



# HOME REMEDIES

## 31 plants to heal yourself

2023 Edition

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## AAVARAMPOO (Tamil) / CASSIA AURICULATA (Latin)



**Main use : Diabetes**



5 GRAMS OF FLOWERS (DRY OR FRESH) IN HOT WATER. FILTER AND DRINK TWICE A DAY BEFORE FOOD.

HELPS TO STABILIZE BLOOD SUGAR LEVEL.

GOOD FOR DETOX. ALLEVIATES COMPLICATIONS DUE TO DIABETES.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER



## CANAVARAI (Tamil) / COMMELINA BENGHALENSIS (Latin)



*Main use : External wounds, skin allergies*



USE THE LEAVES TO HEAL WOUNDS.

MAKE A PASTE FROM THE LEAVES AND APPLY ON THE WOUND.

FOR SKIN ALLERGIES, USE THE SYRUP EXTRACTED FROM THE LEAVES, AND APPLY ON THE AFFECTED AREA.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## INSULIN (Tamil) / COSTUS IGNEUS (Latin)



*Main use : Diabetes*



WIDELY USE FOR THE PREVENTION AND CONTROL OF DIABETES BY WAY OF CONTROLLING BLOOD SUGAR LEVEL.

EAT DAILY FRESH LEAVES DIRECTLY OR DRIED LEAVES AS A TEA.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## KARPURAVALLI (Tamil) / COLEUS AROMATICUS (Latin)

Also known as MEXICAN MINT or INDIAN OREGANO

**Main use :** Flu symptoms



USE THE LEAVES TWICE A DAY, IN DECOCTION FOR COLD, FLU, COUGH AND FEVER.

JUICE CAN BE EXTRACTED FROM THE LEAVES BY HEATING THEM LIGHTLY.

YOU CAN CONSUME WITH HONEY, GHEE, OR COOK FRITTER (bajji).

TO RELIEVE HEADACHES, CRUSH THE LEAVES AND APPLY THE JUICE ON ALL CRANIAL PAIN POINTS. |

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## KIZHANELLI (Tamil) / PHYLLANTHUS AMARUS (Latin)

**Main use :** Liver tonic



YOU CAN MAKE A DECOCTION WITH ALL THE PARTS OF THE PLANT.

DRINK BEFORE MEAL EVERY MORNING DURING THE WINTER TO DETOX THE LIVER.

5 PLANTS IN ONE LITER OF HOT WATER.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## KOMBU MANJAL (Tamil) / CURCUMA LONGA (Latin)

Also known as **TURMERIC**

*Main use : Antibacterial, antifungal*



WIDELY USED IN INDIA, IT IS ANTISEPTIC, ANTIBACTERIAL AND ANTIFUNGAL.

TO PURIFY THE BLOOD, YOU CAN COOK A TURMERIC COFFEE. IN A HOT EMPTY POT, DROP A TSP OF TURMERIC POWDER, STIR LIGHTLY UNTIL IT TURNS BROWN. ADD WATER, BRING TO A BOIL, FILTER IT AND DRINK IT.

TO CURE FUNGUS, WOUNDS, SKIN CUTS, MIX COCONUT OIL AND TURMERIC POWDER AND APPLY ON AFFECTED AREAS.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## KUPAĪMAINI (Tamil) / ACALYPHA INDICA (Latin)

*Main use : Skin diseases*



EAT 5 LEAVES WITH 2 BLACK PEPPERS EVERY MORNING, ON AN EMPTY STOMACH. GOOD FOR RELIEVING ITCHES, SKIN DISEASES DUE TO WORMS. USED FOR KILLING WORMS.

FOR EXTERNAL USE, TAKE 5-10 LEAVES, CRUSH BY HAND, AND APPLY ON SKIN INFECTIONS. YOU CAN ALSO ADD TURMERIC MIXED WITH THE LEAVES.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## MARUTHANI (Tamil) / LAWSONIA INERMIS (Latin)

Also known as HENNA

*Main use : Antifungal, decorative*



FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER



HENNA LEAVES ARE WELL KNOWN FOR THE DECORATION OF THE GROOMS : USE THE DRIED LEAF POWDER AND MIX WITH WATER.

