

# MEDICINAL PLANTS

IN

PERIYAPANDIVIRICHCHAN, MADHU

**Published by**

**Mrs. R. Sivapraba  
Biology Teacher  
Mn/Periyapandivirichchan/M.V.  
Madhu**

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Periyapandivirichchan  
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## **DEDICATION**

**This book is dedicated to**

**The Almighty God, Mn/Periyapandivirichchan/M.V.,**

**Madhu Zone, Northern Province, Ministry of Science, SLAAS,**

**Ministry of Education and Nature.**



## ACKNOWLEDGEMENT

First and foremost, I would like to thank the God who provides wisdom for each challenge along the path the research activity, publication and great to in the process. I specially thank our Principal Mr. J. Jeyaseelan for his suggestions. I express my deep sense of gratitude to Mrs. Viricila Soosainayaham, B. Sc., Dip. in Education, M. Ed., Assistant Director of Science, Madhu zone, Mannar for her suggestions and encouragement for research activity and the publication. I thankful to Mr. A. Sivanarulrajah, B. Sc., Dip. in Education, M. Ed., Assistant Director of Science, Northern Province, Sri Lanka for his valuable advice and encouragement for the research activity in spite of his busy work. I take this opportunity to thank all the members in SLAAS (Sri Lanka Association for the Advancement of Science) for their encouragement and guidance to complete this research activity. My special thanks to Mr. A. Sivanarulrajah, B. Sc., Dip. in Education, M. Ed., Assistant Director of Science, Northern Province to take the necessary action for the financial support through the Provincial Department of Education, Northern Province to publishing this booklet.

Mrs. R. Sivapraba

## CERTIFICATE



“Medicinal Plants in Periyapandivirichchan is a compilation of biological description contributed by the teacher and the students of Mn/Periyapandivirichchan/M. V, Madhu. This will be a solid contribution to the students and the staff of S cience stream, which is receiving keen research attention today. A Student of Science stream has an interest in a number of disciplines. Science stream is essentially interdisciplinary as it integrates various disciplinary perspectives. The main objective of Research activity is to empower the students in their future studies and spearhead changes in their communities and the world. I congratulate Mrs. R. Sivapraba, Biology Teacher, Mn/Periyapandivirichchan/M.V. for her efforts in the identification of medicinal plants, analyze the medicinal values, writing and bringing out a booklet of this kind which would be a welcome addition to the available literature in Medicinal plants and an Environmental Studies.

Mr. A. Jeyaseelan,  
The Principal  
Mn/Periyapandivirichchan/M. V  
Madhu



## DECLARATION

I hereby declare that this work entitled “Medicinal plants in Periyapandivirichchan, Madhu” has been originally carried out by the students of Mn/ Periyapandivirichchan/M. V under the guidance of Mrs. R. Sivapraba, Biology Teacher (M. Sc., M. Phil in Zoology (Special Biotechnology), in Mn/Periyapandivirichchan/M.V., Madhu. This booklet is a compilation of biological description of medicinal plants in Periyapandivirichchan, Madhu. She has documented eighty-one medicinal plants in this book. I thank her for such an effort in documenting the medicinal plants in Periyapandivirichchan and bringing it out as a booklet. It will enlighten our students, staff and readers. I also appreciate the involvement of the teacher and the students. The author who has enjoyed medicinal plants observation in Periya pandivirichchan, is to be encouraged. Let us hope that the book inculcates the students to evolve into an “Environmentalism”.

A handwritten signature in blue ink, appearing to read 'Viricila'.

Mrs. Viricila Soosainayaham (B. Sc., Dip. in Education, M. Ed.)  
Assistant Director of Science,  
Madhu zone,  
Mannar

## FOREWORD MESSAGE



This booklet is a compilation of biological descriptions of medicinal plants, which frequent the campus of Mn/Periyapandivirichchan/M. V and Periyapandivirichchan area. It is to introduce the medicinal values of identified plants and to inculcate the useful hobby of observing the environment among the students and readers. It will enable the readers to recognize the medicinal plants and learn its medicinal values. The author and the students, who have enjoyed research activity in the Periyapandivirichchan, is to be compiled by the author in the form of the booklet. I appreciate the active involvement of the research team. We try to plant and preserve the medicinal plants in our environment. Let us hope that the booklet motivates the students to read the research articles, observe the environment and involve the research activities in future.

Mr. A. Logeswaran  
DDE (Education Development),  
Madhu Zonal Education Office,  
Andankulam,  
Mannar



## FOREWORD MESSAGE

I am glad to write this foreword message for the booklet on “Medicinal Plants in Periyapand ivirichchan” written by Mrs. R. Sivapraba, Biology Teacher in Mn/Periyapandivirichchan/M.V. It is a compilation of eighty-one medicinal plants in Periyapandivirichchan. Students and Teacher were identified the medicinal plants and documented them in this booklet. I thank the teacher for such an effort in documenting medicinal plants in Periyapandivirichchan and brining it out as a booklet. I also appreciate the co-operation and involvement of the students, Teacher and the School Administration. The concern and effort of the research team deserve appreciation. We give importance to the medicinal plants in our environment. Transforming our society includes providing care and justice to God’s creation. Mn/Periyapandivirichchan/M. V. is committed not only to the academic excellence but also involvement in transforming students and society.

Mr. K. Sathiyabalan  
Zonal Director of Education,  
Madhu Zonal Education Office,  
Andankulam,  
Mannar.

## **PARTICIPANTS OF THE RESEARCH ACTIVITY**

This is to certify that this dissertation entitled “An assessment of Biodiversity in Periyapandivirichchan area Madhu” submitted by the students of Mn/Periyapandivirichchan/M/V. as the research activities in school, is based on the results of an assessment carried out by the students under my guidance and supervision in Mn/Periyapandivirichchan/M.V. Madhu.

Mrs. R. Sivapraba  
Biology Teacher  
Mn/Periyapandivirichchan/M. V  
Madhu.



K.Jenifer  
Bio (2020)



A.Vincy  
Bio (2020)



S.Amarantha  
Bio (2020)



N.Banumathi  
Bio (2020)



A.Thamaraiselvi  
Gr. 07



A.Abishan  
Gr. 09

Botanical name	Tamil name	Common name
1. <i>Carica papaya</i>	Papali	Papaya
2. <i>Ricinus communis</i>	Amanakku	Castor oil plant
3. <i>Delonix regia</i>	Panjadi, Mayuram	Gulmohar/Flame tree
4. <i>Cassia fistula</i>	Kontrai	Golden shower/ Aeheala
5. <i>Phyllanthus emblica</i>	Nelli	Indian goose berry
6. <i>Pouteria campechiana</i>	Mahilampala tree	Canistel/Lavul
7. <i>Passiflora edulis</i>	Kodithodai	Passion fruit tree
8. <i>Spondias dulcis</i>	Amberella	Jew plum/Golden apple
9. <i>Syzygium samarangense</i>	Jambu	Java apple
10. <i>Muntingia calabura</i>	Sarkarai palai/Nei palam	Singapore cherry/Jam tree
11. <i>Martynia annua</i>	Pulinaga tree	Tiger's claw
12. <i>Achyranthes aspera</i>	Nayuruvi	Chaff flower tree
13. <i>Cardiospermum halicacabum</i>	Mudakathan keerai	Indravalli
14. <i>Anacardium occidentale</i>	Munthiri	Cashew
15. <i>Hemidesmus indicus</i>	Nannari	Indian sarsaparilla
16. <i>Mimosa pudica</i>	Thottasinungi	Shy plant/Sensitive plant
17. <i>Vitex negundo</i>	Nochi	Chaste tree
18. <i>Eucalyptus globulus</i>	Karpooramaram	Southern blue gum
19. <i>Carissa carandas Linn</i>	Kilakkai	Karanda
20. <i>Dipterocarpus zeylanicus</i>	Muthirai	Bodhi tree/Hora
21. <i>Senna auriculata</i>	Avaram tree	Tanner's cassia
22. <i>Acacia ferruginea</i>	Karungali tree	Karambai/Rusty Acacia

