

***St. Joseph's College
of Arts and Science for Women,
Hosur***



***Handbook On Flora Of
St. Joseph's College***



Dr. Dhina Suresh Mrs. S. Bobby Mrs. I. Anusha Prem

2

HERBS AND VEGETABLES



Botanical Name : *Aloe vera* (L.) Burm.f.
Family : ASPHODELACEAE
Common name : ALOE VERA / BARBADOS ALOE

01

INTERESTING FACTS :

To cure cancer and the negative effects of radiotherapy, it is used medicinally. Wounds, burns, and other skin problems benefit greatly from the clear gel contained within the leaf. Shampoo and soaps are also made with it. Aloe vera is a slow-growing evergreen perennial that grows to 0.8 m (2ft 7in) by 1 m (3ft 3in).

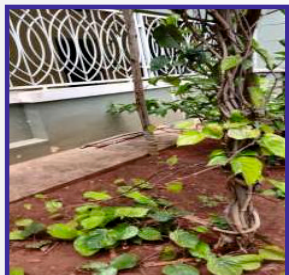


Botanical Name : *Cissus quadrangularis* L.
Family : VITACEAE
Common name : VELDT GRAPE / DEVILS BACKBONE

02

INTERESTING FACTS :

This species' global range is said to be in the Indo-Malaysian region. It's used to treat asthma, haemorrhoids, wounds, broken bones, boils, burns, rheumatic aches, and indigestion in medicine. Cooking is done with the young stems. It is a fast-growing evergreen climber that can reach a height of 5 m (16ft) by 0.5 m (1ft 8in).



Botanical Name : *Piper betel* L.
Family : PIPERACEAE
Common name : BETEL

03

INTERESTING FACTS :

This plant is endemic to Malaysia and is widely grown. A stimulant, antiseptic, and breath freshener, this medicinal and sacred herb is used as a stimulant, antiseptic, and breath refresher. The majority of Betel leaf is consumed in Asia. It's a member of the family's vines. The betel plant is a perennial with glossy heart-shaped leaves that is evergreen and dioecious.



Botanical Name : *Chrysopogon zizanioides* (Linn.) Roberty
Family : POACEAE
Common name : VETIVER

04

INTERESTING FACTS :

It is a fast-growing evergreen perennial that grows to 1.8 m (6ft) by 1.8 m (6ft). The essential oil extracted from the roots is used to treat acne, depression, arthritis, tension, and is also used to make perfumes. It's a tropical grass that grows between 2 and 5 meters tall and is known for its enormous root system that may reach depths of 4 meters or more.



Botanical Name : *Cymbopogon schoenanthus* Spreng.
Family : POACEAE
Common name : LEMON GRASS

05

INTERESTING FACTS :

It's a fragrant evergreen herbal plant native to Southern Asia and Northern Africa. The tea is made from the dried leaves. It's commonly used to make herbal tea. It's also used in hair dye, shampoo / conditioner, moisturizer, bath oil, anti-aging treatment, and acne treatment as a tonic and fragrance enhancer.



Botanical Name : *Ocimum tenuiflorum* Linn.
Family : LAMIACEAE
Common name : HOLY BASIL / TULSI

06

INTERESTING FACTS :

It is a cultivated plant native to the Indian subcontinent and widely distributed in the Southeast Asian tropics. Tulsi is grown for its essential oil, as well as for religious and traditional medical uses. It is commonly used in Ayurvedic medicine as a herbal tea. Holy basil is an erect, many-branched sub shrub with hairy stems that grows 30–60 cm (12–24 in) tall.



Botanical Name : *Ocimum basilicum* Linn.
Family : LAMIACEAE
Common name : SWEET BASIL / HOLY BASIL

07

INTERESTING FACTS :

It's a herb used in cooking. Basil is a tropical plant native to Central Africa and Southeast Asia. Basil is an annual or perennial herb that is grown for its leaves. Plants can grow to be between 30 and 150 cm tall, depending on the type (1 and 5 ft). Ayurvedic medicine makes extensive use of it.



Botanical Name : *Basella alba* Linn.
Family : BASELLACEAE
Common name : MALABAR SPINACH / VINE SPINACH

08

INTERESTING FACTS :

It is a perennial vine that is edible. It is a fast-growing, soft-stemmed vine that can reach a length of 10 meters (33 feet). Its heart-shaped, thick, semi succulent leaves have a moderate flavor and a mucilaginous texture. Green and red variations are available. It's often consumed as a leafy vegetable. It's also high in calories, proteins, vitamins, and water, all of which can help with a variety of ailments.



