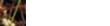


### Alternanthera sessilis Matsyakshi

Wild herb also cultivated for food, herbal medicines, as an ornamental plant (red variety, as a hedging plant). Leaves and young shoots are consumed as vegetables. It has diuretic, cooling, tonic and laxative



Salvadora persica

Meswak Wild herb also cultivated for food, herbal medicines, as an ornamental plant (red variety, as a hedging plant). Leaves and young shoots are consumed as vegetables. It has diuretic, cooling, tonic and laxative properties.



# Adhatoda zeylanica

**Common Cough Cure/ Adulsa** 

t is a herbaceous, medicinal plant in the acanthus family that grows in marshy places and is native to tropical Asia and Africa. It is one of the most important herbs used for managing gouty arthritis and rheumatoid arthritis. It offers great nourishment and is also a strength promoter.





### Rivea hypocrateriformis **Common Night Glory**

Used in Ayurveda as contraceptive. Also reported for treating cough, headache, skin disease. Harvested from the wild for local use as a food and a medicine. Leaves and young shoots - cooked and eaten as a vegetable.

### Tridax procumbens **Coat Buttons**

The juice extracted from the leaves is directly applied on wounds to prevent damage to the liver. Also used to cure an inflammation, irritation, or erosion of the lining of the stomach.



### Abelmoschus manihot **Sweet Hibiscus**

One of the world's most nutritious leafy vegetables because of its high protein content. The leaves are tender and sweet and can be served raw or steamed.



### Lantana camara Lantana

Commonly found flower. Attracts butterflies and moths, used in traditional medicine. It is from Central and South America and is known notorious, invasive species introduced by Portuguese in India. Used in making



### Operculina turpethum **Indian Jalap**

Perennial herbaceous, hairy vines growing 4 to 5 meter in length, endemic to India. Roots, bark and seeds used in skin disorders such as vitiligo and several diseases such as cervical lymphadenitis, fistulas, constipation, chronic gout, fever, bronchitis, ulcers, hemorrhoids, tumors, obesity, jaundice, herpes, and induced lacrimation.



### Smithia sensitive **Sensitive Smithia**

Flowers are favorite food of insects. Leaves and pods are cooked and eaten, rich in micro-elements. Leaves are refrigerant, stimulate flow of milk in mothers. Leaves juice is used as lotion in



### Ageratum conyzoides Goatweed

Widely used by many traditional cultures, against dysentery and diarrhea It is also an insecticide and nematicide. Ingesting can

cause liver lesions and tumors.



### Combretum albidum Piluki

Climbs to the top and blankets most of the tall trees. Attract many birds, dwarf honey bees. The stem is cut and crushed to use as a scrubber to clean vessels which are used store curd. The fibre is used as a rope. Elephants graze on the plant.



### Euphorbia heterophylla **Mexican Fireplant**

Flowers attract bees and butterflies, used as food plant by the larvae of some butterflies and moths like Tigers, Pansys, Spurge Hawk-moth. Grown as a garden plant. Grows in urban bushland and creekbanks.



### Calycopteris floribunda **Paper Flower Climber**

Revered as a life-saver by the forest dwellers who regularly depend on this vine for water during summer when streams dry up. As a herbal medicine, The leaves used as skin cleansers, for inducing bowels, to kill intestinal worms, for detoxification, to induce perspiration, and on fever.



# Phalsa

Large shrub cultivated for its sweet and sour acidic fruit sold in the market during summer months. Used as an astringent, cooling agent and on stomachache. Grows on most soil types in drier tropical and semi-arid areas. Weed of open woodlands, grasslands, drier vine thickets, disturbed sites, riparian areas, the margins of lakes and coastal environs.



### Calotropis gigantea Milkweed

The plant is reported as effective in treating skin, digestive, respiratory, circulatory and neurological disorders. Sturdy plant. Host plant of milkweed butterflies from Tiger group



### Celosia argentea Silver Spiked Cockscomb

Tender shoots are cooked and eaten, flowers attracts butterfly. Flowers commonly used in Ganpati decoration in Konkan.





### Muntingia calabura **CotJamaican Cherry**

The flowers are said to possess antiseptic and antispasmodic properties. Used to relieve headache and early symptoms of cold. Sturdy tree grows in poor soils. Fruits throughout the year



### Ipomoea campanulata Batatilla

A plant of lowland tropical areas, sea shores, where it is usually found at elevations below 300 metres. Creeper.





