OPEN ACCESS PEER REVIEW
DOI: https://doi.org/10.52756/bhietm.2025.v04.011
Chapter- 11

Selected Medicinal Plants for Home Growing and Household Use

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Keywords: medicinal plants, uses, remedies, herbal, home gardens.

Abstract:

The present article explores a curated selection of versatile medicinal plants that can be easily cultivated in home gardens, balconies, or indoor containers, and used safely for common household health needs. The article highlights practical, low-maintenance species such as *Aloe vera*, *Ocimum tenuiflorum, Mentha, Zingiber officinale* and *Curcuma longa*, emphasizing their therapeutic properties, cultivation requirements, and everyday applications. Focusing on accessibility and sustainability, the article outlines their traditional and evidence-informed uses for minor ailments such as digestive discomfort, skin irritations, colds, inflammation, and stress. By integrating ethnobotanical knowledge with practical gardening guidance, the article aims to empower households to cultivate a small but effective medicinal plant collection, promoting self-reliance, preventive healthcare and a deeper connection to natural remedies within everyday living spaces.

Introduction

The importance of plants as a source of medicine has been realised since the time of the Rig-Veda. Ever since, the use of plants as a source of medicine has developed extensively in India (Sur, 2024). The country has about 5000-8000 species of medicinal plants, of which nearly 650 find major use in herbal drugs, whereas the total number of plant species available in India is normally considered to be about 50000 species (Sur, 2015). In India, herbs have long been used to promote health and prevent and treat diseases. They were used mostly as infusion of decoction of plant parts such as roots, tubers, stems, leaves, flowers, fruits or seeds (Fig. 1). Plants provide various kinds of drugs and medicines and depends on medicinal plants has no way been minimized by the use of modern system of synthetic drugs whose use are not without side effect (Sur, 2009).

The World Health Organisation (WHO) has estimated that 80 per cent of the world's population relies upon the traditional medicinal system for their primary health care and 85 per cent of traditional medicines involve the use of plant extracts (Sur, 2024). Plants having use in traditional medicine or herbal drugs or sources of plant-derived drugs so far known may not exceed 25000 species, whereas the total number of plant species available on earth is normally considered to vary from 250,000 to 750,000 (Sur, 2018).

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Dr. Saikat Kumar Basu, Dr. Bhanumati Sarkar, Dr. Suparna Sanyal Mukherjee and Dr. Alminda Magbalot-Fernandez (eds.), The Basic Handbook of Indian Ethnobotany and Traditional Medicine [Volume: 4]. ISBN: 978-81-989555-5-5; pp. 118-130; Published online: 24th December, 2025

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Figure 1. Rich diversity of Indian plants with rich medicinal properties. Photo credit: Gautam Basu & Saikat Kumar Basu.

The plants (Fig. 2) are employed in various traditional medicines like Ayurveda, Unani, Siddha, Homoeopathic, and tribal systems of medicine. Some of these plants, like Rauvolfia, Cannabis, Gymnema, Ephedra, Catharanthus, Costus, Taxus, etc., are also the source of life-saving drugs in the allopathic system of medicine. *Strychnine*, *Holarrhena*, *Eupatorium*,

Abroma, Andrographis, Acorus, Aloe, Bacopa, Cassia-like plants are used in the preparation of tincture of Homoeopathic medicine (Sur 2015, 2018).

The stories of the extraction of Ephedrine from Ephedra, Emetine from Ipecacuanha, and Reserpine from Rauvolfia serpentina are very well known. The active compounds separated from these plants helped patients with troubles of breathlessness, dysentery and high blood pressure respectively (Sur, 2024). The common ailments in infants and children, as well as in older people, are treated with herbs. Coughs, colds, aches, diarrhoea, dysentery and most other common diseases can be treated by these herbal medicines (Sur, 2010).