Botanical Name : *Centella asiatica* (Linn.) Urban
Family : APIACEAE
Common name : INDIAN PENNYWORT / VALLARAI

09

INTERESTING FACTS :

It's a perennial herbaceous plant. It's a culinary veggie as well as a medicinal plant. It has been used to treat a variety of diseases and minor wounds in traditional medicine. The leaves are used to treat epilepsy.



Botanical Name : *Chamaecostus cuspidatus* (Nees & Mart.) C.Specht & D.W.Stev.
Family : COSTACEAE
Common name : INSULIN PLANT

10

INTERESTING FACTS :

For its alleged anti-diabetic qualities, it is known as the insulin plant. The leaves appear to be huge and meaty. These huge, smooth, dark green leaves have a subtle purple hue on the undersides. The leaves are arranged in a spiral around the stem. It increases insulin production by strengthening the beta cells in the pancreas.

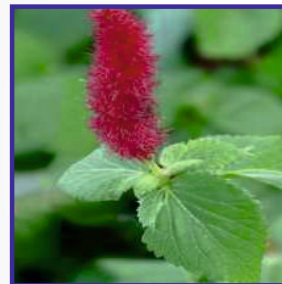


Botanical Name : *Plectranthus amboinicus* (Lour.)
Family : LAMIACEAE
Common name : INDIAN MINT / KARPOORAVALLI

11

INTERESTING FACTS :

It's a perennial semi-succulent plant. Parts of Africa, the Arabian Peninsula, and India are thought to be home to this species. The stem is fleshy, measuring 30–90 cm (12–35 in), and is covered in either long rigid hairs or soft, short, and upright hairs. Cough, malaria fever, rheumatism, asthma, liver health, bronchitis, skin allergies, and wounds are all treated with it.



Botanical Name : *Acalypha wilkesiana* Müll.Arg.
Family : EUPHORBIACEAE
Common name : COPPER LEAF

12

INTERESTING FACTS :

Hawaii is home to this species. Tropical shrub with gorgeous crimson leaves that are tinted with shades of yellow, red, and green. The more sunlight there is, the more color will develop on the leaves. Annuals, perennial herbs, shrubs, and small trees all belong to this genus. It is used to treat fungal infections.



Botanical Name : *Ixora coccinea* Linn.
Family : RUBIACEAE
Common name : FLAME OF THE WOODS

13

INTERESTING FACTS :

It is a dense, multi-branched evergreen shrub that grows to a height of 4–6 feet (1.2–1.8 m), but can grow up to 12 ft (3.7 m). In Indian traditional medicine, the flowers, leaves, roots, and stem are used to treat a variety of diseases.

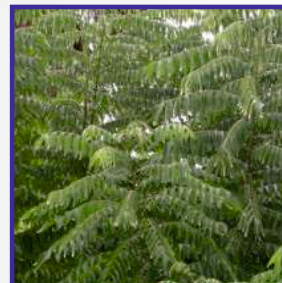


Botanical Name : *Mentha arvensis* Linn.
Family : LAMIACEAE
Common name : FIELD MINT / OR WILD MINT

14

INTERESTING FACTS :

Mint is a perennial herb that grows to a height of 10–60 cm (3.9–23.6 in). Tea brewed from the leaves has been used to treat colds and help digestion. They can be eaten uncooked as well. Menthol, which is utilized in dental care, is one of the chemical compounds that may be derived from wild mint.



Botanical Name : *Murraya koenigii* (L.) Sprengel
Family : RUTACEAE
Common name : CURRY LEAVES

15

INTERESTING FACTS :

It's a herb used in cooking. It is a tropical plant native to Central Africa and Southeast Asia. It is an annual or perennial herb that is grown for its leaves. Plants can grow to be between 30 and 150 cm tall, depending on the type (1 and 5 ft). Ayurvedic medicine makes extensive use of it.



Botanical Name : *Saccharum officinarum* Linn.
Family : POACEAE
Common name : SUGARCANE

16

INTERESTING FACTS :

They are a perennial plant that grows in upright clumps up to 5 meters tall with a red cane that is 15 mm to 30 mm in diameter. Originating in South Asia, this grass is currently grown all over the world for the production of sugar, Jaggery, ethanol, cane syrup, wax rum, paper, cardboard, and fuel. It can be used to treat jaundice, leucorrhoea, and weakness.



