

Locally available medicinal plants

Objective

To develop appreciation for medicinal qualities of plants

Background

Vegetation consists of different types of trees, shrubs and herbs. Many of these plants have medicinal qualities and are used to treat different types of diseases. We may find some such plants in our locality or neighbourhood.



Methodology

1. Talk to your teacher, elders in the family or neighbourhood and identify plants which are used as medicines traditionally or locally.
2. Note the special features of the medicinal plants that would help in their identification.
3. Gather the following information through interaction with knowledgeable persons. You may take the help of local medical practitioners (Ayurvedic doctors)
 - a) Which part of a particular plant is used for treating a disease or disorder?
 - b) How is it processed for use for a particular ailment?
 - c) How many medicinal plants could you find in your locality.
 - d) Are these medicinal plants cultivated or do they grow in the wild?

S.No	Name of the medicinal plant	Part of the plant	Desease / Treatment

- e) Are these plants, or their parts, used with out concern for their survival and growth?
- f) Has there been any effort for consevation and propagation of these medicinal plants?
4. Make drawings or take photoframes of the plants that you have studied.

Conclusion

Conclude your observations in the form of a report with drawings and photographs of the parts of the plants used for medicinal purpose. Give the local as well as the scientific names, if possible, of each plants.

S.No	Local Name of Medicinal plant	Scientific name

Follow-up

1. Display the report with photos and drawings in your class.
2. Organise an awareness campaign for conservation of medicinal plants at the local level to emphasize on their judicious use and plantation.
3. Grow at least one medicinal p;ant in your house or llschool or the neighbourhood.
4. On special occations like birthdays, marriages present a gift in the form of plants like alovera, mint, tulasi, etc., to your friends and relatives.
5. Prepare herbarium of medicinal plants.