



Ethnobotanical studies on Thiruvannamalai district, Tamil Nadu, India

G. RAJKUMAR, J. SURESH KUMAR, M. KRISHNAVENI AND NOORU NISHA BEGAM

ABSTRACT

The people of in and around area of Thiruvannamalai district, Tamilnadu has been using numerous herbs of therapeutic purpose since time immemorial. Villagers chiefly depend on the herbs for all diseases. They are aware of the plant remedies for common ailments like diarrhoea, jaundice, rheumatism, dyspepsia, asthma, diabetes, dysentery, leprosy, antipyretic, gonorrhoea and skin diseases. They are also very familiar with the antidotes for snake bites and scorpion sting. Pharmacological and clinical traits will help in the confirmation of the efficacy of the report herbs. The use of the reported plant species were collected from the regional people, who use them as tradition. Therefore, it is not advisable to use them without consulting an experienced Siddha medicine practioner. For the benefit of the community the recorded plant species should be taken care of and also steps be taken for conservation as well as cultivation of these plant species.

Key words : Ethnobotanical studies, Plant species, Fungi, Aromatic plant, Bryophytes, Tradional knoweldge

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INTRODUCTION

Herbs are staging a comeback and herbal 'renaissance' is happening all over the globe. The herbal products today symbolise safety in contrast to the synthetics that are regarded as unsafe to human and environment. Although herbs had been priced for their medicinal, flavouring and aromatic qualities for centuries, the synthetic products of the modern age surpassed their importance, for a while. However, the blind dependence on synthetics is over and people are returning to the naturals with hope of safety and security. Over three-quarters of the world population relies mainly on plants and plant extracts for health care. More than 30 per cent of the entire plant species, at one time or other, were used for medicinal

purposes. It is estimated that world market for plant derived drugs may account for about Rs.2,00,000 crores. Presently, Indian contribution is less than Rs.2000 crores. Indian export of raw drugs has steadily grown at 26 per cent to Rs.165 crores in 1994-'95 from Rs.130 crores in 1991-'92. The annual production of medicinal and aromatic plant's raw material is worth about Rs.200 crores. This is likely to touch US \$1150 by the year 2000 and US \$5 trillion by 2050 (Joy *et al.*, 2001).

India is represented by rich culture, traditions, and natural biodiversity, and offer unique opportunity for the drug discovery researchers. Utilization of plants for medicinal purposes in India has been documented in ancient literature (Samvat; Charak, Drdhabala, 1996). India is blessed with two (Eastern Himalayas and Western Ghats) of the eighteen worlds' hotspots of plant biodiversity and is seventh among the sixteen Mega diverse countries, where 70 per cent of the world's species occur collectively. In India, there are over 17,500 species of higher plants, 64 gymnosperms, 1,200 pteridophytes, 2,850 bryophytes, 2,021 lichens, 15,500 fungi and 6,500 algae are reported. India is rich in its own flora that is, endemic plant species (5,725 angiosperms, 10 gymnosperms, 193 pteridophytes, 678 bryophytes, 260 liverworts, 466 lichens, 3,500 fungi and 1,924 algae) (Sanjappa, 2005).

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Study area :

Thiruvannamalai district is situated in the south-eastern portion of the state of Tamilnadu, India. The district lies between 12° 15" North latitude and 79° 07" East longitude and extending over an area of 6.191 square kilometer. It is bounded on the North by Vellore, east by Kanchipuram district, south by Vilupuram and west by Dharmapuri district and part of Krishnagiri district. The district is divided into 6 taluks namely, Tiruvannamalai, Chengam, Polur, Arani, Vandavasi and Cheyyar. The area under reserve forest is 1,06,653 hectares. The important forest produces are sandalwood, eucalyptus, bamboo, tamarind, etc. The important hills in the district are Javadhu hills (2500 feet above MSL), Kailasigiri (2743 feet above MSL) and Tiruvannamalai (2668 feet above MSL). The predominant soil types are red loam and red sand loam spread over in all Taluks. Black loam is found in tank and riverbed areas of Vandavasi and Cheyyar Taluks accounting for about 15 per cent of the total area. The climate is tropical. The period from April to June is generally hot. The average rainfall of the district is 1074.70 mm. Nearly 45 per cent of the rainfall is received during the North East monsoon period (October to December). The reserve forest category has rich soil and bright sunlight, and important natural resources which are abundantly available in this region and responsible for the development of rich vegetation having variable medicinal properties.

MATERIALS AND METHODS

Local traditional healers:

Local traditional healers having practical knowledge of plants in medicine were interviewed in randomly selected villages of the district during June 2011 – October 2011. In the study period we interviewed many people from several villages of Tiruvannamalai. Methods of selecting informants depended upon the distribution of local people having folk knowledge. They were requested to collect specimens of the plants they knew or to show the plant species on site. These informants were traditional healers themselves or had tradition of healing in their families and had knowledge of the medicinal use of the plants. Adopting the methods of Jain (1964), ethnomedicinal data were collected through general conversations with the informants. The questionnaires were used to obtain information on medicinal plants with their local names, parts used, mode of preparation and administration. A total of 45 informants, comprising 28 males and 17 females were identified between the ages of 37 and 80. They were selected based on their knowledge of medicinal plants either for self-medication or for treating others. Informants were asked to come to field and show the plants with local name; the species mentioned by the informants were taxonomically identified.

Views of local people:

Information obtained from medicinally important plants

was assessed by calculating the proportion of plants cited and utilized in relation to the total number of interviewees.

Categorization of medicinally important plants:

Traditionally important medicinal plants which are cultivated, as well as grown in the wild were classified into different types of habits and forms such as trees, herbs, shrubs, climbers, etc.

Biodiversity of medicinally important plant species:

Medicinally important plant species were found to be in plenty in each sampling unit when surveyed. Depending upon the number, they were then divided into four arbitrary groups namely, rare, common, fairly common and abundant.

Knowledge about plants and their uses:

The Spearman rank correlation was used to analyze the knowledge about medicinal plant and its correlation with age of survey samples ($P < 0.005$).

Preservation of plant specimens:

Standard method was followed with regard to collection of plant materials, drying, mounting, preparation and preservation of plant specimens (Jain and Rao, 1976). Voucher specimens of medicinal plants in triplicates were collected, prepared and identified. Plants with their correct nomenclature were arranged alphabetically by family name, vernacular name and ethnomedicinal uses. The identification and nomenclature of the listed plants were based on the Flora of Hooker (1884), Gamble (1935), Henry *et al.* (1987) and Matthew (1983). They were later verified at Botanical Survey of India, Southern Circle, Coimbatore, India. All the preserved specimens were deposited at the department of Botany, Government Arts College, Thiruvannamalai, Tamil Nadu, India.

RESULTS AND DISCUSSION

The present study revealed that the villagers of Thiruvannamalai district, Tamilnadu, India were using 321 species under 257 genera of medicinally important plants belonging to 91 families, they were Fabaceae-18, Asclepiadaceae-14, Euphorbiaceae-14, Acanthaceae-13, Apocynaceae-12, Rubiaceae-12, Solanaceae-11, Verbenaceae-11, Rutaceae-10, Lamiaceae-10, Asteraceae-10, Malvaceae-8, Liliaceae-8, Cucurbitaceae-8 and Mimosaceae-7. The minimum number species used for medicinal purposes, they were Amaranthaceae-3, Araceae-1, Pteridaceae-4, Adiantaceae-1, Simarubaceae-1, Alangiberaceae-1, Zingiberaceae-5, Anacardiaceae-6, Angiopteridaceae-1, Bromeliaceae-1, Lauraceae-2, Annonaceae-3, Myrsinaceae-5, Arecaceae-2, Papaveraceae-1, Aristolochiaceae-3, Meliaceae-3, Balanophoraceae-1, Poaceae-5, Caesalpinaceae-5, Bischofiaceae-1, Oxalidaceae-2, Nyctaginaceae-4,

Table 1 : Ethanomedicinal plants botanical names, vernacular names , family, useful parts and medicinal uses List of Thiruvannamalai Dt, Tamil nadu, India

