

DEPARTMENT OF BOTANY

PLANT OF THE DAY

FRUIT YIELDING PLANTS - DAY WISE REPORT

| S.NO | PLANT NAME | DATE | DATE | DATE | DATE |
|------|---------------------------------|-----------|-----------|------------|-----------|
| F-1 | <i>Citrullus lanatus</i> | 3/1/2022 | 27/6/2022 | 7/12/2022 | 14/6/2023 |
| 2 | <i>Borassus flabellifer</i> | 4/1/2022 | 28/6/2022 | 8/12/2022 | 15/6/2023 |
| 3 | <i>Cucumis melo</i> | 5/1/2022 | 29/6/2022 | 9/12/2022 | 16/6/2023 |
| 4 | <i>Selenicereus undatus</i> | 6/1/2022 | 30/6/2022 | 12/12/2022 | 17/6/2023 |
| 5 | <i>Cucumis sativus</i> | 7/1/2022 | 1/7/2022 | 13/12/2022 | 19/6/2023 |
| 6 | <i>Syzygium jambos</i> | 19/1/2022 | 2/7/2022 | 14/12/2022 | 20/6/2023 |
| 7 | <i>Vitis vinifera</i> | 20/1/2022 | 4/7/2022 | 15/12/2022 | 21/6/2023 |
| 8 | <i>Phoenix sylvestris</i> | 21/1/2022 | 5/7/2022 | 16/12/2022 | 22/6/2023 |
| 9 | <i>Manilkara zapota</i> | 22/1/2022 | 6/7/2022 | 17/12/2022 | 23/6/2023 |
| 10 | <i>Pithecellobium dulce</i> | 24/1/2022 | 7/7/2022 | 19/12/2022 | 24/6/2023 |
| 11 | <i>Artocarpus heterophyllus</i> | 25/1/2022 | 8/7/2022 | 20/12/2022 | 26/6/2023 |
| 12 | <i>Ananas comosus</i> | 27/1/2022 | 11/7/2022 | 21/12/2022 | 27/6/2023 |
| 13 | <i>Punica granatum</i> | 28/1/2022 | 12/7/2022 | 22/12/2022 | 28/6/2023 |
| 14 | <i>Citrus reticulata</i> | 29/1/2022 | 13/7/2022 | 23/12/2022 | 30/6/2023 |
| 15 | <i>Musa paradisiaca</i> | 31/1/2022 | 14/7/2022 | 27/12/2022 | 1/7/2023 |
| 16 | <i>Pyrus malus</i> | 1/2/2022 | 15/7/2022 | 28/12/2022 | 3/7/2023 |
| 17 | <i>Carica papaya</i> | 2/2/2022 | 16/7/2022 | 29/12/2022 | 4/7/2023 |
| 18 | <i>Psidium guajava</i> | 3/2/2022 | 18/7/2022 | 30/12/2022 | 5/7/2023 |
| 19 | <i>Annona squamosa</i> | 4/2/2022 | 19/7/2022 | 31/12/2022 | 6/7/2023 |
| 20 | <i>Annona reticulata</i> | 5/2/2022 | 20/7/2022 | 2/1/2023 | 7/7/2023 |
| 21 | <i>Mangifera indica</i> | 7/2/2022 | 21/7/2022 | 3/1/2023 | 8/7/2023 |
| 22 | <i>Syzygium cumini</i> | 8/2/2022 | 22/7/2022 | 4/1/2023 | 10/7/2023 |
| 23 | <i>Ziziphus jujuba</i> | 9/2/2022 | 23/7/2022 | 5/1/2023 | 11/7/2023 |
| 24 | <i>Ziziphus mauritiana</i> | 10/2/2022 | 25/7/2022 | 6/1/2023 | 12/7/2023 |
| 25 | <i>Feronia elephantum</i> | 11/2/2022 | 26/7/2022 | 7/1/2023 | 13/7/2023 |
| 26 | <i>Citrus sinensis</i> | 14/2/2022 | 27/7/2022 | 18/1/2023 | 14/7/2023 |
| 27 | <i>Citrus aurantium</i> | 15/2/2022 | 28/7/2022 | 19/1/2023 | 15/7/2023 |
| 28 | <i>Citrus reticulata</i> | 16/2/2022 | 29/7/2022 | 20/1/2023 | 17/7/2023 |
| 29 | <i>Citrus maxima</i> | 17/2/2022 | 30/7/2022 | 21/1/2023 | 18/7/2023 |
| 30 | <i>Citrus lemon</i> | 18/2/2022 | 1/8/2022 | 23/1/2023 | 19/7/2023 |

