A day out with “Neighbourhood Medicinal Plants of Bangalore City” on 27-10-2015

Supported by: ENVIS Centre on Medicinal Plants, Ministry of Environment, Forests and Climate Change and Bio - Resource Information Centre on Indian Medicinal Plants Database, Department of Bio -Technology, GOI

Venue: Ethno-medicinal plants Nursery, FRLHT- TDU campus.

Participants: 28 students along with 3 teachers from Poorna Learning Centre, Bangalore and 4 children of FRLHT staff members participated in the event.

The workshop was organized with an objective to encourage school students to appreciate the neighborhood medicinal plants and its connection to their life style. In the workshop the students were given orientation to nature and its complexities, their interdependence through an outdoor based activity. They learnt some interesting medicinal plants through observing key features. They also learnt about simple medicinal uses for selected medicinal plants. Through and interaction with sanskrit scholar the students learnt about the cultural linkages of Tulasi mentioned in palm scripts. During this workshop students also had a drawing session with medicinal plants around as theme.
Demostration of Neighbourhood Medicinal Plants of Bangalore City Mobile App

Resource persons
1. Ms. Suma T.S.
2. Ms. Sathya Sangeetha
3. Ms. Nandini Dholepat
4. Ms. Soumyashree N.
5. Ms. Revathi R.
6. Mr. Anantha Alwar

Special Thanks to
7. Mr. Tukaram V. Dohale
8. Ms. Deepali A. Nawale
9. Ms. Sureka K.V.
10. Ms. Suganthi Fathima

Green Ambassadors promoting conservation of Medicinal Plants!!
DevitulasiSlokhas
यन्मूले सर्वतीथानिनमध्ये सर्वदेवताः।
यद्गुर्गुर्वेदाश्च तुलसी तत्वं नमः स्मर्यस्मि॥
yanmoole sarva teethAndi yanmadhye sarva dEvatA|
yadagre sarva vedAscha tuLasee tvAm namAmyaham ||

At the base of the Tulasi plant all the rivers’ abhimani devatas are present; in the stem all the devatas are present; and in the tip all Vedas are present.

तुलसी कदुनकितोषणां सुरभि: शलेष्मवातजति।
जन्तुकृतकरान्तिहिर रुचिकृतवातशान्तकित॥

It is light to digest and dries tissue secretions. Tulsi tastes hot and bitter. It can penetrate deep tissues and has anti helminthic properties. Due to these properties it normalizes kapha and vata. Leaves, flowers, seeds and roots of Tulsi are used in ayurvedic preparations.

Prepare Tulsi Juice as described in ayurveda
Ayurveda-acharyas recommend to use all plant parts of tulsi (Ocimum Sanctum) to prepare its juice. Collect leaves, tender branches, tender roots, seeds and flowers of tulsi. Wash them well with flowing water. Cut them into small pieces. Grind them in a mortar and pastel (khalwa yantra) to prepare a soft paste. Do not add water. Place the prepared paste on a thin cotton cloth and squeeze it to get pure tulsi juice.

Uses of tulsi juice
This juice is very effective in fever, cough and bronchitis.
This juice can be used in nasya karma to treat migraine headache
Tulsi juice helps to reduce acne, pimples, rashes and other skin problems. Juice of tulsi can be applied on affected skin.
Consumption of tulsi juice helps to get rid of intestinal parasites.
Regular consumption of tulsi juice purifies blood and also keeps the heart healthy.
Tulsi juice reduces blood sugar and cholesterol level.

Inputs for Tulasi by Mr. Ananth Alwar, CII & TF,
School of Conservation of Natural Resources, FRLHT-TDU, Bangalore
Email: anantha.ma@frihlt.org

For more details about the workshop contact:
Suma T.S.
ENVIS Co-ordinator, ENVIS Center on Medicinal Plants
Principal investigator, Bio-Resource Information Centre on Indian Medicinal Plants
Email: envis@frihlt.org, frihlt@envis.nic.in; suma.tagadur@frihlt.org