Sr. No.	Botanical and vernacular name	Family	Useful Parts	Mode of administration and uses
1.	<i>Abelmoschus esculentus</i> (L.) Moench. Venndai	Malvaceae	Fruits	The fruits are eaten to strengthen the nerves system and helps in improving and maintaining good skin texture.
2.	<i>Abrus precatorius</i> L. Kundumani	Fabaceae	Root	Root powder is taken orally along with cow's milk to treat scorpion sting and snake bite.
3.	<i>Abutilon indicum</i> L. Thuthi	Malvaceae	Leaves & root	Leaf juice and root are taken orally to treat dental problems.
4.	<i>Acacia leucophloea</i> (Roxb.) Willd. Velvelamaram	Mimosaceae	Stem bark	Paste of fresh stem bark is applied topically to treat cuts and wounds.
5.	<i>Acacia tortacraib</i> L. Seeva keerai	Mimosaceae	Leaves	Leaf is cooked with onion & taken with food it facilitates the expulsion of gas to stomach disorder.
6.	<i>Acalypha fruticosa</i> Farsskal. Chinni chadi	Euphorbiaceae	Leaves	Decoction of leaves taken orally to treat dysentery.
7.	<i>Acalypha indica</i> L. Kuppaimeni	Euphorbiaceae	Flower	Leaf paste is applied topically to treat skin diseases.
8.	<i>Acalypha paniculata</i> Miq. Paruva thazhai	Euphorbiaceae	Leaves	Leaf paste is applied over pimples regularly once a day until cure pimples.
9.	<i>Achyranthes aspera</i> L. Naayuruvi	Amaranthaceae	Leaves	Leaf paste is applied topically to treat cuts and wounds.
10.	<i>Acorus calamus</i> L. Vasambu	Araceae	Rhizome	Dried rhizome is ground in water and the paste is given orally to children for clarity of speech.
11.	<i>Actiniopteris radiata</i> (Sw.) Link. Saava sedi, korai panai	Pteridaceae	Stem	The juice extracted from the stem is taken orally twice a day to treat diarrhea and fever.
12.	<i>Adhatoda vasica</i> Nees. Adathodai	Acanthaceae	Leaves	Leaf powder is mixed with water and taken orally in the morning to cure asthma.
13.	<i>Adiantum raddianum</i> C.Pres L. Kanjankorai	Adiantaceae	Leaves	Juice orally taken for indigestion.
14.	<i>Aegle marmelos</i> Curr.Ex.Roxd. Vilvam	Rutaceae	Leaves	Leaf paste is applied topically to heat wounds.
15.	<i>Aerva lanala</i> (L.) Juss.ExSchult. Siru peelai	Amaranthaceae	Whole plant	Juice of whole plant is taken orally to treat cough sore throat and wounds.
16.	<i>Ailanthus excels</i> Roxb. Perumaram	Simarubaceae	Leaves	Decoction is prepared from leaves and taken internally to treat paralyze.
17.	<i>Alangium salvifolium</i> (L.F) Wangerin. Alinji	Alangiaceae	Fruit	One or two drops of fruit juice applied in the eyes to treat eye infections.
18.	<i>Albizia amara</i> (Roxb.) Boivin. Usilai	Mimosaceae	Leaves	The leaf juice is internally used in the case of general weakness and energetic during dysentery and diarrhea and also to relieve body pain.
19.	<i>Alfizia lebbeck</i> (L.) Benth. Vagai	Mimosaceae	Flower	The powder prepared from five grams of flower is taken orally along with hot water three times a day for three days to treat snake bite.
20.	<i>Allium cepa</i> L. Vengayam	Liliaceae	Bulb	Paste with common salt is applied on injured paste to cure wound healing.
21.	<i>Aloe barbadensis</i> L. Sivappu sothu kathalai	Lilliaceae	Whole plant	The juice of whole plant is taken as remedy for jaundice, fever and piles.

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22.	<i>Aloe vera</i> L. Sothu kthalai	Liliaceae	Leaves	Sap mixed with oil is heated and applied on hair for hair growth and good sleep.
23.	<i>Alpinia calcarata</i> Rosc. Arathi poo	Zingiberaceae	Rhizome	Dried rhizome is mixed with water and two drops of juice are given orally to children for increase resistance power.
24.	<i>Alseodaphne semecarpifolia</i> Nees. Attapattai	Lauraceae	Stem bark	Juice applied externally for leach bite.
25.	<i>Alstomia scholaris</i> (L.) R.Br. & Paalooram Pattai	Apocynaceae	Stem	Powdered stem is mixed with water and given orally to the mother to increase lactation.
26.	<i>Alstomia venenata</i> R.Br. Elaipalai	Apocynaceae	Stem bark	Decoction of stem bark taken orally to snake bite.
27.	<i>Alternanthera sessalis</i> (L.) R.Br.ex.Dc. Ponnanganni	Amaranthaceae	Leaves	Leaf extract is given to expecting mothers to increase lactation. Leaf decoction given 2 times a day for 14-30 days to cure nervous disorders.
28.	<i>Amaranthus caudatus</i> L. Sirukeerai	Amaranthaceae	Leaves	Leaves are boiled in water and the decoction is taken to cure rheumatic pain.
29.	<i>Anacardium occidentale</i> L. Mundhiri	Anacardiaceae	Stem bark	Powdered bark mixed with honey is taken orally once a day for six months against leprosy.
30.	<i>Andrographis echioides</i> Nees. Gopuramthangi	Acanthaceae	Leaves	Juice of leaf taken orally in antipyretic and stomachache problems.
31.	<i>Andrographis lineate</i> Wall. Periyanangai	Acanthaceae	Leaves	Three drops of extract given orally to children to expel worms.
32.	<i>Andrographis lineate</i> Wallich Ex. Nees. Siriyanangai	Acanthaceae	Leaves	Leaf powder is mixed with cow's or goat's milk and taken orally to treat diabetes.
33.	<i>Andrographis paniculata</i> (Burm.f) Wallich Ex. Nees. Nilavembu	Acanthaceae	Leaves	Powdered leaf is mixed with cow as gratis milk and taken orally to treat diabetes.
34.	<i>Angiopteris evecta</i> (Forst) Hoffm. Yanaivanangi	Angiopteridaceae	Leaves	Paste with common salt applied externally for fire burns.
35.	<i>Anisochilus carnosus</i> (L.f.) Wallich. Saethupun thazhai	Lamiaceae	Leaves	Paste of leaf is applied over the affected places to cure itching of feet on rainy season.
36.	<i>Anisomeles malabarica</i> R.Br. Periya peymarati	Lamiaceae	Leaves	Leaf juice used in fever and stomachache and the mixed water to drink which cure snake bite.
37.	<i>Annona scomosus</i> L. Annachi	Bromeliaceae	Fruit	The fruit are taken internally to cure peptic ulcer, jaundice worm infestation.
38.	<i>Annona squamosa</i> L. Sitha	Annonaceae	Leaves	Leaves extract is taken orally to cure dysentery
39.	<i>Arachis hypogea</i> L. Nilakadalai	Fabaceae	Whole plant	The plant powder mixed with cow's milk it is used as a leprosy, syphilis and ulcer. Decoction of the flowers is taken a cough and asthma.
40.	<i>Ardisia solanacea</i> roxb. Kohlikoltai	Myrsinaceae	Seeds	Paste applied externally for fungal infection.
41.	<i>Areca catechu</i> L. Pakku	Arecaceae	Seeds	Fine paste applied on wounding past to treat wound.
42.	<i>Argemone mexicana</i> L. Perammathandu	Papaveraceae	Leaves	The leaf decoction is given in ulcers and malarial fever.

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43.	<i>Aristolochia bracteolata</i> Lam. Aluthedapalai	Aristolochiaceae	Root	The root powder is taken with honey and is given internally to treat ulcer and skin diseases.
44.	<i>Aristolochia indica</i> L. Urikakodi	Aristolochiaceae	Leaves	Paste applied on the body to prevent skin diseases.
45.	<i>Artemisia nilagirica</i> (C.B,clarke) Pamp. Masipathri	Asteraceae	Leave	Juice taken orally for three days to cure asthmatic eruption.
46.	<i>Asparagus recemosus</i> Willd. Thanneer vittan kilangu	Liliaceae	Leaves	Paste of tender and mature leaves is applied topically on the heels before going to bed to cure heel crack.
47.	<i>Asystasia gangetica</i> (L.)T.andesson. Valukkai keerai	Acanthaceae	Leaves	Leaf powder is mixed with coconut oil and applied topically to head and wounds.
48.	<i>Atalantia monophylla</i> Corr. Kattu elumichai	Rutaceae	Leaves	The leaves are boiled with water externally and used for to treat swelling and joint pain.
49.	<i>Azadirachta indica</i> A. Juss. Vembu	Meliaceae	Leaves	Leaf paste is applied topically on the body to treat small pox, rheumatism and skin diseases.
50.	<i>Azinta tetracantha</i> Lam. Sunkan	Salvadora	Root & leaves	Root and leaf potion is used for joints swelling.
51.	<i>Bachanania lanzan</i> Spreng. Chainnamurli	Anacardiaceae	Stem bark	Stem bark powdered is administered one spoonful twice a day for 3days to treat diarrhea
52.	<i>Balanophora fungosa</i> Fors. Vaer chedi	Balanophoraceae	Whole plant	Paste of the whole plant is applied over the infected part of the skin to treat skin diseases.
53.	<i>Bombusa arundinacea</i> Willd. Mungil	Poaceae	Leaves	Leaf paste applied externally in skin diseases. Leaf juice is used in fever, diarrhea and diabetes.
54.	<i>Barleria prionitis</i> L. Kattu kanagambaram	Acanthaceae	Root	Root decoction taken orally for snakebite.
55.	<i>Barleria strigosa</i> Willd. Neelambaram	Acanthaceae	Root	Root crushed with piper and the juice extract is given two spoonfuls twice a day for 30days to treat tuberculosis.
56.	<i>Bauhinia racemosa</i> Lam. Kolathi	Caesalpiniaceae	Stem bark	Extract taken orally to relieve abdominal pain.
57.	<i>Bichofia javanica</i> Blume. Romaviruksha pattai	Bischofiaceae	Stem bark	Paste of stem bark is applied externally on the affected parts to cure nervous disorders.
58.	<i>Biophytum neruifolium</i> Thw. Puspahajalam	Oxalidaceae	Leaves	Leaves are boiled in water and the decoction is taken for 45 days to cure rheumatoid arthritis
59.	<i>Boerhaavia diffusa</i> L. Mookaratai	Nyctaginaceae	Root	Root paste is applied topically to treat hydrocele.
60.	<i>Bombax ceiba</i> L. Elavampanchu	Bombacaceae	Seed	Seed powder with goat's milk is taken orally to treat diabetics and skin disease.
61.	<i>Borreria hispida</i> (L.) G.F.W.Meyer. Nathaisoori	Rubiaceae	Root	The tea from of the root decoction is used in the treatment of leucorrhoeas and gonorrhoeas.
62.	<i>Bougainvillea spectabilis</i> Willd. Kaaghitha poo	Nyctaginaceae	Leaves & Root	Leaves juice is given in jaundice, dysentery and diarrhea, roots are used in cough and fever.
63.	<i>Brassica juncea</i> (L.) Czern.Coss. Kadugu	Brassicaceae	Seed	Seed powder with milk is taken orally to cure diabetics cold and respiratory trouble.
64.	<i>Buchanania lanzan</i> Spreng. Kolamavu	Anacardiaceae	Stem bark	Paste of stem bark used for cut wounds.
65.	<i>Buddleja asiatica</i> Lour. Karukattan	Buddlejaceae	Leaves	Strong decoction orally taken to relieve headache with cold.