23. <i>Moringa oleifera</i>	Murungai	Drumstick
24. <i>Manihot esculenta</i>	Maravalli	Cassava
25. <i>Areca catechu</i>	Kamuku	Areca palm
26. <i>Ficus benghalensis</i>	Alamaram	Banyan tree
27. <i>Azadirachta indica</i>	Vembu	Neem tree
28. <i>Tamarindus indica</i>	Puliyamaram	Tamarind tree
29. <i>Citrus limon (L.)</i>	Elumichai	Lemon tree
30. <i>Tridax procumbens L.</i>	Vettukayathalai	Mexican daisy
31. <i>Centella asiatica</i>	Vallarai	Centella/Gotu kola
32. <i>Phyllanthus niruri</i>	Keezhanelli	Stone breaker
33. <i>Annona reticulata</i>	Ramachita	Custard apple tree
34. <i>Psidium guajava</i>	Koyya	Guava tree
35. <i>Artocarpus heterophyllus</i>	Palaa	Jack fruit tree
36. <i>Nerium oleander</i>	Arali maram	Oleander
37. <i>Cestrum nocturnum</i>	Nalliravu naahi	Night blooming jasmine
38. <i>Ocimum tenuiflorum</i>	Thulasi	Holy basil
39. <i>Tagetes erecta</i>	Thulukkamalligai	Marigold
40. <i>Ixora coccinea (L)</i>	Vedchi	Ixora
41. <i>Plectranthus amboinicus</i>	Karpooravalli	Indian mint
42. <i>Jasminum officinale</i>	Malligai	Jasmine
43. <i>Hibiscus rosasinensis</i>	Sembaruthi	Chinese hibiscus
44. <i>Tabernaemontana divaricate</i>	Nanthiyavattai	Crape jasmine
45. <i>Madhuca longifolia</i>	Eluppai	Mahua
46. <i>Aerva lanata</i>	Thenkaipoo keerai/Sirrupulai	Mountain knot grass
47. <i>Mangifera indica (L)</i>	Mamaram	Mango tree

48. <i>Cynodon dactylon</i>	Arugam Pillu	Bermuda grass
49. <i>Solanum torvum</i>	Sundaikkai	Pea egg plant
50. <i>Gliricidia sepium</i>	Seemai Agathi	Gliricidia/Quick stick
51. <i>Annona muricata</i>	Mullusita	Sour sop
52. <i>Calotropis gigantea</i>	Erukku plant	Crown flower
53. <i>Phyllanthus emblica</i>	Kaatu nelli	Amirtapalam
54. <i>Justica adhatoda (L.)</i>	Adathodai	Malabar nut
55. <i>Solanum trilobatum</i>	Thothuvalai	Kayakalpam
56. <i>Erythrina variegata</i>	Mulmurungai/Kalyanamurungai	Tiger's claw
57. <i>Limonia acidissima</i>	Vilamaram	Wood apple tree
58. <i>Manilkara hexandra</i>	Palaimaram	Ceylon Iron wood
59. <i>Syzygium cumini</i>	Naval maram	Black berry tree
60. <i>Tectona grandis</i>	Thekkamaram	Teak tree
61. <i>Aegle marmelos</i>	Vilvam	Stone apple tree
62. <i>Cocos nucifera</i>	Thennai	Cocunut tree
63. <i>Saccharum officinarum</i>	Karumbu	Sugarcane
64. <i>Callicarpa tomentosa</i>	Vettilai	Velvetty beauty berry
65. <i>Cissus quadrangularis</i>	Pirandai	Adamant creeper
66. <i>Ziziphus jujube</i>	Veeramaram	Red date tree
67. <i>Amaranthus viridis</i>	Kuppai keerai	Green amaranth leaves
68. <i>Sesbania grandiflora</i>	Agathi	Humming bird tree
69. <i>Murraya koenigii</i>	Curryveppilai	Curry leaves
70. <i>Ficus virens</i>	Ithi/Kukkathi	White fig
71. <i>Acalypha indica</i>	Kuppaimeni	Indian acalypha
72. <i>Passiflora foetida</i>	Muppasisavalli	Wild water melon

73. <i>Basella alba</i> (L.)	Pasali keerai	Indian spinach
74. <i>Talinum fruticosum</i>	Ceylon Pasali	Ceylon spinach
75. <i>Millettia pinnata</i>	Pungai	Pongam tree
76. <i>Lawsonia inermis</i>	Maruthondi	Henna tree
77. <i>Musa acuminata</i>	Vaalai	Banana tree
78. <i>Momordica charantia</i> (L)	Pakat kai	Bitter gourd
79. <i>Mukia maderaspatana</i>	Musumusukkai	Rough bryony
80. <i>Melia azedarach</i> (L.)	Kaatu vembu	Pride of India
81. <i>Borrassus flabillifer</i>	Panai	Palmyrah

## INTRODUCTION

**“The Best Research will give the Best Teaching and the Best Teaching will give the Best Research”**

**By Dr. APJ Abdul Kalam**

According to the United Nations Environment Programme (UNEP), biodiversity typically measures variation at the genetic, the species and the eco system level. More recently in May 2016, Scientists reported that 1 trillion species are estimated to be on earth currently with only one-thousandth of one percent described. Sri Lanka, with the total land area of 65, 610 km square is a tropical island situated in the Indian Ocean. The Southwestern region of Sri Lanka, encompassing approximately 20, 000 km square is the only a seasonal ever wet region in the whole of South Asia (Ashton & Gunatilleke, 1987; Gunatilleke et al., 2005). Wet zone of Sri Lanka along with the Western Ghats of India is designed as one of the world’s biodiversity hotspots, in demand of extensive conservation investment (Myers et al., 2000; Brookes et al., 2002).

Sri Lanka’s biodiversity is significantly important both in a regional and global scale. Sri Lanka has the highest species density for flowering plants, amphibians, reptiles and mammals in the Asian region (NARESA, 1991). Parts of present-day Northern Province were part of the pre-colonial Jaffna kingdom. Northern Province is located in the north of Sri Lanka and is just 22 miles (35 km) from India. The Northern Province of Sri Lanka has a rich biodiversity of flora and fauna. Its various fauna species include elephant, leopard, bear and crocodile. Some varieties of flora are exclusively in the province. Famous for birds, the region is the main entry point for migratory species. There are only seven wildlife sanctuaries declared in the Northern Province are the Madhu Road (1968), Chundikulam (1938), Giant Tank (1954), Vankalai (2008), Vavunikulam Tank (1963), Paraithivu(1973), and Kokkilai (1951) wildlife sanctuaries.