DEPARTMENT OF BOTANY

PLANT OF THE DAY

VEGETABLE YIELDING PLANTS - DAY WISE REPORT

| S.NO | PLANT NAME | DATE | DATE | DATE | DATE |
|------|-------------------------------------|-----------|-----------|-----------|-----------|
| V-1 | <i>Cucurbita maxima</i> | 19/2/2022 | 2/8/2022 | 24/1/2023 | 20/7/2023 |
| 2 | <i>Benincasa hispida</i> | 21/2/2022 | 3/8/2022 | 25/1/2023 | 21/7/2023 |
| 3 | <i>Trichosanthes anguina</i> | 22/2/2022 | 4/8/2022 | 27/1/2023 | 22/7/2023 |
| 4 | <i>Luffa acutangula</i> | 23/2/2022 | 5/8/2022 | 28/1/2023 | 24/7/2023 |
| 5 | <i>Lagenaria vulgaris</i> | 24/2/2022 | 6/8/2022 | 30/1/2023 | 25/7/2023 |
| 6 | <i>Coccinia grandis</i> | 25/2/2022 | 8/8/2022 | 31/1/2023 | 26/7/2023 |
| 7 | <i>Momordica charantia</i> | 26/2/2022 | 9/8/2022 | 1/2/2023 | 27/7/2023 |
| 8 | <i>Momordica dioca</i> | 28/2/2022 | 10/8/2022 | 2/2/2023 | 28/7/2023 |
| 9 | <i>Brassica oleracea v botrytis</i> | 2/3/2022 | 11/8/2022 | 3/2/2023 | 29/7/2023 |
| 10 | <i>Brassica oleracea v capitata</i> | 3/3/2022 | 12/8/2022 | 4/2/2023 | 31/7/2023 |
| 11 | <i>Brassica oleracea v italica</i> | 4/3/2022 | 13/8/2022 | 6/2/2023 | 1/8/2023 |
| 12 | <i>Colocasia esculenta</i> | 5/3/2022 | 15/8/2022 | 7/2/2023 | 2/8/2023 |
| 13 | <i>Amarphophallus bulbifer</i> | 7/3/2022 | 16/8/2022 | 8/2/2023 | 3/8/2023 |
| 14 | <i>Ipomea batatas</i> | 8/3/2022 | 17/8/2022 | 9/2/2023 | 4/8/2023 |
| 15 | <i>Raphanus sativus</i> | 9/3/2022 | 18/8/2022 | 10/2/2023 | 5/8/2023 |
| 16 | <i>Beta vulgaris</i> | 10/3/2022 | 22/8/2022 | 11/2/2023 | 7/8/2023 |
| 17 | <i>Solanum tuberosum</i> | 11/3/2022 | 23/8/2022 | 13/2/2023 | 8/8/2023 |
| 18 | <i>Solanum melangena</i> | 14/3/2022 | 24/8/2022 | 14/2/2023 | 9/8/2023 |
| 19 | <i>Capsicum annum</i> | 15/3/2022 | 25/8/2022 | 15/2/2023 | 10/8/2023 |
| 20 | <i>Capsicum frutescens</i> | 16/3/2022 | 26/8/2022 | 16/2/2023 | 11/8/2023 |
| 21 | <i>Lycopersicon esculentum</i> | 18/3/2022 | 27/8/2022 | 17/2/2023 | 14/8/2023 |
| 22 | <i>Dolichos lab-lab</i> | 21/3/2022 | 30/8/2022 | 20/2/2023 | 16/8/2023 |
| 23 | <i>Daucus carota</i> | 22/3/2022 | 5/9/2022 | 21/2/2023 | 17/8/2023 |
| 24 | <i>Cyamopsis tetragonaloba</i> | 23/3/2022 | 6/9/2022 | 22/2/2023 | 19/8/2023 |
| 25 | <i>Abelmoschus esculentus</i> | 24/3/2022 | 7/9/2022 | 23/2/2023 | 21/8/2023 |
| 26 | <i>Moringa oleifera</i> | 25/3/2022 | 8/9/2022 | 24/2/2023 | 22/8/2023 |
| 27 | <i>Zingiber officinale</i> | 26/3/2022 | 9/9/2022 | 25/2/2023 | 23/8/2023 |
| 28 | <i>Allium cepa</i> | 28/3/2022 | 12/9/2022 | 27/2/2023 | 24/8/2023 |
| 29 | <i>Dioscoria alata</i> | 29/3/2022 | 13/9/2022 | 28/2/2023 | 25/8/2023 |
| 30 | <i>Phaseolus vulgaris</i> | 30/3/2022 | 14/9/2022 | 1/3/2023 | 26/8/2023 |