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66.	<i>Bupleurum mueronatum</i> Wight & Arn. Kattucheeragam	Apiaceae	Seeds	Strong decoction taken orally for once a day to cure chronic stomach pain.
67.	<i>Butea frandosa</i> koen. Porasan	Papilionoaceae	Leaves	Juice of leaf is given in antiseptic alterative and blood pressure.
68.	<i>Cadaba fruticosa</i> (L.)Druce. Vizhuthi	Cappadidaceae	Leaves	The leaf juice is internally used in the case of general weakness and energetic during dysentery and diarrhea and also to relieve body pain.
69.	<i>Cadunaregum spinosa</i> (Thun) Tiruvengadam. Karangai maram	Rubiaceae	Fruits	Crushed unripe fruits are used to stupefy fish.
70.	<i>Caesalpinia sepiaria</i> Roxb. Intha chedi	Caesalpiniaceae	Leaves	Leaves are taken orally with food for digestion problems stomach disorder.
71.	<i>Cajanus cajan</i> (L.) Millsp. Thuvarai	Fabaceae	Seed	Seed cooked and taken along with food to treat diabetics
72.	<i>Calophyllum inoohyllum</i> L. Punnai	Cuttiferaceae	Leaves	Ten to fifteen gram of leaf is made into paste with few drops of hot water. This paste is applied externally on roheumatism and gonorrhoea.
73.	<i>Calotropis gigantea</i> (L.) R.Br. Erukku	Asclepiadaceae	Whole plant	The plant powder mixed with cow's milk it is used as a leprosy, syphilis and ulcer. Decoction of the flowers is taken a cough and asthma.
74.	<i>Canna indica</i> L. Kalvazhai	Musaceae	Rhizome	The rhizome and fresh fruit of juice mixed with water to drink which cure fever, dropsy and dyspepsia.
75.	<i>Capparis sepiaria</i> L. Thottichedi	Violaceae	Fruit & root	Leaves are pasted with lemon juice and are applied topically to treat swellings. The fruits are edible.
76.	<i>Capparis zeylanica</i> L. Aadhandai	Capparaceae	Root bark	Root bark is ground with water boiled and taken orally to treat indigestion.
77.	<i>Caralluma adscendens</i> (Roxb) Haw. Elavan	Asclepiadaceae	Tuber	Sliced stem with salt taken orally for diuretic condition.
78.	<i>Caralluma umbellate</i> (Roxf) Haw. Kallimulayan	Asclepiadaceae	Stem	Burnt in direct fire and eaten for five days regularly in empty stomach to cure ulcer.
79.	<i>Cardiospermum canescens</i> Wall. Kuthumadakan	Sapindaceae	Leaves	Paste applied for abdominal pain.
80.	<i>Cardiospermum halicacabum</i> L. Mudakkathan	Sapindaceae	Root	Root is boiled with oil and applied on head before bath to treat throat infection and headache.
81.	<i>Careya arborea</i> Roxb. Ayma	Lecythidaceae	Stem bark	Paste applied for cracks in toes and heels.
82.	<i>Carica papaya</i> L. Pappali	Caricaceae	Flower & fruit	Flower used in anthelmintic. Fruit decoction used to blood pressure and improve eye power.
83.	<i>Carissa spinarum</i> L. Kattu kalakai	Apocynaceae	Fruit	Ripen fruit eaten for urinary infections.
84.	<i>Carmona redusa</i> (Vah)Masam. Kurangu vetthilai	Boraginaceae	Leaves	Juice of leaves is taken internally for three to four months to induce fertility.
85.	<i>Cassia absns</i> L. Karunai kanam	Caesalpiniaceae	Seed	Seeds are ground into paste and applied topically to treat skin diseases and headache.
86.	<i>Cassia alata</i> L. Seemai agathi	Fabaceae	Leaves	Pounded leaves coconut oil and bee wax made into paste is applied on the affected parts to cure tinea vesicularis.

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87.	<i>Cassia auriculata</i> L. Aavarai	Caesalpinaceae	Flower	Flowers are crushed and mixed with goat's milk and taken orally to prevent white discharge in women.
88.	<i>Cassia occidentalis</i> L. Ulunthu	Caesalpinaceae	Leaf & fruit	Leaf paste is applied topically to treat scabies and to heal bone fracture and for skin disease.
89.	<i>Cassia tora</i> L. Thahara chedi	Fabaceae	Shoot tip	Tender twigs are cooked with onion and taken with food used as a vegetable.
90.	<i>Catharanthus roseus</i> G.Don. Nithyakalyani	Apocynaceae	Whole plant	Whole plant is powdered and mixed with cow's milk and taken orally to treat diabetes.
91.	<i>Celastrus paniculatus</i> Willd. Valuruvai	Celastraceae	Seeds	Seed powder mixed with water taken orally to cure nervous disorder.
92.	<i>Ceropegia candelabrum</i> L. Perun kodi	Asclepiadaceae	Leaves	Paste of leaves is applied on forehead to treat headache.
93.	<i>Ceropegia juncea</i> Roxb. Pulichan	Asclepiadaceae	Stem	Crushed with milk taken orally for three days to cure ulcer.
94.	<i>Chloris barbata</i> Sw. Grass	Poaceae	Leaves	Leaf paste applied externally in skin diseases. Leaf juice is used in fever, diarrhea and diabetes.
95.	<i>Chycosmis pentaphyla</i> Correa. Kolichi maram	Rutaceae	Root	The root is pasted with cumin and taken internally to treat asthma.
96.	<i>Cinnamomum verum</i> Presl. Lawangappattai	Lausaceae	Stem bark	Decoction of stem bark is taken internally to treat cough, dysentery and to keep the body cool.
97.	<i>Cipadessa baccifera</i> Naiq. Seeru maram	Meliaceae	Root & bark	The paste of root and bark is applied topically to cure psoriasis skin diseases.
98.	<i>Cissampelos pareira</i> L. Pon musatai	Menispermaceae	Whole plant	The plant used for blood purification and anti inflammatory properties.
99.	<i>Cissus quadrangularis</i> L. Pirandai	Vitaceae	Stem	Paste of stem is taken orally for easy digestion.
100.	<i>Citrullus colocynthis</i> (L.) Schrad. Peykumati	Cucurbitaceae	Fruit	Five drops of juice with milk given orally for five days to treat nervous disorder.
101.	<i>Citrus aurantifolia</i> (Christm) Swingle L. Elumichai	Rutaceae	Leaves	Decoction of leaves is inhaled to get relief form fever headache and cold.
102.	<i>Citrus medica</i> L. Naarthankai	Rutaceae	Leaves	Leaves juice used as fever and dyspepsia
103.	<i>Citrus maxima</i> Merr. Pamlimasu	Rutaceae	Fruit	The fruit is used as a major source of vitamin C.
104.	<i>Citrus sinensis</i> (L.) Osbeck. Saathukudi	Rutaceae	Leaves	Decoction of leaves is inhaled to get relief form fever headache and cold.
105.	<i>Clausena dentata</i> (Willd.) Roem. Anai thazhai	Rutaceae	Leaves	Paste of leaves is applied over the affected parts to treat wounds.
106.	<i>Clematis gouriana</i> Roxb & Dc. Attumeesai chedi	Ranunculaceae	Leaves	Paste of leaf is applied topically on affected part of the skin to treat skin diseases.
107.	<i>Cleome gynandra</i> L. Thaivelai	Cappadidaceae	Leaves	Sap from leaf has been used as an analgesic particularly for headache epileptic fits and earache.
108.	<i>Cleome viscosa</i> L. Naikadugu	Capparaceae	Leaves	Leaf paste is applied topically to heal wounds.
109.	<i>Clerodendron inerme</i> Geertn. Changu kuppi	Verbenaceae	Leaves	Leaf juice mixed with bee wax resins made into a paste is kept in a hot water bath and cooled before use. It is applied once a day before bed time to cure various skin diseases.

