

TITLE OF THE PRACTICE: HERBAL GARDEN

Herbal garden is a place where students get exposure to various medicinal plants and get knowledge about their useful effects including their source, botanical names, cultivation techniques and their constituents etc. GRC, Nabha has well maintained medicinal Herbal Garden with the help of botany dept.

This helps the students to see and learn about the plants in their natural habitat.

OBJECTIVE

Education-To provide students with hand on learning experiences about different herbs, their growth, properties and use in traditional and modern medicine.

Health and wellness- offers a place for relaxation, stress relief and physical activity, promoting well being among students and faculty.

The objective of the herbal garden is to create awareness of conservation and traditional uses of herbs and medicinal plants to visitors, and to also be a place where students, and others can learn how to identify and conserve these important plants.

The Botany department has established a herbal garden to enlighten students about health benefits of a well balanced diet. The herbal garden has greatly added to the aesthetic appeal of the college. Besides, it has some rare collection of herbs, fruits, ornamental, evergreen seasonal plants, shrubs and medicinal plants. The garden inhabits a diverse range of flora and fauna and is considered to be a store house of nutrition. The botany department has volunteered to enlighten the students about health benefits of various plants sowed in the garden as well as the importance of adopting a vegan approach and a hence embracing a healthy life style.

CONTEXT

The garden maintains a live collection of over species of different medicinal and aromatic plants. A herbal garden is a cultivated area where various types of herbs are grown for culinary, medicinal or aromatic purposes, herbs like basil, tulsi, Curry leaves, mint, Pathar chat, insulin, aloe vera and Ashwagandha are commonly found in herbal garden. They provide fresh ingredients for cooking have therapeutic uses, and often add pleasant scents to outdoor spaces. Herbal gardens can be both functional and aesthetically pleasing, promoting sustainability and well-being.

THE PRACTICE

The students along with their teacher participate in tree plantation drive and feel pure joy while associating with nature. The collection of plants is also useful to prepare herbarium specimens by undergraduate students. Science students of the college use the botanical garden to collect the herbs for their routine practical work.

IMPORTANCE OF HERBAL GARDEN

Herbal garden provide a natural source of medicinal plants offering remedies for various ailments. These plants can be used to make tea, tincture, that promote, health and wellness.

Herbal garden serve as educational tools, teaching people about the benefits and uses of different herbs. They can also help raise awareness about traditional healing practices.

Herbal garden can be visually pleasing and enhance the beauty of the landscape. They can be designed to create a peaceful and aromatic environment.

Some herbs like tulsi and basil have cultural and historical significance and are tied to traditional practices and rituals. Maintaining herbal gardens helps preserve the cultural heritage.

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Overall herbal garden offer a holistic approach to health, well-being and sustainability, while connecting people with the natural world and cultural heritage.

NOTES

Withania somnifera (Ashwagandha) various parts of the plant are used as medicine, specially as nerve tonic. The leaves are very bitter and given in infusion in fever.

Asparagus racemosus (Shatavari) The roots anti-dysentric and boiled in milk are given in bilious infections. Tuberos roots as well as fresh young shoots are edible.

Ocimum santum (Tulsi) The root is given in decoction in fevers and the juice of leaves in catarrhal affections to children.

Ocimum basilicum (Kali Tulsi or Niazbo) The seeds or cooling and mucilagionus and are said to be nourishing and demulcent. An infusion is given as remedy to gonorrhoea, catarrh, dysentary and chronic diarrhoea.

Mentha viridis (Podina) Leaves are used as flavouring. Ingredients in chuttnies and curries the oil used for medicinal purposes.

Aloe vera (Ghi-kawar) It's brown resinous juice is a Cathartic. Fresh juice is cooling and useful in fevers. The role of aloe vera is well-known in healing wounds and reducing blood sugar levels.

Costus pictus (Insulin plant) Its leaves have anti-diabetic, anti-oxidant and anti-inflammatory properties.

Murraya koenigii (curry patta) curry leaves which are abundant in garden or a good source of proteins, Carbohydrates, vitamin C, b-carotene, calcium and iron. These helps in reducing cholesterol level, lower blood pressure and have anti-carcinogenic properties.

Cyperus alternifolius (Umbrella grass) Plant's ash is used to treat wounds and decoctions are consumed to treat fever and stomach problem.

Agave americana (Century plant) Roots diuretic and anti-syphlitic.. Thin slices of young fleshy leaves make a good poultice.

Cymbopogon citrates (Lemon grass) The essential oil of the plant is used in aromatherapy.

PROBLEMS ENCOUNTERED

Main problem that come in the management of herbal garden is the weed eradication during rainy season.



BOTANICAL NAME : *Murraya koenigii*

COMMON NAME: Curry leaf



BOTANICAL NAME: *Cymbopogon citratus*

COMMON NAME: Lemon Grass



BOTANICAL NAME: *Curcuma longa*

COMMON NAME : Turmeric (Haldi)



BOTANICAL NAME: *Withania somnifera*

COMMON NAME : Asgandh



BOTANICAL NAME: *Cyperus alternifolius*

COMMON NAME: Umbrella Grass



Nabha, PB, India

New Patel Nagar, Nabha, 147201, PB, India

Lat 30.374121, Long 76.162124

09/22/2023 09:43 AM GMT+05:30

Note : Captured by GPS Map Camera

BOTANICAL NAME: *Costus pictus*

COMMON NAME: Insulin plant



BOTANICAL NAME: *Asparagus racemosus*

COMMON NAME: S Satavari, Sat-musli



BOTANICAL NAME: *Bryophyllum daigremontianum*

COMMON NAME: Pathar Chat



BOTANICAL NAME : Aloe vera

COMMON NAME: Ghi-kawar