

A.S.D. GOVT. DEGREE COLLEGE FOR WOMEN (A),

KAKINADA - 533002, EASTGODAVARI, ANDHRA PRADESH

DEPARTMENT OF BOTANY & HORTICULTURE



DHANVANTARI JAYANTHI

02.11.2021

DHANVANTARI JAYANTHI

Dhanvantari Jayanti, the birthday of Lord Dhanwantari, **the Father of Ayurveda**, is celebrated on the 13th lunar day in Aswini Month. It is believed that on this day, Lord Dhanwantari emerged with Amurutha Kalasam. Lord Dhanwantari is an Avatar of Lord Vishnu. He appears in the Vedas and Puranas as the physician of the gods and the god of Ayurvedic medicine. In the Puranas, Dhanvantari has been described as the god of Ayurveda. He shared the knowledge of Ayurveda with mankind to get rid of the sufferings of disease. Lord Dhanwantari is worshipped all over the world as the God of medicine. On the day of Dhanteras, birthday celebration of Dhanwantari, the God of health, take place in an enthusiastic and delightful atmosphere. On the same day Goddess Mahalaxmi also born. So Laxmi puja and Dhanwantari jayanti falls in the same day. It is celebrated by the practitioner of Ayurveda, traditional medicine and all health practitioners. People worship Dhanwantari by lighting earthen lamps on the threshold of their houses are blessed with good health and are protected against untimely death. It is believed that worshipping the lord on Dhanwantari jayanti would bless the people with good health. It is written in the scriptures that, "One who remembers the name of Dhanwantari can be released from all disease".

IMPORTANCE OF AYURVEDA

Ayurveda has been practised in India since ancient times. It involves various concepts of immunity but the most important ones are Bala - the concept of strength, Vyadhi Kshamathwa - the concept of resistance to illness development and Ojas - the concept of supreme resilience. Given the importance of a strong immune system, many have turned to Ayurveda to aid the fight against the novel coronavirus.

DHANVANTARI JAYANTHI CELEBRATION


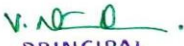


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ACTIVITY REGISTER FOR THE MONTH OF NOVEMBER 2021

Title of the Activity	DHANVANTHRI JAYANTHI
Date	02-11-2021
Conducted by	Department of Botany & Horticulture
Nature of Activity	Quiz
Number of Students Participated	40
Brief Report on the Activity	Four teams participated. Each team consists of 10 students. Quiz has been conducted on the Scientific names of Medicinal Plants
Name of the Lecturer who planned and conducted the Activity	Miss. K.N.V.S.N.Eswari Dr.M.Sulakshana Smt.N.Pushpa
Signature of the Dept. Incharge / Convenor of the Committee	 Lecturer Department of Botany Incharge in Botany A.S.D. Govt. Degree College for Women KAKINADA
Signature of the Principal	 PRINCIPAL A.S.D. GOVT. DEGREE COLLEGE (W) AUTONOMOUS KAKINADA
Remarks	



TEAM : A 1.Sk.Basheer 2.S.Naga Satya 3.Ch.Devi 4.V.Sri Lakshmi 5.P.Bahva Devi 6. G.Prema Jyothi 7. M.Malleswari 8. N.Ramya 9. K.Rajeswari



TEAM : B 1.S.Devi 2.D.Eswari Kumari 3.Sk.Karishma 4.D.Maha Lakshmi 5.V.Meghana 6.P.Bhanu Sri Jyothi 7. R.Devika 8.D.J.Satya 9. M.Pravallika



TEAM : C 1.Hema Kumari 2.P.Selshi 3.K.Ramya 4. Venkata Lakshmi
5. Sowjanya 6. Hema Bindhu 7. Akansha 8. Devi 9. Likhil



TEAM : D 1.P.Suneetha 2. S.Sirisha 3. K.Lova Kumari 4.R.Rani 5. M.Akhila
6. Ch. Manasa 7.D.Sivamma 8. T.Lova Kumari 9. A.Sri Devi



Quiz Master Smt.N.Pushpa asking Questions





Ms.K.N.V.S.N. Eswari , Incharge Dept of Botany announcing the Results

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DEPARTMENT OF BOTANY & HORTICULTURE

ACTIVITY REGISTER FOR THE MONTH OF NOVEMBER 2021

Title of the Activity	DHANVANTHRI JAYANTHI
Date	02-11-2021
Conducted by	Department of Botany & Horticulture
Nature of Activity	Elocution
Number of Students Participated	10
Brief Report on the Activity	Students actively participated in Elocution and discussed about the contributions given by Dhanvantri in the field of Ayurvedic system of Medicine
Name of the Lecturer who planned and conducted the Activity	Miss. K.N.V.S.N.Eswari Dr.M.Sulakshana Smt.N.Pushpa
Signature of the Dept. Incharge / Convenor of the Committee	 Lecturer Department of Botany Incharge in Botany A.S.D. Govt. Degree College for Women KAKINADA
Signature of the Principal	 PRINCIPAL A.S.D. GOVT. DEGREE COLLEGE (WOMEN) AUTONOMOUS KAKINADA
Remarks	