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110.	<i>Clerodendrum phlomidis</i> L. Thaluthalai	Verbenaceae	Leaves	The fresh juice of leaf is used to treat mental tension and mental disturbance.
111.	<i>Clerodendrum serratum</i> (L.)Dc. Siruthekkku	Verbenaceae	Leaves	Leaf paste applied externally for joint pain.
112.	<i>Clitoria ternatea</i> L. Sangu poo	Fabaceae	Leaves	Leaf juice is given internally is dropsy and antipyretic.
113.	<i>Coccinia grandis</i> (L.) J.Voigt. Kovai	Cucurbitaceae	Leaves	Leaf juice is mixed with butter and applied topically to treat skin diseases.
114.	<i>Cochrostchys cineea</i> Wight& Arm. Vedathalan	Minosaceae	Leaves	Decoction taken orally thrice a day to treat diarrhea.
115.	<i>Cocos nucifera</i> L. Thennai	Aracaceae	Oil & fibres	The tea from the husk fiber is widely used to treat several inflammatory disorders and oil is used for health hair.
116.	<i>Coldenia plocumbens</i> L. Cheruppadai	Boraginaceae	Leaves	Juice of leaf is taken orally to prevent white discharge in women.
117.	<i>Coleus aromaticus</i> Benth. Karpura valli	Lamiaceae	Leaves	Leaf juice is taken orally by children to treat indigestion and cough.
118.	<i>Commiphora caudate</i> Engl. Malaikilavai	Burseraceae	Fruit	Pericarp eaten to cure dry skin.
119.	<i>Corallocarpus epigaeus</i> HK.f. Karudankilangu	Cucurbitaceae	Tubers	Tubers boiled in coconut oil is applied once a day for six month on the affected parts to cure leprosy.
120.	<i>Corchorus trilocolusis</i> Rox. Talakkaip poondu	Tiliaceae	Whole plant	Plant macerated with water yields, mucilage, prescribed as a demulcent, seeds are used in fever and for cleaning bowls.
121.	<i>Coriandrum sativum</i> L. Koththamalli	Apiaceae	Fruit & leaves	The seeds and the rhizome of zingiber are ground with water, the extract is taken internally for giddiness. The leaf may have antimicrobial properties.
122.	<i>Curcuma longa</i> L. Manjal	Zingiberaceae	Rhizome	Rhizomes paste is applied on the affected parts twice a day till the recovery to cure impetigo.
123.	<i>Crinum deficum</i> Ker. Vishanarayani	Amaryllidaceae	Bulbs	Pounded bulbs mixed with hot water is given orally twice a day for three days for curing tinea cruris.
124.	<i>Crotalaria verucosa</i> L. Narimiratti	Fabaceae	Flower	Flower powdered with cow's milk are given in scabies.
125.	<i>Cuminum cyminum</i> L. Cheerakam	Apiaceae	Fruit	Fruit soaked in water and taken orally to treat dysentery and diabetics
126.	<i>Curculigo orchioides</i> Gaesth. Nilappanai	Amaryllidaceae	Rhizome	Crushed with milk taken internally to treat rheumatic pain.
127.	<i>Curcuma aromatica</i> Sal. Kasturimanjal	Zingiberaceae	Rhizome	Rhizomes paste is applied on the affected parts twice a day till the recovery to cure impetigo.
128.	<i>Cymbidium aloifolium</i> (L.)Sw. Panaipulluruvi	Myrsinaceae	Leeds	Paste of seed applied externally to treat fungal infection.
129.	<i>Cynanchum callialatam</i> Buch. Vepadalkodi	Asclepiadaceae	Latex	Three drops with milk taken orally for five days to cure mouth and intestine ulcer.
130.	<i>Cynodon dactylon</i> L. Pes. Arugampullu	Poaceae	Whole plant	Decoction of whole plant is taken orally to keep the body cool.
131.	<i>Cyperus rotundus</i> L. Korai	Cyperaceae	Tuber	Paste of dried tuber is applied on breast of women to secrete more milk and applied topically on bitten site of scorpion.

Table 1 contd...

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132.	<i>Datura metel</i> L. Oomathai	Solanaceae	Leaves	Few drops of leaf juice is poured into ear to treat earache.
133.	<i>Datura stramonium</i> L. Periyamathai	Solanaceae	Leaves	Decotion of leaves is useful in rhowmatism, toothache.
134.	<i>Dichrotrachys cinerea</i> Wight & Arn. Vedathalan	Mimosaeae	Leaves	Leaf pasted with and taken once a day to cure dysentery and diarrhea.
135.	<i>Didymocarpus gambleanus</i> Fischer L. Paraiotti	Gesneriaceae	Leaves	Leaf paste applied on pimples and external cracks to cure pimples.
136.	<i>Dioscorea oppositifolia</i> L. Vallikilangu	Dioscoreaceae	Rhizome	Paste of rhizome is taken internally to cure stomachache.
137.	<i>Dodonaea viscosa</i> L. Verrali	Sapindaceae	Stem & root	The stem and root are used for the treatment of rheumatism, skin diseases and diarrhea.
138.	<i>Drymaria cordata</i> (L.)Roem & Schult. Kodi charai	Caryophyllaceae	Leaves	Paste of leaf is applied over the heels before going to bed regularly till cure for heel crack.
139.	<i>Eclipta prostrata</i> L. Karisalankanni	Asteraceae	Leaves	Leaf power is mixed with coconut oil & applied on the hair regularly for healthy and black hair.
140.	<i>Elytraria acaulis</i> L. Nelakatambu	Acanthaceae	Whole plant	The whole plant is internally and as well as externally used in the case of deworming.
141.	<i>Enicostemma littorale</i> Blume. Velleruku	Gentianaceae	Leaves	The decoction of leaf used in rheumatism, abdominal ulcer and white discharge for womens.
142.	<i>Ervatamia coronaia</i> Steapf. Nandhiyavattai	Apocynaceae	Leaves	Two gram leaf powder with honey is used five days to cure rheumatism, dysentry and dyspepsia
143.	<i>Erythrina indica</i> L. Kalyana murungai	Fabaceae	Leaves	Leaves are ground with rice and made into a roasted dosa this is consumed against cold and cough and leaf poultice is used for joint pain.
144.	<i>Erythroxyhm monogynum</i> Roxb. Sempulichan	Erythroxylaceae	Wood bark	An infusion of the wood bark is administered as stomachic, diaphoretic and diuretic.
145.	<i>Eucalyptius globulus</i> Labill. Thailamaram	Myrtaceae	Leaves	The vapors of boiled leaves are inhaled for coughs and a cold.
146.	<i>Eugenia caryophyllata</i> Thumb. Kirambu	Myrtaceae	Flower bud	Strong decoction with palm sugar orally administered for twice a day to treat respiratory problems.
147.	<i>Eulophia graminea</i> Lindl. Kattuvengayam	Orchidaceae	Bulb	Extract used as eardrop to ear and eye problems.
148.	<i>Euphorbia antiquorum</i> L. Sathurakkalli	Euphorbiaceae	Latex	Dried latex is taken internally in low dose to help free motion.
149.	<i>Euphorbia tirucalli</i> L. Kodikalli	Euphorbiaceae	Stem	The stem is boiled with water and given to children to treat skin diseases.
150.	<i>Euphorbia thymifolia</i> L. Sitrapaladai	Euphorbiaceae	leaves	Pried leaves and seeds are asomatic, astcingent and stimulant, they are used as laxative.
151.	<i>Euphorbia hirta</i> L. Amman pacharisi	Euphorbiaceae	Milky latex	The milky latex is applied topically to treat wounds and lip cracks.
152.	<i>Evolvulus alsinoides</i> L. Vishnu karanthai	Convolvulaceae	Whole plant	The whole plant extracts are used to treat brain disorders like insanity, epilepsy, memory enhancement and nervous debility.
153.	<i>Exacum pedunculatum</i> L. Chakkalathi	Gentianaceae	Whole plant	Decoction taken three days to fever with dysentery.

Table 1 contd...