Mannar District is located in the north west of Sri Lanka in the Northern Province. It has an area of 1, 996 square kilometers. Aruvi Aru is the second longest river in Sri Lanka and runs through Mannar and Anuradhapura district. The Baobab tree in Mannar Island is native to Africa and brought to Mannar Island by the Arabian sailors. Nearly 50 different kinds of coral reefs are found in the Mannar ( Pallimunai), South west of Mannar Island, Arippu, Silavathurai, Vankalai

and Thomaiyar and Kokkupadayan and Vidathalthivu. Mannar region 14 species of dragonflies, 84 species of butterflies, 36 species of fishes, 17 species of amphibians, 55 species of reptiles, 213 species of birds and 59 species of mammals were recorded both on land and in the sea.

Madhu is town in Mannar District, Sri Lanka. The world famous Shrine of Our Lady of Madhu, a major site of Roman Catholic pilgrimage, is located in this town. Madhu Road sanctuary located in the Mannar, Mullaitivu and Vavuniya districts. At 26, 677 ha, it is the largest sanctuary in the province.

Trees are a gift of God and a precious natural resource, the ultimate source of life, that provide clean air for breathing, shelter, shade and many interesting products that sustain life and add to the comforts of living. The importance of trees is also mentioned in the Puranas. During sunny days fresh oxygen is produced that refreshes the brain cells. The medicinal breeze of medicinal plants kills harmful germs and purifies the air.

Medicinal plants have long played important roles in the treatment of diseases all over the world. Dishiya Chikitsa was the earliest system of medicine that existed in Sri Lanka before the advent of Ayurvedha. It was handed down from the generation to generation and in the course of time Deshiya Chikitsa became fused with Ayurvedha. Medicinal plants are widely used in non-industrialized societies mainly because they are readily available and cheaper than modern medicines. The annual global export value of 50, 000 to 70, 000 plants with suspected medicinal properties was estimated to be US \$ 2.2 billion in 2012 and in 2017, the potential global market for botanical extracts and medicines was estimated at several hundred billion dollars. Photochemical from plants have beneficial effects on long-term health when consumed by humans, and can be used to effectively treat human diseases. At least 12, 000 such compounds have been isolated so far; a number estimated to be less than 10% of the total.

Nowadays, researchers more than before are dependent on medicinal plants for discovery of new drugs with fewer side effects. Over the past two decades, there has been a tremendous increase in the use of herbal medicine; however, there is still significant lack of research data in this field. The world is in great need of a renewal of interest in the curative value of plants. Medicinal plants constitute an important natural wealth of our country. The chemical substances present in their cells and tissues are the real substances that are responsible for their various therapeutic properties and pharmacological actions. Medicinal plants are biodegradable, biocompatible and safe for the environment and human health. We must be made aware of the

medicinal plants in Sri Lanka. We should take care to promote the medicinal plants and to preserve them.

Medicinal plants in Periyapandivirichan are very effective and it contains so many medicinal values, which are very useful to our society and environment. An identification of medicinal plants in the Periyapandivirichan area also encourage more researches in this field. Our students are actively involving this research activity. It will encourage the students to observe the environment and inculcate them to involve the researches in future. Our school campus has many trees and medicinal plants providing health, beauty and shade. This booklet is an attempt to understand, appreciate and conserve the trees and the medicinal plants in Periyapandivirichchan that are our natural good friends that enrich our lives.

Nearly eighty-one medicinal plants are identified in Periyapandivirichchan, Madhu. They are used in treatment of various diseases such as cold, cough, fever, diarrhea, dysentery, skin diseases, diabetes, hypertension, hypotension, viral fever, kidney stone, improve digestion, ulcer, headache, jaundice, earache, eczema, asthma, piles, yellow urine, constipation, stomach pain, eye diseases, tuberculosis, sinus, toothache, cancer, nausea, leprosy, heart attack, syphilis, anemia, tuberculosis, menstrual disorders etc. Some plants are such as Papaya, Palai, Guava, Passion fruit, Ambrellanga, Mango, Banana, Kilakkai, Veerapalam, Vallarai, Jambu, Agathi, Sundaikkai, Musumusukkai, Thothuvalai, Annamunna, Lemon are edible and are used as vegetables, fruits and used in preparing herbal chymes and teas.

This book is designed to provide Vernacular name, Botanical name and the medicinal values of the medicinal plants in Periyapandivirichchan. It will be very helpful for readers and students to recognize and appreciate the medicinal plants.

## Medicinal Plants in Periyapandivirichan

### 1. Vernacular name: Papali

**Botanical name:** *Carica papaya*

**Medicinal values:**

Whole plant contains Anti-oxidant, wound healing, Anti cancerous, anti-inflammatory, Decrease the heart diseases, protect the skin damage, and treat the malaria.



### 2. Vernacular name: Amanakku (Castor oil plant)

**Botanical name:** *Ricinus communis*

**Medicinal values:**

Leaves, roots and seeds contains Anti-microbial, anti-inflammatory, Insecticidal activity, acaricidal activity, used to prevent the skin dryness, used in ointments, de worming in children for orally, oil is raw material for biodiesel.



### 3. Vernacular name: Flame tree/Gulmohar tree

**Botanical name:** *Delonix regia*

**Medicinal values:**

Anti-microbial activity, anti-oxidant, anti-inflammatory, anti-diabetic, anti-bacterial, hepato-protective, wound healing, anti-diarrheal, anti-cancerous and used to remove the copper, lead and cobalt from the environment etc.



**4. Vernacular name:** Kontrai/Golden rain tree/ Arag vadha/Disease killer/Aeheala(Singala)

**Botanical name:** *Cassia fistula*

**Medicinal values:**

Anti-microbial, anti-oxidant, anti-inflammatory, wound healing, astringent. To treat the skin diseases, burning sensations, syphilis, leprosy, dry cough, malaria, fever, stomach disorders, constipation and protect the liver.



**5. Vernacular name:** Nelli /Indian goose berry

**Botanical name:** *Phyllanthus emblica*

**Medicinal values:**

Anti-aging effect, anti-cancerous, immune suppression, anti-oxidant, anti-microbial, anti-inflammatory, anti ulcerogenic, to prevent the cough, cold, hair loss, dandruff, cataract, cure the mouth ulcer, control the diabetes, heart problems and asthma and good for glowing skin, burn the fat, control the diabetes and cure the mouth ulcer.



**6. Vernacular name:** Mahilampala tree-Lavul-Canistel

**Botanical name:** *Pouteria campechiana*

**Medicinal values:**

Anti-oxidant, anti-bacterial, immunomodulatory, hepato protective, anti-inflammatory.



**7. Vernacular name:** Passion fruit tree

**Botanical name:** *Passiflora edulis*

**Medicinal values:**

Leaves, fruit and roots improve the blood circulation, manage the blood tension, improve the vision, avoid eye inflammation, treat the cancer, anemia and control blood glucose.



**8. Vernacular name:** Ambarella/Jew plum

**Botanical name:** *Spondias dulcis*

**Medicinal values:**

Leaves, roots and fruits of this plant Boost Immune system, improves skin health, treat the cough, digestive problems, improves the vision, provides energy, helps in weight loss, anti-oxidant activity, anti-fungal,

wound healing activity, cardiovascular activity, lowers the high blood pressure, used to treat the mouth sores, respiratory diseases, diabetes, anemia and used as a contraceptive agent. Prevents the premature aging, and maintain healthy bones and teeth.



**9. Vernacular name:** Jambu wax apple plant/ Java apple (English)

**Botanical name:** *Syzygium samarangense*

**Medicinal values:**

Leaves, fruit and roots of this plant is prevent the prostate cancer, breast cancer, lowers the cholesterol, beneficial for diabetes, good for brain and liver. To treat the fever.



