

### ECONOMICALLY VIABLE MEDICINAL PLANTS USEFUL IN THE HOMOEOPATHIC SYSTEM OF MEDICINE

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#### Abstract

The medicinal plants which are useful in Homeopathy, are high in demand and can be profitably cultivated by progressive farmers are enumerated. The species are listed along with common Tamil/English names.

The Homoeopathic system of medicine founded by Samuel Hahnemann (1755-1843), had its origins from Germany and uses as much as 70% of its medicines derived from the plant kingdom. It is traditionally recorded that an insight on curative properties along Homoeopathic lines ("Similia similibus curentur" Latin: 'let likes be treated by likes'), was obtained by Hahnemann while treating a patient with the quinine yielding tree, *Cinchona officinalis*. After Hahnemann, a number of physicians, who practiced Homoeopathy introduced other plants and plant derivatives into the armamentarium of Homoeopathic repertoire, viz., Kent, James Taylor (1849 - 1910); Clarke, John Henry (1853 - 1931); Allen, Timothy F. (1837 - 1903); Blackwood, Alexander (1906); Farrington, Ernest A. (1847 - 1885) and in recent times the works of Julian O.A. (1910 - 1984), Ghose, Sarat Chandra (1980); Boericke, William (1982) may also be referred. For problems in nomenclature, additions in the list of Homoeopathic medicinal plants in India, Baburaj, D. Suresh (1991, 1992, 1996 & 2001) and Chandra Kala et al. (2001) may be referred. In addition to the above works, the official Homoeopathic Pharmacopoeia of India, U. S. Homoeopathic Pharmacopoeia and the British Homoeopathic Pharmacopoeia may be referred for gleaning a complete list of plants used in the Homoeopathic system of medicine.

The plants used in the Homoeopathic system have been studied by the pharmacists as belonging to several classes (I - IX), though the actual number is nearer thirteen, with two classes each under V & VI (Mandal & Mandal, 1994). In the modern manufacturing process, drugs are prepared mainly by the maceration or percolation method.

Irrespective of the method of preparation, from the Indian point of view, a few generalizations may be made with respect to the occurrence of plants, their availability, cultivation practices and cost of raw material. Thus a majority of the plants useful in Homoeopathy are exotics with reference to India. As exotics, they belong by and large to areas of the European continent, being mainly alpine, sub-alpine, Mediterranean and a few from desert regions. Plants have been introduced into the Homoeopathic repertoire from such diverse areas of the world as tropical America (*Argemone mexicana*, *Argemone ochroleuca*, *Cinchona officinalis*, *Cinchona succirubra*, *Manihot esculenta*, *Brugmansia suaveolens*, *Datura arborea*, etc.) Australian (*Eucalyptus globulus*, *Eucalyptus tereticornis*, etc.). By far a large number of plants are either North American or Eurasian in distribution. About fifty plants of the Indo-Malayan and Indo-Chinese (and African) areas have been introduced in this system of medicine.

However, the much sought after plants useful in this system are all still being imported into India as they are common weeds of Europe or North America. Such common plants include *Rhus toxicodendron*, *Pulsatilla nigricans*, *Sanguinaria canadensis*, *Arnica montana*, *Hydrastis canadensis*, *Conium maculatum*, etc.

A number of plants from the Indian subcontinent as well as from the indigenous systems (Ayurveda, Siddha & Unani) have been adapted into Homoeopathic usage. Such plants include *Aegle marmelos*, *Anamirta cocculus*, *Bacopa monnieri*, *Boerhavia diffusa*, *Cassia fistula*, *Cassia sophera*, *Caesalpinia bonduc*, *Centella asiatica*, *Cissus quadrangularis*, *Corchorus capsularis*, *Desmodium gangeticum*, *Ficus bengalensis*, *Ficus religiosa*, *Garcinia cambogia*, *Holarrhena pubescens*, *Juncus effusus*, *Leucas aspera*, *Luffa acutangula* var. *amara*, *Mallotus philippensis*, *Ocimum basilicum*, *Ocimum tenuiflorum*, *Polygonum hydropiper*, *Saraca asoca* among others.

Many of the exotic plants of European

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countries are found as ornamental plants, naturalized and are escapes in the higher altitudinal areas of South India like *Achillea millefolium*, *Argemone mexicana*, *Manihot esculenta*, *Avena sativa*, *Solanum tuberosum*, *Lycopersicon esculentum*, *Argemone ochroleuca*, *Bellis perennis*, *Cytisus scoparius*, *Digitalis purpurea*, *Datura arborea*, *Brugmansia suaveolens*, *Eschscholtzia californica*, *Hedera helix*, *Iberis amara*, *Iris florentina*, *Iris germanica*, *Viola odorata*, *Viola tricolor*, *Calendula officinalis*, *Solanum pseudocapsicum*, *Sempervivum tectorum*, *Silybum marianum*, *Solidago virgaurea*, *Tropaeolum majus*, *Stellaria media*, *Trifolium repens*, *Polygonum hydropiper* among many others.