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154.	<i>Excoecoria crenulata</i> L. Vellai thillai	Euphorbiaceae	Stem	Paste of the stem is applied on the affected part of the skin to cure skin diseases.
155.	<i>Ficus benghalensis</i> L. Alamaram	Moraceae	Stem	Stem latex is applied topically on heel cracks young stem is used as tooth brush.
156.	<i>Ficus glomerata</i> L. Arhi	Moraceae	Latex	Applied on the skin to common treat infection.
157.	<i>Ficus racemosa</i> L. Athimaram	Moraceae	Stem	Stem latex is applied topically to treat heel cracks.
158.	<i>Ficus religiosa</i> L. Arasamaram	Moraceae	Leaves	Dried leaf powder is mixed with water and taken orally to get relief from body pain.
159.	<i>Flacocurtia ramontchi</i> (L.) Herit. Kejalika chedi	Bixaceae	Fruit	Ripened fruits are taken orally to keep the body cool body heat.
160.	<i>Garcinia indica</i> (Thouars) Chois. Pazhampuli	Guttiferae	Aerial part	The aerial extract has been used to treat inflammation and other disorders.
161.	<i>Gardenia resinifera</i> Roth. Kambili	Rubiaceae	Resin	Powder taken with milk once a day to treat diabetes.
162.	<i>Gemelina arborea</i> L. Kumala	Verbenaceae	Stem bark	Stem bark is used as hair cleaner and prevent dandruff.
163.	<i>Ghycosmis pentaphylla</i> (Rebz.) Correa. Kuttivila	Rutaceae	Fruit	Juice administered orally twice a day to cure chronic stomach pain
164.	<i>Gloriosa superba</i> L. Kalappai kilangu	Liliaceae	Tuber	Decotion of the tuber is taken internally to treat aphrodisiac and piles.
165.	<i>Glycyrrhiza glabea</i> L. Athimathuram	Fabaceae	Root	The root powder mixed with hot water to drink which cure throat pain.
166.	<i>Gmelina arborea</i> Roxb. Kumilamaram	Verbenaceae	Root	Juice of root bark is taken internally to cure diabetes.
167.	<i>Grewia tiliifolia</i> Vahl. Thadasu maram	Tiliaceae	Bark	The decoction of bark is apply all over the head before taking to treat mental illness mental illness.
168.	<i>Gymnema elegans</i> Wight Arn. Venkurinja	Asclepiadaceae	Leaves	Juice applied an eye to reduce irritation.
169.	<i>Gymnema sylvestre</i> R.Br. Sirukurinchan	Asclepiadaceae	Leaves	Leaf power is mixed with cow's milk and taken orally to treat diabetes.
170.	<i>Habenaria longicornu</i> Lindl. Pullukilangu	Orchidaceae	Root tuber	Tubes stored is honey for 5 more days and then eaten for nine days to cure nervous problem
171.	<i>Helianthus annuus</i> L. Sooriya ganthi	Asteraceae	Seed	The preparation oil from seed is taken to reduce cholesterol.
172.	<i>Helicteres isora</i> L. Valampuri	Sterculaceae	Fruit	The fruit is boiled with gingelly oil, cooled and then the filtered (2 to 3 drops) is poured into the ear for odalgic diseases
173.	<i>Heliotropium indicum</i> L. Thelkodukku	Boraginaceae	Leaves	Paste of whole plant is applied topically to treat wounds and skin affections.
174.	<i>Hemidesmus indicus</i> L. Nannari	Asclepiadaceae	Whole plant	Juice extracted from the whole plants is taken Internally to keep the body cool.
175.	<i>Hexapetalum</i> (Roth) Sant. & Wagh. Kari indu	Caesalpiniaceae	Leaves	Decoction of leaves is taken internally by pregnant women to reduce delivery time pain.
176.	<i>Hibiscus rosasinensis</i> L. Semparuthi	Malvaceae	Leaves	Paste of fresh leaves is applied on the hair for healthy and black hair

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Table 1 contd.....

177.	<i>Holarrhena pubescens</i> L. Kutsuppalai	Apocynaceae	Stem bark	One tea spoonful of bark powder is given orally till cure asthma.
178.	<i>Hybanthus enneaspermus</i> F.Muell. Orithal Thamarai	Violaceae	Whole plant	Paste of whole plant is applied topically to treat cough.
179.	<i>Hygrophila auriculata</i> (Schum.) Heme. Neer malli	Acanthaceae	Leaves	Dried leaf powder mixed with castor oil is applied on the affected parts to cure skin diseases.
180.	<i>Ichnocarpus frutescens</i> (L.)R.Br. Udarkodi	Apocynaceae	Latex	Latex of the plant is applied topically on painful tumours to reduce pain and retard growth.
181.	<i>Indigofera aspalathoides</i> Vahl. Shivanar vembu	Fabaceae	Root	The roots soak with coconut oil and they used for chronic eczeme, acute tumour, psoriasis root is chewed for toothache and abscess.
182.	<i>Ipomea obscura</i> (L.)Ker Gawl. Siruthali	Convolvulaceae	Leaves	Handful of fresh leaves is crushed and cooked with rice (<i>Oryza sativa</i> L.)to add ghee. This cooked food is taken orally to cure urinary problems and reduce body heat and skin diseases.
183.	<i>Ipomea batatas</i> L. Sakkarai valli	Convolvulaceae	Leaves	Leaf juice is taken to treat diabetics.
184.	<i>Ixora coccinea</i> L. Idli poo	Rubiaceae	Flower	The decoction yielded from is used in the treatment of dysentery leucorrhoea, dysmenorrhoea, bronchitis.
185.	<i>Jatropha curcas</i> L. Kattu amanaku	Euphorbiaceae	Bark & latex	Decoction prepared from bark and mixed with water the water is used to take bath for the treatment of stomach problems.
186.	<i>Jatropha glandulifera</i> Rox. Adalai chedi	Euphorbiaceae	Tubers	Tuber boiled and taken to treat diabetics.
187.	<i>Justice simplex</i> D.Don. Odivwatiki	Acanthaceae	Leaves	The leaf extract is externally applied in the case of bone fracture which enhances in fusion and strengthening of bones.
188.	<i>Kalanchoe laciniata</i> (L.)Dc. Chothuthalai	Crassulaceae	Leaves	Leaf extract applied externally for joint pain.
189.	<i>Kedrostis foetidissima</i> Cogn. Appakovai	Cucurbitaceae	Leaves	Five drops of juice given orally to treated common cold in children.
190.	<i>Lantana camara</i> L. Unnichi	Verbenaceae	Flower	A handful of flower is ground with coconut oil and applied topically on the head to get relief.
191.	<i>Lantana whitiana</i> Wall. Vella unni chedi	Verbenaceae	Leaves	The leaf is ground with <i>Cipadessa baccifera</i> root. Leaf and bark and applied topically to treat psoriasis skin disease.
192.	<i>Lawsonia inermis</i> L. Maruthani	Lythraceae	Leaves	Leaf powder is mixed with coconut oil and applied topically to treat cuts and wounds.
193.	<i>Leucas aspera</i> L. Thumbai	Lamiaceae	Leaves	A bunch of leaves is boiled and the vapour is inhaled to cure headache and fever.
194.	<i>Lippia nodiflora</i> Mich. Poduthalai	Verbenaceae	Leaves	Paste of leaves is applied topically to treat swelling and wounds.
195.	<i>Lobelia nicotianaefolia</i> Heyne. Kattupugaielai	Lobeliaceae	Leaves	Dried powder used as snuff to get rid of cold.
196.	<i>Lobelia heyneana</i> Roem & Schult. Upperi chedi	Lobeliaceae	Leaves & flower	Leaf and flower are mixed with water and the paste is applied on skin till cure to treat skin diseases.
197.	<i>Madhuca longifolia</i> (Koenig) Macbride. Eluppai	Sapotaceae	Seed	Pounded seeds mixed with leaf extract of <i>Ocimum tenuiflorum</i> applied on the affected parts to cure leprosy.

