

About flowers on the cover page
***Hemidesmus indicus* (Anantamool)**



Kingdom: Plantae
Phylum: Tracheophyta
Class: Magnoliopsida
Order: Gentianales
Family: Asclepiadaceae
Genus: *Hemidesmus*
Species: *Indicus*

Hemidesmus indicus, Indian sarsaparilla, is a species of plant that is found in South Asia. It is a slender, laticiferous, twining, sometimes prostrate or semi-erect shrub. Roots are woody and aromatic. The stem is numerous, slender, terete, thickened at the nodes. The leaves are opposite, short-petioled, very variable, elliptic-oblong to linear-lanceolate. The flowers are greenish outside, purplish inside, crowded in sessile axillary cymes.

It is Tonic, Diuretic, Demulcent, Disphoretic and Blood purifier. Employed in Nutritional disorders, syphilis, chronic rheumatism, gravel and other urinary diseases and skin affections

Anantamool is one of the Rasayana plants of ayurveda as it is anabolic in effect. It is used for venereal diseases, herpes, skin diseases, arthritis, gout, epilepsy, chronic nervous disorders, abdominal distention, debility etc. Its saponin content is considered to have a steroidal effect that enhances the production of testosterone.

Sesamum indicum (Til)



Kingdom: Plantae

Division: Magnoliophyta

Class: Magnoliopsida

Order: Lamiales

Family: Pedaliaceae

Genus: *Sesamum*

Species: *S. indicum*

Sesamum indicum L. (Pedaliaceae) is an annual plant, which has been domesticated for well over 5000 years. It is widely cultivated for its seeds and is one of the oldest known oilseed crops. Traditionally, its seeds, seed oil, and different organs of the plant have been used to treat various diseases or conditions like ulcers, asthma, wound healing, amenorrhea, hemorrhoids, inflammations, etc. *Sesamum indicum* has great importance in traditional Indian medicine, which is further supported by modern pharmacological studies, especially in hepatoprotection, inflammation, and cancer. Several researchers have suggested that *Sesamum indicum* extracts and isolated compounds could have a wide therapeutic potency range.

Punica granatum (Anar)



Kingdom: Plantae

Phylum: Tracheophyta

Family: Punicaceae

Kingdom: Plantae

Order: Myrtales

Genus : *Punica*

Species: *Granatum*

The pomegranate is a fruit-bearing deciduous shrub in the family Punicaceae, subfamily Punicoideae, that grows between 5 and 10 m tall. The pomegranate was thought to have originated from Afghanistan and Iran before being introduced and exported to other parts of Asia, Africa, and Europe.

Punica granatum, commonly known as pomegranate is a member of the monogeneric family, Punicaceae, and is mainly found in Iran which is considered to be its primary centre of origin. *Punica granatum* possess is various pharmacological and toxicological properties including antioxidant, anti-inflammatory (by inhibiting pro-inflammatory cytokines), anti-cancer and anti-angiogenesis activities.

Trachyspermum ammi (Ajowain)



Scientific name: *Trachyspermum ammi*

Family: Apiaceae

Kingdom: Plantae

Order: Apiales

Genus: *Trachyspermum*

Species: *ammi*

Ajwain or ajowan —also known as ajowan caraway, omam, thymol seeds, bishop's weed, or carom—is an annual herb in the family Apiaceae. Both the leaves and the seed-like fruit of the plant are consumed by humans. The name "bishop's weed" also is a common name for other plants. Ajwain is a bitter, aromatic warming herb with a thyme-like aroma used internally for colds, coughs, influenza, asthma, diarrhoea, cholera, colic, indigestion, flatulence, oedema, arthritis and rheumatism. Externally for vaginal discharge and rheumatism, used mainly in Ayurvedic medicine as a stimulating decongestant for the respiratory and digestive systems.

Ajwain oil is given to expel hookworms.