has anti-inflammatory properties.

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## 8. Tridkshya (*Tridax procumbens*)


**Uses:** Wound healing, anti-inflammatory, and antimicrobial properties.

**Parts Used:** Leaves, Stems

**Details:** This plant is known for its wound healing abilities and is also used for its anti-inflammatory and antimicrobial properties.

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9. Nayan tara (*Catharanthus roseus*)



**Uses:** Treats cancer, diabetes, and high blood pressure.

**Parts Used:** Leaves, Flowers

**Details:** This plant is significant in the pharmaceutical industry for its anticancer properties. It is also used to manage diabetes and high blood pressure.

10. Gandal (*Paederia foetida*)

**Uses:** Treats gastrointestinal issues, arthritis, and muscle pain.

**Parts Used:** Leaves, Roots

**Details:** Skunk Vine is used in traditional medicine to treat gastrointestinal issues, arthritis, and muscle pain.





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11. Akanda (*Calotropis gigantea*)



**Uses:** Treats skin infections, digestive disorders, and respiratory issues.

**Parts Used:** Leaves, Bark, Latex

**Details:** Crown Flower is known for its medicinal properties in treating skin infections, digestive disorders, and respiratory issues.



  
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## 12. Jarul (*Lagerstroemia speciosa*)



**Uses:** Manages diabetes, improves skin health, and has anti-inflammatory properties.

**Parts Used:** Leaves, Flowers, Bark

**Details:** This plant is known for its antidiabetic properties and is also used to improve skin health and reduce inflammation.

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## 13. Satamul (*Asparagus racemosus*)

**Uses:** Supports reproductive health, boosts immunity, and reduces stress.

**Parts Used:** Roots, Leaves

**Details:** Indian Asparagus, or Shatavari, is used to support reproductive health, boost immunity, and reduce stress.



  
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## 14. Punarnava (*Boerhaavia diffusa*)



*Boerhavia repens*

**Uses:** Treats liver disorders, improves kidney function, and has anti-inflammatory properties.

**Parts Used:** Roots, Leaves

**Details:** Punarnava is known for its liver-protective properties and is also used to improve kidney function and reduce inflammation.



  
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## 15. Brahmi (*Herpestis monniera*)



**Uses:** Enhances cognitive function, reduces anxiety, and provides antioxidant support.

**Parts Used:** Leaves



  
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**Details:** Brahmi is valued for its ability to improve memory and concentration. It is also used in managing anxiety and stress-related conditions.

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#### 16. Ginger (*Zingiber officinale*)

**Uses:** Effective in treating nausea, improving digestion, and reducing inflammation.

**Parts Used:** Rhizome

**Details:** Ginger is widely used for its anti-nausea and anti-inflammatory properties. It also aids digestion and can relieve pain.

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#### 17. Lemon Grass (*Cymbopogon citratus*)

**Uses:** Aids digestion, reduces fever, and relieves pain.

**Parts Used:** Leaves, Stems

**Details:** Lemon Grass is known for its aromatic properties and is used to aid digestion, reduce fever, and relieve pain.

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#### 18. Amla (*Phyllanthus emblica*)

**Uses:** Rich in Vitamin C and antioxidants, enhancing immunity and improving skin health.

**Parts Used:** Fruit


**Details:** Amla, or Indian Gooseberry, is known for its high vitamin C content. It boosts the immune system, improves digestion, and promotes healthy skin and hair.

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#### 19. Turmeric (*Curcuma longa*)

**Uses:** Prized for its anti-inflammatory, antioxidant properties, and its ability to improve digestion.



  
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**Parts Used:** Rhizome

**Details:** Turmeric contains curcumin, which has potent anti-inflammatory and antioxidant effects. It is commonly used in both culinary and medicinal contexts.

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## 20. Giloy (*Tinospora cordifolia*)

**Uses:** Known for boosting immunity, its anti-inflammatory properties, and antipyretic (fever-reducing) effects.

**Parts Used:** Stem

**Details:** Giloy is often used in traditional medicine to enhance the immune system, combat fever, and reduce inflammation.

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## 21. Aloe Vera (*Aloe barbadensis*)

**Uses:** Celebrated for its skin healing properties, digestive health benefits, and anti-inflammatory effects.

**Parts Used:** Leaves (Gel)

**Details:** Aloe Vera gel is commonly applied to the skin for burns and wounds. It also supports digestive health and boosts the immune system.

