

THE LEADING LIGHT

WHT Newsletter Vol.4, No.5, May 2015



A wide variety of medicinal plants are being grown in our campus area as QPM (Quality Planting Material), with the understanding of using their specific parts for beneficial purposes.

Editor: Dr. P. Cheena Chawla

FOUNDER'S MESSAGE



Fast modern lifestyle of today has made many of us oblivious of the rich, abounding gifts of Nature — the green world of plants, which truly deserve our appreciation. But if reminded of the amazing benefits that we derive from the infinitely varied varieties of plants, all would agree to acknowledge the immense potential of our beautiful green friends without which no life is possible on our planet.

Understandably, our most intimate and direct contact with plants is through food and medicinal herbs of enormous diversity. The exciting benefits of plants with medicinal importance have been known since time immemorial. With time-tested benefits of herbal remedies, today there is an increasing inclination towards holistic medicine, which is based on treating the body on the whole by natural ways. It is not surprising that about 80% of world population depends on traditional medicine for their primary healthcare needs. A whole range of plant-based nutraceuticals is now being consumed in many countries. The growing concern about the side effects of many synthetic drugs is a signal towards harnessing the medicinal properties of herbs and making natural medicines. As research into the active constituents of herbs continues, an increasing number of ancient treatments and herbal formulae are being brought back into widespread use.

In light of the above, we are growing and propagating several medicinal plants in our campus area at Greater Noida. Additionally, we are working towards creating awareness about the importance of medicinal plants in schools in order to make the new generations understand the silent yet significant role that plants in general, and medicinal herbs in particular, play in our lives.

Dr. P. Cheena Chawla

Story of the Month

Development of Quality Plant Material (QPM)

Medicinal plants are an important source of raw material for traditional medicines. With the sharp rise in popularity of traditional medicine, the economic importance of these plants has increased enormously. There has been a shift in universal trend from synthetic to herbal medicine. It is ancient wisdom that plants have therapeutic value and are used to treat various diseases. All ancient civilizations in the world are known to use plants for medicinal purposes. Ayurveda and traditional medicines are well known to the world for their natural ingredients and multiple benefits. Nature has bestowed our country with an enormous wealth of medicinal plants, which is why India is often referred to as the Medicinal Garden of the world.

Medicinal plants play an important role in human life to combat life-threatening diseases. There are a large number of medicinal plants endowed with properties to treat diseases ranging from mild cough and cold to diseases like cancer and AIDS. The phyto-chemicals present in these plants have the ability to fight against diseases without any side effects. Chemical compounds in plants mediate their effect on the human body through processes identical to those already well understood for the chemical compounds in conventional drugs. This enables herbal medicines to be as effective as conventional medicines.

With the objective to develop Quality Plant Material (QPM), Dr. P. Cheena Chawla, Founder President, World Healthal Trust, Greater Noida (U.P) has started the initiative of planting various medicinal plants that are used in many home remedies for common ailments. These include: *Zingiber officinale* (Ginger), *Coriandrum sativum* (Coriander), *Allium sativum* (Garlic), *Mentha piperita* (Peppermint), *Thymus vulgaris* (Thyme), *Aloe barbadensis* (Aloe Vera), *Ocimum sanctum* (Basil), *Ocimum basilicum* (Sweet Basil), *Cymbopogon citratus* (Lemon grass), *Catharanthus roseus* (Periwinkle), *Curcuma longa* (Turmeric), *Casia augustifolia* (Senna), *Lawsennia iermis* (Mehndi), *Cinnamomum zeylanicum* (Dalchini), *Bryophyllum pinnata* (Patharchur), *Tinospora cordifolia* (Giloy), *Stevia rabavdiana* (Stevia), *Mimosa pudica* (Touch Me Not), *Cinnamom umtamala* (Tejpatta), *Plantago ovate* (Isabgol), *Moringa olifera* (Sohanjana), *Hibiscus rosa sinensis* (Chinese Hibiscus), *Murraya koenigii* (Curry leaves), *Piper nigrum* (Black pepper), *Capsicum frutescens* (Green chillies),

Phyllanthus emblica (Amla), *Thuja occidentalis* (Thuja), *Carissa carandas* (Karonda), *Amomum subulatum* (Black cardamom) and *Elettaria cardamomum* (Green cardamom).

