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Medicinal Flowers of India

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ABSTRACT

India is known for its diverse forest as well cultivated lands. It harbours a pleasant number of wild floras and their parts which are used for medicinal purposes. Among the plant parts, flowers are used for aesthetic purposes and also have medicinal and nutritive properties but mostly they are unexplored. Keeping this in view, an attempt has been made to enumerate the common flowers of India used for medicinal purposes. Results revealed that most common medicinal flowers are *Bauhinia variegata*, *Woodfordia fruticosa*, *Indigofera cassioides* etc. used in various diseases and disorder. The present study highlights the unexplored medicinal flowers for future nutraceuticals.

There are about 45,000 medicinal plant species found in India, with concentrated spots in the region of Eastern Himalayas, Western Ghats and Andaman & Nicobar Islands. Wild flowers can be seen in many places including forest, mountain paths, wetlands, wastelands, fields etc. with diverse vernacular names (Patro 2016; Saitoh & Kaneko 2003). Apart from their aesthetic sense, they also have medicinal and nutritive properties (Bhujbal & Sangoram 2017). Flowers of plants like

Indigofera cassioides (Girli), *Woodfordia fruticosa* (Dhatiki), *Bauhinia variegata* (Guriyal), *Hibiscus rosa-sinensis* (Mandara), *Moringa oleifera* (Sajana), *Cucurbita pepo* (Melon), *Sesbania grandiflora* (Agasti), *Crotalaria juncea* (Jinni), *Clitoria ternatea* (Aparajita), *Madhuca longifolia* (Mahua) are very much effective to cure various diseases and disorders. The details of the some common flowers and their uses are listed in table 1 (Plate 1).

Table 1: Some common medicinal flowers in India

Plant name	Vernacular name	Uses
<i>Amaranthus spinosus</i>	Kante bhaji	Inflorescence used to reduce the aging problem
<i>Amaranthus viridis</i>	Bhaji	Whole plant is used as leafy vegetable; inflorescence used to reduce the aging problem
<i>Bauhinia variegata</i>	Guriyal	Tea made from the flowers used to enhance immunity
<i>Butea monosperma</i>	Palas	Flower extract is used to prevent the urine problems
<i>Clitoria ternatea</i>	Aparajita	Tea made from the flowers is used in female problems
<i>Crotalaria juncea</i>	Jinni	Flowers are used as vegetable and also used as tonic
<i>Cucurbita pepo</i>	Melon	Flowers used to enhance digestion
<i>Hibiscus rosa-sinensis</i>	Mandar	Tea made from flowers used to reduce pain during period
<i>Indigofera cassioides</i>	Girli	Flowers used to treat diabetes
<i>Indigofera tinctoria</i>	Sakina	Flowers used as vegetable after toast is a source of vitamins
<i>Justicia adhatoda</i>	Basanga	Flowers used to reduce fever
<i>Madhuca longifolia</i>	Mahua	Flower extract is used to treat heart diseases
<i>Meriandria dianthera</i>	Kanghuman	Flower is used to treat tonsillitis
<i>Moringa oleifera</i>	Sajana	Decoction of flower is used to treat cold
<i>Nelumbo nucifera</i>	Kamal	Decoction of flower is used in excessive menstruation
<i>Rhododendron arboreum</i>	Burans	Juice made from flowers is used to treat stomach-ache
<i>Sesbania grandiflora</i>	Agasti	Flower decoction is used in problems relates to vision
<i>Solanum xanthocarpum</i>	Kantakari	Decoction of flower is used against chronic cough in children
<i>Woodfordia fruticosa</i>	Dhatiki	Flowers are used against diabetes.
<i>Zanthoxylum acanthopodium</i>	Mukthruhi	Flowers are used to treat

		fever
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Medicinal plants are the natural health care to the people. Considering the importance of flowers in both medicinal and nutritive aspects, the topic is chosen to collect the use of flowers in the treatment of various diseases. In this regards many native medicinal flowers listed in article are

significantly utilized by the locals, which was need to document. It provides a baseline data which can be further explored through a more scientific study of traditional medicinal formulations, which may lead to development of safe and affordable herbal medicines.



Plate 1: Some common medicinal flowers in India A) *Justicia adhatoda*, B) *Butea monosperma*, C) *Sesbania grandiflora*, D) *Amaranthus spinosus*, E) *Indigofera cassioides*, F) *Moringa oleifera*

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