First Prize Winner in Elocution Sk. Basheer, III CBZ, Roll No. 192111



Second Prize Winner in Elocution Sk. Karishma, III CBZ, Roll No. 192112





Third Prize Winner in Elocution P.Selshi, III CBMb, Roll No. 192167

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ACTIVITY REGISTER FOR THE MONTH OF NOVEMBER 2021

Title of the Activity	DHANVANTHRI JAYANTHI
Date	02-11-2021
Conducted by	Department of Botany & Horticulture
Nature of Activity	Medicinal Plants Exhibition
Number of Students Participated	80
Brief Report on the Activity	Medicinal Plants were exhibited in the Department and their medicinal uses and importance was explained to students.
Name of the Lecturer who planned and conducted the Activity	Miss. K.N.V.S.N.Eswari Dr.M.Sulakshana Smt.N.Pushpa
Signature of the Dept. Incharge / Convenor of the Committee	 Lecturer Department of Botany Incharge in Botany A.S.D. Govt. Degree College for Women KAKINADA
Signature of the Principal	 PRINCIPAL A.S.D.GOV.T.DEGREE COLLEGE (W)' AUTONOMOUS KAKINADA
Remarks	



The Faculty of Botany Explaining about the Importance of Father of Ayurvedic Medicine Lord Dhanvantari



Ms.K.N.V.S.N.Eswari explaining about the Importance of Medicinal Plants



Dr.M.Sulakshana explaining about the Importance of Medicinal Plants



Smt.N.Pushpa explaining about the Importance of Medicinal Plants

MEDICINAL PLANTS EXHIBITION



AYURVEDIC & MEDICINAL PLANTS

Owing to fast paced world that we are living in, we are getting far from the nature. While the lifestyle that we live can have adverse effect on us, it is important to know that by introducing small changes in our daily life can go a long way in keeping us healthy and energetic. Therefore, the importance of Ayurveda holds true in today's life as it is based on the principal of bringing us close to nature and relying on its natural powers to cure us and keep us healthy without any side effects.

Thanks to the use of natural ingredients and medicinal herbs, [Ayurvedic medicines](#) and products today have become a symbol of safety in contrast to synthetic drugs that are considered unsafe and hazardous for overall health.

One way of understanding the basic fundamentals of [Indian Ayurved](#) is to spend more time with nature and observe the plants and herbs. Each plant or herb has a specific quality and can be used to treat multitude of ailments and diseases. Medicinal plants like aloe, turmeric, tulsi, pepper, elachi and ginger are commonly used in a number of [Ayurvedic home remedies](#) and are considered to be the best aid among fighting ailments related to throat and skin. As a rich source of nutrients, anti-bacterial and antioxidant properties, ayurvedic herbs are non-toxic in nature and so the products or remedies made using them are often recommended for their high therapeutic value.

Treatment with herbal medicinal plants also hold a strong ground because these plants are considered to be safe and have no side effects. Since they are in sync with nature, they hold greater advantage over chemically treated products and synthetic medicines. As opposed to other drugs and medicines, Ayurvedic herbs are known to treat the disease from the root and thus aid in keeping you healthy and fit in the long run.

Apart from medicinal use, these herbs can also be used for purposes like pest control, natural dyes, and formulation of food items, teas and perfumes among others. If we look at various researches from across the world, a sudden spurt in cases of people turning to natural herbs for treatments and usage in everyday life has gone up significantly. Going back to the basics, people have realized the threat chemically treated products pose to their life and are rightly so adopting healthier ways of life by including Ayurveda and its principals as the mainstay of their life.

MEDICINAL PLANTS & THEIR USES

Hindi Name	English Name	Botanical Name	Uses
<u>Adusa/Vasaka</u>	Malabar Nut	Adhatoda vasica Nees Pennel	Cough, Asthma, Bronchitis
<u>Ananas</u>	Pineapple	Ananas comosus Pennel	Sore Throat, Diabetes, Heart Disease, Obesity
<u>Babool</u>	Indian Gum	Acacia arabica Willd Pennel	Oral Care, Bleeding Gums, Wounds
<u>Brahmi</u>	Thyme leafed gratiola	Bacopa monniera Pennel Pennel	Enhances Memory, Anxiety
<u>Dhaniya</u>	Coriander	Coriandrum sativum Linn Pennel	Indigestion, Flatulence, Controls Spasmodic Pain
<u>Kalmegh</u>	Kalmegh	Andrographis paniculata Pennel	Indigestion, Acne, Diarrhea
<u>Lashun</u>	Garlic	Allium sativum Pennel	Ringworm, Dysentery, Wounds
<u>Nagarmotha</u>	Nut Grass	Cyperus rotundus Linn Pennel	Fever, Diabetes, Solar Dermatitis
<u>Punarnava</u>	Spreading Hogweed	Boerhaavia diffusa Linn Pennel	Anemia, Liver Diseases, Wounds

