



India's 1st  
NABH Accredited  
Unani Hospital

Department of Ilmul Saidla (Pharmacy)



# National Institute of Unani Medicine

An autonomous organization under Ministry of AYUSH, Govt. of India

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## Amazing Medicinal Benefits of Herbs

### LAAJWANTI

**Scientific name** : *Mimosa pudica* L.

**Unani name** : Laajwanti, chhuimui, sharmili boti.

**Common names** : Sensitive plant, touch-me-not plant, humble plant

**English** : Shameful plant

**Family** : Fabaceae (Leguminosae)

**Kannda name** : Muttidare muni



**Description**: Touch me not plant is a creeping annual herb native to south and central america ,found in all over the world in tropical regions. The leaves of this plant will be fold when we touched or shaken ,to protect them from predators ,re- opening minutes later , so it is called humble plant ,shameful plant It usually only grows 15-50 cm tall.

**Medicinal uses**: Leaf- This plant is very effective in allergy ,asthma ,hypertension ,blood cholesterol,mouth and lung cancer,piles, fistula, premature ejaculation,menstrual problems , vaginal prolapse, stomach ulcers etc. Astringent , antiseptic, blood purifier.Root – used in urinary incontinence, renal stone and asthma. Chemical compounds like mimocin ,galactose are found in this plant helps to inhibit DNA replication in cancer cells . It is an excellent natural remedy for insomnia Reduce the swelling and pain in joints very good for depression .

### NEEM

**Scientific name** : *Azadirachta indica*

**Unani name** : Aazaad-Darakht-e-Hindi, Neem.

**Common names** : Turakabevu, Vembu, Vepa, Veppai

**English** : Neem tree, Margosa tree

**Family** : Meliaceae



**Description** : A common large evergreen tree native to forests and woody areas throughout India.

**Medicinal use** : Neem juice expressed from leaves, infusion or ointment is applied externally to ulcers, wounds, boils and eczema. Neem oil expressed from the seeds is commonly used as antifungal, antiviral, it prevents lice infestation and dandruff. Recent research indicates that neem oil is anti inflammatory, and antibacterial, reduces fever and lowers blood sugar levels.

### METHI/HULBA

**Scientific name** : *Trigonella Foenum-graecum*

**Unani name** : Hulba

**Common names** : Fenugreek, menthya

**English** : Sickle Fruit

**Family** : Fabaceae

**Tamil name** : Vendhayam



**Description** : Fenugreek is an herb with small white flowers and light green leaves. It is largely cultivated in the Middle East, North Africa, India, and Egypt.this plant grows up to 2-3 feet. The seed pods of this plant contain about 10 to 20 small, yellowish-brown, aromatic, and pungent seeds.

**Medicinal uses** : The main action of Methi appears on the digestive system. It normalizes the gastric secretions and increases the bile flow from the liver. The secondary action is observed on the fluids and blood. It is likely to reduce the toxins from the blood, so it is highly recommended for the patients with the elevated uric acid level in the blood.

### GHEEKAWAR

**Scientific name** : *Aloe barbadensis*

**Unani name** : Gheegkavar

**English** : Aloe vera

**Family** : Asphodelaceae

**Kannda name** : Kumari



**Description** : Aloe is cultivated both for ornamental and medicinal purposes, it also grows wild.

**Medicinal uses** : It is used in wounds, and burns, speeding up the rate of healing . It helps to treat skin condition such as Psoriasis, Acne. It reduce itchiness and inflammation. It may also helps to treat constipation. Study found drinking two table spoon of aloe vera juice every day for two weeks helps lower the blood sugar levels. It also promotes menstrual flow, reduce swellings and relieves pain in muscles and useful in burning sensation of eyes.

### TULSI

**Scientific name** : *Ocimum sanctum*

**Unani name** : Raihann,

**Common names** : Tulsi

**English** : ocimum

**Family** : lamiaceae

**Kannda name** : Karitulasi



**Description** : It is native to the Indian subcontinent and widespread as a cultivated plant throughout the Southeast Asian tropics

**Medicinal uses** : It is very effective against indigestion, headache, hysteria, insomnia and cholera. It also used as the ear drop and helps in curing malaria. Juice of its leaves gives relieves in cold, fever, bronchitis and cough.

### CURRY LEAVES

**Scientific name** : *Murraya koenigii*

**Unani name** : Laajwanti, chhuimui, sharmili boti.

**English** : Shameful plant

**Family** : Fabaceae (Leguminosae): sub-family Mimosoideae

**Kannda name** : Karibevu



**Description** : It is a tropical to sub tropical trees in the family Rutaceae (the rue family, which includes rue, citrus, and satinwood), which is native to India.

**Medicinal uses** : Its leaf are used in stomache, triprotozoal, spasmolytic, promotes appetite and digestion, destroys pathogenic organism, antidyenteric. Externally used against skin eruptions.