

## Interactive Session on

### “Use of Medicinal Plants in present scenario”

By

**Dr. V. Naga Lakshmi**

Director, IIMS Pharmaceuticals, Undavalli

**13/07/2019**



Talk on “Medicinal Plants” by Dr. V. Naga Lakshmi, Director, IIMS Pharmaceuticals, Undavalli



Dr. V. Naga Lakshmi, interacting with students



Staff and Students at the Programme



Memento presentation to the Resource Person by Dr. V. Narayana Rao, Principal and staff

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**Director, IIMS Pharmaceuticals, Undavalli**

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The Department of Botany has organized a Guest Lecture on “Use of Medicinal Plants in present scenario” on 13th July, 2019 by Dr. V. Naga Lakshmi, Director of IIMS Pharmaceuticals.

**Role of Medicinal Plants:**

Medicinal Plants have been known for as a rich source of therapeutic agents for the treatment and prevention of various diseases and plays an important role in the socio-cultural, spiritual and medicinal field.

**1. Aloe Vera:**

Aloe vera is India’s most favorite and a succulent plant that is low on maintenance and easy to grow. The plant is a trusted remedy for Indians to treat skin inflammation, breakouts and burns. Its juice is well – known to boost a weak immune system.

**2. Tulasi:**

Tulasi is well known medicinal plant in India. Tulasi tea in India is very effective in treating common cold and flu. Its leaves can treat digestive issues and are also believed to have anti – cancer properties.

**3. Mint:**

A very home grown medicinal plant in India. the fragrance of mint leaves is enough to refresh your mind and make you feel good. It is very beneficial in treating cold, cough and diarrhea.



#### **4. Lemon grass:**

Lemon grass therapeutic effect is widely known. Drink lemon grass tea to relieve a sore throat and menstrual pain. Lemongrass is also helpful in pain management and has anti – pyretic properties.

#### **5. Ajwain:**

A background medicinal plant and also available at every house in India. The ridged leaves of the plant are edible and you can boil them in water to make ajwain tea to cure your upset stomach. Use the seeds or leaves to get its medicinal benefits.

#### **6. Ginger:**

Possible health benefits include relieving nausea, loss of appetite, motion sickness and pain. Ginger tea is also traditionally used for stomach problems.

#### **7. Coriander:**

Coriander or Dhania is an important ingredient of an Indian kitchen. Its leaves, seeds and powder of the seeds, everything is beneficial for your health. It prevents the food from spoiling, cures urine retention, improve digestion, treats acne.

#### **8. Turmeric:**

Turmeric and especially its most active compound cur cumin have many scientifically proven health benefits, such as the potential to prevent heart diseases. Alzheimer's and cancer, depression and arthritis.