DEPARTMENT OF BOTANY

PLANT OF THE DAY

LEAFY VEGETABLES - DAY WISE REPORT

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DEPARTMENT OF BOTANY
PLANT OF THE DAY
MEDICINAL PLANTS - DAY WISE REPORT

| S.NO | PLANT NAME | DATE | DATE | DATE | DATE |
|------|----------------------------------|-----------|------------|-----------|------------|
| M-1 | <i>Aegle marmelos</i> | 18/4/2022 | 27/9/2022 | 17/3/2023 | 8/9/2023 |
| 2 | <i>Achyranthes aspera</i> | 19/4/2022 | 28/9/2022 | 18/3/2023 | 11/9/2023 |
| 3 | <i>Aerva lanata</i> | 20/4/2022 | 11/10/2022 | 20/3/2023 | 12/9/2023 |
| 4 | <i>Acalypha indica</i> | 21/4/2022 | 12/10/2022 | 21/3/2023 | 13/9/2023 |
| 5 | <i>Azadirachta indica</i> | 22/4/2022 | 13/10/2022 | 23/3/2023 | 14/9/2023 |
| 6 | <i>Aloe vera</i> | 23/4/2022 | 14/10/2022 | 24/3/2023 | 15/9/2023 |
| 7 | <i>Annona squamosa</i> | 25/4/2022 | 15/10/2022 | 25/3/2023 | 16/9/2023 |
| 8 | <i>Argemone mexicana</i> | 26/4/2022 | 17/10/2022 | 27/3/2023 | 19/9/2023 |
| 9 | <i>Asparagus racemosus</i> | 27/4/2022 | 18/10/2022 | 28/3/2023 | 20/9/2023 |
| 10 | <i>Andrographis paniculata</i> | 28/4/2022 | 19/10/2022 | 29/3/2023 | 21/9/2023 |
| 11 | <i>Artocarpus heterophyllus</i> | 29/4/2022 | 20/10/2022 | 31/3/2023 | 22/9/2023 |
| 12 | <i>Bauhinia purpurea</i> | 30/4/2022 | 21/10/2022 | 1/4/2023 | 23/9/2023 |
| 13 | <i>Boerhaavia diffusa</i> | 2/5/2022 | 22/10/2022 | 3/4/2023 | 25/9/2023 |
| 14 | <i>Bougainvillea spectabilis</i> | 4/5/2022 | 25/10/2022 | 4/4/2023 | 26/9/2023 |
| 15 | <i>Bryophyllum pinnatum</i> | 5/5/2022 | 26/10/2022 | 6/4/2023 | 27/9/2023 |
| 16 | <i>Carica papaya</i> | 6/5/2022 | 27/10/2022 | 10/4/2023 | 28/9/2023 |
| 17 | <i>Cassia occidentalis</i> | 7/5/2022 | 28/10/2022 | 11/4/2023 | 29/9/2023 |
| 18 | <i>Cicca acida</i> | 9/5/2022 | 29/10/2022 | 12/4/2023 | 30/9/2023 |
| 19 | <i>Coleus aromaticus</i> | 10/5/2022 | 31/10/2022 | 13/4/2023 | 3/10/2023 |
| 20 | <i>Croton banplandianum</i> | 11/5/2022 | 1/11/2022 | 15/4/2023 | 4/10/2023 |
| 21 | <i>Cynodon dactylon</i> | 12/5/2022 | 2/11/2022 | 17/4/2023 | 5/10/2023 |
| 22 | <i>Datura metel</i> | 13/5/2022 | 3/11/2022 | 18/4/2023 | 6/10/2023 |
| 23 | <i>Delonix regia</i> | 1/6/2022 | 4/11/2022 | 19/4/2023 | 7/10/2023 |
| 24 | <i>Ficus benghalensis</i> | 2/6/2022 | 5/11/2022 | 20/4/2023 | 9/10/2023 |
| 25 | <i>Ficus religiosa</i> | 3/6/2022 | 7/11/2022 | 21/4/2023 | 10/10/2023 |
| 26 | <i>Hamelia patens</i> | 4/6/2022 | 8/11/2022 | 24/4/2023 | 11/10/2023 |
| 27 | <i>Hibiscus rosa-sinensis</i> | 6/6/2022 | 9/11/2022 | 25/4/2023 | 12/10/2023 |
| 28 | <i>Impatiens balsamina</i> | 7/6/2022 | 10/11/2022 | 26/4/2023 | 13/10/2023 |
| 29 | <i>Ixora coccinea</i> | 8/6/2022 | 14/11/2022 | 27/4/2023 | 16/10/2023 |
| 30 | <i>Leucas aspera</i> | 9/6/2022 | 15/11/2022 | 28/4/2023 | 17/10/2023 |