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## 22. Neem (*Azadirachta indica*)

**Uses:** Strong antibacterial, antifungal, and anti-inflammatory properties. It is widely used for detoxification and improving skin health.

**Parts Used:** Leaves, Bark

**Details:** Neem is considered a powerful medicinal plant in Ayurveda. Its leaves and bark are used to treat various skin conditions, boost immunity, and purify the blood.

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## 23. Tulsi (*Ocimum sanctum*)

### *Ocimum sanctum* (Lamiaceae)

*Ocimum sanctum* Linn, Lamiaceae, (known as Tulsi in Hindi), a small herb seen throughout India, have been recommended for the treatment of bronchitis, bronchial asthma, malaria, diarrhoea, dysentery, skin diseases, arthritis, painful eye diseases, chronic fever, insect bite




**Uses:** Renowned for its immune-boosting properties. It is also effective in treating respiratory issues and has anti-inflammatory benefits.

**Parts Used:** Leaves

**Details:** Tulsi, also known as Holy Basil, is a sacred plant in Indian tradition. It is often used in Ayurvedic medicine for its diverse health benefits, including stress relief, fever reduction, and respiratory support.



  
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24. Kalmegh (*Andrographis paniculata*)



**Uses:** Enhances liver function, boosts immunity, and has anti-inflammatory properties.

**Parts Used:** Leaves, Stem

**Details:** Kalmegh is known for its liver-protective and immune-boosting properties. It is also used to reduce inflammation and treat fever.



  
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## 25. Vasak (*Adhatoda vasica*)



**Uses:** Treats respiratory conditions, relieves cough, and has anti-inflammatory properties.

**Parts Used:** Leaves, Roots

**Details:** Malabar Nut is commonly used in Ayurvedic medicine to treat respiratory conditions such as asthma and bronchitis. It also helps to relieve cough and reduce inflammation.



  
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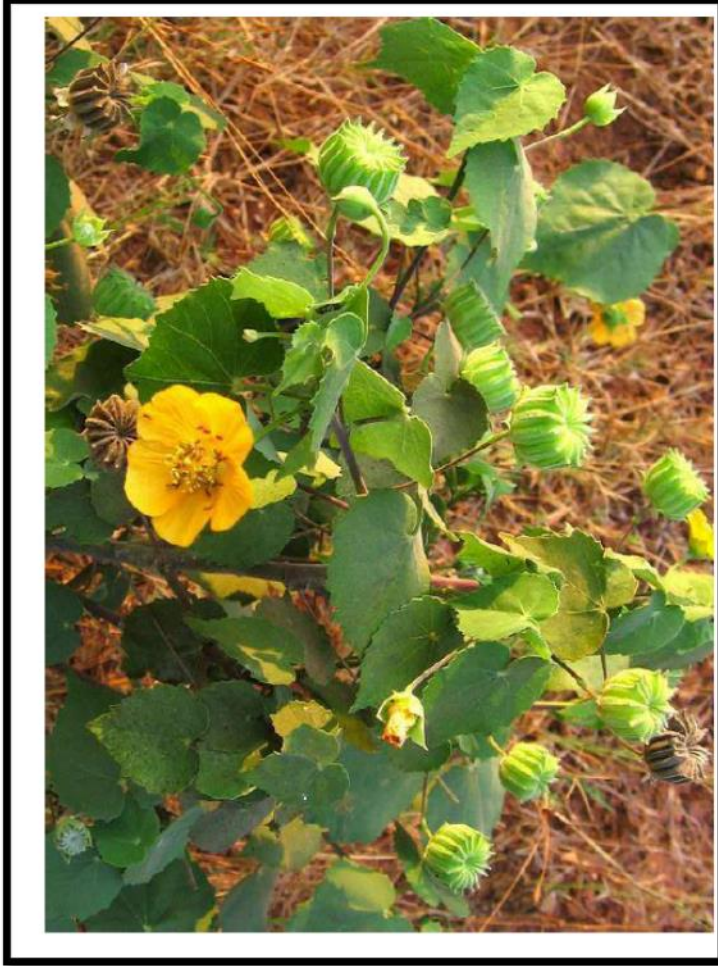
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## 26. Potari (*Abutilon indicum*)



**Uses:** Treats respiratory disorders, reduces inflammation, and supports wound healing.

**Parts Used:** Leaves, Roots, Seeds

**Details:** Indian Mallow is used in traditional medicine for its benefits in treating respiratory disorders, reducing inflammation, and supporting wound healing.