**10. Vernacular name:** Sarkarai pala tree/Nei palam/Singapore cherry

**Botanical name:** *Muntingia calabura*

**Medicinal values:**

Whole plant contains anti-bacterial, anti-septic, anti-tumor, cure diabetes, lowering the high blood pressure, cholesterol level, relieve from the head ache, prevent and cure the cough, anti-inflammation activity,



**11. Vernacular name:** Pulinaga tree/Tiger's claw

**Botanical name:** *Martynia annua*

**Medicinal values:**

Leaves, seeds and roots contain anti-inflammatory, anti-oxidant activity, anti-bacterial activity, anti-diabetic activity, anti-pyretic activity, anti convulsant activity, wound healing activity. To treat the itching and skin infections.



**12. Vernacular name:** Nayuruvi/Chaff-flower

**Botanical name:** *Achyranthes aspera*

**Medicinal values:**

Whole plant contains anti-oxidant, anti-microbial, anti-inflammatory, anti-cancerous activity, anti-depressant, wound healing, Immunostimulant, lowers the blood sugar, cure the uterine problems and anemia.



**13. Vernacular name:** Mudakathan keerai/Indravalli

**Botanical name:** *Cardiospermum halicacabum*

**Medicinal values:**

Whole plant contains anti-malarial, anti-diarrheal, anti-filarial, anti-inflammatory, anti-anxiety nephro protective activity, anti-ulcerative activity, anti-hyper glycemc activity, anti-parasitic activity. To cure the cold, cough, dandruff, joint pain rheumatism. Whole plant is laxative, refrigerant, stomachic. Insect repellent and anti-feed ant action on insects. Leaves are used for washing the cloths and the hair



**14. Vernacular name:** Cashew/Munthiri tree

**Botanical name:** *Anacardium occidentale*

**Medicinal values:**

Leaves, root, seeds of this plant contain anti diarrheal activity, hypotensive activity, Immunostimulant, Bronchitis effect. To prevent the pregnancy and cure the skin diseases. Leaves are used as a natural tooth paste.



**15. Vernacular name:** Nannari /Indian sarsaparilla

**Botanical name:** *Hemidesmus indicus*

**Medicinal values:** Used as a body coolant and the blood purifier. To treat the urinary infection, constipation and the digestion.



**16. Vernacular name:** Shy plant/Sensitive plant/Thottasinungi

**Botanical name:** *Mimosa pudica*

**Medicinal values:**

Whole plant contains wound healing activity, anti-venom activity, anti-inflammatory, anti-diabetic activity, anti-microbial activity, anti-viral activity, anti-fungal activity, anti-fertility activity.

To treat the piles, ulcers and diarrhea. To protect the liver.



**17. Vernacular name:** Nochi plant

**Botanical name:** *Vitex nigundo*

**Medicinal values:**

Whole plant contains anti-bacterial activity, anti-microbial activity, anti-helminthic activity, anti-anxiety activity, hepatoprotective, larvicidal, muscle relaxant, used as a bio pesticide and insecticide, swelling, fencing for agriculture land, Insect and mosquito repellent. wounds, To treat the headache, skin affections, asthmatic pain, and pain relieving.



**18. Vernacular name:** Southern blue gum/Tasmanian blue gum

**Botanical name:** *Eucalyptus globules*

**Medicinal values:**

Leaves, bark and roots of this plant contain anti-bacterial, anti-viral, anti-septic, anti-inflammatory, wound healing activity, hypoglycemic effect, boosts our immune system and mental clarity.

Disinfectant. To treat the muscle and joint pain. Relieves cough and headaches. anti-diabetic,



**19. Vernacular name:** Kilakkai/Karanda

**Botanical name:** *Carissa carandas* Linn

**Medicinal values:**

Leaves, root and fruits of this plant contain anti-inflammatory activity, anti-cancerous activity, analgesic activity, anti-pyretic activity, relief from fever, stomach ache, reduces blood sugar, stop internal bleeding.



**20. Vernacular name:** Muthiral tree-/Hora (singalam) Kiripalu (sanskrit)/Padumuththara

**Botanical name:** *Dipterocarpus zeylanicus*

**Medicinal values:**

Leaves of this plant treat fever, chronic ulcers, sinuses, pneumonia and bronchitis. It is endemic to Sri Lanka.



**21. Vernacular name:** Avaram poo tree/Tanner's cassia

**Botanical name:** *Senna auriculata*

**Medicinal values:**

Flower and leaves of this plant control diabetes, urinary problems, kidney disorders, regulate menstrual cycle, skin problems, remove body odour, reduce body heat and burning foot, sugar and flower paste are used as a soap for bathing.



**22. Vernacular name:** Karungali tree/Karambai

**Botanical name:** *Acacia ferruginea*

**Medicinal values:**

Leaves of this plant contain anti-malarial activity, anti-oxidant activity, Immunostimulant activity. To cure stomach ache, swelling in eyes, cholera, pneumonia, cough, dysentery and piles. To help in the discoloration in skin, blood purifier.



**23. Vernacular name:** Murungai/Drumstick tree/Horseradish tree/Benzoil tree

**Botanical name:** *Moringa oleifera*

**Medicinal values:**

Leaves, seeds and fruit of this plant contain anti-inflammatory, anti-microbial activity, anti-oxidant activity, anti-cancerous activity, anti-ulcer, anti-asthmatic, analgesic activity, anti-hypertensive activity, anti-diabetic activity, anti-fertility activity, Cardiac and circulatory stimulant and prevents ocular diseases.



**24. Vernacular name:** Cassava

**Botanical name:** *Manihot esculenta*

**Medicinal values:**

Leaves and roots of this plant Relieves the constipation, prevents the cancerous growth, promotes skin growth, lowers the level of bad cholesterol, provide the great amount of energy and immunostimulant.



**25. Vernacular name:** Kamuku

**Botanical name:** *Areca catechu*

**Medicinal values:**

Anti-diabetic, hypoglycemic effect, mitotic activity, anti helminthic activity, Effective against the leucoderma, leprosy, cough, anemia and obesity.



**26. Vernacular name:** Banyan tree

**Botanical name:** *Ficus benghalensis*

**Medicinal values:**

Leaves, root, milk substance and fruit contain antifungal, antimicrobial, antidiabetic, antibacterial, antidiarrheal, antioxidant and anti-inflammatory.



**27. Vernacular name:** Neem tree/Village pharmacy/Miracle herb

**Botanical name:** *Azadirachta indica*

**Medicinal values:**

Whole plant contain antidiabetic, antifungal, antiviral, antibacterial, anthelmintic, anti-inflammatory, wound healing, anti-tumor, repellent against the mosquito, anti-malarial, Immunomodulatory, Spermicidal, antipyretic, anti-gastric ulcer, Immunostimulant, anti-fertility, anti-cancerous, Effect on central nervous system etc. To cure asthma, sore throat, tuberculosis, eczema, jaundice, stomach ulcers, diabetes, arthritis, remedy for hemorrhoids, reduce high fever, high blood sugar.



