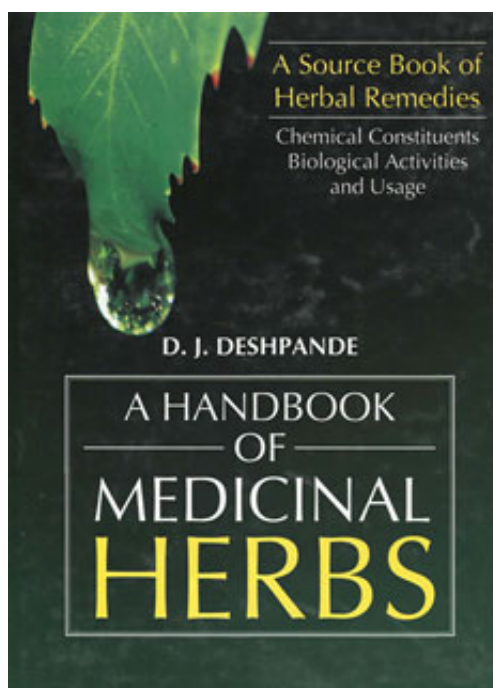


D.J. Deshpande

A Handbook of Medicinal Herbs

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9. The seeds produces positive stimulant effect on blood vessel, increases palpation of heart and increases blood circulation.
10. The seeds are also useful in plurisy and meningiatis.
11. The seed powder mixed with Kuchala fruit is useful in headache at sunrise, half headache, asthma and Aphim poisoning.
12. The infusion of leaves is useful in fever.

49. CHAMARA (HEDYSARUM)

BOTANICAL NAME	:	<i>Desmodium elegans</i> DC.
SYNONAMES	:	<i>Desmodium tiliifolium</i> Wall
	:	<i>Hedysarum tiliifolium</i> D. Don
FAMILY	:	Fabaceae

VERNACULAR NAMES

Hindi: Chamkat, Shamru;

ORIGIN AND HABIT ATE: The plant is found in temperate and tropical Himalaya from Kashmir to Bhutan at 1200- 3000 mt. altitude.

DESCRIPTION: It is a much branched under shrub having branches clothed with fulvous hairy tomentum. The leaves are unifoliate, short petioled, alternate, ovate- acute to roundish, cordate, pubescent above and tomentose below. The inflorescence is terminal raceme with rose purple and densely acumated flowers. The fruits are pods, indented on both margins, densely pubescent and containing black coloured seeds.

PROPOGATION: By seeds

PART USED: Root

CHEMICAL CONSTITUENTS

The roots contains alkaloids as tyramine, hordenine, 3,4- dimethoxy- b phenethylamine, N, N- dimethyl- 3 -4 dimethoxy- phenethylamine, N- methyl- 3, 4- dimethoxy- P- hydroxyphenethylamine, salsoline, salsodine, tryptamine, abrine, hypaphorine, P- phenethylamine and tetrahydroisoquinolines.

BIOLOGICAL ACTIVITIES

The roots are aperitive, antibilious, carminative, diuretic, cardiotonic, laxative and nervine tonic.

USAGE

The roots are useful in amenorrhoea, burning sensation, cough, cardiac disorder, difficult breathing, dysentery, lumbago, enriching blood, ophthalmia, oedema, ozena, piles, shivering, thirst and vomiting.

50. CHAMCHORA (LONG WORT)

BOTANICAL NAME : *Angelica glauca* Edgew

FAMILY : Apiaceae

VERNACULAR NAMES

Hindi: Chora Choraka, Churai, Gandrayan;

ORIGIN AND HABITATE: The plant is found in Western Himalaya from Kashmir Simla, Uttaranchal between 1800- 3700 mt altitude.

DESCRIPTION: It is a erect, robust, aromatic, perennial herb with thick stout root stock. The roots are thick, brownish, annulate, fusiform, aromatic, pungent, resinous, long, fleshy and branched. The stems are hollow. The leaves are pinnately divided ; the basal leaflets are ternately pinnate. The leaflets are irregularly mucronate, serrate on upper surface dark green and lower surface is glaucous. The inflorescence is long stalked compound umbels with white- purple coloured flowers. The fruits are glabrous obovate and flattened.