### Heliotropium indicum Indian Heliotrope

Leaf extract used on wounds, skin ulcers and furuncles. Also used as eye drop for conjunctivitis, to treat warts, inflammations and tumours. An annual, hirsute plant, common weed, attracts milkweed butterflies.



### Hygrophila auriculata **Marsh Barbel**

Herbaceous, medicinal plant in the Acanthaceae family that grows in marshy places. One of the most important herbs used for managing gouty arthritis and rheumatoid arthritis. Offers great nourishment and is also a strength promoter.



# Ipomoea arachnosperma

**Hairy Little Bell** 

Annual creeper with stems prostrate or twining. Grown as a common weed. Distribution in dry, deciduous forested areas, grasslands and cultivated fields.



### lpomoea marginata **Purple Heart Glory**

Used for curing sterility in women, and for promoting fertility and virility. Found on sea coasts, saline soil. Slender vine, commonly seen on bushes. Alternately arranged ovate-heart-shaped leaves have purple botches in the centre.



### Mimosa pudica **Touch me Not**

Low growingpPrickly shrub, very sensitive compound leaves for touch a defense mechanism. Roots and leaves used in traditional medicine.



### Peristrophe paniculata **Panicled Peristrophe**

Perennial herbaceous, hairy vines growing 4 to 5 meter in length, endemic to India. The herb is used for its anti-bacterial property (tuberculostatic), snake poison, in bone fracture, sprain, fever, cold, cough and for ear and eye treatments.



### Sesamum orientale **Oriental Sesame**

The plant from Sesame group is annual or perennial herb with edible seeds. Oil is rich in Vitamins. Also helps in controlling both systolic and diastolic blood pressure.



### Urena lobata Common **Purple Mallow**

Seed capsules covered with bristles help them spread through animals. Cultivated for termite and water-resistant fiber used to make fishing lines, rope. Roots and flowers used in traditional medicine.



### Cleome rutidosperma **Fringed Spider Flower**

The plant is appetizer, laxative. Decoction is used to treat malaria. Leaf extract is used to treat convulsions. A plant of the wet, lowland tropics, growing in areas of 1,700 - 3,000mm rainfall range.



### Clitoria ternatea **Butterfly Pea**

Roots and seeds have medicinal properties. Used in medicines on depression, memory loss, microbial infections etc. Food and host plant of many butterflies.



### Mucuna pruriens **Common Cowitch**

Roots and seeds are used in traditional medicine, very itchy hairy fruit. Seeds are used in treating cholesterol, blood sugar and Parkinsons disease. Seeds are protein rich, consumed by tribals.



### lpomoea hederifolia **Scarlet Morning Glory**

Invasive. Fast growing. Bright red flowers and round capsuled fruits.



### Commelina benghalensis **Garden Commelina**

Used as animal fodder and also eaten by humans as a vegetable. Also used medicinally, as laxative and to cure inflammations of the skin as well as leprosy, to treat burns, and treat indigestion with juice produced from the roots.



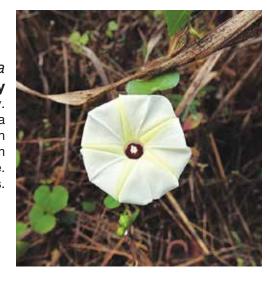
### Ipomoea nil **Blue Dawn Glory**

A hairy annual twiner seen commonly during later half of monsoon. Flower opens around sunrise and fade before 10 am. Seeds used as traditional medicine to increase urine flow, a strong laxative, analgesic relives short term and long-term pain



### Ipomoea obscura

Small white morning glory Leaf sap used to treat fits of insanity. Leaf paste, combined with Argyreia mollis and alcohol, is applied to open sores and pustules. Harvested from the wild as food and medicine. Ornamental for flowers.



# Hyptis suaveolens **American Mint/ Vilayti Tulsi**

Grows vegetatively and from seeds in rains. Root decoction used as an appetizer, to stimulate blood flow. Plant used for uterus infection. Grows in thickets, hedges.



### Solanum surattense **Yellow Berried Nightshade**

Identified by spiny leaves and yellow fruits. Boiled decoction of dry plant is prescribed for stomach and liver complaints.



### Passiflora foetida **Passion Flower**

Commonly found flower. Origin Brazil, introduced as ornamental plant. Food plant of Tawny Coaster butterfly. Used in treating indigestion and neurological problems.