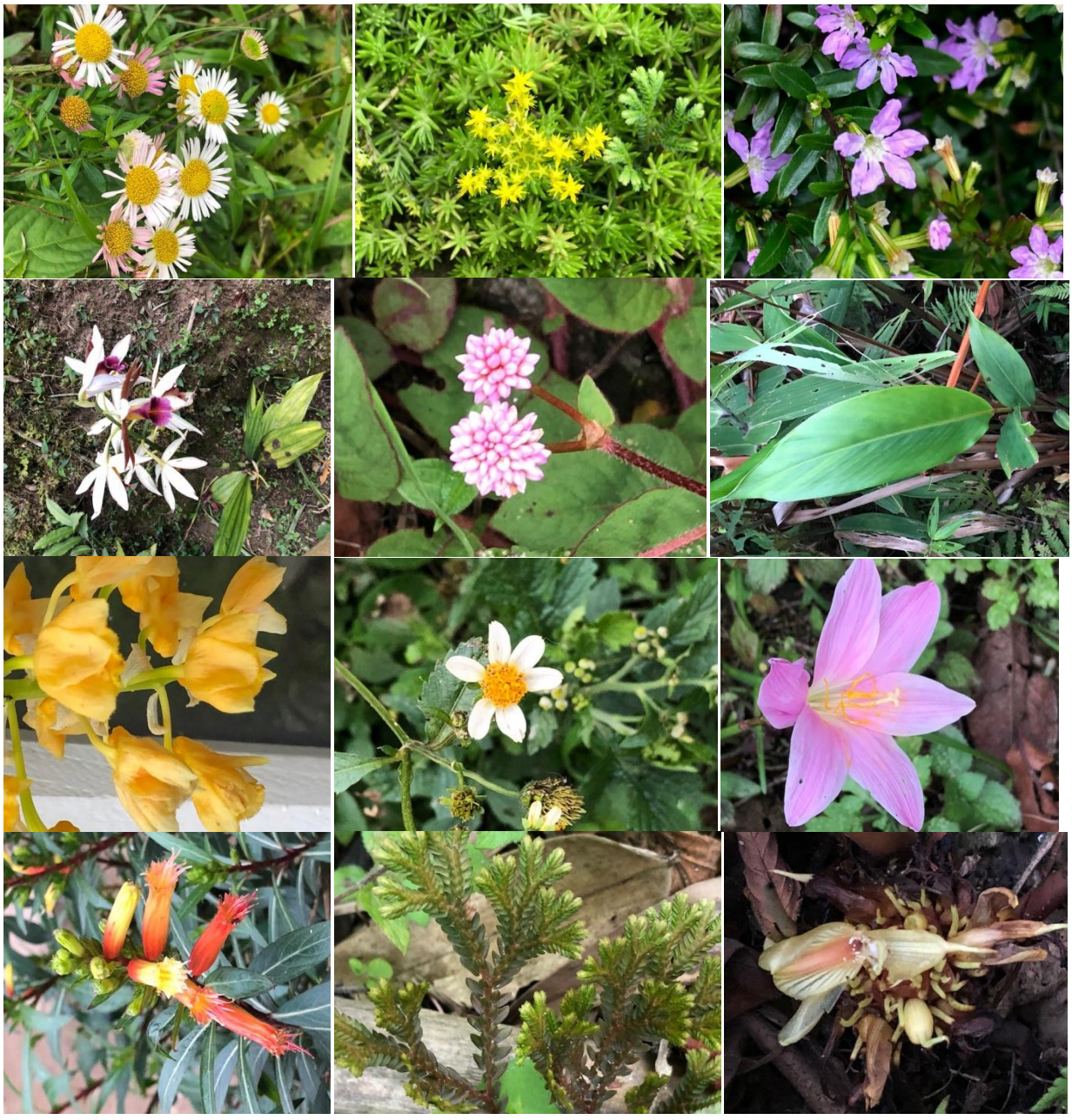




Figure 2. Indian medicinal plants are spread across various plant families growing in widely divergent ecological habitats, rich in different phytochemicals and are extensively used in both traditional and modern medicine. Photo credit: Saikat Kumar Basu.