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198.	<i>Mangifera indica</i> L. Maamaram	Anacardiaceae	Leaf & Stem bark	The latex from leaf and stem bark is used to treat heel cracks.
199.	<i>Masselia quadrifolia</i> L. Aaraikeerai	Marseliaceae	Leaves	Leaves along with <i>Sesamum indicum</i> oil is fried and given orally day after day for 15days.
200.	<i>Melia azedarah</i> L. Mallay vembu	Meliaceae	Flowers	The flowers powdered with cow's milk are used to cure headache.
201.	<i>Melochia corchorifolia</i> L. Punnakku chedi	Sterculiaceae	Leaves	Boiled leaf in taken as food to help in free motion.
202.	<i>Memecylon umbellatum</i> Burm.F. Kaya	Melastomataceae	Leaves	Paste of leaf applied on pimple to disappear.
203.	<i>Merremia emarginata</i> (Burm.f.) Hall.f. Elikkadilai	Convolvulaceae	Whole plant	Decoction of the whole plant in taken internally to treat stomach problems.
204.	<i>Menthe arvensis</i> L. Pudinaa	Lamiaceae	Leaves	Leaf extract drank to vomiting.
205.	<i>Mimosa pudica</i> L. Thottasurungi	Mimosaceae	Stem bark	Paste of fresh stem bark is applied topically to treat cuts and wounds.
206.	<i>Mimusops elengi</i> L. Maghizham	Sapotaceae	Fruit & Seeds	The decoction of bark, fruit and seeds are used in tonic, fever, diarrhea and headache.
207.	<i>Mirabilis jalapa</i> L. Andhimalli	Nyctaginaceae	Leaves	The leaf juice mixed with water which cures jaundice, dysentery, diarrhea and dyspepsia.
208.	<i>Mohonia leschenaultia</i> (wight & arn) Tak.Ex.Gamble. Mullu kadambu	Berberidaceae	Stem bark	Powdered stem bark is boiled with gingelly oil and applied over the body before bath to treat skin diseases.
209.	<i>Mollugo cerviana</i> (L.) Ser. kuthurikkai	Aizoaceae	Whole plant	The paste obtained from twenty grams of whole plant along with cow's milk is applied externally when bathing to treat eye irritation.
210.	<i>Monosdiaea charantia</i> L. Pavai kai	Lucustitaceae	Leaves	Leaves are used for gastroenteritis
211.	<i>Morinda tinctoria</i> Roxb. Nuna	Rubiaceae	Leaves	Leaf juice is given orally to children before food for easy digestion.
212.	<i>Moring oleifera</i> Lam. Murangai	Moringaceae	Flower	Flower is taken as food and it gives chillness to eyes and increases sperm production in man.
213.	<i>Mucuna pruriens</i> L.Dc. Poonai kali	Fabaceae	Seed	The seed is powdered and combined with cow milk which is effective in treating male sterility and nervous diseases.
214.	<i>Murraya koenigii</i> (L.) Sprengel. Karuveppilai	Rutaceae	Leaves	Juice of tender leaves is taken orally to arrest vomiting.
215.	<i>Musa paradisiaca</i> L. Vazhai	Musaceae	Stem	Stem extract reduces diabetics, to treat kidney stone, reduce urinary problems and stem juice applied for fire injury.
216.	<i>Myristica fragrans</i> Houtt. Jathikai	Myristicaceae	Seed	Seed powder with milk given orally to improve digestion.
217.	<i>Nelumbo nucifera</i> Gaerth. Alli	Nymphiaceae	Flower	Flower made to juice and taken orally to and diabetics.
218.	<i>Nerium oleander</i> Sol. Arali	Apocynaceae	Stem bark	Juice prepared from the stem bark is boiled with gingelly oil and two drops are put into ear to treat ear pain.
219.	<i>Nuckia maderaspatana</i> (L.)M.Roemer. Musumukai	Cucubitaceae	Leaves	Leaf powder is mixed with boiled rice and taken orally to treat cold and cough.

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220.	<i>Ocimum basilicum</i> L. Thirunetrupachilai	Lamiaceae	Leaves	Leaf juice is used in urinary problems. The leaf juice when mixed water used in cooling medicine gonorrhoea.
221.	<i>Ocimum sanctum</i> L. Thulasi	Lamiaceae	Leaves	Leaf juice is taken orally by children to treat indigestion cough and cold
222.	<i>Ocimum tenuiflorum</i> L. Naithulasi	Lamiaceae	Leaves	Leaves pound with leaves of vitex negundo and ate fresh juice extracted is administered along with honey 5ml once a day for 10days.
223.	<i>Odina wodier</i> Roxb. Fl. Uthiyam	Anacardiaceae	Leaves	Juice of leaves is taken orally to prevent white discharge in women.
224.	<i>Ohlorophyllum borivillianum</i> Sant. Sathi musali	Liliaceae	Root	Root are used for the preparation of nutritive tonic used in general sexual weakness.
225.	<i>Oldenlandia umbellata</i> L. Siruver	Rubiaceae	Root	The root paste is applied topically to arrest bleeding.
226.	<i>Opuntia dillenii</i> Haw. Sappathickali	Cactaceae	Fruit	The fruits paste is applied on snake bite and dog bite.
227.	<i>Oryza sativa</i> L. Nel	Poaceae	Fruit & Root	Roots are pasted with lemon juice are applied externally to treat swellings. The fruits containing rice are edible.
228.	<i>Oxalis corniculata</i> L. Puliyarai	Oxalidaceae	Leaves	Leaf Juice with pepper powder taken to cure stomach pain.
229.	<i>Pandanus amaryllifolius</i> L. Thazham poo	Pandanaceae	Tender shoot	Tender shoots are directly eaten in the case of severe jaundice & treat jaundice.
230.	<i>Pavetta indica</i> L. Pavattai	Rubiaceae	Root	The juice prepared from fifteen grams of root is boiled. The obtained extract is taken orally 30ml per time for three days to cure fever.
231.	<i>Pavonia odorata</i> Willd. Peramutti	Malvaceae	Root	The extract prepared from 40 grams of root in water is boiled in a low flame. This decoction is taken orally for twice a day to get relief from fever.
232.	<i>Pedaliium murex</i> L. Anai nerinjil	Pedaliaceae	Leaves	The leaf extract is used against fever.
233.	<i>Pergalaria daemia</i> L. Veliparuthi	Asclepiadaceae	Leaves	Fresh leaves are boiled are with water and the vapour body to cure headache.
234.	<i>Phoenix loureirii</i> (Kunth)Var. Malaieecham.	Arecaceae	Seed	The powder prepared from twenty five grams of seeds along with water is taken orally to treat eye diseases.
235.	<i>Phyllanthus amarus</i> Schum& Thnn. Keezhanelli	Euphorbiaceae	Leaves	Fresh leaves are ground and mixed with a cup of cow or goats milk and taken internally to cure jaundice.
236.	<i>Phyllanthus emblica</i> L. Nelli	Euphorbiaceae	Fruit	Fruit powder is mixed with cow's or goat's milk and taken orally to treat cold and cough.
237.	<i>Piper betlc</i> L. Vetrilai	Piperaceae	Leaves	Five drops of juice with honey given orally to children for cough and chewing of leaves for digestion.
238.	<i>Piper Nigrum</i> L. Milagu	Piperaceae	Seed	The dried seeds are taken orally to treat throat infection.
239.	<i>Plectranthus coleoides</i> Benth. Omaivalchedi	Lamiaceae	Leaves	Juice of leaves is boiled with coconut oil and applied on head to stimulate hair growth.
240.	<i>Plumbago zeylanica</i> L. Chithira moolam	Plumbaginaceae	Root	Powdered root is mixed with goat's milk and taken internally to cure stomach problems.
241.	<i>Polyalthia longifolia</i> (Sonn.) Nettiingam Nettiingam	Annonaceae	Stem bark	Juice extracted from the fresh stem bark is taken orally to treat indigestion.

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242.	<i>Polycarpaea carymbnosa</i> Lam. Nilaisedaeahi	Caryophyllaceae	Leaves	Leaves are used as poultice
243.	<i>Pongamia pinnata</i> (L.)Pierre. Pungamaram	Fabaceae	Root	Root powder is taken orally along with cow's milk to treat scorpion sting and snakebite.
244.	<i>Psidium guejava</i> L. Koyya	Myrtaceae	Leaves	The leaves used to treat dysentery and fruit reduce blood pressure.
245.	<i>Pteris biaurita</i> L. Nandu kuddhi	Pteridaceae	Rhizome	The rhizome is ground into paste and applied over the affected places to get relief from body pain.
246.	<i>Pteris longipes</i> D.Don. Kadavalai	Pteridaceae	Leaves	Juice taken in sore throat to treat cough and fever.
247.	<i>Pteris vittata</i> L. Yanai vanaji	Pteridaceae	Whole plant	The whole plant parts are ground into paste and applied over the affected places for wound healing.
248.	<i>Punica granalum</i> L. Madhuli	Punicaceae	fruit	Unripe fruits unshed with milk taken orally to cure dysentery.
249.	<i>Quomoclit pinnata</i> L. Mayilmaniaum	Convotvalaceae	Leaves	The juice of the leaves is used in bleeding piles and abdominal pain.
250.	<i>Randia dumetorum</i> Lamk. Kaarai chedi	Rubiaceae	Seed & fruit	Fruit are rubbed hard substances and paste is applied topically to cure skin diseases dermatitis.
251.	<i>Ravwolfia tetraphylla</i> L. Nagamani	Apocynaceae	Whole plant	Paste of the whole plant is mixed with castor oil and applied topically to teat skin diseases.
252.	<i>Rhinacanthus nasutus</i> (L.)Kurz. Nagamalli	Acanthaceae	Leaves	Juice given orally for snakebite.
253.	<i>Ricinus communis</i> L. Amanakku	Euphorbiaceae	Leaves	The leaf juice is taken orally as well as washed leaves are tied on the breast to increase secretion of milk in women.
254.	<i>Rosa indica</i> L. Rosa poo	Rosaceae	Flowers	The eaten to improving and maintaining good skin texture.
255.	<i>Rubia cordifolia</i> L. Kalutharupanchedi	Rubiaceae	Root	Root paste is applied topically on heel before going to bed to cure heel cracks.
256.	<i>Rubus ellipticus</i> Sm. Vella mulli	Rosaceae	Root	The root paste is taken internally to treat paralyzes.
257.	<i>Sanservieria loxburghiana</i> Schult. Marul	Liliaceae	Leaves	Juice of warmed leaf is powder into ear to treat ear pain.
258.	<i>Santalum album</i> L. Sandhanam	Santalaceae	Leaves	Leaf extract with cow's milk is taken orally three times a day for four day to get relief from gonorrhoea.
259.	<i>Sapindus emarginatus</i> Vahl. Poonthikottai	Sapindaceae	Root	Five gram of root is soaked in 100ml of water and boiled in a low flame. The boiled extract is taken orally for 50ml twice a day for the period of thirty to ninety days to treat lungs disease headache and epilepsy.
260.	<i>Sarcostemma acidum</i> Voigt. Kodikalli	Asclepiadaceae	Latex	Three drops with honey taken orally thrice a day for chronic ulcer.
261.	<i>Scoparia dulcis</i> L. Sarkkarai vembu	Scrophulariaceae	Leaves	The leaf extract is used to treat respiratory, gastric and hepatic disturbances diabetes and hypertension.
262.	<i>Scutellaria violaeaea</i> Heyne Malainagai	Lamiaceae	Leaves	Leaf paste applied on cuts and wounds to treat wounds.
263.	<i>Secamone emetica</i> R. Br. Angaravalli	Asclepiadaceae	Leaves	Juice with milk orally for fifteen days to treated nervous disorder.

