

About flowers on the cover

Mangifera indica



Scientific name: *Mangifera indica*

Family: Anacardiaceae

Order: Sapindales

Genus: Mangifera

Kingdom: Plantae

Mangifera indica, commonly known as mango, is an evergreen species of flowering plant in the family Anacardiaceae. It is a large fruit tree, capable of growing to a height and width of 30 metres. There are two distinct genetic populations in modern mangoes – the "Indian type" and the "Southeast Asian type". Mango seed powder has an effective nutritional impact as it is rich in dietary fiber, protein, and micronutrients. Antioxidants included in mango seed powder are effective in the treatment of diabetes, diarrhoea, irregular bowel movements, allergies, cancer, urinary tract infections, and haemorrhoids.

Momordica charantia



Scientific name: *Momordica*

Family: Cucurbitaceae

Order: Cucurbitales

Genus: *Momordica*; L.

Kingdom: Plantae

Momordica is a genus of about 60 species of annual or perennial climbers herbaceous or rarely small shrubs belonging to the family Cucurbitaceae, natives of tropical and subtropical Africa and Asia and Australia. Bitter Gourd Seeds with botanical name *Momordica charantia*, is considered to have medicinal value in lowering blood sugar levels in diabetic patients. Bitter gourd plant is a fast growing warm seasonal climbing plant that can be grown in any season in tropical climates. It is a source of most Vitamins, i.e., A, B, C, E, and Zinc, Potassium, and other essential nutrients. It controls blood sugar, boosts the immune system, and guards against parasites, in addition to being a wonderful source of anti-inflammatory, anti-fungal, and anti-parasitic properties.

Datura stramonium



Scientific name: *Datura stramonium*

Family: Solanaceae

Genus: Datura

Order: Solanales

Kingdom: Plantae

Datura stramonium, known by the common names thornapple, jimsonweed, or devil's trumpet, is a poisonous flowering plant in the Daturae tribe of the nightshade family Solanaceae. Its likely origin was in Central America, and it has been introduced in many world regions. The seeds of *Datura* are analgesic, anthelmintic and anti-inflammatory and as such, they are used in the treatment of stomach and intestinal pain that results from worm infestation, toothache, and fever from inflammation. The juice of its fruit is applied to the scalp, to treat dandruff and falling hair.

Prunus cerasoides



Scientific name: *Prunus cerasoides*

Family: Rosaceae

Subgenus: Prunus subg. Cerasus

Prunus cerasoides, commonly known as the wild Himalayan cherry, sour cherry or pahhiya is a species of deciduous cherry tree in the family Rosaceae. Its range extends in the Himalayas from Himachal Pradesh in north-central India, to southwestern China, Burma and Thailand. The leaves, twigs and bark contain a cyanogenetic substance. The bark is used for plastering fractured bones. The smaller branches are crushed and soaked in water and taken internally to stop abortion. Its stem is antipyretic, refrigerant and useful in treating vomiting, leprosy and leucoderma.