FOR HAIR GROWTH, YOU CAN ALSO MAKE A PASTE (MIX POWDER AND WATER) THAT YOU ADD WITH COCONUT OIL.

FOR HAIR DYE, MIX HENNA POWDER WITH WATER AND APPLY ON THE HAIR. . LEAVE IT FOR 30 MIN. AND WASH.

TO HEAL THE WOUNDS, USE GREEN LEAVES PASTE, AND APPLY ON THE WOUNDS.

THE LEAVES PASTE HAS ANTIFUNGAL PROPERTIES.

FOR SLEEPING DISORDERS, YOU CAN USE DRIED OR FRESH FLOWERS BY PUTTING THEM UNDER THE PILLOW THROUGH THE NIGHT.

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## MILAGU (Tamil) PIPER NIGRUM (Latin)

Also known as BLACK PEPPER

*Main use : Digestive disorders*



RICH IN ANTI-OXIDANTS, USE IT FOR STIMULATING DIGESTION.

USE 5 GRAINS WITH 3 BETEL LEAVES AND 1 TEASPOON OF TURMERIC POWDER OR GINGER, IN 1 LITER OF BOILING WATER DECOCTION.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER



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## MURUNGAI MARAM (Tamil) / MORINGA OLEIFERA (Latin)

Also known as DRUMSTICK TREE



Main use : Anemia



LEAVES, FLOWERS, SEEDS AND FRUITS PROMOTE IRON, CALCIUM AND VITAMIN A.

THE LEAVES CAN BE COOKED FOR DOSAI AND THE FRUITS "DRUMSTICKS" USE AS VEGETABLE FOR SAMBAR.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## NANNARI (Tamil) / HEMIDESMUS INDICUS (Latin)

Also known as INDIAN SARSAPARILLA



Main use : Diuretic



CONTROLS THE HEAT OF THE BODY, RELIEVES URINARY TRACT INFECTION.

BOIL THE ROOTS TO EXTRACT THE SYRUP. YOU CAN ALSO DRY THE ROOTS AND GRIND INTO A POWDER, MIX WITH WATER, AND DRINK FOR PURIFYING THE BLOOD.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## NAYURUVI (Tamil) / ACHYRANTHES ASPERA (Latin)



*Main use : Haemorrhoids*



NAYURUVI IS HIGHLY ASTRINGENT AND HAS ANTI INFLAMMATORY PROPERTIES.

YOU CAN USE THE ASHES TO CURE HAEMORRHOIDS.

YOU CAN ALSO USE THE ROOTS, GROUND INTO A POWDER, TO CLEAN YOUR TEETH BY RUBBING YOUR TEETH WITH YOUR FINGER.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## NELLIKAI (Tamil) / PHYLLANTHUS EMBLICA (Latin)



*Also known as AMLA*

*Main use : Immune system booster*



USE THE FRUITS' POWDER, EVERY DAY IN THE MORNING, BEFORE FOOD. 1TSP IN WARM WATER.

RICH IN VITAMIN C. CURES EYE INFECTIONS AND BOOSTS THE IMMUNE SYSTEM.

YOU CAN USE THE FRUIT SYRUP OR THE POWDER AS A SHAMPOO BY MIXING WITH OTHER HERBS SUCH AS HENNA, HIBISCUS, TERMINALIA BELLIRICA. MAKE A PASTE WITH WATER, APPLY TO YOUR HEAD, WAIT 10-20 MINS AND RINSE.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## NILAVEMBU (Tamil) / ANDROGRAPHIS PANICULATA (Latin)



*Main use : Scorpion bites, viral fever*



TAKE FIVE LEAVES, CRUSH WITH YOUR HANDS AND CONSUME IN CASE OF VIRAL FEVER OR SCORPION AND SNAKE BITES.

YOU CAN ALSO CHEW THEM DIRECTLY.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## NOCHI (Tamil) / VITEX NEGUNDO (Latin)



*Main use : Cold, joint inflammation*



FOR TREATING COLD AND HEADACHE, STEAM THE LEAVES (5 LEAVES IN HOT WATER). YOU CAN DRINK EVERY DAY IN DECOCTION.