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264.	<i>Secamone esculentum</i> R.Br. Kolapalai	Asclepiadaceae	Flower	Crushed with water taken internally thrice a day for fifteen days to cure diabetes.
265.	<i>Sesbania aegyptiaca</i> Pers . Malai seetha	Fabaceae	Seed	Tender twig and seeds are infused with coconut oil and applied topically on the hair regularly for healthy and black hair.
266.	<i>Sesbania grandiflora</i> (L.) Poiret. Agaththi	Fabaceae	leaves	Leaves are ground with the equal amount of leaves of similar zoyeanica and applied externally on the cuts once a fill cure wound.
267.	<i>Sida acuta</i> Burn. Arrival mania poondu	Malvaceae	Leaves	Leaf paste is applied topically to heel cuts wounds and to get relief from headache.
268.	<i>Sida thombifolia</i> L. Chitramutti	Malvaceae	Root & fruit	Root is used to cure rheumatism. The crushed.
269.	<i>Solanum erianthum</i> D.Don. Malai sundai	Solanaceae	Fruit	The ripened fruits are boiled with water and the vapour is inhaled once or twice a week through mouth to cure toothache.
270.	<i>Solanum lycopersicum</i> L. Thakkali	Solanaceae	Fruit	The fruit eaten for low urinary symptoms.
271.	<i>Solanum susattonse</i> Burm.F. Kandan kathiri	Solanaceae	Fruit	Fresh or dried fruits are kept in fire and the smoke is inhaled with mouth to treat toothache.
272.	<i>Solanum melongena</i> L. Kathiri	Solanaceae	Fruit	Eating brinjal is a effective may of maintaining blood cholesterol levels and treats enlarged spleen caused due to malaria avoid eating brinjal during pregnancy.
273.	<i>Solanum nigrum</i> L. Manathakkali	Solanaceae	Whole plant	Whole plant parts are taken as food to treat cough.
274.	<i>Solanum torvum</i> L. Sundaikai	Solanaceae	Leaves	Decoction of leaves is given internally to treat stomachache
275.	<i>Solanum trilobatum</i> L. Thoodhuvalai	Solanaceae	Leaves	The leaf juice is taken orally to treat cough itching and asthma.
276.	<i>Sonchus oleraceus</i> L. Kaalaadi pachilai	Asteraceae	Leaves	Leaves are ground with the equal amount of leaves of similar zoyeanica and applied externally on the cuts once a fill cure wound.
277.	<i>Spermacoce hispid</i> L. Nathaichuri	Rubiaceae	Seed	Seeds are crushed into paste and taken orally to treat stomach problems.
278.	<i>Sphaeranthus indicus</i> L. Kottaikkarantai	Asteraceae	Seed, leaves & flower	Leaf flower and seed are ground into paste and applied topically to treat skin diseases and piles.
279.	<i>Spilanthes calva</i> Dc. Kattpudu	Asteraceae	Leaves	Chewed to cure tooth ache.
280.	<i>Spilanthes acmella</i> Murr. Manjal poo chedi	Asteraceae	Flower	Flower are crushed & applied on the site of tooth ache.
281.	<i>Spondias pinnata</i> (L.f.)kurz. Mambulichi	Anacardiaceae	Leaves	Leaf juice is used for ear ache.
282.	<i>Stachytarpheta jamaicensis</i> Vahl. Seemai nayuruvi	Verbenaceae	Stem & root bark	Paste of stem and root bark is applied topically to treat dysentery.
283.	<i>Strobulus asper</i> Lour. Kembara	Moraceae	Leaf	Leaf paste is applied topically to treat measles like swellings on the skin.

Contd.... Table 1

Table 1 contd....

284.	<i>Strychnos potatorum</i> L. Thetram kottai	Loganiaceae	Fruit	Five grams of dry fruits are consumed once in a day to cure vomiting and dysentery.
285.	<i>Stryehnis nux-vomica</i> L. Yetti	Loganiaceae	Stem bark	The paste of stem bark is applied on the abdomen to cure stomach ache.
286.	<i>Syzygium cumini</i> (L.) Skeels. Naval maram	Myrtaceae	Stem bark	Paste of stem is applied topically to treat swellings the ripe fresh fruits are taken orally to reduce body heat.
287.	<i>Tamarindus indica</i> L. Puliyamaram	Caesalpinaceae	Fruit	Dried fruits are taken orally to treat eye infections.
288.	<i>Tarenna ariatica</i> (L.)Alston. Velichi	Rubiaceae	Fruit	Juice applied on the eyelids to arrest infection
289.	<i>Tephrosia purpurea</i> (L.)Pers. Kolinchi	Fabaceae	Whole plant	The whole plant has been claimed to cure diseases of kidney, liver, spleen, heart and blood.
290.	<i>Terminalia arjuna</i> Roxb. Ex DC Wight & Arn. Marutha maram, arjuna maram	Combretaceae	Fruit	Fruit paste is applied topically on wounds bark powder is boiled with water and inhaled to cure headache to kill worms in teeth.
291.	<i>Terminalia bellerica</i> (Gaertn) Roxb. Tanrikkai	Combretaceae	seeds	Paste prepared from seeds and mixed with coconut oil is applied twice a day against rash.
292.	<i>Terminalia chebula</i> Retz. Kadukkai maram	Combretaceae	Fruit	Powdered fruit is mixed with water or cow's or goat's milk and taken internally to treat skin diseases.
293.	<i>Theriophonum Fischeri</i> M.sivadasan. Puchandikilangu	Araceae	Tuber	Boiled tuber eaten for body pain.
294.	<i>Thespesia populaea</i> Cav. Poovarasam	Malvaceae	Stem bark & Root	The stem bark and root decoction used in dysentery cholera & heamorrhoids.
295.	<i>Tinospora cordifolia</i> Mias. Seendil	Menispermaceae	Leaves	Leaf paste is applied topically to treat wounds.
296.	<i>Toddalia asiatica</i> (L.) Lam. Kindu mullu	Rutaceae	Leaves	Decoction of leaves is given internally to treat stomachache.
297.	<i>Trianthema decandra</i> L. Sachicharanai	Aizoaceae	Root	The root of this plant is taken internally to treat elephant dialysis elephantiasis.
298.	<i>Trianthema portulacastrum</i> L. Saaranai	Aizoaceae	Root	Decoction of roots is taken internally to treat constipation and asthma.
299.	<i>Tribulus terrestris</i> L. Nerunchi mul	Zygophyllaceae	Fruit	The fruit is mixed with foiled law since taken orally to prevent white discharge in women and to treat urinary troubles
300.	<i>Trichidesma indicum</i> R.Br. Kazhutha thumbai	Boraginaceae	Whole plant	The whole plant is used as emollient and diuretic the root were used in the treatment of dysentery, cough, cold, fever and joint pain.
301.	<i>Trichosanthes lobata</i> Roxb. Peppudal	Cucurbitaceae	Whole plant	Whole plant paste is applied once a day for one year on the affected parts to cure leprosy.
302.	<i>Trichosanthes anguina</i> L. Pudalangai	Cucurbitaceae	Leaves	Five drops of juice given orally to treated common cold in children.
303.	<i>Tridax procumbens</i> L. Vettukaya pundu	Asteraceae	Leaves	Leaf paste is applied topically on cuts and wounds.
304.	<i>Trigonella foenum-graecum</i> L. Vendhyem	Fabaceae	Seed	Seed soaked in water used to treat diabetics and body heat.

Contd.... Table 1

Table 1 contd....

