

Feeling nature

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 an 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.



Learning about plant features



Plant Watch



Web of life Game: Learning the interconnection of every organism

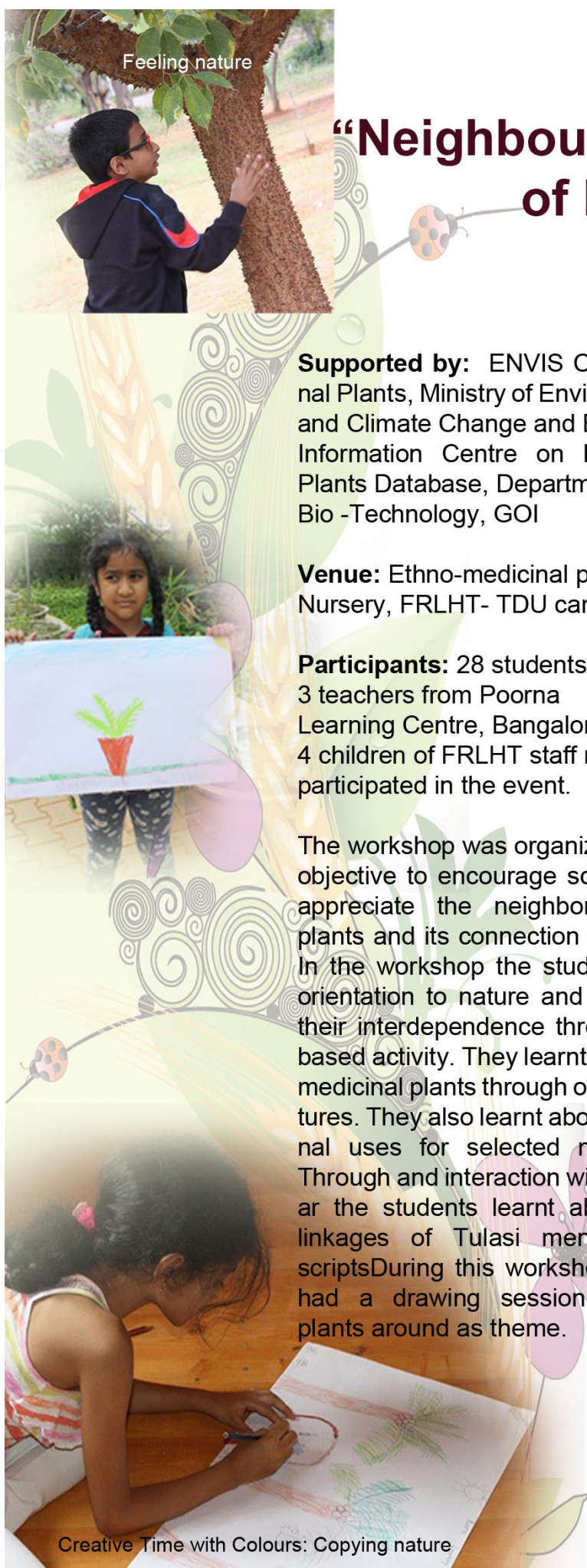


Interaction with Sanskrit Scholar to know about Tulasi plant....



Mimicking Nature

Creative Time with Colours: Copying nature





Demostration of Neighbourhood Medicinal Plants of Bangalore City Mobile App

Resource persons

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2. Ms. Sathya Sangeetha
3. Ms. Nandini Dholepat
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5. Ms. Revathi R.
6. Mr. Ananth Alwar

Special Thanks to

7. Mr. Tukaram V. Dokhale
8. Ms. Deepali A. Nawale
9. Ms. Sureka K.V.
10. Ms. Suganthi Fathima



Green Ambassadors promoting conservation of Medicinal Plants!!

Tulasi - *Ocimum sanctum*

Devi Tulasi Slokhas

यन्मूले सर्वतीर्थानि यन्मध्ये सर्वदेवताः ।

यदग्रे सर्ववेदाश्च तुलसी त्वां नमाम्यहम् ॥

yanmoole sarva teerthAni 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 कटुतक्तोष्णा सुरभिः श्लेष्मवातजति ।

जन्तुभूतक्रमिहिरा रुचकिद्वातशन्तकित् ॥

It is light to digest and dries tissue secretions. Tulsi tastes hot and bitter. It can penetrate deep tissues and has anti helmenthic 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. Anantha Alwar, CII & TF,
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