FOR RELIEVING JOINT PAIN, MIX FRESH LEAVES WITH CASTOR OIL, PUT IN A SMALL BAG, HEAT AND APPLY ON ALL JOINT PAIN AREAS.

BURNT FRESH LEAVES CAN ACT AS A MOSQUITO REPELLENT.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## PAPPALI MARAM (Tamil) / CARICA PAPAYA (Latin)

Also known as PAPAYA TREE

*Main use : Fever*



FOR ALL FEVERS, ESPECIALLY DENGUE FEVER, TAKE THE FRESH PAPAYA LEAVES, CONSUME EVERY DAY MORNING AND AFTERNOON TO INCREASE THE PLATELETS.

SEEDS ARE VERMIFUGE.  
USE THE FRUITS TO PURIFY THE BLOOD.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## PIRANDAI (Tamil) / CISSUS QUADRANGULARIS (Latin)

*Main use : Bone disorders*



CONSUME HALF A TEA SPOON POWDER, MIX WITH WARM WATER AND HONEY.

CAN ALSO BE TAKEN AS A CHUTNEY.

FOR WEAK BONES, YOU CAN ALSO MAKE A PASTE WITH TENDER STEAMS AND APPLY ON THE AFFECTED AREA.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## SANGU POO (Tamil) / CLITOREA TERNATEA (Latin)

*Main use : Memory*



YOU CAN USE THE FLOWERS EVERY DAY IN A DECOCTION (50G IN 1 L OF WATER) FOR IMPROVING MEMORY AND COGNITIVE FUNCTIONS.

YOU CAN ADD LEMON JUICE TO TASTE.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## SEMBARATHI-HIBISCUS (Tamil) / HIBISCUS ROSA SINENSIS (Latin)

*Main use : High blood pressure*



YOU CAN USE HIBISCUS FLOWER PETALS, EVERY DAY AS A TEA TO REGULATE THE HEARTBEAT, FOR CONTROLLING BLOOD PRESSURE, AND LOWER CHOLESTEROL.

2-3 FLOWERS IN HALF LITER OF HOT WATER WITH LEMON JUICE.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## SOTTHU KATHAZHAI (Tamil) / ALOE VERA (Latin)

*Main use : Skin, intestinal ulcers*



BEFORE USE, PEEL THE SKIN OFF THE PLANT AND ONLY APPLY THE GEL.

USE THE GEL DIRECTLY ON THE SKIN TO CURE WOUNDS AND BURNING SENSATION.

FOR INTERNAL USE, IT RELIEVES ULCERS AND LIVER INFECTIONS.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## SUNDAKKAI (Tamil) / SOLANUM TORVUM PLANT (Latin)

*Also known as TURKEY BERRY*

*Main use : Vermifuge*



GOOD FOR DIGESTION, BLOOD PRESSURE, DIABETES AND DEWORMING.

SEEDS ARE MAINLY USED FOR COOKING. YOU CAN ALSO USE THE POWDER FROM DRIED SEEDS

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## TATATHALAPONDU (Tamil) / TRIDAX PROCUMBENS (Latin)



*Main use : Haemostatic*



FOR BLEEDING WOUNDS, USE 10 HAND CRUSHED GREEN LEAVES AND APPLY THE EXTRACT TO THE WOUND THREE TIMES A DAY. AFTER APPLYING, AVOID WATER ON THE WOUNDS.  
GOOD EMERGENCY FIRST-AID PLANT.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## THIPPILI (Tamil) / PIPER LONGUM (Latin)

Also known as LONG PEPPER



*Main use : Diseases of respiratory tract*



USE THE DRIED SEEDS POWDER, CONSUME WITH HOT WATER 1 TSP AM AND PM, FOR RELIEVING COLD, COUGH, FEVER, HEADACHE.

YOU CAN ALSO USE THE DRIED OR FRESH LEAVES AS A TEA.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## THOOTHUVALAI (Tamil) / SOLANUM PROCUMBENS (Latin)



*Main use : Respiratory ailment*



THE PLANT IS USED ESPECIALLY FOR CHILDREN,  
FOR TREATING COLD.