305.	<i>Tylophora indica</i> (Burm.f.) Merr. Nangilai/Asthuma kodi	Asclepiadaceae	Leaves & root	Paste of leaf and root is mixed with equal amount of root paste applied externally on the spot of snakebite to cure snakebite.
306.	<i>Tylophora zeylanica</i> Deene. Palaikerai	Asclepiadaceae	Leaves	Leaf powder taken as snuff to cure respiratory troubles.
307.	<i>Vernonia cinerea</i> (L.) Less. Neisattikerai	Asteraceae	Root	Spoonful of root decoction mixed with 2 black pepper fruits is given once a day for 6 days to cure malaria.
308.	<i>Vicia faba</i> L. Beans	Fabaceae	Leaves	Leaf juice is used in urinary problems. The leaf juice when mixed with water used in cooling medicine gonorrhoea.
309.	<i>Vigna unguiculata</i> L. Karamani	Fabaceae	Seed	Eating boiled seed is an effective way of maintaining blood cholesterol levels and treats enlarged spleen caused due to malaria.
310.	<i>Vetiveria zizanioides</i> Nash. Vettiver	Poaceae	Rhizome	Decoction of the rhizome is taken internally to treat blood pressure and stomach ache problems.
311.	<i>Vitex negundo</i> L. Notchi	Verbenaceae	Leaves	Fresh leaves are boiled with water and the vapour is inhaled twice a day.
312.	<i>Wattakaka volubilis</i> Cooke. Kurijan	Asclepiadaceae	Leaves	Leaf paste is applied topically to treat rheumatic pain cough fever and severe cold.
313.	<i>Wedelia chinensis</i> (osbeck) Merrill. Manjalkarisalanganni.	Asteraceae	Whole plant	The seeds, flowers, as well as the leaves are used in decoction, in the menorrhagia, leaves are used in dyeing grey hair in promoting the growth of hair.
314.	<i>Wedlandia tinctoria</i> DC. Kattumanjanathi	Rubiaceae	Leaves	Leaf juice is given orally to children before food for easy digestion.
315.	<i>Withania somnifera</i> (L.) Dunal. Ashwagantha/Amukra	Solanaceae	Leaves	The leaf also used as a cure for several illnesses including tumors, inflammations conjunctivitis and tuberculosis.
316.	<i>Croton sparsiflorus</i> Morang. Sinatha mani chedi	Euphorbiaceae	Latex	Paste is prepared from leaves and it is administered orally to treat leucorrhoea.
317.	<i>Wrightia tinctoria</i> (Roxb.) R.Br. Veppalai	Apocynaceae	Seed	Juice of seeds taken orally to treat indigestion and leaves boiled with coconut oil to cure sudden falling of hair.
318.	<i>Zingiber officinale</i> Roscoe. Inchi	Zingiberaceae	Ginger	Dried ginger is boiled with palm sugar candy and is internally useful in the case of chronic cough and cold.
319.	<i>Ziziphus oenoplia</i> Mill. Churipala chedi	Rhamnaceae	Fruit & bark	Bark and fruit paste along with cumin is taken internally to treat diarrhea.
320.	<i>Ziziphus xylopyrus</i> Willd. Mullukottai	Rhamnaceae	Fruit	Fruit powder with milk orally for five days to treat diabetes.
321.	<i>Ziziphus mauritiana</i> Lam. Ilandhai	Rhamnaceae	Leaves & bark	Leaf and bark decoction is boiled and it is used to take bath to treat severe body pain. Dried bark powder is applied topically to treat wounds.

Bombacaceae-1, Bracaceae-1, Buddlejaceae-1, Apiaceae-3, Papilionaceae-2, Cappadidaceae-2, Guttiferaceae-2, Musaceae-2, Violaceae-2, Capparaceae-3, Sapindaceae-4, Lecythidaceae-1, Caricaceae-1, Boraginaceae-2, Celastraceae-1, Menispermaceae-3, Vitaceae-1, Ranunculaceae-1, Tiliaceae-2, Amaryllidaceae-2, Cyperaceae-1, Gesneriaceae-1, Dioscoreaceae-1, Caryophyllaceae-2, Gentianaceae-2, Erythroxylaceae-1, Myrtaceae-5, Orchidaceae-2,

Convolvulaceae-5, Moraceae-5, Bixaceae-1, Sterculaceae-2, Lobeliaceae-2, Sapotaceae-2, Marseliaceae-1, Melastomataceae-1, Berberidaceae-1, Aizoaceae-3, Lucustitaceae-1, Moringaceae-1, Pandanaceae-1, Pedaliaceae-1, Piperaceae-2, Plumbaginaceae-1, Punicaceae-1, Rosaceae-2, Santalaceae-1, Scrophulariaceae-1, Loganiaceae-2, Combretaceae-3, Zygophyllaceae-1, Rhamnaceae-3. These medicinally important plants were categorized into five types

which were herbs, shrubs, climbers, small tree and large trees (Table 1)

These are commonly occurring medicinally important plants used to treat various diseases like cold, fever, cough, diarrhea, dysentery, skin diseases, toothache, indigestion, worm infestations, jaundice, liver diseases and as an antidote for poison and in wound healing. Our selected plants used to various numbers in different illness they were Asthma -6, wound-38, pimples-7, skin diseases-27, stomach pain-21, dental problems-18, snake bite-16, diarrhoea-22, cold-32, indigestion-11, cough-36, for healthy hair growth-13, for resistance power-8, leach bite-2, nervous disorders-8, worms-14, diabetes-11, fire burns-4, dysentery-17, fever-33, jaundice-18, malarial fever-3, heal crack-9, joint pain-19, swelling-24, tuberculosis-3, blood pressure-2, body pain-15, headache-18, urinary infections-12, for improve eye power-7, ulcer-4, white discharge-5, for keep body cool-13, ear ache-9, rheumatism-17, abdominal ulcer-2, dyspepsia-8, for fungal infection-2, leprosy-4, mental disturbance-2, respiratory problems-12, for used as tooth brush-3, lip cracks-4, to help free motion-18, dandruff-12, piles-14, throat pain-11, to reduce cholesterol-1, to reduce delivery time pain-3, to strengthening of bones-2, vomiting-8, to increases sperm production in man-2, dog bite-2, sexual weakness-2, to increase secretion of milk in women-2, for good skin texture-7, lungs disease-6, epilepsy-3, kidney stone-22, clarity of speech for children-1, paralyze-4, used as laxative-2, gonorrhoea-14.

This is constant with the other general observation which has been reported earlier in relation to medicinal plant studies by the Indian Traditional System of Medicine like Siddha and Ayurvedha (Kirtikar and Basu, 2001; Gogte, 2000; Anonymous, 1992; Asolkar *et al.*, 1992). The leaves of the plant *Phyllanthus niruri* is combined with white goat milk and taken with empty stomach in three doses for effective treatment of severe jaundice and liver diseases and it also enhances the appetite (Sankaranarayanan, 2008). In recent research, this plant has gained world wide attention due to its effectiveness against Hepatitis B (Yeh *et al.*, 1993). In the modern research, this plant is found to contain an antiviral activity extended to the human immunodeficiency virus (Qian-Curtrone, 1996). Data collected from the Thiruvannamalai district were compared with available data in other districts of Tamilnadu like Kancheepuram, salem, Tirunelveli and Vilupuram. An interesting observation was that some medicinally important plants such as *Achyranthes aspera*, *W. tinctoria*, *Mukia maderaspatana*, *A. indica*, *Abrus precatorius*, *H. rosasinensis*, *Mimosa pudica*, *B. diffusa* and *Solanum nigrum* were found to be practiced as important medicinal plants in Kancheepuram district for the treatment of various diseases like dog bites, skin diseases, cold, fever, deworming, wounds and hydrocele (Muthu *et al.*, 2006). Apart from this, medicinal plants like *E. alsinoides*, *Helicteres isora* and *Ocimum basilicum* are practised among the Kani tribals of

Tirunelveli hills for their medicinal value to treat venereal diseases, fever and cold and also as a hair growth promoter (Ayyanar and Ignacimuthu, 2005). *Adhatoda zeylanica*, *Vitex negundo*, *Plectranthus coleoides*, and *Piper nigrum* are the leading species used as remedies against a variety of complaints in Madurai dt (Ignacimuthu *et al.*, 2006).

Conclusion:

The people of in and around area of Thiruvannamalai district, Tamilnadu has been using numerous herbs of therapeutic purpose since time immemorial. Villagers chiefly depend on the herbs for all diseases. They are aware of the plant remedies for common ailments like diarrhoea, jaundice, rheumatism, dyspepsia, asthma, diabetes, dysentery, leprosy, antipyretic, gonorrhoea and skin diseases. They are also very familiar with the antidotes for snake bites and scorpion sting. Pharmacological and clinical traits will help in the confirmation of the efficacy of the report herbs. The use of the reported plant species were collected from the regional people, who use them as tradition. Therefore, it is not advisable to use them without consulting an experienced Siddha medicine practioner. For the benefit of the community the recorded plant species should be taken care of and also steps be taken for conservation as well as cultivation of these plant species.

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