Botanical Name : *Manihot esculenta* Crantz
Family : EUPHORBIACEAE
Common name : CASSAVA

17

INTERESTING FACTS :

After rice and maize, cassava is the third-largest source of dietary carbs in the tropics. The cassava root is long and tapering, with firm, homogeneous flesh wrapped in a removable rind that is about 1 mm thick on the outside, rough and brown. Commercial cultivars can range in size from 5 to 10 centimeters (2 to 4 inches) in diameter at the top to 15 to 30 centimeters (6 to 12 inches) in length.



Botanical Name : *Mimosa pudica* Linn.
Family : FABACEAE
Common name : TOUCH ME NOT

18

INTERESTING FACTS :

During the night, the foliage shuts and reopens in the light. The stem is slender, branched, and prickly sporadically to thickly, reaching a length of 1.5 meters (5 ft). Minor cuts, piles, hemorrhoids, joint problems, and diabetes are all treated with it.



Botanical Name : *Solanum lycopersicum* L.
Family : SOLANACEAE
Common name : TOMATO

19

INTERESTING FACTS :

The tomato is the plant's edible berry. Tomatoes are used in a variety of cuisines, sauces, salads, and drinks, both raw and cooked. Tomato plants are decumbent vines that can grow up to 180 cm (6 ft) above the ground if supported.



Botanical Name : *Solanum melongena* L.
Family : SOLANACEAE
Common name : EGGPLANT / AUBERGINE

20

INTERESTING FACTS :

It is planted for its edible fruit all throughout the world. Its skin and seeds can be eaten, just like a tomato, but it's normally served cooked, like a potato. Eggplant can reach a height of 40 to 150 cm (1 ft 4 in to 4 ft 11 in). Some varieties feature a color gradation from white to vivid pink, deep purple, or even black at the stem. There are also white-striped green or purple varieties.



Botanical Name : *Daucus carota* subsp. sativus (Hoffm.) Schübl. & G. Martens
Family : APIACEAE
Common name : CARROT

21

INTERESTING FACTS :

Carrots are a biennial plant that grows every two years. Fast-growing cultivars reach maturity in three months (90 days) after seeding, while slower-maturing cultivars take a month longer (120 days). They are an excellent source of vitamin A.



Botanical Name : *Cardiospermum halicacabum* L.
Family : SAPINDACEAE
Common name : BALLOON VINE / BALLOON PLANT

22

INTERESTING FACTS :

The balloon vine is a perennial herbaceous climbing plant that can reach a height of over 10 meters. Diuretic and demulcent properties are found in the root. It is a mucilaginous substance with a nauseating taste that is used to cure rheumatism.



Botanical Name : *Sesbania grandiflora* (L.) Poiret
Family : FABACEAE
Common name : VEGETABLE HUMMING BIRD / AGATI

23

INTERESTING FACTS :

Sesbania grandiflora is a fast-growing tree. The flowers are white, scarlet, or pink, with regular, circular leaves. The fruits look to be flat, long, and thin green beans. It's a small soft-wooded tree that reaches a height of 3–8 metres (10–26 feet). Leaves are 15–30 cm (6–12 in) long. The presence of linolenic and aspartic acids in the leaf extract could inhibit the formation of advanced glycation end-products.



Botanical Name : *Justicia adhatoda* Linn.
Family : ACANTHACEAE
Common name : MALBAR NUT / ADHATODA ILAI

24

INTERESTING FACTS :

This species can be found in India, Sri Lanka, Pakistan, Malaysia, and China. Medicinal herbs utilised in Siddha, Ayurveda, Homeopathy, and UNANI treatments are used to alleviate cough, chest tightness, and asthma attacks.



Botanical Name : *Lawsonia inermis* Linn.
Family : LYTHRACEAE
Common name : HENNA

25

INTERESTING FACTS :

Henna is a tall shrub or small tree that can reach a height of 1.8 to 7.6 metres (6 to 25 ft). It bears spine-tipped tips on glabrous, multi-branched branches. Northern Africa, Asia, and northern Australia are home to the henna plant, which is indigenous to semi-arid and tropical regions. The therapeutic properties include jaundice and skin irritation. For generations, the bark has been used to treat jaundice, leprosy, and persistent skin disorders.