CONSUME THE DRIED LEAVES POWDER OR THE  
FRESH LEAVES AS A DECOCTION WITH HONEY.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## TULASI (Tamil) / OCIMUM SANCTUM (Latin)



*Main use : E N T disorders*



USE THE DRIED OR FRESH LEAVES AS GREEN TEA.  
YOU CAN ADD GINGER TO TASTE.

HINDUS USED TO OFFER TULSI TO GODS  
HANUMAN AND VISHNU FOR GRANTING THEIR  
PRAYERS.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## VALLARAI (Tamil) / CENTELLA ASIATICA (Latin)

*Main use : Brain tonic*



EAT THE LEAVES IN A SALAD OR, IN POWDER FORM, IN A SMOOTHIE WITH MILK.

THE PLANT NOURISHES THE BRAIN TO HELP IMPROVE MEMORY.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## VAZHAI MARAM (Tamil) / MUSA PARADISIACA (Latin)

Also known as BANANA TREE



*Main use : Kidney Stones*



TAKE THE BANANA TRUNK WATER AND DRINK IT IN THE MORNING ON AN EMPTY STOMACH. IT REMOVES KIDNEY STONES.

BANANAS ARE RICH IN POTASSIUM WHICH IS GOOD FOR REDUCING BLOOD PRESSURE.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## VEPPILAI (Tamil) / AZADIRACHTA INDICA (Latin)

Also known as NEEM TREE

**Main use :** Antiseptic, antibacterial



FOR INSECT BITES, USE THE LEAVES GROUND TO A PASTE, APPLY TO THE BITES FOR AROUND 20 MIN. YOU CAN ALSO MAKE A DECOCTION WITH LEAVES AND WASH THE WOUNDS WITH IT.

LEAVES INFUSION IS A GOOD CLEANSER. FOR THE STOMACH. YOU CAN ALSO USE THE SEED'S OIL. TAKE A TSP IN THE MORNING ON AN EMPTY STOMACH TO TREAT INTESTINAL WORM INFECTIONS, FIGHTS BACTERIA. IT ALSO HELPS DIABETES, STOMACH ULCER, AND PURIFIES THE BLOOD. YOU CAN USE THE STEM AS A TOOTHBRUSH.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## VETRILAI (Tamil) / BETEL (Latin)

**Main use :** *Promote digestion*



CONSUME 1 LEAF PER DAY, AFTER MEAL. HELPS TO FLUSH OUT THE TOXINS AND PURIFY THE BLOOD.

THIS IS A TRADITIONAL HABIT THAT MOST INDIANS DO.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## THUMBAI<sub>(Tamil)</sub> / LEUCAS ASPERA<sub>(Latin)</sub>

*Main use : Sinusitis*



USED FOR CLEARING EXCESS MUCUS IN THE SINUSES.

CRUSH THE FLOWERS, SOAK THEM IN SESAME OIL, FILTER AND PUT ONE DROP IN EACH NOSTRIL.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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## WHITE THIPPILI<sub>(Tamil)</sub> / PIPER SARMENTOSA<sub>(Latin)</sub>

*Main use : Viral infections*



RICH IN ANTI-OXIDANTS, YOU CAN CONSUME THE RAW LEAVES IN SALADS.

YOU CAN ALSO USE THE DRIED SEEDS IN A DECOCTION FOR VIRAL INFECTIONS.

FOR MORE DETAILS CONSULT AN HERBAL PRACTITIONER

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# ACKNOWLEDGEMENTS



*Annick & Sylvie volunteered at Martuvam Healing Forest for 1 year.*

*Under Sivaraj's guidance, they put together this guide that recaps some home remedies for small every day ailments.*

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# DISCLAIMER



*The information, including but not limited to, text, images and other material contained in this book are for informational purposes only and based on our knowledge of Ayurvedic & Sidha practices/ plant properties.*

*No material in this book is intended to be a substitute for professional medical advice, diagnosis, treatment.*

*Always seek the advice of your physician or qualified health care provider with any questions you may have regarding a medical condition or treatment before undertaking a new health care regimen.*