<u>Shalparni</u>	Shal Leafed Bush	Desmodium gangetium DC Pennel	Analgesic, Anti-Inflammatory
<u>Tulsi</u>	Holy Basil	Ocimum sactum Linn Pennel	Indigestion, Heart Diseases, Respiratory Diseases
<u>Vridhadaru</u>	Elephant Creeper	Argyreia speciosa Sweet Pennel	Diabetes, Skin Diseases, Wounds
<u>Agarkasth</u>	Eagle Wood	Aquilaria agallocha Roxb Pennel	Bed-Wetting, Incompetency of Urinary Bladder
<u>Ankol</u>	Sage leaf alangium	Alangium salvifolium Pennel	Snakebite, Scorpion Bite, Dog Bite
<u>Badi Elaichi</u>	Greater Cardamom	Amomum subulatum Pennel	Bronchitis, Asthma, Appetizer, Digestant
<u>Chirchita</u>	Prickly chaff flower	Achyranthes aspera Pennel	Indigestion, Cough, Asthma, Anemia, Jaundice
<u>Elaichi</u>	Lesser Cardamom	Elettaria cardamomum Maton Pennel	Nausea, Vomiting, Dry Cough
<u>Kanghi</u>	Country Mallow	Abutilon indicum Pennel	Facial Paralysis, Joint Disorders, Increases Strength
<u>Malkagini</u>	Staff Tree	Celastrus paniculatus Willd	Muscle Cramps, Backache,

		Pennel	Osteoarthritis, Paralysis
<u>Neem</u>	Margosa Tree	Azadirachta Indica A. Juss Pennel	Leprosy, Eye Disorders, Bloody Nose, Intestinal Worms
<u>Pyaj</u>	Onion	Allium cepa Linn Pennel	Prostate Cancer, Esophageal, Stomach Cancer
<u>Shatavari</u>	Asparagus	Asparagus racemosus Willd Pennel	Infertility, Loss Of Libido, Threatened Miscarriage
<u>Ulatkambal</u>	Devil's Cotton	Abroma augusta Pennel	Gynaecological Problems, Irregularity In Periods
<u>Yavasa</u>	Camel Thorn	Alhagi camelorum Pennel	Rheumatism, Vomiting, Stomachache, Constipation
<u>Akarkara</u>	Pellitory	Anacyclus pyrethrum Pennel	Toothache, Dryness Of The Mouth, Throat, Catarrh
<u>Ashgandh</u>	Winter Cherry	Withania somnifera Dunal Pennel	Stress Tolerance, Immunity, Joint Pains, Skin Sores
<u>Bael</u>	Bengal	Aegle marmelos	Dysentery And

	Quince	Corr. Pennel	Diabetes, Sunstrokes, Anti- Cancer
<u>Chitvan</u>	Leadwort	Plumbago zeylanica Linn Pennel	Arthritis, Skin Diseases, Menstrual Disorders, Obesity
<u>Ghee Kunwar</u>	Aloes	Aloe vera Tourn ex. Linn Pennel	Ulcers, Burn Injuries, Jaundice, Acne
<u>Ketaki</u>	Crepe Ginger	Costus speciosus (Koeing) Sm. Pennel	Obesity, Hyperlipidaemia, Diabetes
<u>Mandukparni</u>	Gotu Kola	Centella asiatica Urban Pennel	Sedative, Antibiotic, Detoxifier, Laxative
<u>Palasha</u>	Bastard Teak	Butea monosperma Kuntze Pennel	Complexion of Skin, Worm Infestations, Roundworm
<u>Ratti</u>	Rosary Pea	Abrus Precatorius	Joint Pains, Paralysis, Alopecia
<u>Shirish</u>	Siris Tree	Albizia lebbeck (Linn) Benth Pennel	Bronchial Asthma,
<u>Bach</u>	Sweet Flag	Acorus calamus Pennel	Flatulent Colic, Atonic Dyspepsia, Ulcers