A number of plants of dietary importance, economic or otherwise commercially useful are also used in Homoeopathy. Some of them are *Illicium anisatum*, *Majorana hortensis*, *Origanum vulgare*, *Santalum album*, *Abelmoschus moschatus*, *Vetiveria zizanioides*, Among others. *Camellia chinensis*, *Coffea arabica*, *Theobroma cacao*, *Cola acuminata* are beverage plants. Among spices and aromatics, *Salvia officinalis*, *Petroselinum crispum*, *Cochlearia armoracia*, *Pastinaca sativa*, *Pimenta dioica*, *Apium graveolens*, *Myristica fragrans*, *Thymus serpyllum*, *Eucalyptus globulus*, *Vanilla planifolia*.

Other commercial plants include *Solanum nigrum*, *Ananas comosus*, *Musa paradisiaca*, *Mangifera indica*, *Carica papaya*, *Brassica nigra*, *Raphanus sativus*, *Citrullus lanatus*, *Cicer arietinum*, *Helianthus annuus*, *Zea mays*, *Juglans regia*, *Lactuca sativa*, *Lathyrus sativus*, *Piper nigrum*, *Nicotiana tabaccum*, *Momordica charantia*, *Allium cepa*, *Allium sativum*, *Zingiber officinale*, *Persea americana*, *Plantago major*, *Punica granatum*, *Prunus persica*, *Prunus amygdalus*, *Psoalea corylifolia*, *Ricinus communis*, *Saccharum officinarum*, *Crocus sativus*, *Azadirachta indica*.

The following plants may be profitably grown by progressive farmers and can be marketed to Homoeopathic pharmaceutical manufacturers:

**Abelmoschus moschatus Medicus (Malvaceae)**

English : Ambrette.  
Tamil : Kattukasthuri.  
Part used : Seeds.  
Subshrubs. Cultivated to a limited extent.  
*Homoeopathic uses*: Oedema of extremities, Paralysis of lips and jaw. Fear of animals. Salivation but with dryness of mouth. Auricular tachycardia. Glaucoma. Detached retina. Scotoma.

**Achillea millefolium Linn. (Asteraceae)**

English: Yarrow. Part used: Whole plant.  
Herbs. Native of Europe. Cultivated in the hills at an altitude of 1800 meters and above.  
*Homoeopathic uses*: Anaemia, Bed wetting, Chlorosis, Colic. Difficult dentition. Hysteria, Infertility, Leucorrhoea, Lochia, Nose bled, Varicose veins, Haemoptysis, Haemorrhages, Haematuria, Fistula lachrymalis.

**Acorus calamus Linn.(Arecaceae)**

English: Sweet flag Sanskrit: Vacha Tamil : Vasambu.  
Part used: Rhizomes  
Rhizomatous herbs. Native of tropical Asia, growing in marshy areas.  
*Homoeopathic uses*: Symptomatology not available.

**Adhatoda zeylanica Medicus (Acanthaceae)**  
(*Justicia adhatoda* Linn.)  
(*Adhatoda vasica* Nees)

Sanskrit: Vasaka. Tamil: Adaathodai. Part used: Leaves.  
Shrubs. Throughout the warmer parts of India.  
*Homoeopathic uses*: Catarrh, Cough, Vomiting while coughing.

**Aegle marmelos (Linn.) Correa (Rutaceae)**

Tamil : Vilvam. Part used : Leaves and fruits.  
An endangered tree. Planted in temple premises.  
*Homoeopathic uses* : Diarrhoea, Dysentary.

**Allium cepa Linn. (Liliaceae)**

English : Onion. Part used : Bulbs. (for both species)  
Bulbous herbs. Cultivated throughout India.  
*Homoeopathic uses* : Alopecia, Bronchitis, Colic, Constipation, Dandruff, Diarrhoea, Dyspepsia, Hypertension, Menorrhagia, Rheumatism, Ringworm.

**Allium sativum Linn.**

English : Garlic. Part used : Bulbs. (for both species)  
Bulbous herbs. Cultivated throughout India.  
*Homoeopathic uses* : Alopecia, Bronchitis, Colic, Constipation, Dandruff, Diarrhoea, Dyspepsia, Hypertension, Menorrhagia, Rheumatism, Ringworm.

**Andrographis paniculata (Burm. F.) wall.**  
(Acanthaceae)

English: King of Bitters. Sanskrit : Kiriya. Kalmegh.  
Tamil: Nilavembu. Part used: Aerial parts.  
Herbs. Throughout the plains regions of India.  
Cultivated to some extent.

*Homoeopathic uses* : Giddiness, Despondency, Catarrh, Enlarged liver, Ineffectual urging to stool. Fever.

**Anethum graveolens Linn.**(Apiaceae)

English : Garden Dill. Tamil : Satakupai. Part used : Whole plant and Seeds

Herbs. Native of Europe. Cultivated in gardens of hills at an altitude of 1800 meters and above.

*Homoeopathic uses* : Excessive salivation, Sour eructations, Voracious appetite.

