

# About flowers on the cover page

## *Sesamum indicum* (Sesame)



**Scientific name:** *Sesamum indicum*

**Higher classification:** Pedaliaceae

**Rank:** Genus

**Order:** Lamiales

**Kingdom:** Plantae

**Sesamum** is a genus of about 20 species in the flowering plant, family Pedaliaceae. The plants are annual or perennial herbs with edible seeds. The best-known member of the genus is sesame, *Sesamum indicum*, the source of sesame seeds.

The sesame plant, *Sesamum spp.*, is spread throughout the tropical and subtropical areas in Asia, Africa, and South America. Sesame seeds are rich in oil, protein, mineral ash, crude fiber, oxalates and soluble carbohydrates and phytate. Sesame oil is used in various edible applications, as a solvent for intramuscular injections and in the production of drugs, perfumes, cosmetics, creams, lubricants, insecticides, and fungicides. Sesame oil is unique because it contains the furo fuanlignan sesamin and its analog sesamolin, which together can comprise 0.5%–1.5% to the oil. These ligans can affect the desaturation and  $\beta$ -oxidation of fatty acids as well as inhibit cholesterol

biosynthesis and tocopherol metabolism and excretion. These effects may exert beneficial health effects.

## ***Terminalia bellerica (Baheda)***



**Scientific name:** *Terminalia bellirica*

**Family:** Combretaceae

**Higher classification:** Tropical almond

**Rank:** Species

**Kingdom:** Plantae

**Order:** Myrtales

*Terminalia bellirica*, known as baheda, bahera, behada, beleric or bastard myrobalan, Persian بليله, Sanskrit: Vibhītaka विभीतक, Aksha अक्ष is a large deciduous tree in the Combretaceae family. It is common on the plains and lower hills in South and Southeast Asia, where it is also grown as an avenue tree

The fruits have laxative, astringent, anthelmintic and antipyretic properties and are used in Ayurveda against various disorders like hepatitis, bronchitis, asthma, dyspepsia, piles, diarrhea, coughs, eye diseases.

## *Cyperus scariosus* (Nutgrass)



**Scientific name:** *Cyperus scariosus*

**Family:** Cyperaceae

**Order:** Poales

**Kingdom:** Plantae

Cyperus is a large genus of about 700 species of sedges, distributed throughout all continents in both tropical and temperate regions.

This astringent plant, sharp in taste with cooling properties, induces perspiration, urination (and constipation). Root: Tubers used for phlegm, bile, fever and bowel problems. Their use protects against loss of appetite, thirst, burning sensation, and asthma. The paste is also used for nausea, gastric ailments, sour stomach, swollen limbs, itching, leprosy, herpes, and scabies. Tuber powder is used to relieve the swelling caused by scorpion venom. Drinking the milk made by stewing tubers in milk and water until only milk is left provides a cure for dysenteric stomachaches with discharge of mucus or diarrhea with bits of blood.

## *Cichorium intybus* (Chicory)



**Scientific name:** *Cichorium intybus*

**Family:** Asteraceae

**Subfamily:** Cichorioideae

**Higher classification:** Cichoriinae

**Rank:** Genus

**Order:** Asterales

Cichorium is a genus of plants in the tribe Cichorieae within the family Asteraceae. 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.

*Cichorium intybus*, commonly known as chicory, is well known as a coffee substitute but is also widely used medicinally to treat various ailments ranging from wounds to diabetes and is effective for hepato-protective use in ayurvedic formulation for liver ailments.