  
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Combo Formulations

**Combo 1: Immunity Booster**

**Ingredients:** Ashwagandha, Amla, Giloy, Tulsi, Neem

**Uses:** Enhances overall immune function, reduces stress, and promotes overall health.

**Combo 2: Anti-inflammatory Blend**

**Ingredients:** Turmeric, Ginger, Wild Turmeric, Neem, Aloe Vera

**Uses:** Reduces inflammation, alleviates pain, and promotes skin health.

**Combo 3: Digestive Health**

**Ingredients:** Ginger, Lemon Grass, Tulsi, Amla, Kalmegh

**Uses:** Improves digestion, reduces nausea, and supports liver function.

Combo 4: Toothaches

**Ingredients:**

- Acmeilla oleracea
- Abutilon indicum
- Psidium guajava leaves and young shoots

**Uses:**

- This combination is utilized for relieving toothaches.
- The dried or decocted form of these ingredients is employed against gum infections, providing relief from pain and inflammation associated with dental issues.

Combo 5: Ligament Wound

**Ingredients:**

- Calotropis leaves



  
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- Euphorbia tithymaloides stem

#### Uses:

##### 1. Preparation:

- Warm up Euphorbia tithymaloides stem juices until they transform into a milky white color and become a watery liquid.

##### 2. Application:


- Wrap up the wound with cotton soaked in the prepared Euphorbia stem juice.
- Cover the wound with Calotropis leaves.
- Allow the bandage to stay overnight.

#### Benefits:

- This combination is beneficial for ligament wounds.
- The Euphorbia stem juice is known for its wound-healing properties, and when combined with the soothing and anti-inflammatory attributes of Calotropis leaves, it can promote faster healing and alleviate discomfort associated with ligament injuries.

A recovery case presented here for an example of influencing community connection of Raidighi College medicinal plant garden. Vernonia, Boerhavia, Mikania, wedelia collected from this garden by the patient's relative time to time and he recover from dangerous injury. Sequential images are given below as sample of trust.



  
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#### Development Strategies:

##### 1. Documentation and Inventory:

- Establish a comprehensive inventory of all plant species in the garden, documenting their botanical names, common names, medicinal uses, and cultivation requirements.
- Develop a digital database accessible to students, researchers, and the wider community for educational and research purposes.

##### 2. Educational Outreach:

- Organize workshops, seminars, and training programs on herbal medicine, traditional healing practices, and sustainable gardening techniques.
- Collaborate with local schools, colleges, and community organizations to conduct educational tours and hands-on activities in the garden.


##### 3. Research and Innovation:

- Encourage students and faculty to engage in research projects exploring the pharmacological properties, bioactive compounds, and therapeutic potential of medicinal plants.
- Foster partnerships with research institutions and pharmaceutical companies to facilitate collaborative research and technology transfer.

##### 4. Conservation and Sustainability:

- Implement conservation measures to protect endangered or threatened medicinal plant species and promote sustainable harvesting practices.



  
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(NAAC Accredited Cycle - 1 on 05.11.2016)

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- Introduce organic farming methods, composting, and water conservation techniques to promote environmental sustainability within the garden.
- 5. **Community Engagement:**
  - Host community health fairs, herbal medicine clinics, and outreach programs to raise awareness about the importance of medicinal plants in healthcare.
  - Partner with local healthcare providers, traditional healers, and herbalists to integrate traditional medicine into primary healthcare services.
- 6. **Infrastructure and Amenities:**
  - Enhance the infrastructure of the garden with facilities such as interpretive signage, seating areas, and shade structures to enhance the visitor experience.
  - Develop a medicinal plant nursery and propagation center to support the cultivation and distribution of medicinal plant seedlings to the community.
- 7. **Digital Presence:**
  - Create a website or online platform for the Raidighi College Medicinal Plant Garden to showcase its features, upcoming events, and educational resources.
  - Utilize social media channels and digital newsletters to engage with a wider audience and promote the garden's activities and initiatives.

By implementing these development strategies, the Raidighi College Medicinal Plant Garden can evolve into a dynamic hub for education, research, conservation, and community empowerment in the field of herbal medicine and sustainable agriculture.

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