**Anthemis nobilis Linn.**(Asteraceae)

English: Roman Chamomile. Part used: Flowers. Herbs. Indigenous to England. Cultivated scarcely in India.

*Homoeopathic uses* : Ascariasis, Coryza, Dyspepsia, Headache, Liver congestion.

**Apium graveolens Linn.** (Apiaceae)

English: Celery. Part used: Seeds and stalks. Erect annuals of European origin. Cultivated in hills at an altitude of 1700 meters and above.

*Homoeopathic uses* : Heartburn, Otorrhoea, Post-nasal catarrh, Retension of urine, Urticaria, Toothache.

**Armoracia rusticana P.** Gaertner, B. Meyer and Scherb. (Brassicaceae)  
(Cochlearia armoracia Linn.)

English: Horse Radish. Part used: Roots. Herbs with root stock. Native of Europe; cultivated to a small extent in the hills at an altitude of 1700 meters and above.

*Homoeopathic uses*: Symptomatology not available.

**Asparagus officinalis Linn.** (Liliaceae)

English : Asparagus. Part used : Sprouts. Tubers. Climbers with tubers. Native of Europe and Western Asia. Cultivated in wet areas.

*Homoeopathic uses*: Coryza, Diabetes, Dropsy, Cardiac & Urinary disorders.

**Atropa belladonna Linn.** (Solanaceae)

English: Belladonna. Part used: Leaves. Herbs. Shrubs, native of Europe. Cultivated to a limited extent.

*Homoeopathic uses*: Abscesses, Acne, Air sickness, Amaurosis, Meningitis, Tonsillitis, Otitis media, Delirium, Hydrophobia, Mania, Whooping cough,

Headache, Nymphomania, Gout, Goitre, Haemorrhoids.

**Avena sativa Linn.** (Poaceae)

English: Oats. Part used: Whole plant. Seeds Annual erect grass of European origin. Cultivated in hills at an altitude of 1800 meters and above.

*Homoeopathic uses*: Alcoholism, Cholera, Coryza, Debility, Drug addictions, Impotency, Influenza, Neurasthenia, Sleeplessness, Disposition to masturbation.

**Bixa orellana Linn.** (Bixaceae)

English: Dye Anatto.

Part used: Seeds

Trees. Native of Central America, cultivated in many places.

*Homoeopathic uses*: Leprosy, Eczema, Filariasis.

**Calendula officinalis Linn.** (Asteraceae)

English: Pot Marigold. Part used: Leaves and Fruits. Annuals with yellow heads. Native of S. Europe. Cultivated in hills or in winter in plains.

*Homoeopathic uses*: Abrasions, Burns, Knife wounds, Lacerated & punctured wounds, Varicose veins, Whitlows.

**Cassia italica (Mill) Linn. ex Andr.**  
(Caesalpinaceae)

English : Alexandrian Senna.

Tamil: Kattunilavirai

Part used : Fruits and leaves

Herbs. Native of North Africa. Cultivated and run wild in South India.

*Homoeopathic uses*: Symptomatology not available.

**Cassia senna Linn.** (Caesalpinaceae)

English : Indian / Tinnevely Senna. Tamil : Nila-avarai. Part used : Fruits and leaves

Herbs. Native of Egyptian N. Africa. Cultivated in South India.

*Homoeopathic uses*: Symptomatology not available.

**Castanea sativa (Linn.) Mill.** (Fagaceae)  
(C. vesca Gaertn.)

English : Sweet chestnut. Part used : Leaves. Trees. Native of South Europe, North Africa and West Asia. Cultivated in one or two places in hills at an altitude of 2000 meters and above.

*Homoeopathic uses*: Whooping cough, Anorexia, Diarrhoea, Lumbago.



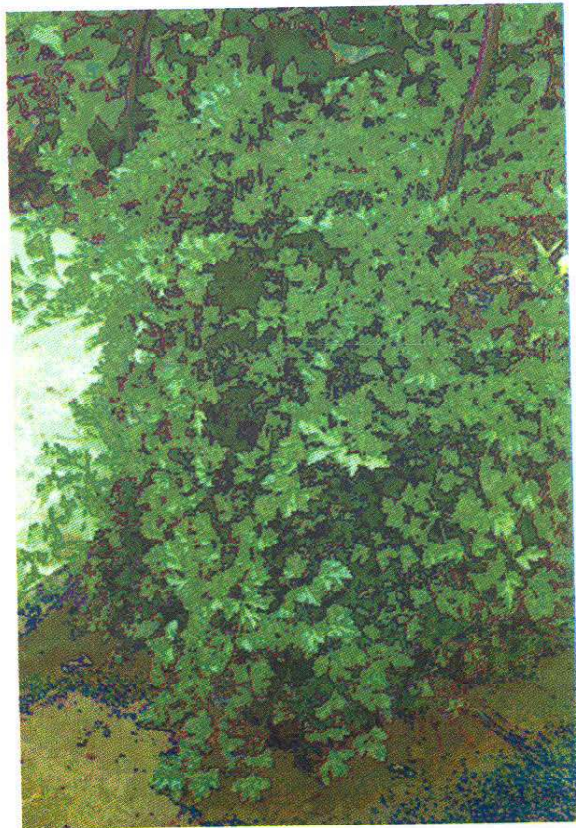
*Calendula officinalis* Linn.