Some selected medicinal plants

Some of the selected plant species, which may be used as medicines for common ailments, are summarised below in alphabetical order by the botanical names with their families and Bengali names in brackets. These are followed by a brief description and uses.

Abbreviations used: Des. : Description (in short)

#*Abroma augusta* L. (Ulat kambal); Family – Sterculiaceae
Des.: A shrub or small tree, leaves cordate, flowers purple-yellow or purple-red.
Uses: Plants: in leucorrhoea; Leaf: used in diabetes, rheumatic pain and sinusitis. Leaf infusion in gonorrhea; Fresh and dried root-bark: used as a uterine tonic and regulates menstrual flow

#*Abrus precatorius* L. (Kunch); Family: Fabaceae
Des. : Branching climber, leaflets 12- 20 pairs, flowers white or violet, pod 2.5- 4cm long.
Uses: Leaf: in cough & cold; Seed: in birth control

#*Abutilon indicum* (L.) Sweet (Patari); Family: Malvaceae
Des.: Under shrubs, leaf cordate, flowers orange – yellow, seed dark brown.
Uses: Plants: leprosy, ulcers, headaches, gonorrhoea and bladder infection; Seeds: used in spermatorrhea and impotence

#*Acalypha indica* L. (Muktajari); Family: Euphorbiaceae
Des.: Erect annual herb, with minute flowers.
Uses: Leaf: juice in cold & cough, bronchitis, asthma, scabies & snake bite.

#*Acanthus ilicifolius* L. (Harkusa); Family: Acanthaceae
Des.: A shrub, leaves oblong, spionous, flowers blue, fruit brown.
Uses: Leaf: in rheumatism, snake bite; Plant: in asthma; Root: in cancer

#*Acorus calamus* L. (Bach); Family : Araceae
Des.: A semi- aquatic perennial herb with a creeping rhizome, Leaves sword: shaped, flowers small, yellow- green, fruit angular.

Uses: Rhizome: in mouth ulcer, dysentery, cough & cold, epilepsy, nervous disorders, appetite loss, bronchitis, chest pain, cramps, diarrhoea, rheumatism, fever, inflammation, depression, tumours, skin diseases.

#*Achyranthes aspera* L. (Apang); Family: Amaranthaceae.
Des.: A small herb with small flowers in elongate spikes.
Uses: Plant & Seeds: snake bite, asthma, bleeding, boils, bronchitis, cold, cough, dropsy, dog bite, dysentery, ear complications, headache, leucoderma, pneumonia, renal complications and skin diseases, etc.

#*Adhatoda zeylanica Medic* (Basak); Family: Acanthaceae
Des.: A shrub, branches opposite, flowers white with a few purple strips
Uses: Leaves: in chronic bronchitis, cough, asthma

#*Aloe vera* (L.) Burm. (Gritakumari); Family: Liliaceae
Des.: Arising from the ground on a stem; leaves pale green, long, acuminate, with distinct spines teeth on the margins; flowers dull red.
Uses: Leaf: in skin diseases, constipation, burns, swelling due to injury, piles and fever.

#*Alstonia scholaris* (L.)R.Br. (Chhatim, Saptaparni); Family: Apocynaceae
Des.: A medium or big-sized tree; leaves 4-8 in whorls; flowers greenish-white, small.
Uses: Bark: in chronic diarrhoea, dysentery, malaria & skin diseases.

#*Anacardium occidentale* L. (Kaju); Family: Anacardaceae
Des.: A small tree; flowers yellowish green with reddish centre, enlarged receptacle and tip of pedicel fleshy, green turning orange or red.
Uses: Stem bark: juice is applied in leprosy, ringworm, corn ulcer, and toothache. Black oily juice in jaundice, fever & worms.

#*Annona squamosa* L. (Aata); Family: Annonaceae
Des.: a branch shrub, flowers greenish yellow; fruit fleshy, yellowish- green.
Uses: Bark & Seed: used in skin diseases & to kill lice & other insects.