**28. Vernacular name:** Tamarind tree

**Botanical name:** *Tamarindus indica*

**Medicinal values:**

Leaves, root, bark and fruits cure the bleeding the piles, bile disorders,

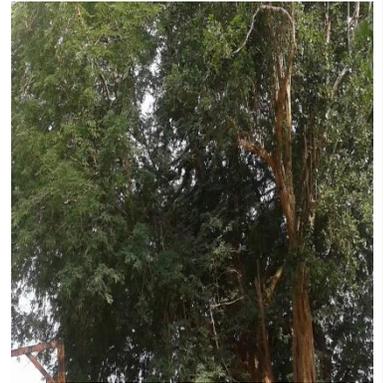
produce the red blood cells, lowering the level of bad cholesterol,

Natural anti-agent, eliminates pigmentation, Prevents hair loss, Antiseptic,

Is good during pregnancy, Cures Malaria, Treat Jaundice, prevents cancer, Treats constipation,

Works as a cleansing agent, Purify the blood, provide cardiovascular health, Cures mouth ulcers,

promotes digestive health, improves nerve function, Manage the diabetics, Boosts the immune system.



**29. Vernacular name:** Lemon tree

**Botanical name:** *Citrus limon*

**Medicinal values:**

Leaves, root, fruits and seeds Prevents cold, Dental care, skin care,

cure constipation, Remove fatigue, Treat asthma, Natural diuretic.

Control the high blood pressure, Cure arthritis, Boosts immune system, Act as the blood purifier.



**30. Vernacular name:** Vettukayapoond

**Botanical name:** *Tridax procumbens L.*

**Medicinal values:**

Whole plant contains antibacterial, antiviral, antioxidant, antidiabetic,

Immunostimulant activity, antitrypanosomal, repellent against the mosquito,



Immunomodulation activity, wound healing, anti-cancerous, anti-microbial, prevents the hair loss and enhances the hair growth. Observe the chromium from the industrial effluent.

**31. Vernacular name:** Vallarai

**Botanical name:** *Centella asiatica*

**Medicinal values:**

Whole plant rich in Vitamin B, C and carotenoids, enhancing memory, purifies the blood, cures asthma, cough and cold, wound healing activity,

reduce the high blood pressure, reduce the hair fall, treat the jaundice, cure the bleeding disorder, promote the hair growth, detoxify the opium poisoning, enhance the immunity.



**32. Vernacular name:** Keelanelli/Stone breaker/Gale of the wind

**Botanical name:** *Phyllanthus niruri*

**Medicinal values:**

Whole plant relief from the kidney stone, Treat the jaundice,

Relief from Hepatitis, Relief from Eye problems,

regulate the blood sugar levels, Cure the migraine headache, Relief from burn wounds.



**33. Vernacular name:** Custard apple tree

**Botanical name:** *Annona reticulata*

**Medicinal values:**

Leaves, root, stem and fruits treat the diarrhea and dysentery,

Cure the toothache, used as a coolant, Haematinic, treat the anemia,

Insecticidal, helps to gain weight, Immunostimulant, Anti cancerous,



Replenish our energy levels, helps to calm down the stress, to help the strong dental system, Reduce the anemia, maintained good eyesight, Regulate the blood pressure, Excellent source of iron, Antioxidant activity, Heals the skin infections, Delays ageing, Prevent the skin cancer, Eliminate Lice, Prevent the hair fall.

**34. Vernacular name:** Guava tree/Koyya

**Botanical name:** *Psidium guajava*

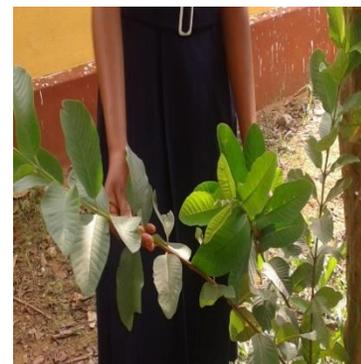
**Medicinal values:**

Leaves, fruit, stem and roots cure the gastric disorders,

Cure the nausea and vomiting, Cure the toothaches, Antiseptic,

Disinfectant, Cure the cough, Antioxidant activity, ant cancerous activity,

Cure the hypertension, Reduce the constipation, Reduce the weight, Antidiabetic activity, Nutritious (Vit A, B, C and E), Used to treat the acidity.



**35. Vernacular name:** Jack fruit tree/Pala maram

**Botanical name:** *Artocarpus heterophyllus*

**Medicinal values:**

Leaves, fruit, seed and roots contain immunostimulant activity,

Increase the energy level, Prevent the cancer, Maintains the blood pressure,

Improves the digestion, Prevents the colon cancer, Improves the eyesight,

Cure the asthma, Prevent the osteoporosis, Reduce the anemia, Cure the cold,

Regulate the blood sugar levels, Prevents the night blindness, Reduce the risk of heart disease, Reduce the Ulcer.



**36. Vernacular name:** Arali poo tree

**Botanical name:** *Nerium oleander*

**Medicinal values:**



Stem, flower and leaves cure the heart pain, Twigs used as the tooth brush,

Flower paste reduce the headache, Cure the joint pains, for snake bite (give 1-2 leaves, causes vomit release the poison from the body), Cures the itching (leaves paste).

**37. Vernacular name:** Night blooming jasmine/Alagu rani

**Botanical name:** *Cestrum nocturnum*

**Medicinal values:**

Leaves, stem, flower and roots cure the Asthma, dengue, headache, epilepsy, nausea, mosquito bite, throat irritation, Analgesic activity, antibacterial, anti-inflammatory, antioxidant, anti-tumor, antioxidant, anti-pyretic.



**38. Vernacular name:** Thulasi/Holy basil

**Botanical name:** *Ocimum tenuiflorum*

**Medicinal values:**

Whole plant cures the fever, cardiac diseases, respiratory problems, insect bite, gynecological disorders, kidney stone, stomach problems, dental problem, headache, skin diseases, skin disorders, germicide, bactericide, prevent the malaria, effective pain killer, reduce the stress and tension, immunostimulant, maintain the blood sugar level.



**39. Vernacular name:** Marigold tree

**Botanical name:** *Tagetes erecta*

**Medicinal values:**

Leaves, flower, stem and roots contain anti-inflammatory, Anti-bacterial, analgesic, antispasmodic, astringent, carminative, stomachic, styptic,



Immunostimulant, antiseptic, wound healing, anti-microbial activity.

**40. Vernacular name:** Jungle flame Ixora

**Botanical name:** *Ixora coccinea* (L)

**Medicinal values:**

Leaves and flower contain anti-diarrheal, ant dysenteric, anti-cancerous, anti-fertility, antiseptic, blood purifier, anti-inflammatory, anti-microbial.



**41. Vernacular name:** Karpooravalli/Indian mint

**Botanical name:** *Plectranthus amboinicus*

**Medicinal values:**

Whole plant reduces the cough and cold, nausea, mouth ulcers, nasal congestion, asthma, stomach upset, Keep away the aedes mosquitoes, Cure the tuberculosis, Immunostimulant, anti-bacterial, antimicrobial.



**42. Vernacular name:** Jasmine/Malligai

**Botanical name:** *Jasminum officinale*

**Medicinal values:**

Anti-oxidant, anti tumour, anti-diabetic, Lactifuge, treatment of constipation, dermatological care, treatment of gastrointestinal diseases, treatment of headache, eyewash solution, wound healing, anti-cancerous, anti-viral, anti-depressant, treatment of gallstones, prevent the kidney stone, Treatment of dysmenorrhea, constipation.