PROPOGATION: By seeds

PART USED: Roots

CHEMICAL CONSTITUENTS

The roots contains a pale yellow- brownish essential oil having lactones, sesquiterpenes: D- pinene, α-pinene, D- phellandrene, 8-phellandrene, selinene, 5-cadinene, α-cadinene, umbelliprenin, terpene alcohol, isoimperatorin, prangolarin, angeolide, furocoumarin 2'- O- acetyloxypeucedanin hydrate; archangelin, oxypeucedanin, 2, 2- dimethyloxirane, formic acid, 6- methyl- bicyclo [3, 2, 0]- hepten- 2- one, 6- propyl- bicyclo [3, 2, 0]- hept- 6- dien- 2 one, 6- propylbicyclo [3,2 0]- hept- 6- one, [(S)- (1a, 3ab, 4a, 3ab)-4-methanoazulene, p-chamigrene, dehydroledol and elemol

BIOLOGICAL ACTIVITIES

The roots are aromatic, cardiotonic, carminative, diuretic, diaphoretic, purgative, sudorific, stomachic, stimulant and tonic.

51. CHAMELI (TREE JASMINE)

BOTANICAL NAME : *Jasminum arborescens* Roxb.

SYNONAME : *Jasminum roxburghianum* Wall

VERNACULAR NAMES

Sanskrit: Chatika, Jati, Nagamalli; **Bangla:** Chameli, Jati; **Gujarati:** Chamali; **Hindi:** Bela; **Kanada:** Visamallige; **Malyalam:** Nagamalika; **Marathi:** Chameli, Jai; **Tamil:** Nagamalli; **Telugu:** Adavimalli

ORIGIN AND HABIT ATE: The plant is found throughout the India, in forests upto 12-15 mt altitude and is cultivated as a garden plant.

DESCRIPTION: It is a large, suberect shrub with hairy, climbing branchlets. The leaves are simple, opposite, ovate-oblong, acuminate, grey, tomentose on both surfaces. The inflorescence is lax trichotomous pubescent panicles bearing fragrant white flowers. The fruits are berries, ellipsoid, black and curved.

PROPOGATION: By vegetative methods

PART USED: Leaves

CHEMICAL CONSTITUENTS

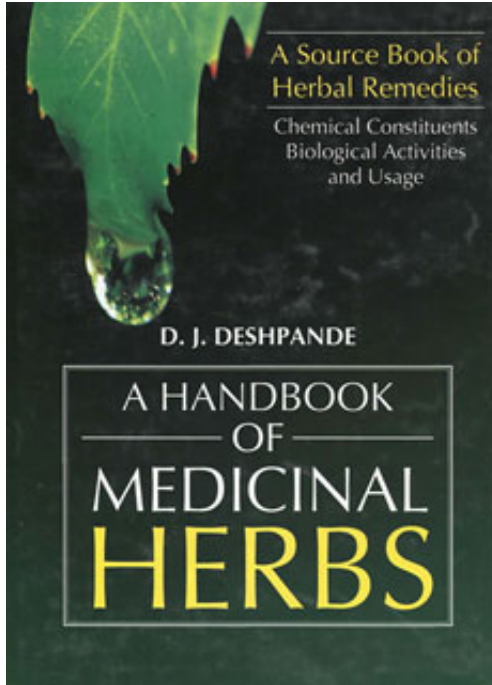
The oil contains benzyl benzoate, benzyl alcohol, eugenol, farnesol, bergamotene, nerolidol, p-cresol, benzyl acetate, bergamontane, linalool, indole, geraniol, α -terpineol, benzoic acid and vanilloin.

BIOLOGICAL ACTIVITIES

The leaves are astringent, bitter, emetic, refrigerant, stomachic, sweet and tonic.

USAGE

1. The leaves are useful in obstruction of bronchial tubes, cough, colic, flatulence, general debility and menstrual disorders.
2. The decoction of plant is useful in menstrual disorders, liver and spleen dysfunction, as a gargle in tooth and gum troubles.
3. The oil from leaves or flowers is useful for massage on penis in impotency and erectile dysfunction.
4. The leaves are mastigated in tooth and gum troubles.
5. The flower paste is applied on skin disorder.



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