#*Andrographis paniculata* (Burm.f.) Wall. ex Nees (Kalmegh); Family: Acanthaceae
Des.: an erect annual herb, up to 60cm height; stem quadrangular; flowers white with purple ting.
Uses: Leaf: juice for digestive problems, fever, malaria and diabetes.

#*Argemone mexicana* L.f. (Shealkanta); Family: Papaveraceae
Des.: Prickly herb, up to 60 cm. high with yellow latex; flowers yellow.
Uses: Whole plant: in leucoderma, excessive menstruation

#*Asparagus recemosus* Willd.; Family: Liliaceae (Satamuli)
Des.: A large, extensive climber, stem woody with strong spines, roots tuberous, flowers white.
Uses: Root: in diarrhea, dysentery and as antiseptic.

#*Bacopa monnieri* (L.) Wett. (Brahmi); Family: Scrophulariaceae
Des.: Succulent annual creeping herb; stem branched, glabrous; flowers solitary, white.
Uses: Whole plant: in asthma, epilepsy, insanity, memory and in skin diseases.

#*Bauhinia variegata* L. (Rakta kanchan); Family: Caesalpiniaceae
Des.: Small & medium-sized tree; leaves broader than length; flowers purple or purplish white; pod usually 20 cm long.
Uses: Bark: in skin diseases, leprosy & ulcers; Dried buds: dysentery, bleeding in the piles & menstruation.

#*Boerhavia diffusa* L. (Punarnaba); Family: Nyctaginaceae
Des.: A diffuse herb with ascending branches; flowers are bright purple.
Uses: Whole plant: in jaundice, kidney & stomach trouble.

#*Butea monosperma* (Lam.) Taub. (Palas); Family: Fabaceae
Des.: A less-branched tree, up to 10 m. tall; leaves trifoliate; flowers orange- red, pods silvery tomentose when young.
Uses: Bark, leaf, & gum- in dysentery, diarrhoea, toothache. Oil from seeds – applied in birth control.

#*Caesalpinia bonduc* (L.) Roxb. (Nata); Family: Caesalpiniaceae
Des.: A scrambling shrub, branches with straight or curved yellow prickles; flowers yellow; fruits densely clothed with wiry prickles.
Uses: Leaves: in enlargement of spleen & liver, chronic intermittent fever, depression, pain in the eyes.

#*Calendula officinales* L. (Pot Marigold); Family Asteraceae
Des.: Annual herbs with terminal yellow flowers
Uses: Leaves and flowers: in wounds and burns and as an antiseptic.

#*Calotropis gigantea* (L.)R.Br. (Akanda); Family: Asclepidiaceae
Des.: Shurbs or small tree; flowers purplish – white.
Uses: Leaf: in rheumatism & boils and diabetes; Root: in leucoderma, leprosy, elephantiasis.

#Careya arborea Roxb. (Kumbhi, wild guava); Family: Lacythidaceae
Des.: a small deciduous tree; flowers pinkish; wood dark red; fruits globose.
Uses: Leaf: in fever, swellings, ulcers & skin diseases; Bark: in constipation, diarrhea, skin diseases, tumors; Fruit: in cold & cough, indigestion, rheumatism, and as a snake repellent.

#*Cassia alata* L. (Dadmari); Family: Caesalpiniaceae
Des.: A spreading shrub; flowers yellow; fruits angular and winged.
Uses: Leaf & flower: in skin diseases, tumour, inflammation, bronchitis, herpes, gonorrhea, stomachache, scabies, syphilis, fever and constipation.

#*Catharanthus roseus* (L.) G. Don (Nayantara); Family: Apocynaceae
Des.: Herb or under shrub; flowers pinkish rose or white
Uses: Leaf: in hypertension, diabetes & in insect bite

#*Celastrus paniculatus* Willd. (Jotishmoti, Ping); Family: Celastraceae
Des.: A straggling scandent climbing shrub; flowers yellowish green.
Uses: Seed oil: in rheumatism, hypertension, diabetes, memory growth and skin diseases

#*Centella asiatica* (L.) Urban (Thankuni); Family: Apiaceae
Des.: A perennial herb with long creeping stolons; leaves kidney-shaped.
Uses: Leaves: in dysentery, liver complaints, skin diseases.

