

# 30 important Medicinal and Aromatic Plants in and around Central University Jammu

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The abundant floristic wealth of the state of Jammu and Kashmir has consistently attracted the attention of numerous distinguished botanists and experts over time. The campus of the Central University of Jammu, situated in the Samba district, encompasses a rich diversity of flora and fauna. Currently, the university campus is under construction at Village Bagla, Rahya Suchani, in District Samba, approximately 25 kilometers away from the city of Jammu.

The region of Jammu boasts diverse topography including rugged mountains, expansive plains, and prominent rivers and lakes, fostering a rich variety of life forms. This diversity has endowed the Jammu region with a wealth of invaluable flora and fauna, encompassing both wild and cultivated plants, lush forests teeming with trees, herbs, shrubs, fruits, and various species of wildlife. The bio diverse landscape includes sub-tropical pine forests, lower Shivalik Chir, sub-tropical dry evergreen forests, Himalayan moist temperate forests, Himalayan dry temperate forests, sub-alpine and moist-alpine forests.

Additionally, the Jammu plains exhibit a dry mixed deciduous vegetation, resembling that of the Punjab plains, while scrub forests dominate the Sub-Mountain and Semi-Mountainous zones. Notably, the Outer Hill region differs significantly in flora, with the dominant presence of Deodar trees. The agricultural potential of the Jammu region is vast, characterized by diverse physiographic features and agro-climatic variations. Cultivation in the region is categorized into three divisions: the plains and

Kandi hills, the valleys lying amidst the hills, and the colder areas experiencing snowfall in winter, where saffron and poppy cultivation are prevalent.

Central University of Jammu, nestled in the picturesque landscapes of Jammu and Kashmir, is not just a hub of academic excellence but also a sanctuary of nature's medicinal and aromatic wealth. The NCC Cadets of the 4 J&K Bn Jammu group have taken on the noble task of motivating and inspiring the local community surrounding the Central

Plant Image	Scientific Name Common Name	Medicinal Importance	Plant Image	Scientific Name Common Name	Medicinal Importance	Plant Image	Scientific Name Common Name	Medicinal Importance
	<i>Achyroanthus aspera</i> Linn. Lathjeera, Apanang,Puthk unda	Useful in curing tooth problems, Spleen enlargement, Ponitis.		<i>Hyptis suaveolens</i> (L.) Poir. (Aromatic) Bilan ruli	Leaves are useful in cancer and tumour; leaf juice is antiparasitic and antibumatic.		<i>Grewia optiva</i> Drum. ex Burret Dhaman	Decoction used for curing joint pain; sap of its bark is used for healthy scalp.
	<i>Artemisia</i> sp. Mugwort,Chau	Antihelmintic, Antimalarial, Having healing properties.		<i>Lantana</i> sp. Wild cage,panchhuli	Boiled leaves are applied to remove swelling and pain of the body, antifungal properties.		<i>Ficus palmata</i> Forsk. Himalayan fig , fagara	Stem latex is used in extracting spines deeply lodged in the flesh. Shows nephroprotective activity.
	<i>Adhatoda vasica</i> (L.) Nees. Adrus Brenkr	Used in making cough syrup; Increases blood platelet content. Treats scabies.		<i>Moringa oleifera</i> Lam.	Helps in reducing blood pressure. Plant parts are rich in nutrients.		<i>Zizyphus nummularia</i> (Burns f.) Wight & Arn. Bhat Ber	Fruits are eaten directly,rich in vitamin c to prevent scurvy. Bark decoction is taken to halt diarrhea and it relieves gastroitis.
	4) <i>Boerhaavia diffusa</i> L.Nees. Pannanava	Treats diabetes,useful in cough congestion, Keeps skin healthy.		<i>Malvastrum coromandelianum</i> = L. Goeche False mallow,chaira	It has wound healing properties. It normalises lipid metabolism in the body.		<i>Euphorbia hirta</i> (L.) Snakeweed	Antidote for snakebites and scorpion stings. Decoction of roots is used in mouth ulcers.
	5) <i>Butea monosperma</i> (Lam.) Taub. Palash	Used in treatment of liver disorders. Preparation of health tonics, Remedy for snake bite.		<i>Mucuna pruriens</i> (L.) DC Velvet bean, jululu	Used in treating Parkinson's disease. its beans are used as coffee beans.		<i>Vitis negundo</i> (L.) (Aromatic) Chinese chastetree, Baa.	Flowers are useful in the treatment of cholera. Seeds show vermifugal and germinal properties.
	6) <i>Carissa spinarum</i> L. Karunda, Gama	It has hepatoprotective , antioxidant, antihelmintic properties.		<i>Mallotus philippensis</i> (Lam.) Muell. Ar g Kamula , kunkum tree	Fruits are used in treating fascioliasis and intestinal worms. It is excellent for treating cancer.		<i>Dalbergia sissoo</i> (Roxb.) ex DC Shisham,tali	Used in treating psu in the wise, leprosy and swelling.
	<i>Cleome viscaria</i> Linn. Wild mustard	In unani systems, its seeds are described as antihelmintic. Folk remedy to cure wounds, anti bacterial properties.		<i>Murraya koenigii</i> (L.) Sprengel (Aromatic) Currypatta, mithaneem	Cures digestive disorders. used in treating Alzheimer, insect bites, helps in treatment of blood cancer, also acts as memory enhancer.		<i>Tridax procumbens</i> L. Tridax daisy, Coatbutton	Extract of this plant is given in cutaneous leishmaniasis. Flowers are antidiabetic. Plant is useful in human prostate cancer.
	<i>Croton bonplandianus</i> Baill. Milk thistle	Maintains blood pressure levels. it also has wound healing properties.		<i>Procopis juliflora</i> (Sw.) DC Chittkanda	Bark is useful in bladder infection. Sustum can be treated with decoction of beans. Gum part is used as eyewash.		<i>Dhanura</i> sp. Datura	Juice of fruit is applied on scalp for curing dandruff. leaf extract is taken orally in the treatment of asthma.
	<i>Cassia occidentalis</i> Linn. Coffee senna	Infusion of fresh leaves cures jaundice, leaves paste used in treating piles.		<i>Ricinus communis</i> L. Arandi	Roots show anti asthmatic activity,anti tumour, analgesic antipyretic.		<i>Solanum nigrum</i> L. Wander berry,kach- march	Infusion is useful in dysentery, fever. Traditionally plant was used to treat tuberculosis. Its fruits are used as tonic, laxative.
	<i>Calotropis procera</i> Linn. Sodum apple, saffed ask	Leaves are useful in treating liver problems, paralysis, and in asthma.		<i>Solanum erianthum</i> D Don Big egg plant	Decoction of aetal parts is used for washing burns and skin sores. It's a remedy for high blood pressure.		<i>Commiphora sativa</i> L. Bhaang	Increases appetite, Helps in increasing pulse and heart rate. Effective in severe nausea.

