

# About Flowers on the cover page

## ❖ *Cichorium intybus* (Kasni)



<b>Scientific name</b>	: <i>Cichorium intybus</i>
<b>Higher classification</b>	: Cichoriinae
<b>Rank</b>	: Genus
<b>Family</b>	: Asteraceae
<b>Subfamily</b>	: Cichorioideae
<b>Kingdom</b>	: Plantae

*Cichorium intybus* is a genus of plants in the dandelion tribe within the sunflower family. The genus includes two cultivated species commonly known as chicory or endive, plus several wild species. Common chicory is a bushy perennial herb with blue or lavender flowers.

Traditional medicinal uses of *Cichorium intybus*. According to the European monograph, traditional use of chicory roots includes the **relief of symptoms related to mild digestive disorders (such as feeling of abdominal fullness, flatulence, and slow digestion) and temporary loss of appetite**

## ❖ *Ocimum sanctum* (Tulsi)



<b>Scientific name</b>	: <i>Ocimum sanctum</i>
<b>Family</b>	: Lamiaceae
<b>Order</b>	: Lamiales
<b>Higher classification</b>	: Basil
<b>Kingdom</b>	: Plantae
<b>Rank</b>	: Species

*Ocimum sanctum*, commonly known as holy basil, tulsi or tulasi, is an aromatic perennial plant in the family Lamiaceae. It is native to the Indian subcontinent and widespread as a cultivated plant throughout the Southeast Asian tropics.

The *Ocimum sanctum* L. has been possess **antifertility, anticancer, antidiabetic, antifungal, antimicrobial, hepatoprotective, cardio-protective, antiemetic, antispasmodic, analgesic, adaptogenic and diaphoretic actions.**

## ❖ *Withania somnifera* (Ashwagandha)



<b>Scientific name</b>	: <i>Withania somnifera</i>
<b>Higher classification</b>	: Nightshade
<b>Order</b>	: Solanales
<b>Rank</b>	: Genus
<b>Family</b>	: Solanaceae
<b>Kingdom</b>	: Plantae

*Withania somnifera* is a genus of flowering plants in the nightshade family, Solanaceae, with 23 species that are native to parts of North Africa, western Asia, south Asia, southern Europe, the Mediterranean, and the Canary Islands.

The overall medicinal properties of *Withania somnifera* make it a viable therapeutic agent for **addressing anxiety, cancer, microbial infection, immunomodulation, and neurodegenerative disorders.**

## *Terminalia arjuna* (Arjuna)



**Kingdom** : Plantae  
**Division** : Magnoliophyta  
**Class** : Magnoliopsida  
**Order** : Myrtales  
**Family** : Combretaceae  
**Genus** : Terminalia  
**Species** : arjuna  
**Vernacular name** : Arjuna

*Terminalia arjuna* is a medicinal plant of the genus Terminalia, widely used by Ayurvedic physicians for its curative properties in organic/functional heart problems including angina, hypertension and deposits in arteries. Its bark is astringent and is used in fevers and in fractures and contusions. Bark styptic, tonic, febrifuge and anti-dysenteric; pulverised bark gives relief in symptomatic hypertension and acts as a diuretic in cirrhosis of liver. Fruits tonic and deobstruent. Juice of leaves used in earache. The cardio protective effects of Terminalia are thought to be caused by the antioxidant nature of several of the constituent flavonoids and oligomeric proanthocyanidins, while positive inotropic effects may be caused by the saponin glycosides. In addition to its cardiac effects, Terminalia may also be protective against gastric ulcers.