

Traditional Medicine Practice

I. Plant name- Bitter vine,
Climbing hempvine.

Local name- Refugee pata.

Part used- leaves.

Occasion of use-

- Treats wounds minor injuries help stop over blood flow make blood platelet (acting as an antiseptic).
- Treats minor skin infections like itches, rashes.

Mode of Preparation- Used as fine paste and applied around the wounded area as ointment



II. Plant name- Krishna Tulsi.

Local name- Kalo Tulsi or
Shyama Tulsi

Part used- leaves

Occasion of use- Treats cough and cold its leaves are used in teas or decoctions also called kadha to treat diabetes, fever, and chest congestion.

Mode of Preparation- Blend and made a fine paste of leaves consumption is done by adding honey proportionally or the leaves could be eaten raw by chewing.



III. Plant name- Bhringraj.

Local name- Keshuti.

Part used - leaves and stem

Occasion of Use- Mostly used for strong hair, preventing premature greying, and reducing hair fall.

Mode of Preparation-

- As a Oil: Mixed with carrier oils (like sesame or coconut) for hair and scalp massage.
- As a Slurry Paste: Plucking leaves and mixing in blender machine along with proportional amount of water.
- Apply for 15 mins and then rinse with shampoo and Luke warm water thoroughly.



IV. Plant name- Drumstick leaves

Local name- Moringa, Sojna Pata

Part used -leaves and pods (sojna deta)

Occasion of use-

Treats mild dysentery, helps easy digestion, and promotes bone health as it's rich in phosphorus.

Mode of Preparation-

Made fine paste of leaves blended in blender and mostly made dal with mustard seeds (sesame or soisho) and served with hot rice.



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