Botanical Name : *Alternanthera sessilis* (L.) R.Br. Ex DC.
Family : AMARANTHACEAE
Common name : JOYWEED / PONNANGANNI

26

INTERESTING FACTS :

The prostrate stems of this perennial herb rarely ascend and frequently root at the nodes. The plant grows wild, but it's also cultivated for food, herbal medicine, and ornamental purposes. As a herbal treatment, the plant possesses diuretic, cooling, and laxative properties. It has previously been used to treat haemorrhoids. The plant is also supposed to be beneficial to the eyes, and it's used to make therapeutic hair treatments.



Botanical Name : *Lactuca sativa* Linn.
Family : ASTERACEAE
Common name : LETTUCE

27

INTERESTING FACTS :

Lettuce is easy to grow, however it does require mild temperatures to avoid flowering too early. Lettuce is high in vitamin K, vitamin A, folate, and iron, among other nutrients. Plants reach a height of 15 to 30 cm and a spread of 15 to 30 cm on average (6 to 12 in).



Botanical Name : *Curcuma longa* Linn.
Family : ZINGIBERACEAE
Common name : TURMERIC

28

INTERESTING FACTS :

Turmeric is a perennial herb that can reach a height of 1 m (3 ft 3 in). The rhizomes are branched, bright to orange in color, cylindrical, and fragrant. Turmeric has been used for centuries in Ayurveda, Siddha medicine, traditional Chinese medicine, and UNANI medicine in Asia. Turmeric is an important ingredient in many Asian dishes.



Botanical Name : *Ruta graveolens* Linn.
Family : RUTACEAE
Common name : HERB OF GRACE / RUE

29

INTERESTING FACTS :

It can be used as an ornamental as well as a therapeutic plant. Insects and snakes are also kept at bay with it. Homoeopathic treatments are used to treat bruises, sprains, varicose veins, and rheumatism. It's also cultivated for therapeutic purposes.



Botanical Name : *Solanum torvum* Sw.
Family : SOLANACEAE
Common name : PEA EGGPLANT / TURKEY BERRY

30

INTERESTING FACTS :

The plant can reach a height of 2 to 3 metres, but it can also reach 5 metres. The fruits are berries that grow in clusters of tiny green spheres. In Tamil Nadu, India, the fruit is consumed raw or as a cooked dish. In Siddha medicine, one of India's oldest medicinal systems, an extract of this berry is used to aid digestion.



Botanical Name : *Coriandrum sativum* L.
Family : APIACEAE
Common name : CORIANDER

31

INTERESTING FACTS :

Coriander grows naturally in a wide range of climates, from Southern Europe to Northern Africa to Southwestern Asia. It is a delicate plant that grows to a height of 50 cm (20 in). The most usually used components in cooking are the fresh leaves and dried seeds, however all parts of the plant, including the roots, are edible.



Botanical Name : *Capsicum annuum* L.
Family : SOLANACEAE
Common name : PEPPER / CHILLI

32

INTERESTING FACTS :

All varieties grown in North America and Europe with white, yellow, red, purple, or black fruits are believed to be derived from *Capsicum annuum*. Bell pepper, green chilly, jalapeno, cayenne, piri piri, and bird's eye are all spicy varieties.



Botanical Name : *Salvia rosmarinus* Spenn.
Family : LAMIACEAE
Common name : ROSEMARY

33

INTERESTING FACTS :

Rosemary is a fragrant evergreen shrub with a strong scent. The upright forms can grow to be 1.5 m (4 ft 11 in) tall and only very rarely 2 m tall (6 ft 7 in). In gardens, rosemary is utilized as a decorative plant. The leaves are utilized in a variety of dishes, including stuffing and roast meats. Rosemary oil is used to make aromatic perfumes for the body. Camphor is included in 10–20 percent of rosemary essential oil.



Botanical Name : *Catharanthus roseus* (L.) G.Don
Family : APOCYNACEAE
Common name : PERIWINKLE

34

INTERESTING FACTS :

This species is native to China and is found across the Pan tropics. This plant's tea helps to lower blood pressure, cholesterol, and digestive and inflammatory issues. Leaves are used to promote hair health. It is a bushy, evergreen shrub or small tree with a height of 2.5–5 meters (8–16 feet) and a width of 1.5–3 meters (5–10 feet). It aids in the treatment of liver illness, lowers the risk of cancer, and speeds up the metabolism. Leaves are used to promote hair health.