**43. Vernacular name:** Sembaruthi tree

**Botanical name:** *Hibiscus rosasinensis*

**Medicinal values:**

Leaves, flower, stem and roots prevents the hair loss, reduce the grey hair, anti-inflammatory, treat head lice, reduce the fever, constipation and cold and Lowers the high blood pressure and cholesterol level, Cure the cancer, Natural anti-depressant.



**44. Vernacular name:** Nanthiya vettai plant/Pinwheel flower/Crape jasmine

**Botanical name:** *Tabernaemontana divaricata*

**Medicinal values:**

Leaves, flower, root and stem contain Anti-inflammatory, anti-oxidant activity, anti-helminthic activity, anti-hypertensive activity, cure the toothache, headache, skin diseases, itching, bleeding disorder, eye diseases and wound healing.



**45. Vernacular name:** Eluppai tree/Mahua

**Botanical name:** *Madhuca longifolia*

**Medicinal values:**

Whole plant cure skin diseases, body pain, headache, burning sensation in eyes, diarrhea, fever, hypertension, dry cough etc. Anti-diabetic, anti-oxidant,



anti-inflammatory, wound healing activity, Astringent, hemorrhoids, anti-ulcer, anti-snake poisoning, verminosis, hepato protective, increase the production of milk in woman and cure the stomach ache etc.

**46. Vernacular name:** Mountain knot grass/Thenkkai poo keerai/Polpala (singala)

**Botanical name:** *Aerva lanata*

**Medicinal values:**

Anti-oxidant activity, anti-cancerous activity, anti-ulcer activity, anti urolithiatic activity, lowers the blood sugar, treat the asthma, kidney stone and diarrhea.

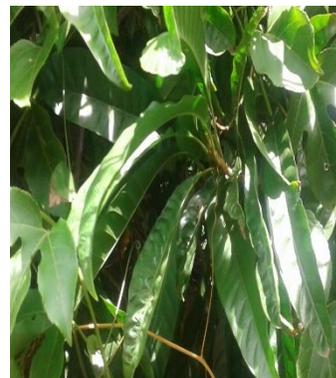


**47. Vernacular name:** Mango tree

**Botanical name:** *Mangifera indica* (L)

**Medicinal values:**

Leaves, flower, root, seed, fruit contain Anti-oxidant activity, anti-inflammatory activity, Immunomodulatory, hypolipidemic activity, hepatoprotective activity, promote the eye sight, control the blood pressure, prevent the night blindness and dry eyes, cure the constipation, diarrhea, sore throat and diabetes etc.



**48. Vernacular name:** Grass/Bermuda grass/Wire grass

**Botanical name:** *Cynodon dactylon*

**Medicinal values:**

Whole plant cures the menstrual problems, acidity, polycystic ovarian syndrome, constipation, tooth problems, anemia, skin problems, cold, piles, eye infections,



and diarrhea. Control the blood sugar, enhance the weight loss, detoxifier, Immunostimulant, wound healer, blood purifier and prevents the cold etc.

**49. Vernacular name:** Sundaikkai plant/Turkey berry/Wild eggplant/ Makhuea phuang (Singala)

**Botanical name:** *Solanum torvum*

**Medicinal values:**

Whole plant contains anti-bacterial, anti-fungal, anti-cancerous, anti-diabetic, anti-inflammatory, regulate the menstruation, prevents the heart attack, stimulate the RBC production, lowers the blood pressure, anti-oxidant, regulate the digestion, cure the diarrhea, gastric ulcers, asthma and cough and treat the kidney diseases.



**50. Vernacular name:** Gliricidia tree/Quick stick/Seemai agathi

**Botanical name:** *Gliricidia sepium*

**Medicinal values:**

Leaves and stem contain larvicidal activity, anti-microbial activity, anti-bacterial activity, anti-inflammatory activity, anti-oxidant activity, anti-mutagenic, Insecticidal activity, anti-dysenteric activity etc.



**51. Vernacular name:** Mullu sita/Soursop

**Botanical name:** *Annona muricata*

**Medicinal values:**

Fruit, seed and leaves of this plant contain wound healing, anti-microbial, cytotoxicity, anti-oxidant, anti-inflammatory, insecticide, anti tumoral, anti- ulcer,



hypoglycemic anti-viral, anti-carcinogenic and genotoxic effect. To treat fever, pain, respiratory and skin illness, internal and external parasites, hypertension, inflammation, diabetes, cancer

**52. Vernacular name:** Erukku plant/Crown flower

**Botanical name:** *Calotropis gigantea*

**Medicinal values:**

Leaves, flower, stem and root contain Hypoglycemic effect, Cure the skin diseases, intestinal worms, coughs, old ulcers, dysentery, abdominal pains, sinus, piles, tooth ache, earache, asthma, catarrh, loss of appetite, treat diabetes,

bronchial asthma, arthritis and nervous disorder. Anti-diarrheal, wound healing, anti-bacterial, anti-inflammatory, hepato protective, anti-microbial, anti-fungal, anti-tumor, anti-oxidant, anti-fertility, larvicidal ovicidal activity, repellent, Immunosuppressive, mosquito larvicidal activity against the *Aedes aegypti* and *Aedes stephensi*, anti-malarial activity etc.



**53. Vernacular name:** Kattu nelli tree/Amirta pala tree

**Botanical name:** *Phyllanthus emblica*

**Medicinal values:**

Whole plant is used to treat peptic ulcers, constipation, diabetes, jaundice, dyspepsia, enhance the digestion, reduce the fever and cough, asthma, purify the blood, strengthen the heart, benefit the eyes, cooling agent, enhance the intellect, remedy for hyperacidity, burns fat, prevents the cancer, leucorrhoea, improves bone health, anti-oxidant, anti-aging, treat the pigmentation, prevent premature gray hair, repair damaged tissues and treat dandruff, stimulate the hair growth



**54. Vernacular name:** Adathodai/Malabar nut (english)

**Botanical name:** *Justica adhatoda* (L.)

**Medicinal values:**

Leaves, stem and roots contain anti-inflammatory, anti-spasmodic, anti-septic,



anti-diabetic, Insecticides, Fungicides. To treat the asthma, cough, sore throat, fever, jaundice, bronchitis, piles, peptic ulcers, bleeding gums, speed up the child birth, setting broken bones, blood purifier etc.

**55. Vernacular name:** Thothuvalai/Kayakalpam (in siddha medicine)

**Botanical name:** *Solanum trilobatum*

**Medicinal values:**

Whole plant contains anti-hepatitis, anti-oxidant. To cure the cold, fever, viral and flu infection, dissolve tonsils, asthma, stomach disorders, and constipation. Prevents the cancer. Improve the blood circulation and blood coagulation, controls the diabetes, detoxify the liver and increase the calcium.



**56. Vernacular name:** Mulmurungai/Tiger's claw/ Sunshine tree/Indian coral tree

**Botanical name:** *Erythrina variegata*

**Medicinal values:**

Leaves, stem and roots of this plant cure the menstrual disorders and fissures at the penis tip, anorexia, worm infestation, non-healing wounds, improve the digestion, brain health and milk production in female, treat swelling and inflammations, relief liver disorders and fever, reduce the cholesterol, anti-septic activity etc.



**57. Vernacular name:** Wood apple tree/Curd fruit tree/Elephant apple tree/Vila maram (tamil)

**Botanical name:** *Limonia acidissima*

**Medicinal values:**

Leaves, fruit and bark of this plant cure chronic dysentery, piles, diarrhea, scurvy, diabetes, ear aches, jaundice, purify the blood, prevents the breast cancer,



post-partum depression (after child birth), joint pain, hypotension etc.