#*Cissus quadrangularis* L. (Harjora); Family: Vitaceae
Des.: A succulent climber; stem jointed, quadrangular; leaves ovate; flowers green or greenish-white.
Uses: Stem: in bone fractures, joint and bone health & to regulate menstruation, various feminine disorders and menopause. It is popular as a joint aid for athletes

#*Clitoria ternatea* L. (Aparajita); Family: Fabaceae
Des.: A perennial twiner; flowers are bright blue or white.
Uses: Flower: in sexual disorders, such as a sexual enhancer, excessive menstruation and leucoderma. Root: in cough & cold, asthma, mental disorders and insect bite; Leaf: in piles, child bed wetting and blood pressure

#*Costus speciosus* (Koen.ex Retz.) Smith (Keu); Family: Zingiberaceae
Des.: A sub-succulent erect herb; leaves arranged spirally; flowers white in terminal spikes.
Uses: Rhizome: in inflammation, rheumatism, bronchitis, fever, headache, asthma, constipation, leprosy, skin diseases, hiccough, anemia, as well as burning sensation on urination.

#*Cymbopogon martinii* (Roxb.) Wats. (Ganghabena, Lemon grass); Family: Poaceae
Des.: A perennial sweet scented grass; leaves linear- lanceolate
Uses: Leaf: juice as nasal drop for headache & insect repellent

#*Cynodon dactylon* (L.) Pers. (Durba); Family: Poaceae
Des.: A perennial herb with a slender creeping rhizome; leaves linear; spikes
Uses: Root: in stopping bleeding piles. Plants: in wounds, diarrhoea & dysentery

#*Datura metal* L. (Dhutura); Family : Solanaceae
Des.: Annual herb, sometimes undershrub; flowers white with purple tinged; fruits capsule subglabrous, 3-3.5cm across, covered with straight, sharp spines; seeds numerous, compressed.
Uses: Roots: leaves for fever, cerebral complications, diarrhoea and skin diseases.

#*Eclipta alba* Hassk. (Keshut); Family: Asteraceae
Des.: Creeping or ascending herb with white flower heads
Uses: Plant: in jaundice, spleen enlargement, scorpion-sting; Root: purgative

#*Entada rheedei* Spreng. (Gila); Family: Fabaceae
Des.: A long climber; fruits long, seeds large, globose
Uses: Leaf: in jaundice, toothache, ulcer and muscular-skeletal problems; Fruit: in rheumatism; Bark: in ulcer

#*Gloriosa superba* L. (Agnishikha, Ulat- chandal); Family: Liliaceae
Des.: A glabrous climbing herb; root stock a fleshy tuber with fibrous roots; the tips of the leaves are modified into a tendril-like structure; flowers are yellowish-red.
Uses: Rhizome/Root: in rheumatism, with milk as a contraceptive, open wounds, snakebite, ulcers, arthritis, cholera, leprosy, bruises, sprains, impotence, smallpox, sexually transmitted diseases; Leaf: for killing lice

#*Gymnema sylvestre* (Retz.) R. Br.ex Schult. (Merasingi, Gurmar); Family: Asclepiadaceae
Des.: Perennial climber; leaves opposite, simple, ovate, tomentose; flowers in racemes, small; fruits follicles; seeds small, flat with comas.
Uses: Dried leaves are made into powder, and 2 tea-spoonful of powder is given once a day in the morning to a diabetic patient. The root paste is applied on joint swelling of gout.

#*Hemidesmus indicus* R. Br. (Anantamul, Sugandhi); Family: Asclepiadaceae
Des.: A twining or prostrate much branch herb; flowers small, green outside and deeply purple inside; fruit long.
Uses: Root: in cough & cold, fever & stomach trouble.