*Oenothera biennis* Linn



*Datura arborea* Linn.



*Apium graveolens* Linn.

**Cephaelis ipecacuanha (Brot.) A. Rich.**  
(Rubiaceae)

English: Ipecaec. Part used: Dried roots.  
Shrubs. Introduced from S. America.  
*Homoeopathic uses:* Symptomatology not available.

**Cichorium intybus Linn. (Asteraceae)**

English : Chicory. Wild Endive. Hindi : Kasni  
Herb. Native of temperate Europe. Cultivated in India.  
*Homoeopathic uses:* Amblyopia, Constipation,  
Fatigue, Headache.

**Cinchona calisaya Wedd. & Cinchona officinalis Linn.** (Rubiaceae)

English: Quinine. Part used: Bark.  
Trees. Native of Peru, S. America. Cultivated in medium  
high hills at an altitude of 1650 meters and above.  
*Homoeopathic uses:* Symptomatology not available.

**Cinnamomum camphora (Linn.) Nees & Eberm.**  
(Lauraceae)

English : Camphor. Part used: Camphor.  
Lofty trees. Native of China and Japan. Cultivated in  
a few places.  
*Homoeopathic uses:* Angina pectoris, Anxiety, Chills,  
Collapse, Colic, Epilepsy, Cardiac disorders, Fever,  
Memory loss, Priapism, Sexual mania, Sleeplessness,  
Tetanus, Anuria.

**Cinnamomum verum J. Presl** (Lauraceae)  
(*C. zeylanicum* Garc. ex Bl.)

Common name: English-Cinnamon, Hindi- Dalchini  
Part used: Bark.  
Trees. Occurs wild in Western Ghats. Cultivated to a  
large extent in plantations.  
*Homoeopathic uses:* Ascitis, Cancer, Constipation,  
Diarrhoea, Forgetfulness, Haemorrhages, Headache,  
Hysteria, Leucorrhoea, Metrorrhagia.

**Citrus aurantium Linn. var. bigaradia Hook. f.**  
(Rutaceae)

English: Seville Orange. Part used: Peel.  
Small trees. Native to Indo-Burma region. Cultivated  
to a small extent in hills at an altitude of 1500 meters  
and above.  
*Homoeopathic uses:* Chocking sensation, Faintness,  
Headache, Metrorrhagia, Neuralgia, Palpitations.

**Citrus grandis (Linn.) Osbeck** (Rutaceae)  
(*C. decumana* (Linn.) Murray)  
English: Pomelo. Shaddock  
Tamil: Pambalimas.  
Part used: Fruits

Small trees. Native to Thailand and Malaysia. Fruits  
sour. Cultivated to a small extent.

*Homoeopathic uses:* Tinnitus, Sensation of pressure  
in the temporal region.

**Convallaria majalis Linn. (Liliaceae)**

English: Lily-of-the-valley. Part used: Whole plant.  
Herbs. Native of Asia and Europe. Cultivated in  
gardens.

*Homoeopathic uses:* Angina pectoris, Pruritus vulvae,  
Hyperemesis gravidorum, Dyspnoea.

**Crocus sativus Linn. (Iridaceae)**

English : Saffron. Hindi: Kesar. Tamil: Kungumapoo.  
Part used: Stigma, flowers.  
Herbs. Native of Southern Europe. Cultivated in  
Kashmir.

*Homoeopathic uses:* Abortion, Aesthenopia, Chorea,  
Dysmenorrhoea, Haemoptysis, Hysteria,  
Metrorrhagia, Nose bleed, Wounds.

**Curcuma domestica Valeton** (Zingiberaceae)

English : Turmeric

Hindi : Haldi

Tamil : Manjal.

Part used : Rhizomes

Rhizomatous herbs. Native of Indo-malaysian region  
cultivated in India.

*Homoeopathic uses:* Backache, Diarrhoea,  
Constipation, Voracious appetite, Gingivitis, Vertigo,  
Eye inflammation.

**Cynara scolymus Linn. (Asteraceae)**

English: Globe/Burr artichoke.

Part used: Whole plant.

Subshrubs. Native of Mediterranean regions. Cultivated  
in hills at an altitude of 2000 meters and above.

*Homoeopathic uses:* Vertigo, Ciliary neuralgia,  
Polyuria, Precordial angina, Diplopia, Spontaneous  
erections.

**Datura arborea Linn.**, *Datura sanguinea* Ruiz & Pav.  
&

*Brugmansia suaveolens* (Willd.) Bercht. & J. Presl.  
(Solanaceae)

English: Angels' Trumpet.

Part used: Flowers.

Fruits (in the case of *D. sanguinea*)

Herbs or Shrubs. Native of South America. Cultivated  
in hills at an altitude of 1600 meters and above.