Botanical Name : *Hibiscus rosa-sinensis* Linn.
Family : MALVACEAE
Common name : CHINESE HIBISCUS / CHINA ROSE

35

INTERESTING FACTS :

This species is native to China and is found across the Pantropics. The tea helps to lower blood pressure, cholesterol, and digestive and inflammatory issues. Leaves are used to promote hair health. It's a bushy, evergreen shrub or small tree with a height of 2.5–5 meters (8–16 feet) tall.

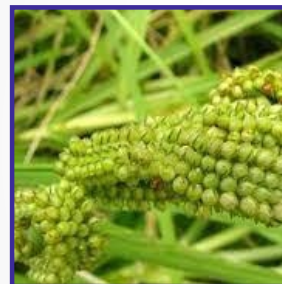


Botanical Name : *Allium cepa* L.
Family : AMARYLLIDACEAE
Common name : BULB ONION / COMMON ONION

36

INTERESTING FACTS :

Onions also have natural oil that is sometimes used in hair oil. Onions are frequently sliced and added to a variety of hearty warm recipes. Onions that have just been chopped generate a stinging sensation in the eyes. Onions also have a natural oil that is sometimes used in hair oil. It comes in a variety of colors, including yellow, white, and red.



Botanical Name : *Eleusine coracana* Gaertn.
Family : POACEAE
Common name : FINGER MILLET / RAGI

37

INTERESTING FACTS :

Finger millet flour can be ground and used in cakes, puddings, and porridge. The flour is fermented into a drink. Animal feed is made from finger millet straw. Finger millet is soaked and shade dried before being roasted and crushed to make ragi malt porridge.



Botanical Name : *Spinacia oleracea* L.
Family : AMARANTHACEAE
Common name : SPINACH

38

INTERESTING FACTS :

It's a flowering plant with a leafy green appearance. It is plant that can reach a height of 30 cm (1 ft). A 100 g serving of spinach has more than four times the daily recommended vitamin K consumption. The Hindi term "Palak" has Persian roots as well. The English term "spinach" comes from the French word "épinache", which dates back to the late 14th century.



Botanical Name : *Ipomoea batatas* (L.) Lam.
Family : CONVULVULACEAE
Common name : SWEET POTATO

39

INTERESTING FACTS :

The plant is a perennial herbaceous vine. The long, tapering edible tuberous root has a smooth skin that varies in colour from yellow to orange to red to brown to purple to beige. Sweet potatoes are endemic to the Americas' tropical climates.



Botanical Name : *Solanum trilobatum* L. **40**
 Family : SOLANACEAE
 Common name : SOLANUM TRILOBATUM / TUDUVALAI

INTERESTING FACTS :

The entire plant, including the leaves, is covered in thorns.
 Because the thorns are thought to be moderately harmful, it is critical to remove them before cooking. The herb can be powdered and kept by drying the leaves in the shade and grinding them. Fever and the common cold are treated with it. India, Sri Lanka, and Indochina are its native habitats.



Botanical Name : *Momordica charantia* L. **41**
 Family : CUCURBITACEAE
 Common name : BITTER GOURD

INTERESTING FACTS :

This herbaceous, tendril-bearing vine can reach a height of 5 metres (16 feet). Bitter melon is usually eaten cooked when it is still green or early fading. Bitter melon immature shoots and leaves can also be consumed as greens. For a long time, it has been utilised in several herbal medicine systems to treat stomach problems and diabetes.



Botanical Name : *Coccinia grandis* (L.) Voigt **42**
 Family : CUCURBITACEAE
 Common name : IVY GOURD

INTERESTING FACTS :

It grows well in tropical settings and is widely available in Indian states, where it is used in indigenous cuisine. It's a veggie that's been cooked. This plant is a climber that lives for a long time. It's a dioecious species.



Botanical Name : *Tecoma stans* (L.) Juss. ex Kunth **43**
 Family : BIGNONIACEAE
 Common name : TRUMPET VINE

INTERESTING FACTS :

A tiny tree-like shrub that is semi-evergreen. The trumpet-shaped flowers are enormous, showy, golden yellow, and clustered at the branch ends. It is a medicinal herb that is used to treat diabetes and digestive problems, among other things.