#*Heliotropium indicum* L. (Hati-sur); Family: Boraginaceae
Des.: Herb with woody root stock; flowers small, white; fruit small.
Uses: An infusion of the leaf is used as a remedy for asthma, ulcers, dysentery, bronchitis, red eyes (conjunctivitis) and boils

#*Holarrhena pubescence* (Buch.Ham) Wall.exD.Don (Kurchi, Indrajab); Family: Apocynaceae

Des.: A small tree; flowers white, sweet-scented; fruits long, paired, seeds covered with silky cotton

Uses: Bark: in dysentery; Seed: in diabetes

#*Hygrophila auriculata* (Schu.) Heine. (Kulekhara); Family: Acanthaceae

Des.: Rest and stout herbs; leaves subsessile, appearing in a whorl; flowers in whorl with medium-sized bracts, purple in colour.

Uses: Leaves: in anaemia, deficiency of Haemoglobin

#*Indigofera tinctoria* L. (Nil); Family: Fabaceae

Des.: An under shrub, up to 1 m high; flowers very small, red or pink.

Uses: Plant in rheumatism, hydrophobia, epilepsy, bronchitis, sores and ulcers.

#*Lantana camara* L. (Putush); Family: Verbenaceae

Des.: Large shrubs, stem prickly; leaves scabrid; flowers tubular, orange, pink or white; fruit drupe.

Uses: Leaves: Leaves are boiled and applied for swellings and pain in the body; Bark: Bark is used as a lotion for skin eruptions and leprous ulcers.

#*Leonotis nepetifolia* (L.) R.Br. (Dronopuspa, Heancha); Family: Lamiaceae

Des.: An erect herb; flowers numerous in axillary globose heads, flowers orange.

Uses: Leaf: in cough & cold, skin diseases.

#*Madhuca indica* Gmelin (Mahua); Family: Sapotaceae

Des.: A large deciduous tree, with flowers of a cream colour.

Uses: Flowers: in chronic bronchitis and cough, bark in rheumatism & diabetes; Oil from seeds: in skin diseases, piles.

#*Martynia annua* L. (Bagnokhi); Family: Martynaceae

Des.: Stout herb, stem with glandular hairy; flowers many, rose colour; fruit woody, beaked by two strong, curved and sharp spines.

Uses: Leaf: juice in epilepsy, dried powder in sore & ulcer; Seed oil: in skin diseases & rheumatism

#*Mimosa pudica* L. (Lajjabati); Family: Mimosaceae

Des.: A weak herb with scandent branches, a stem with nodal and internodal prickles; leaves bipinnate, sensitive; flowers pink on pretty globose heads.

Uses: Leaf: in piles, fistula & hydrocele; Root: in birth control, excessive use causes sterility (Man)

#*Mucuna pruriens* (L.) DC. (Alkushi); Family: Fabaceae
Des.: Annual herbaceous twiner; leaves 3 foliate; flowers deep purple; pods 5 to 8 cm long, densely clothed with irritating pale brown bristles.
Uses: Seed: in nerve tonic, sexual enhancer, for impotence, in Parkinson's disease

#*Nyctanthes arbor-tristis* L. (Sheuli); Family: Oleaceae
Des.: Shrubs or small trees; flowers corolla tube orange, petals white; fruits capsule, compressed, 2- celled.
Uses: Leaf: for fever; Seeds: in premature whitening of hair & hair growth

#*Nymphaea stellata* Willd. (Shaluk); Family: Nympheaceae
Des.: A floating herb; flowers long-pedicelled, bluish white; fruits globular.
Uses: Root-stock: in piles & diarrhea; Flower: in palpitation of the heart

#*Ocimum sanctum* L. (Tulsi); Family: Lamiaceae
Des.: Much branched herb; leaves 2 – 5 cm long, elliptic- oblong; flowers purplish white in long racemes and closed whorls.
Uses: Leaf / whole plant: used in cough & cold, gastric disorders.