*Homoeopathic uses:* Confusion, Spinal irritation,  
Vertigo.

**Digitalis purpurea Linn.** (Scrophulariaceae)

English: Purple/white foxglove. Part used: Leaves.

Herbs, native of Europe. Cultivated in India.

*Homoeopathic uses:* Amaurosis, Angina pectoris, Ascites, Bright's disease. Prostate enlargement. Spermatorrhoea, Hydrocele, Hydrocephalus. Jaundice.

**Elaeis guineensis Jacq.** (Arecaceae)

English : Oil Palm. Part used : Fruits

Trees. Native of Africa, introduced and cultivated in the plains for oil extraction.

*Homoeopathic uses:* Diarrhoea, Elephantiasis, Gastric disorders, Headache, Leprosy, Sore throat, Dimness of vision. Staggering gait, Diarrhoea.

**Embelia ribes Burm.f.** (Myrsinaceae)

Sanskrit: Vidanga. Tamil : Vayuvilangam.

Part used : Seeds.

Lianes. Found throughout India. Over exploited.

*Homoeopathic uses:* Worm infestations.

**Euphrasia officinalis Linn.** (Scrophulariaceae)

English: Eyebright. Part used: Whole plant.

Herbs. Native of Europe. Found in Himalayas from Kashmir to Sikkim.

*Homoeopathic uses:* Allergies, Prolapse of anus, Cataract, Condylomata, Conjunctivitis, Granular eyelids, Hay fever, Lachrymation, Measles, Parotitis. Staphylooma.

**Exogonium purga Benth.** (Convolvulaceae)

(Ipomoea purga Hayne)

English: Jalap. Part used: Tubers.

Climbers with root tubers. Native of Mexican Andes, grown successfully in Nilgiris and Poona.

*Homoeopathic uses:* Symptomatology not available.

**Fagopyrum esculentm Linn.** (Polygonaceae)

English : Buckwheat. Hindi: Phaphra. Tamil: Papparai.

Part used: Grains, whole plant.

Herbs. Native of Central Asia. Cultivated for fodder and also found run wild in hills.

*Homoeopathic uses:* Arteries, Diarrhoea, Eczema, Granular lids, Headache, Heartburn, Intertrigo, Nausea, Ophthalmia. Styes, Taste altered.

**Foeniculum vulgare Mill.** (Apiaceae)

English : Fennel. Tamil : Shombu.

Part used : Fruits.

Herbs. Native to Mediterranean regions cultivated in India.

*Homoeopathic uses:* Pressure in left upper jaw bone, Pain in right elbow joint.

**Fragaria vesca Linn.** (Rosaceae)

English : Alpine / Perpetual Strawberry.

Part used : Fruits, leaves.

Herbs. Cultivated for the fruits in hills at an altitude of 1500 meters and above.

*Homoeopathic uses:* Anasarca, Hepatic disorders, Chilblains, Convulsions, Erysipelas, Sprue, Strokes, Taeniasis.

**Glycyrrhiza glabra Linn.** (Fabaceae)

English : Liquorice. Tamil : Adhimadhuram

Part used : Roots.

Subshrubs. Native to the Mediterranean regions.

*Homoeopathic uses:* Throat ailments.

**Gymnema sylvestre (Retz.) R. Br. ex Roem. and Schult.** (Asclepiadaceae)

Sanskrit: Meshasringi. Madhunasini.

Tamil : Chirukurunjan.

Part used: Leaves

Climbers. Found in Deccan Peninsula, extending to parts of North and West India.

*Homoeopathic uses:* Hives. Snake bite, Taste altered.

**Hypericum perforatum Linn.** (Hypericaceae)

English : St. John's Wort. Part used : Whole plant

Native of Europe. Cultivated in hills at an altitude of 1900 meters and above.

*Homoeopathic uses:* Asthma, Bunions, Corns, Compound fractures, Coxalgia, Gunshot wounds, Diarrhoea, Haemorrhoids, Impotence, Rheumatism, Sciatica, Tetanus, Whooping cough.

**Jatropha curcas Linn.** (Euphorbiaceae)

English : Physic nut. Tamil: Kaattaamanakku.

Part used: Fruits.

Shrubs. Native of tropical America. Extensively cultivated in India.

*Homoeopathic uses:* Blepharospasm, Borborygmus, Cholera, Cramps, Eye lids inflamed, Mouth ulceration, Vomiting.

**Juglans regia Linn.** (Juglandaceae)

English: European Walnut. Hindi: Akhrot.

Part used: Rind of fruits.



*Trifolium pratense* Linn.



*Viola odorata* Linn.





*Salvia officinalis* Linn.



*Solanum nigrum* Linn.

Trees, native of Eastern Europe extending to western Himalayas upto Assam.

*Homoeopathic uses:* Acne, Chancre, Menorrhagia, Ring worm, Scurvy, Toothache, Belching, Aphonia.

**Lilium tigrinum Ker - Gawl.** (Liliaceae)

English : Tiger Lily. Part used : Whole part.