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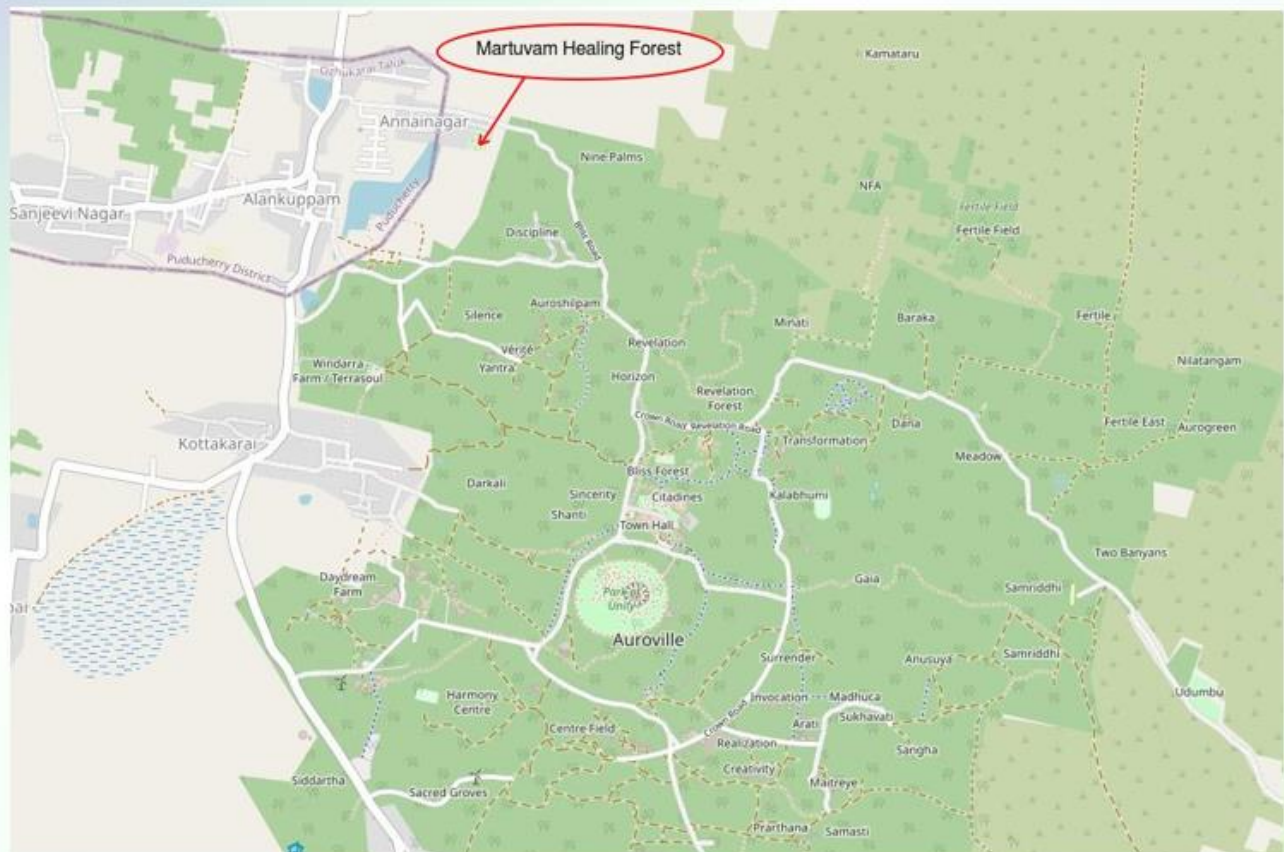
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Pitchandikulam Bio-resource Centre

Poorvega Maruthuva book kalanjiyam  
Poorvega trust

Medicinal plants  
Shangar Gopal Joshi

Sylvie - water colour paintings

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The Martuvam Healing Forest was allocated, in 2002, from Auroville, a piece of barren land onto which were planted over 250 varieties of medicinal plants and trees which have now grown and multiplied into the forest that it is today.

Two books were published based on those plants: "The Herbal Masters Book" and "Home Remedies Book".

Sivaraj is the executive and he holds a diploma in herbal medicine. He lives in the forest with his family,

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# *Martuvam* Healing Forest

... heal yourself

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