<u>Amaltas</u>	Indian Laburnum	Cassia fistula Linn Pennel	Ulcers, Wounds
<u>Ashok</u>	Sorrowless tree	Saraca indica Pennel	Menstrual Irregularities, Uterine Stimulant
<u>Bharangi</u>	Bharangi	Clerodendron serratum Moon Pennel	Common Cold, Chronic Sinusitis, Allergic Rhinitis,
<u>Chitvan</u>	Dita	Alstonia scholaris Pennel	Skin Ulcers, Fever, Increasing Lactation
<u>Guggulu</u>	Indian Bdellium	Commiphora mukul Engl Pennel	Joint Disorders, Heart Diseases, Hypolipidaemic,
<u>Kadirkasth</u>	Cutch Tree	Acacia catechu Willd Pennel	Skin & Respiratory Problems, Oral Hygiene, Astringent
<u>Meetha Vish</u>	Monks hood	Aconitum ferox Pennel	Fever, Diuretic Action, Arthritis
<u>Patha</u>	Velvet Leaf Tree	Cissampelos pareira Linn Pennel	Ulcers, Sinuses, Skin Diseases, Poisonous Bites
<u>Senna</u>	Indian Senna	Cassia angustifolia Vahl Pennel	Laxative, Constipation, Irritable Bowel Syndrome, Weight Loss

<u>Supari</u>	Areca Nut/Betelnut	Areca catechu Linn Pennel	Obesity, Hyperlipidaemia, Diabetes, Irregular Menstruation
<u>Vajradanti</u>	Barleria	Barleria prionitis Linn Pennel	Strengthens Teeth, Fever, Catarrh
<u>Amla</u>	Indian Gooseberry	Emblica officinalis Linn Pennel	Antioxidant, Antistress, Constipation, Fever
<u>Atees</u>	Indian Ateech	Aconitum heterophyllum Wall Pennel	Fever, Respiratory
<u>Bhojpatra</u>	Himalayan Birch	Betula utilis D. Don Pennel	Wounds, Obesity
<u>Dalchini</u>	Bark Cinnamon	Cinnamomum Zeylanicum Breyn Pennel	Antibacterial, Antiseptic
<u>Jimikand</u>	Elephant yam	Amorphophallus campanulatus Pennel	Dysentery, Piles, Haemorrhoids
<u>Kulanjan</u>	Greater Galangal	Alpinia galanga Pennel	Flatulence, Dyspepsia, Vomiting, Seasickness, Catarrh
<u>Mulethi</u>	Liquorice	Glycyrrhiza glabra Linn Pennel	Digestive Disorders, Ulcers, Bronchitis

<u>Pippali</u>	Long Pepper	Piper longum Linn Pennel	Asthma, Cough, Indigestion
<u>Shalai Guggal</u>	Indian Olibanum	Boswellia serrata Roxb. Pennel	Joint Pains, Headache, Diabetes
<u>Tamalpatra</u>	Cinnamon Leaf	Cinnamomum tamala Nees Pennel	Diabetes, Digestion, Cold
<u>Varun</u>	Three Leafed Caper	Crataeva nurvala Buch-Ham Pennel	Kidney Stones, Bladder Stones

BENEFITS & IMPORTANCE OF MEDICINAL PLANTS

Ayurvedic herbs are time tested for their health and other benefits. The nutritive value that they pack are highly recommended for their healing powers. Known to induce no side effects, they have a unique aroma and flavor and when consumed regularly, they act as a perfect mechanism to bring about a balanced harmony between mind and body. They rejuvenate the whole system instead of focusing on one specific organ or body part.

BENEFITS OF MEDICINAL PLANTS:

- They have a holistic approach and aid in proper absorption and digestion
- They are not disease specific but act as a preventive medicine that positively effects the overall health and well-being by boosting the immune system
- They are at par with allopathic medicines and are at times known to be effective in treating diseases like cancer and autoimmune diseases
- They are self-contained and nutritive in nature, therefore, are non-toxic and harmless
- It deals with the overall well-being and aims to bring harmony between mind, body and soul
- Several metabolic and chronic conditions can be treated without any side effects using Ayurvedic medicines and treatments

AYURVEDIC HERBS/SPICES & THEIR MEDICINAL VALUES

- Ayurvedic Herbs and spices such as black pepper, cinnamon, aloe, sandalwood, ginseng, red clover, burdock, bayberry, and safflower are used to heal wounds, sores and boils.
- To reduce fever and the production of heat caused by the condition, certain antipyretic herbs such as Chirayta, black pepper and sandal wood are recommended
- Sandalwood and Cinnamon are great astringents apart from being aromatic. Sandalwood is especially used in arresting the discharge of blood, mucus etc.
- Ajwain, Amalaki, Aswatha etc., serve as antacids and are recommended for healthy gastric acid flow and proper digestion
- Herbs like Cardamom and Coriander are renowned for their appetizing qualities. Other aromatic herbs such as peppermint, cloves and turmeric add a pleasant aroma to the food, thereby increasing the taste of the meal
- Herbs like Aloe, Sandalwood, Turmeric, Sheetraj Hindi and Khare Khaskhas are commonly used as antiseptic and have very high medicinal values

Camomile, Basil, Cardamom, Ginger, Peppermint and Coriander are known to promote blood circulation in the body and keep the heart healthy.