Herbs. Native of China and Japan. Cultivated in Indian gardens.

*Homoeopathic uses:* Angina pectoris, Arthritis, Dementia, Diarrhoea, Dysentery, Fibroma, Pruritus vulvae, Myopic astigmatism, Uterine congestion, Staggering gait, Restlessness.

**Majorana hortensis Moench** (Lamiaceae)

(*Origanum majorana* Linn.)

English : Sweet Marjoram. Tamil: Maruvu. Marugu.

Herbs. Native of Southern Europe and North Africa. Commonly grown in Indian gardens.

*Homoeopathic uses:* Symptomatology not available.

**Matricaria chamomilla Linn.** (Asteraceae)

English: German Chamomile. Part used: Flowers.

Herbs. Indigenous to Southern Europe. Cultivated to a lesser extent in India.

*Homoeopathic uses:* Restlessness, Impatient, Throbbing headache, Coryza, Uterine haemorrhages, Dry cough, Colic, Haemorrhoids.

**Medicago sativa Linn.** (Fabaceae)

English : Lucerne. Alfalfa. Part used : Aerial parts.

Herbs. Native of West temperate Asia. Cultivated in India mainly as fodder.

*Homoeopathic uses:* Anorexia, Diabetes, Malnutrition, Neurasthenia.

**Melaleuca leucodendron Linn.** (Myrtaceae)

English : Cajuput. Tamil : Kaiyapudai.

Part used : Leaves.

Trees. Native of Europe. Introduced and cultivated in India.

*Homoeopathic uses:* Deafness, Diarrhoea (night), Epilepsy, Gout, Hiccough, Hysteria, Stricture of Oesophagus, Paralysis, Rheumatism, Toothache, Urinary disorders, Vertigo.

**Melilotus alba Desv.** (Fabaceae)

English : Sweet White Clover White Melilot.

Part used : Whole plant.

Herbs. European origin, cultivated as winter crop throughout India, useful as fodder.

*Homoeopathic uses:* Blushing, Congestion, Delusions, Dysmenorrhoea, Haemoptysis, Leucorrhoea, Nosebleeds, Pneumonia.

**Melilotus officinalis (Linn.) Desr.** (Fabaceae)

English : Yellow Sweet Clover. Common Melilot. Part used : Whole plant.

Herbs. European origin, cultivated as winter crop throughout India for fodder.

*Homoeopathic uses:* Blushing, Congestion, Delusions, Dysmenorrhoea, Haemoptysis, Leucorrhoea, Nosebleeds, Pneumonia.

**Mentha piperita Linn.** (Lamiaceae)

English : Peppermint

Part used : Leaves (for all species).

Herbs. Native of Europe and England. Cultivated in India.

*Homoeopathic uses:* Hoarseness, Indigestion, Influenza, Sore throat, Flatulence.

**Mentha pulegium Linn.** (Lamiaceae)

English : European Pennyroyal. Pudding Grass.

Part used : Leaves (for all species).

Herbs. Native of Europe and England. Cultivated in India.

*Homoeopathic uses:* Symptomatology not available.

**Mentha spicata Linn.** (Lamiaceae)

English : Spear/Garden/Lamb Mint. Tamil: Pudina.

Part used : Leaves (for all species).

Herbs. Native of Europe and England. Cultivated in India.

*Homoeopathic uses:* Scanty urination, Frequent desire to urinate.

**Merremia turpethum (Linn.) Shah and Bhat.**

(Convolvulaceae)

(*Operculina turpethum* (Linn.) A. Silva Manso)

Hindi: Nisoth.

Tamil: Shivadai. Kumbam. Part used : Rhizomes

Climbers with root tubers. Found throughout India. Collected from wild.

*Homoeopathic uses:* Symptomatology not available.

**Ocimum basilicum Linn.** (Lamiaceae)

English : Sweet Basil. Tamil: Karpoora Tulasi.

Part used: Leaves, aerial parts.

Herbs, found wild throughout India. Cultivated to a certain extent.

*Homoeopathic uses:* Bath tonic.

Shrub with foetid smell, flowers yellow. Cultivated to a limited extent.

(Note: the Indian Rue is *Ruta chalepensis* Linn.)

*Homoeopathic uses:* Amblyopia, Bed wetting, Constipation, Dyspepsia, Nose bleed, Paralysis, Sciatica, Spleen disorders, Stammering.

**Salvia officinalis** Linn. (Lamiaceae)

English : Sage. Part used: Leaves and flowers.

Herbs Native of Southern Europe. Cultivated in hills at an altitude of 1700 meters and above.

*Homoeopathic uses:* Cough, Fever, Gingivitis, Night sweats, Tuberculosis.

**Senecio bicolor** (Willd) Tod. subsp. *cineraria* (DC.)

**Chater.** (Asteraceae)

(*Senecio cineraria* DC)

(*Cineraria maritima* Linn.)

English: Dusty Miller. Part used: Leaves.

Subshrubs. Native to Europe. Cultivated in hills at an altitude of 1700 meters and above.