University of Jammu (CUJ) to actively participate in the cultivation and preservation of medicinal and aromatic plant species. Additionally, the NCC Cadets are diligently conducting awareness campaigns both within and around the university premises, with the overarching goal of conserving and managing these invaluable natural resources.

Moreover, they are actively striving to establish medicinal gardens in the villages around the campus of Central University of Jammu. Through these concerted efforts, the NCC Cadets of the 4 J&K Bn Jammu group aim to foster a sense of environmental responsibility and stewardship among the populace, ensuring the sustainable preservation of nature's wonders for future generations.

Amidst its sprawling campus, a diverse array of botanical wonders thrives, offering both scientific intrigue and practical applications in traditional medicine and perfumery. Documentation of 30 medicinal and aromatic plant species along with their medicinal uses around Central University of Jammu campus is presented in Table 1B.

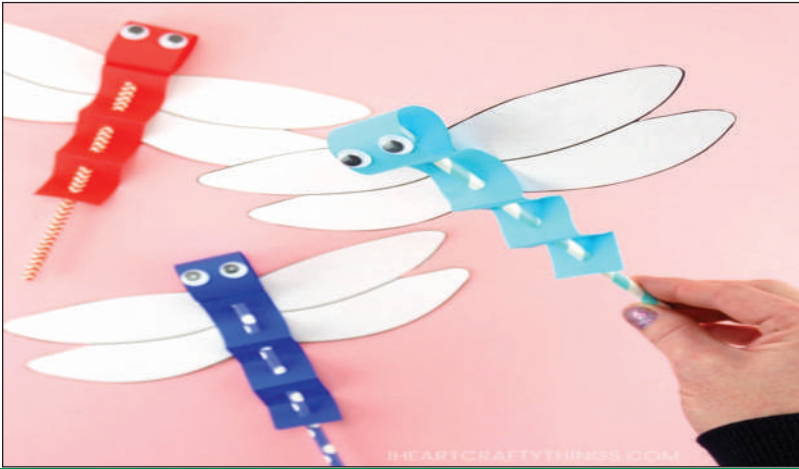
As stewards of biodiversity, the university community endeavours to preserve and propagate these invaluable plant species, ensuring that their legacy of healing and aromatic delights endures for generations to come for which NCC Cadets are consistently involved in mobilizing the local villagers for cultivation and preservation of medicinal and aromatic plant species in and around Central University of Jammu campus.