#*Oroxylum indicum* Vent. (Sona); Family: Bignoniaceae
Des.: medium-sized tree; leaves compound, leaflets ovate; flowers greenish-yellow, purple; fruits drooping, 40- 80 cm long, seeds winged.
Uses: Bark: for ulcers, skin diseases, cancer and rheumatism; Root bark: in diarrhea and dysentery, tender fruit in stomachic; Seeds: purgative.

#*Parthenium hysterophorus* L. (Bish-gachh); Family: Asteraceae
Des.: An annual herb; flowers small, many, whitish.
Uses: Leaf: in diabetes; root: in piles & ulcer

#*Phyllanthus emblica* L. (Amlaki); family: Euphorbiaceae
Des.: Tree; leaves distichous; flowers in axillary fascicles, numerous, greenish- yellow; fruit
Uses: Fruit: in stomachic, cough & cold, in anuria (failure in secretion of urine).

#*Phyllanthus fraternus* Webs. (Bhuin amla); Family: Euphorbiaceae
Des.: Annual herb; leaves compound, leaflets small; flowers yellowish-white.
Uses: Whole plant in jaundice.
#*Plumbago zeylanica* L. (Chita); Family: Plumbaginaceae
Des.: A perennial herb; leaves ovate-elliptic; flowers numerous, white; fruit a capsule.

Uses: Root powder: for gastric ulcers; root paste: for abortion

#*Psoralea corylifolia* L. (Latakasturi, Babchi); Family: Fabaceae
Des.: Herbs, leaves globose; flowers purple; seeds blackish, small
Uses: Seeds: in leucoderma, leprosy, skin diseases

#*Pueraria phaseoloides* (Roxb.) Benth. (Bankumara); Family: Fabaceae
Des.: A herbaceous twiner with hirsute branches; leaves 15-22 cm; flower bluish; pod straight, 5-7.5 cm long, seed dark brown.
Uses: Tuber in fever and swelling, in rheumatism pain

#*Rauvolfia serpentina* Benth.ex Kurz (Sarpandha); Family: Apocynaceae
Des.: An erect under shrub with white flowers, corolla tube pink tinged; fruit black drupe when mature.
Uses: Root- in high blood pressure, insanity, mental disorder

#*Saraca indica* L. (Ashok); Family: Fabaceae
Des.: A handsome glabrous tree; leaves paripinnate, leaflets 4-6 pairs; flowers red, axillary in dense broad corymbose panicle; pod linear oblong, seeds compound.
Uses: **Bark**: in uterine affection, painful bleeding, leucorrhea and headache; Dried flowers: in diabetes & dysentery; Seed powder: cures kidney stones.

#*Schleichera oleosa* (L.) Oken (Kusum); Family: Sapindaceae
Des.: A spreading tree; leaves paripinnate, leaflets 2-4 pairs; flowers in a panicle of racemes, yellowish-green; fruit 2-2.5 cm long, ovoid.
Uses: Stem bark: in dysentery; Seed: in kidney stone; Seed oil: edible

#*Solanum surattense* Burm.f. (Kantakari); Family: Solanaceae
Des.: A diffuse perennial hairy woody rootstock; flowers purple or blue; berry globose, yellow with enlarged calyx teeth.
Uses: Root: in cough & cold ; Leaf: in rheumatism; Berries: in sore throat

#*Strychnos nux-vomica* L. (Kuchila); Family: Loganiaceae
Des.: Tree; leaf coriaceous, ovate, base 5- nerved; flower numerous, yellowish- green; fruit a berry, bright yellow when ripe.
Uses: Seed: in fever & stomach complaints; Leaf: in diarrhea and dysentery.

#*Terminalia arjuna* (Roxb.) Wt. & Arn. (Arjun); Family: Combretaceae.
Des.: A big handsome tree, up to 24 m in height, bark silvery grey; flowers in terminal panicles of spikes, white or cream-coloured; fruit with 5-projecting hard wings.

Uses: Bark: Bark is used for asthma, bile duct disorders, scorpion stings, and poisonings. Bark: The bark has been used in India for more than 3000 years, primarily as a heart remedy.