*Homoeopathic uses:* Symptomatology not available.

**Silybum marianum** (Linn.) Gaertner

(Asteraceae)

English: St. Mary's/Holy/Blessed/Milk Thistle. Part used: Seeds.

Herbs. Native of South Europe. Naturalized in hills at an altitude of 1900 meters and above.

*Homoeopathic uses:* Bronchitis, Dropsy, Gallstones, Haemoptysis, Haemorrhages, Haemorrhoids, Jaundice, Neuralgias, Pleurisy, Spleen disorders, Sciatica.

**Solanum nigrum** Linn. (Solanaceae)

English: Black Nightshade. Tamil: Manathakkali. Sukkatti Keerai.

Part used: Whole plant

Herbs. Found throughout India. Occurs wildly.

*Homoeopathic uses:* Headache, Heart burn, Meningitis, Tympanitis, Hydrocephalus, Typhoid, Varicose veins, Vertigo.

**Solidago virga-aurea** Linn. (Asteraceae)

English: Golden Rod. Part used: Whole plant.

Herbs Native of Europe. Cultivated in gardens.

*Homoeopathic uses:* Dysuria, Scanty micturition, Renal colic.

**Taxus baccata** Linn. (Taxaceae)

English : Yew. Part used : Fresh young shoots.

Found in temperate Himalayas and extending into Meghalaya and Manipur.

*Homoeopathic uses:* Ciliary neuralgia, Cystitis, Dysuria, Polyps of ear, Eruptions, Gout, Alopecia, Headache, Cardiac and Renal disorders, Rheumatism, Dim vision.

**Theobroma cacao** Linn. (Sterculiaceae)

English : Cacao. Part used : Seeds.

Small trees Native of Central and S. America. Cultivated in warmer regions of hills at an altitude of 800 to 1200 meters.

*Homoeopathic uses:* Symptomatology not available.

**Trifolium pratense** Linn. (Fabaceae)

English : Red/Purple/Broad leaved clover.

Part used : Aerial parts. Flower heads.

Herbs. Native of U.S.A and Canada. Cultivated in the hills at an altitude of 1700 meters and above.

*Homoeopathic uses:* Bladder, Catarrh, Dysentery, Menopause, Fibroids, Writer's cramp.

**Trifolium repens** Linn. (Fabaceae)

English : White / Dutch Clover. Shamrock.

Part used : Flower.

Native of Northern parts of U.S.A and Canada. Introduced and run wild in the Nilgiris.

*Homoeopathic uses:* Mumps, Salivation.

**Tylophora indica** (Burm. f.) Merr.

(Asclepiadaceae)

(*T. asthmatica* (Linn. f.) Merr.)

Tamil: Nanju murichan. English : Emetic Swallow-wort. Indian ipecac. Part used : Leaves.

Climbers. Throughout India. Collected principally from the wild.

*Homoeopathic uses:* Constipation, Constriction in chest with dyspnoea, Fluent nasal catarrh, Backache, Fearful dreams of murder, death and funereal of close relative.

**Vanilla planifolia** Andr. (Orchidaceae)

English : Vanilla. Part used : Fruits.

Vines, native of South America. Extensively cultivated in India.

*Homoeopathic uses:* Brain stimulant, Skin disorders, Menses prolonged.

**Vetiveria zizanioides** (Linn.) Nash (Poaceae)

Tamil & English : Vetiver Hindi : Khas Khas Malayalam : Ramacham. Part used : Roots.

**Ocimum tenuiflorum Linn.** (Lamiaceae)  
(*O. sanctum* Linn.)

English : Sacred Basil. Tamil: Nalla Tulasi. Part used: Leaves, aerial parts.

Herbs, found wild throughout India. Cultivated to a certain extent.

*Homoeopathic uses:* Forgetfulness, Delirium, Headache, Aphthae, Nasal catarrh, Throat painful, Eructations, Heaviness in abdomen, Hepatic pain, Diarrhoea, Lochia.

**Oenothera biennis Linn.** (Onagraceae)

English : Large evening Primrose. Part used : Flowers, Seeds.

Herbs. Native of Eastern North America. Cultivated in gardens. Source of Gamma Linoleic Acid.

*Homoeopathic uses:* Cholera infantum, Diarrhoea, Hydrocephalus.

**Pastinaca sativa Linn.** (Apiaceae)

English : Parsnip. Part used : Whole plant, Seeds.

Herbs. Native to Eastern European regions occasionally grown in kitchen gardens.

*Homoeopathic uses:* Symptomatology not available.

**Persea americana Mill.** (Lauraceae)

English: Avocado. Butter fruit. Part used: Seeds.

Trees. Native of tropical America. Cultivated throughout India.

*Homoeopathic uses:* Irritability, Thoracic pain, Gastric pain, Constipation, Diarrhoea, Irritation of anal region, Helminthiasis, Impotency, Rheumatism.

**Physostigma venenosum Balf.** (Fabaceae)

English : Calabar bean. Part used : Seeds.