The research along with the initiatives taken by Ministry of AYUSH, Government of India along with academia and industrial collaboration continues to unravel the mysteries of these botanical wonders, bridging the realms of science and tradition to unlock their full potential for human well-being for which Central University of Jammu is consistently working for promotion, cultivation, preservation and conservation of medicinal and aromatic plant species in Vijaypur Block of Samba District, Jammu and Kashmir.

## Kids Craft : DIY Paper Dragonfly



**You'll need the following:**  
Wiggle eyes,  
Paper straws  
Scissors  
A glue stick  
Colored paper  
White paper  
A hole puncher  
**Steps to make:**  
Proceed by cutting out the various pieces in the template, such as the wings and body. Fold the dragonfly body like an accordion.  
While folded in this manner, punch a hole in the center and run a straw through the body. Glue on the wings.  
As for the excess paper hanging off the accordion-ed body, fold that over to make the dragonfly's head, as shown above. Glue on the wiggle eyes.  
Watch while your child squeezes every last drop of playtime out of their new creation.



## FUN RIDDLES

I add lots of flavor  
and have many layers,  
but if you get too close  
I'll make you cry.  
What am I?

## English Proverbs and Meanings

**\* A bad penny always turns up.**  
An unwanted or disreputable person constantly comes back.

**\* A bad tree does not yield good apples.**  
A bad parent does not raise good children.

**\* A bad workman blames his tools.**  
Blaming the tools for bad workmanship is an excuse for lack of skill.

**\* A black plum is as sweet as a white.**  
People should not be judged by their appearance.

**\* A broken friendship may be soldered but will never be sound.**  
Friendships can be rebuilt after a dispute but will never be as strong as before.

**\* A burden of one's own choice is not felt.**  
Something difficult seems easier when it is done voluntarily.

**\* A constant guest is never welcome.**  
If you come to visit too often, your host will be less pleased to see you.

## Rajma Sandwich



**Ingredients needed**  
Brown bread - 6, Onion - 1  
Ginger - 1/2 inch piece finely chopped  
Green chilli - 1 finely chopped or chilli powder -1/2 tsp  
Rajma/kidney beans - 1/2 cup cooked  
Pepper powder to taste, Salt

Butter for toasting the bread  
**For the seasoning**  
Oil - 2 tsp, Cumin seeds - 3/4 tsp  
**Preparation**  
Wash and soak rajma overnight or for 6-7 hours and pressure cook until soft. After it cools, grind it to a coarse paste.  
**Method -**  
Heat 2 tsp of oil, add cumin seeds, when it splutters, add finely chopped onions, green chillies, ginger and saute until onions turn transparent.  
If it is for kids, you can add 1/2 tsp chilli powder instead of green chillies.  
Add the ground rajma, needed salt, pepper powder and mix it well.  
**How to prepare sandwich toast**  
Butter both sides of the bread, place 1-2 tbsp of the rajma filling and cover it with another buttered bread. Place it in a sandwich toaster and toast until golden brown. If you do not have a sandwich toaster, use a tawa to toast the bread.  
Cut diagonally and serve hot with tomato ketchup or tomato chutney.  
Enjoy !

## Chilli Dosa



**Ingredients needed**  
Thick spongy dosas -3  
Cheese  
Onion -2, Tomato -2  
Green chilli - 1 finely chopped (optional)  
Ginger - a small bit finely chopped  
Capsicum - 1 medium  
Red chilli powder - 3/4 -1 tsp  
Turmeric powder -1/4 tsp  
Kitchen king masala or garam masala powder - 1/4 tsp  
Salt as required, Oil - 1 1/2 tbsp  
**Method**  
Heat oil, add onions, green chilli, ginger and saute till onions turn translucent.  
Then add Cheese, tomatoes, chilli powder, turmeric powder and cook till tomatoes become mushy.  
Now add capsicum, kitchen king masala and cook for a few more minutes. Do not overcook the capsicum.  
The capsicum should retain its crunchiness.  
Add salt needed.  
Now add the dosa bits and mix well till the dosa gets coated with the masala.  
Serve warm and your child is going to enjoy it for sure.  
Enjoy it with tomato Ketchup.