**58. Vernacular name:** Palai tree/Ulakai paalai/kanuppaalai/ (tamil)- Rayan (sinhalese)

**Botanical name:** *Manilkara hexandra*

**Medicinal values:**

Leaves, fruit and bark of this plant contain astringent, Refrigerant, Stomachic, Appetiser, and Emollient. To treat ulcers, dysentery, diarrhea, gum problem, dental disorders, fever, gas, jaundice, de worming, tooth aches. Useful in hallucinations, loss of consciousness, bronchitis, leprosy, odontopathy and blood purification etc



**59. Vernacular name:** Black berry tree/Java plum tree/Naval pala tree (tamil)

**Botanical name:** *Syzygium cumini*

**Medicinal values:**

Leaves, fruit, seed and bark contain astringent, Anti-inflammatory activity, anti-microbial activity, anti-diarrheal activity, and anti-plague, anti-diabetic, anti-hyperglycemic, anti-oxidant activity, anthelmintic, anti-dysentery, anti-hypertensive activity. To relieve the disorders of the gums and the teeth, mouth problems, stomach problems, digestive stimulant and liver stimulant activity etc., Blood purifier, Source of vitamin-A, anti-bacterial, cure the asthma, dysentery, anti-pancreatic effect, cure the ulcers, anti-cancerous, Increase the hemoglobin, prevent the hardening of arteries.



**60. Vernacular name:** Teak tree/-Thekha (sinhala)

**Botanical name:** *Tectona grandis*

**Medicinal values:**

Leaves, fruit, seed and bark contain anti-bacterial activity, anti-ulcer,



anti-fungal. To cure the piles, dysentery, leucoderma, nausea, bronchitis, menstrual problems, diabetes, hemorrhages, headache, burning pain over the region of the liver, inflamed eyelids, inflammatory swellings, promote the flow of the urine, remove itchiness of the skin, stimulate the hair growth etc.

**61. Vernacular name:** Vilvam tree/Bael tree/Golden apple tree/ Stone apple tree/Japanese bitter orange tree/Beli (sinhala)

**Botanical name:** *Aegle marmelos*

**Medicinal values:**

Leaves, stem, bark and roots of this plant contain anti-oxidants, anti-inflammatory, anti-diarrhoeic, antidote to snake venom, anti-bacterial, anti-viral, anti-diabetic, prevents the heart diseases, solve the gastric problem. To cure the fever, piles, ulcers tuberculosis, urinary diseases, gynecological disorders. Cleans the atmosphere (absorb the harmful gases from it), lowers the blood cholesterol etc.



**62. Vernacular name:** Cocunut tree

**Botanical name:** *Cocos nucifera*

**Medicinal values:**

Leaves, fruit and flower prevent the oral cancer, diarrhea, dysentery, control mouth ulcers. To treat the heart, liver, kidney disorders, urinary stones, bleeding piles, liver complaints, asthma, malnutrition, abdominal pains, and heart burns. Promotes the flow of urine, as a coolant in fever, purifies the blood, lowers the cholesterol, regulate the hormones, increase the metabolism, improve digestion, anti-bacterial, anti-septic etc.



**63. Vernacular name:** Sugarcane/Karumbu

**Botanical name:** *Saccharum officinarum*

**Medicinal values:**

Whole plant contains anti-oxidant, immunostimulant, instant energy booster, reduce the bilirubin level. To cure the constipation, jaundice, breast cancer,



diabetic, liver diseases, prostate cancer. Remedy for sore throat, decrease the body cholesterol, eases the digestive system, maintain the kidney health, develop the bones and teeth. Promotes the flow of urine, strengthens the gum, protect the skin from the aging, ensure safe pregnancy, prevents the bad breath and tooth decay, heals the wound, prevents the DNA damage, eliminates toxins from our body, good for nail health, reduce fever and treats acidity etc.

**64. Vernacular name:** Vettilai/Velvetty beauty berry (english)

**Botanical name:** *Callicarpa tomentosa*

**Medicinal values:**

Whole plant contains anti-inflammatory, anti-oxidant, anthelmintic, analgesic. To cure the fever, liver diseases, gastric problems, eases the constipation, increase the hunger, promotes the oral health, and relieves the cough, bronchitis and respiratory problems. Anti-septic, anti-fungal, relief from back pain and muscular tensions, easing urination, wound healing, improves alertness. To cure earache, headache, nose bleeding, inflammation and tooth decay etc.



**65. Vernacular name:** Pirandai/Adament creeper/Devil's backbone

**Botanical name:** *Cissus quadrangularis*

**Medicinal values:**

Whole plant contains anti-inflammatory, anti-oxidant, anti-ulcer, anti-microbial, wound healing activity, Immunostimulant activity. To ease the menstrual issues, prevents the diabetic, boost the bone stress, lowers the cholesterol level. To treat anemia and asthma etc.



**66. Vernacular name:** Veera pala tree/Red date tree/Chinese date

**Botanical name:** *Ziziphus jujube*

**Medicinal values:**

Leaves, fruit, seed and bark of this plant contain anti-aging, anti-tumor, astringent, anti-cancerous, refrigerant, stomachic, anti-allergic, improve skin colour. To treat the HIV, produces the energy,



strengthen the blood vessels, provide relief from the heat, immunostimulant, reduce fever, regulates the circulation, improves the bone, control the weight, reduce the stress, cure the asthma and anti-hyperglycemic activity etc. Anti-fungal, anti-bacterial, anti-inflammatory, anti-oxidant, wound healing, to treat the constipation, Jaundice, cold, flu, cough. Used to keep bugs and other insects out of the house.

**67. Vernacular name:** Kuppai keerai/Iruvati-green amaranth

**Botanical name:** *Amaranthus viridis*

**Medicinal values:**

Whole plant contains anti-fungal activity, anti-diabetic, anti-helminthic, anti-hyperglycemic, hypolipidemic activity, antimicrobial activity, anti-ulcer, anti-inflammatory, anti-oxidant activity. To cure the leprosy, bronchitis, piles, leucorrhoea, constipation, asthma, stomachic, appetizer emollient etc.



**68. Vernacular name:** Agathi keerai/Humming bird tree/Sesbane (english) katuru/Murunga (sinhala)

**Botanical name:** *Sesbania grandiflora*

**Medicinal values:**

It contains 63 curative benefits as per Siddha School of medicine.

It reduces the body heat, heals the wounds, remedy for mental depression and the illness. To facilitate the digestion, ease the urination, cure acidity,

ulcer, foot sore, giddiness, eye sore, yellow urine, inflammation, cancer, kidney diseases and eliminates the toxins. Anti ulcerogenic, anti convulsant, hepato protective, anti-oxidant, anti urolithiatic activity, anti-cancerous, anti-microbial, anti-pyretic, analgesic anti-inflammatory, anti-tumor, antibiotic activity. To treat the cough, cold, catarrh, fever, jaundice, weakness, constipation, eye diseases, night blindness, food poisoning, stomach disorders in new born and children. It is externally applied on the bite of poisonous insects and animals. It cures skin diseases, migraine, sinusitis, small rheumatic joints, increasing the memory etc.