#*Terminalia bellirica* (Gaertn.) Roxb. (Bahera); Family: Combretaceae
Des.: A medium sized tree with creamy white flowers.
Uses: Fruit: insomnia, as a laxative; Leaves & fruits: for body pain.

#*Terminalia chebula* Retz. (Haritaki); Family: Combretaceae.
Des.: A well-branched tree, up to 13 m in height, bark grey, young stem silvery grey; flowers dull white or yellowish white; fruits ellipsoid-oblong or ovoid.
Uses: Fruits: Fruits for swelling, wounds, and ulcers. The paste gives relief to the eyelids, in case of conjunctivitis. Gargling with haritaki decoction helps in stomatitis, oral ulcers and sore throat.

#*Tinospora cordifolia* Miers. (Gulancha); Family: Menispemaceae
Des.: A branched climber, with glabrous stem; leaves deeply cordate, dioceous, male flower's sepals yellow and female flower's sepals green.
Uses: Stem: for blood sugar

#*Tylophora indica* (Burm.f.) Merr. (Antamul); Family: Asclepiadaceae
Des.: A twining glabrous perennial climbing herb; leaves elliptic-oblong, flowers small, greenish yellow; follicles tapering to an apex, glabrous.
Uses: Leaf: in asthma & as an expectorant

#*Vitex negundo* L. (Nisinda); Family: Verbenaceae
Des.: A large aromatic shrub, upto 5 m height, the stem with thin grey bark and lanceolate leaflets which are glabrous above and white tomentose below; flowers bluish purple.
Uses: Leaf: in tumour, cough & cold, insect repellent

#*Withania somnifera* Dunal (Aswagandha); Family: Solanaceae
Des.: An erect tomentose shrub, 30 –150 cm long, root stout, fleshy; leaves simple, ovate; flowers greenish or lurid-yellow; berries small, globose, orange-red in colour.
Uses: Root: in rheumatism debility from old age; Leaf: in fever, painful swellings, carbuncles & ulcers

We can plant the following herbs in our house for our home remedy-

1) Basak
2) Tulasi
3) Anantamul
4) Akanda
5) Thankuni
6) Kulekhara
7) Antamul
8) Shushni
9) Nayantara
10) Bach
11) Gulancha
12) Datura
13) Harjora
14) Gurmari
15) Aparagita
16) Gritakumari
17) Kalmegh
18) Shatamuli
19) Ashwagandha
20) Punarnaba
21) Bhringaraj
22) Sarpagandha
23) Ulatkambal
24) Ayapan

Conclusion

In conclusion, cultivating selected medicinal plants at home offers a practical, sustainable, and empowering approach to supporting everyday health and well-being. By growing commonly used healing herbs within the household, individuals and families gain direct access to fresh, natural remedies while fostering a deeper understanding of traditional plant-based care. Home gardens not only reduce reliance on commercially processed products but also promote environmental responsibility, self-sufficiency, and a meaningful connection to nature.

When thoughtfully selected and properly maintained, medicinal plants can serve as valuable resources for managing minor ailments, enhancing nutrition and contributing to preventive health practices. However, their use should be guided by accurate knowledge, proper identification and an awareness of safety considerations. With informed cultivation and responsible application, home-grown medicinal plants can become an integral part of a balanced, holistic lifestyle. Ultimately, integrating medicinal plants into the home environment reflects a harmonious blend of tradition and modern awareness, preserving time-honoured wisdom while encouraging sustainable living for present and future generations.

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HOW TO CITE

Prabir Ranjan Sur (2025). Selected Medicinal Plants for Home Growing and Household Use. © International Academic Publishing House (IAPH), Dr. Saikat Kumar Basu, Dr. Bhanumati Sarkar, Dr. Suparna Sanyal Mukherjee and Dr. Alminda Magbalot-Fernandez (eds.), *The Basic Handbook of Indian Ethnobotany and Traditional Medicine [Volume: 4]*, pp. 118-130. ISBN: 978-81-989555-5-5. DOI: https://doi.org/10.52756/bhietm.2025.v04.011