MEDICINAL PLANTS - DAY WISE REPORT



F-1

PLANT OF THE DAY

Botanical name: *Citrullus lanatus*

(సిట్రుల్లస్ లనేటస్)

Common name - Water melon

Family - Cucurbitaceae



Morphology: Annual plant, prostrate stem, tendril climber, palmately lobed simple leaves, Monoecious, Unisexual yellow flowers, fruit is **pepo**.

Nutritional values: The pulp contains **Vit-A & C** **Lycopene**, Minerals like **Ca, Fe, Mg, K, Zn, Na** etc.

Medicinal importance: Fruits are used as **Antioxidant, Antidiabetic, Anticancer, Immune Booster, for Arthritis, Weight loss, Healthy skin Dental health, Excessive thirst, Anaemia, High BP & as Coolant.**

F-2

PLANT OF THE DAY

Botanical name: *Borassus flabellifer*

Common name: Toddy palm, Ice apple.

Family: **Palmae / Arecaceae**



Description: It is a perennial tree, Fruit is **Drupe**.

Nutritional values It is rich in **Carbohydrates**, **Proteins**, **Vitamins**, such as **A,B,C** and **Minerals** such as **Zn, Fe, K, P, Ca &Fibres**.

Medicinal Importance: It acts as **Anti-oxidant**, **Anti-bacterial**, **Stomachic**, **Anti-hyperglycemic**, **Anti-inflammatory**, **Expectorant**, **Laxative**.

F-3

PLANT OF THE DAY

Botanical name: Cucumis melo

(కుకుమిస్ మెలో)

Common name : Musk melon , Karbuja

Family : Cucurbitaceae (కుకుర్బిటేసి)



Description : Annual plant ,Tendrill climber
Monoecious, **Fruit is Pepo.**

Nutritional values: Fruits are rich in Fibres,
Carbohydrates, **Vitamins like Vit-B6, Vit-C,**
Minerals like Na, K, Fe, Mg etc.

Medicinal Importance: It used to treat Kidney
stones, Leprosy, Jaundice, Diabetes, Bronchitis
Anaemia, Flatulence, Constipation, Obesity etc.

F-4

PLANT OF THE DAY

Botanical name: *Selenicereus undatus*

(సిలెనిసిరియస్ అన్డేటస్)

Common name : Dragon fruit

Family : Cactaceae (కాక్టేసి)



Dragon Fruit

www.herbazest.com

Description: It is a Lithophytic or Epiphytic CAM Plant, Stem is Phylloclade, Fruit is Berry which contains Anthocyanin.

Nutritional values: Fruit is rich in Antioxidants, Fibre, Vit-C, Vit-E, Carbohydrates, Proteins & Ca, Fe, Mg, P.

Medicinal importance: Fruit is used as Immune booster, Anti-diabetic, Anti-Cancer, Good for Hair, Skin, Bones, Eyes.

F-5

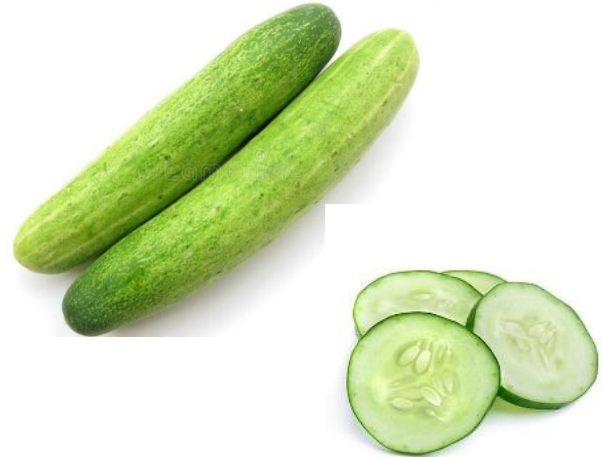
PLANT OF THE DAY

Botanical name: *Cucumis sativus*

(కుకుమిస్ సటైవస్)

Common name: Cucumber

Family: Cucurbitaceae



Description: It is a annual plant with creeping Stem & tendril climber, Monoecious & Fruit is **Pepo.**

Nutritional value: Fruits are rich in Fibres, Carbohydrates, Proteins, Vitamins like B1, B2, B3, B5, B6, B9, Vit-C, Vit-K, Minerals like Ca, Fe, Mg, Mn, P, K, Na, Zn.