**69. Vernacular name:** Curry leaves

**Botanical name:** *Murraya koenigii*

**Medicinal values:**

Whole plant contains anti-diarrheal, blood purifier, anti-fungal, anti-inflammatory, anti-microbial, anti-viral, anti-oxidant, anti-ulcer, larvicidal, anti-carcinogenic, hypoglycemic, anti-hypertensive activity, anti-diabetic, anti HIV, anti-tumor

hepato protective activity, wound healing, radiation protection activity, immunomodulatory, nephron protective activity, cardio protective activity, anti-Alzheimer's activity, neuro protective activity, anti-depressant, anti-dysentery, anti-anemic, stimulant of hair growth, cooling agent. To cure blood disorders, body aches, kidney pain etc.



**70. Vernacular name:** Iththi tree/White fig (common name)

**Botanical name:** *Ficus virens*

**Medicinal values:**

Leaves and fruits of this plant is a Blood purifier, immunity booster.

To cure the wounds, leucorrhoea etc.



**71. Vernacular name:** Kuppai meni/Indian acalypha

**Botanical name:** *Acalypha indica*

**Medicinal values:**

Whole plant contains anti-fertility, anthelmintic, anti-microbial activity, wound healing, anti-bacterial activity, anti-inflammatory, anti-ulcer activity, anti-diabetic activity, anti-oxidant activity, useful for bronchitis, asthma,



mosquito repellent, larvicidal activity against the *Anopheles stephensi*.

To treat pimples, psoriasis, eczema, cough, cold and piles etc.

**72. Vernacular name:** Kodi thodai plant/Wild water lemon

**Botanical name:** *Passiflora foetida*

**Medicinal values:**

Leaves, stem, root and fruits contain anti-bacterial activity, hepato protective, anti-oxidant anti-diabetic, anti-osteoporotic, anti-proliferative, anti-ulcer, anti-hypertensive, cytotoxic, anthelmintic, anti dermatophytic, estrogenic, anti-depressant activity, anti-microbial activity, anti-diarrhea activity, hypoglycemic activity and memory enhancer etc.



**73. Vernacular name:** Kodi pasali/Indian soinach/Velniviti (sinhala)

**Botanical name:** *Basella alba* (L.)

**Medicinal values:**

Leaves of this plant contain anti cancerous activity, anti-viral, laxative, emollient, antidote to poisons. To cure blood cancer. Ulcer, catarrh, pain, swellings, anemia, dysentery, diarrhea, constipation, blood pressure, kidney stones, liver disorders, cold, cough and reduce the labour pain etc.



**74. Vernacular name:** Ceylon pasali/Ceylon spinach/Water leaf

**Botanical name:** *Talinum fruticosum*

**Medicinal values:**

Whole plant contains anti-diarrheal, anti-oxidant, Immunostimulant, reduce hypertension, prevents cataracts, cancer, osteoporosis, bladder stone,



skin discoloration, maintains eye health, maximizes the brain function, reduce the stress, maintain skin health, wound healer, makes our bone and teeth stronger, lowers the cholesterol

**75. Vernacular name:** Pungai Tree

**Botanical name:** *Millettia pinnata*

**Medicinal values:**

To treat malaria, ulcers, piles, abdominal tumor, anemia, fever, digestion, cold, bronchitis, whooping cough, liver pain, eczema, inflammation, wounds, leprosy, gonorrhea, diarrhea, spleen inflammation, piles, skin diseases, mental disorders, immunostimulant, wound healer, anti-diabetic, anti-oxidant, anti-inflammatory, anti-hyperglycemic activity, pesticidal. It releases more oxygen to the environment. It is called as diesel tree.



**76. Vernacular name:** Henna tree /Maruthondi

**Botanical name:** *Lawsonia inermis*

**Medicinal values:**

Leaves, stem and bark of this plant contain anti-cancerous, anti-inflammatory, anti-bacterial, anti-fungal, anti-oxidant anthelmintic, anti-microbial, antitumor, anti-malarial, anti-oxidant, anti-diabetic activity, anti-bacterial activity, hypoglycemic activity, hepato protective, wound healing. To treat diarrhea, ulcer, dysentery, fever, eczema, injuries, wounds, headache, jaundice, arthritis, skin diseases, piles, clear dandruff and hair coloring agent etc.



**77. Vernacular name:** Banana tree /Vaalai

**Botanical name:** *Musa acuminata*

**Medicinal values:**



Leaves, fruit, stem and roots of this plant contain anti-fungal activity, anti-bacterial activity. To cure the leprosy, diarrhea, anemia, constipation, fever, urinary disorders, ulcer, reduce the weight, increase the hemoglobin, improve digestion, protects the cardiovascular system, prevents the kidney stone etc.

**78. Vernacular name:** Bitter gourd/Bitter melon/Bitter apple/Karavila (Sinhala)

**Botanical name:** *Momordica charantia* (L)

**Medicinal values:**

Leaves, fruit, seed, stem and roots of this plant treat the cancer, diabetes, fever, HIV and AIDS, cough, skin diseases, wounds, ulcer, lowering the blood glucose, enhancing the immunity, relief asthma, reduce the cholesterol level, promote the bone health and weight loss, Hemorrhoid relief, anti-fungal, anti-bacterial, anti-oxidant.



**79. Vernacular name:** Mumusukki keeri

**Botanical name:** *Mukia maderaspatana*

**Medicinal values:**

Leaves and root of this plant contain anti-bacterial activity, antioxidant activity, larvicidal activity, anti-ulcerogenic activity, antidiabetic activity, infertility, anti-hyperlipidemic effect, anti-hypertensive effect, Immunomodulatory effect, anti-hepatotoxic activity, hypotensive effect, to cure amoebiasis, cough, cold, vomiting, stomach disorders, heart problems, joint pains, sinus, asthma, depression, tuberculosis, burning sensation in eye, respiratory problems etc.



**80. Vernacular name:** Kaatu vembu/china berry tree/pride of India

**Botanical name:** *Melia azedarach* (L.)

**Medicinal values:**

Whole plant of this plant contain anti-microbial, anti-viral, anti-bacterial,



anti-fungal, anti-inflammatory, anti-oxidant. To cure diarrhea, tooth pain and gum infection, dandruff, headache, arthritis pain, lice killer, menstrual problems, improves the fertility, cure the dengue, diabetes, mosquito repellent, a skin disease, reduce body heat, and prevents the bad breath, chicken pox, insecticidal.

**81. Vernacular name:** Palmyrah palm/Panai

**Botanical name:** *Borrassus flabillifer*

**Medicinal values:**

Leaves, fruit, seed, root of this plant contain anti-bacterial activity, anti-oxidant activity, anti-diabetic activity, anti-inflammatory activity, anti-tumor, anti-microbial, anti-cancerous, anti-fungal, anthelmintic, wound healing, immunomodulatory, anti-malarial, anti-diabetic activity etc.



**CONCLUSION:**

We must be made aware of the medicinal plants in Sri Lanka. We should take care to promote the medicinal plants and to preserve them. It is concluded that we must protect the medicinal plants in Periyapandivirichan area. It will be useful in Ayurvedic and Traditional medicine while financially benefitting for us and our environment. There are eighty-one medicinal plants in the Periyapandivirichan area. Medicinal plants in Periyapandivirichan are very effective and it contains so many medicinal values, which are very useful to our society and environment. It is necessary for the systematic cultivation of medicinal plants in order to conserve it.

An identification of medicinal plants in Periyapandivirichan area also encourage more researches in this field. Therefore, the current study is a huge room for research in the direction of more pharmacological activities of the medicinal plants to elucidate the mechanism of action of same in future.