The seeds of Senna, Isabgol, Basil and Sweet Basil were collected from CIMAP, Lucknow while Black Cardamom Green Cardamom, Curry leaves, Periwinkle and *Aloe vera* were procured from local nurseries and planted in pots. Plantlets of Giloy and Stevia were also collected from CIMAP, Lucknow and planted in soil under optimum conditions for their growth.

Basil and Sweet Basil are considered as the ‘queen’ of medicinal plants as they are used for treating ailments from common cough to lowering blood sugar levels and lowering cholesterol levels. *Aloe vera* is bestowed with anti-inflammatory and antioxidant properties that help in treating various skin disorders and ulcerative conditions. Isabgol is considered as a natural cleanser of stomach and provides relief from acidity, cleanses colon, reduces weight, promotes digestion and prevents heart diseases. Stevia is considered as a natural sweetener and can be used in various food preparations. It work effectively to reduce dandruff and hair fall, prevents diabetes, hypertension, gingivitis, heartburn, indigestion, osteoporosis and also helps in reducing weight. Coriander consists of different healing agents to treat urinary tract infections, liver diseases and arthritis. It also has various medicinal properties beneficial in treating anxiety and anemia. Black cardamom works as an antiseptic, anesthetic and antioxidant, while the green cardamom works as an anti-inflammatory, detoxifying and anti-blood clotting agent.

Fresh leaves of Lemongrass helps in reducing cholesterol levels. Lemongrass oil is popularly used to treat various skin diseases, while being useful in tendonitis, neuralgia and rheumatism. Lemon fruit has diuretic, antioxidant and anti-inflammatory properties, besides being useful in reducing kidney stones, hemorrhoids and certain skin disorders. The flowers of Hibiscus have the property to regulate menstruation and stimulate blood circulation. Curry leaves consist of various nutrients which act as appetizer while also having anti-inflammatory and anti-oxidant properties. Its extract helps in treating diarrhea, stomach ulcers, kidney problems, gastrointestinal problems and excessive acid secretion.

Chillies have excellent antioxidant properties and they boost the immune system. The leaves of *Patharchur* are very effective in the treatment of arthritis, hypertension, jaundice and piles. The leaves of *Mehndi* act as astringent and have anti-inflammatory properties. The flowers of Periwinkle are considered to cure cancer due to the presence of alkaloids namely,

vinblastine and vincristine, besides reducing blood sugar levels and lowering blood pressure. The leaves of Giloy have various medicinal properties as they act as anti-pyretic and anti-arthritic, while also being a blood purifier, immune-modulator, antioxidant, and a restorative tonic. The fruits of Karonda are a rich source of Vitamin C and they help in treating wounds, and also work as appetizer and astringent. The fruits of Amla are a good source of Vitamin C and they help in maintaining eyesight, vigor and vitality, reduce blood sugar, prevent heart diseases, enrich hair growth and boost immunity.

Developing the QPM of these medicinal plants is indeed the stepping-stone towards promoting the use of herbal medicines for staying fit and healthy.



Aloe barbadensis (Aloe vera)



Coriandrum sativum (coriander)



Casia augustifolia (Senna)



Plantago ovate (Isabgol)



Stevia rabavdiana (Stevia)



Trachyspermum ammi (Ajwain)



Elettaria cardamomum
(Green Cardamom)



Amomum subulatum
(Black Cardamom)



Oncimum basilicum (Sweet Basil)



Ocimum sanctum (Basil)



Cymbopogon citrates
(Lemon grass)



Citrus limon (Lemon)



Hibiscus rosa Sinensis
(Chinese Hibiscus)



Capsicum frutescens
(Green Chillies)



Bryophyllum pinnata (Patharchur)



Murraya koenigii (Curry leaves)



Lawsennia iermis (mehndi)



Carissa carandas (Karonda)



Catharanthus roseus
(periwinkle)



Phyllanthus emblica (Amla)



Tinospora cordifolia (Giloy)