Vine. Indigenous to West Africa. Introduced into India.

*Homoeopathic uses:* Symptomatology not available.

**Pimenta officinalis Lindl.** (Myrtaceae)

English : Allspice. Pimento. Part used : Fruits and leaves.

Trees. Indigenous to Jamaica and West Indies, tropical America. Cultivated to a limited extent.

*Homoeopathic uses:* Symptomatology not available.

**Piper cubeba Linn. f.** (Piperaceae)

English : Cubebs. Tailed pepper. Tamil: Vaal Milagu.

Part used: Fruits .Climbers. Cultivated in India.

*Homoeopathic uses:* Symptomatology not available.

**Piper nigrum Linn.** (Piperaceae)

English : Black pepper. Tamil: Milagu.

Part used: Fruits .Climbers. Cultivated in India.

*Homoeopathic uses:* Anal fissure, Mastitis, eruptions, Constipation, Dysuria, Haemorrhoids, Menses-irregular & scanty, Neuralgia, Priapism, Uterus-cramps.

**Piper methysticum Linn.** (Piperaceae)

American Indian: Kava Kava.

Part used: Fruits .Climbers. Cultivated in India.

*Homoeopathic uses:* Symptomatology not available.

**Plantago major Linn.** (Plantaginaceae)

English : Plantain ribwort. Hindi: Isaphgol Psyllium.

Part used : Seeds.

Herbs. Found in Himalayas, eastwards to Khasia Hills. Cultivated in warmer parts of India.

*Homoeopathic uses:* Bed wetting, Mastitis, Ciliary neuralgia, Erysipelas, Dysentery, Toothache, Wounds.

**Plectranthus amboinicus (Lour.) Spreng.**

(Lamiaceae)

(*Coleus aromaticus* Benth.)

English : Country/Indian Borage. Sanskrit: Pashanabheda. Tamil : Karpooravalli.

Part used: Leaves.

Succulent herbs. Distributed in Western Ghats, Nilgiris and Kodaikanal.

*Homoeopathic uses:* Strangury, Retention of urine, Cholera with retention of urine, Gonorrhoea, Cystitis, Vesical catarrh.

**Punica granatum Linn.** (Punicaceae)

English : Pomegranate. Tamil : Madulai. Part used : Bark, fruit rind.

Small trees. Native of Iran, Afghanistan. Cultivated to a limited extent.

*Homoeopathic uses:* Ascariasis, Gastralgia, Hernia, Toothache, Jaw cracking.

**Rubia tinctorum Linn.** (Rubiaceae)

English : European Madder. Part used : Whole plant. Climbers. Native to S. Europe and Asia. Good source of dye.

*Homoeopathic uses:* Splenic anaemia, Chlorosis, Amenorrhoea, Tuberculosis, Disorders of bones.

**Ruta graveolens Linn.** (Rutaceae)

English : Garden Rue. Part used: aerial parts.

Tufted grasses. Found throughout India. Planted in field edges.

*Homoeopathic uses:* Abscesses, Aphonia, Boils, Glandular inflammations, Herpes, Hydrophobia, Chancre like sores.

#### **Viola odorata Linn. (Violaceae)**

English : Sweet violet. Part used : Whole plant. Herbs. Native of Europe. Occasionally found in gardens. Useful in perfumery.

*Homoeopathic uses:* Spasmodic cough, Neuralgia, Hysteria, Otorrhoea, Seminal emissions, Rheumatism of wrist.

#### **Withania somnifera (L) Dun. (Solanaceae)**

Sanskrit, Hindi : Aswagandha. Tamil: Amukkiran.

Part used: Roots.

Shrubs with thick roots. Found throughout drier parts of India.

*Homoeopathic uses:* Symptomatology not available.

#### **Zingiber officinale. Rosc. (Zingiberaceae)**

English : Ginger Hindi : Adhrak Tamil : Inji.

Part used : Rhizomes.

Rhizomatous herbs. Cultivated in most tropical areas as an annual.

*Homoeopathic uses:* Albuminuria, Halitosis, Diarrhoea, Dysentery, Hepatitis, Food poisoning, Nasal catarrh, Colic, Backache, Dyspepsia.

In addition the following plants not found in India are exclusively imported:

Adonis vernalis	Hydrastis canadensis
Aethusa cynapium	Iris florentina
Arnica montana	Iris germanica
Arum maculatum	Iris versicolor
Asagraea officinalis	Ledum palustre
Asarum europaeum	Myrica cerifera
Chelidonium majus	Physostigma venenosum
Conium maculatum	Podophyllum peltatum
Cotyledon umbilicus	Prunus laurocerasus
Crataegus oxyacantha	Prunus spinosa
Cyclamen europaeum	Rhus toxicodendron
Daphne mezereum	Rhus venenata
Delphinium staphysagria	Sanguinaria canadensis
Drosera peltata	Solanum dulcamara
Gelsemium sempervirens	Symphytum officinale
Grindelia robusta	Thuja occidentalis
Gymnocladus canadensis	Tilia europea

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