Medicinal Importance: Fruits are good for hydration, Detoxification, Digestion, reduces BP & Blood sugar, Anti cancer, ,Anti-oxidant, Maintain the balancing of minerals.

F-6

PLANT OF THE DAY

Botanical name: **Syzygium jambos**

(సైజిజియం జంబోన్)

Common name : Rose apple, Plum rose, Water apple

Family : **Myrtaceae**



Description : It is a small perennial tree, Fruit is one seeded **Berry**

Nutritional values : Fruits are rich in Carbohydrates, Proteins, Fibres, Vitamins like **Vit-A, Vit-C, B1, B2, B3 & Minerals like Ca, Fe, Mg, Mn, P, Na, Zn.**

Medicinal importance : It acts as Antioxidant, Immune booster, Anti diabetic, Good for Bones, Heart, BP patients, Constipation, Diarrhoea, Anti-cancer, Small pox, Good source of body hydration.

F-7

PLANT OF THE DAY

Botanical name: *Vitis vinifera*

Common name: Grapes, Kiss miss

Family: Vitaceae



Description: It is a perennial climbing vine,
Fruit is Berry.

Nutritional values: Grapes are rich in Energy, Carbohydrates, proteins, Fibres, Vitamins like Vit-B1, B2, B3, B6, B9, Vit-C, E, K, Minerals like Ca, Fe, Mg, K, Zn, Na etc.

Medicinal importance: Fruits are used as Antioxidant, Antidiabetic, Anticancer, Immune Booster, for Arthritis, Weight loss, Healthy skin, Dental health, Excessive thirst, Anaemia, High BP, & as Coolant.

Other Uses: Grape juice is used to make Wine, Vinegar.

F-8

PLANT OF THE DAY

Botanical name: *Phoenix sylvestris*

Common name : Wild date palm, Eetha

Family: **Palmae / Arecaceae**



Description: It is a perennial tree with compound spadix, Fruit is single seeded Berry.

Nutritional values: Fruits & Phloem are rich in Sugars, Vit-A, Vit-B₁, B₂, B₃, B₅, B₆ & Vit-C & Minerals like Ca, Mg, K, P, Na, Cu, Fe, Zn & also Fibres.

Medicinal importance: Fruits are used as Analgesic, Diuretic, Aphrodisiac, Laxative, Antioxidant & for vomiting, Vertigo, free bowel movements.

F-9

PLANT OF THE DAY

Botanical name: *Manilkara zapota*

Common name: Sapota, Sapodilla

Family: Sapotaceae



Description: It is a Ever green tree & Fruit is Berry.

Nutritional values: Fruits are rich in Sugars, Fibers, Vitamins like **Vit-B2, B3, B5, B6, B9, Vit-A Vit-C**, Minerals like **Ca, Fe, Mg, P, K, Na, Zn**.

Medicinal importance: Fruits are used as Immune Booster, Anti-pyretic, Anti-oxidant, Anti-Bacterial, Anti-Viral, Anti-inflammatory, Anticancer. It is also used to cure Osteoporosis Arthritis, Anaemia, BP, Cold, Cough & for Healthy skin.

F-10

PLANT OF THE DAY

Botanical name: *Pithecellobium dulce*

(పితసెల్లోబియం డల్సి)

Common name: సీమ చింత, Manila Tamarind

Family: Mimosaceae



Description: It is a perennial tree shows Bipinnate compound leaf. **Fruit is Legume.**

Edible part of the fruit is Aril.

Nutritional values: Aril is rich in proteins, Carbohydrates, Fibers, **Vit-A, Vit-B1, B2, B6, Vit-C, Minerals like Ca, P, Fe, Na, K.**

Medicinal Importance: Good for digestion & used as Hepatoprotective, Anti-microbial, Anti-ulcer, Anti-oxidant, Antibacterial, & Used to cure Dysentery, Diarrhoea & reduces high cholesterol.

F-11

PLANT OF THE DAY

Botanical name: *Artocarpus heterophyllus*

(ఆర్థోకార్పస్ హెటెరోఫిల్లస్)

Common name: Jack fruit , పనస

Family: Moraceae



Description: It is a perennial tree, shows simple spadix, fruit is **Sorosis. (Multiple fruit)** “Edible part is Perianth”.

Nutritional values: The ripened pulp contains Sugars, proteins, Fibres, Vitamins like **Vit-A, Vit-C, Vit-B1, B3, B6** & Minerals like **Ca, Cu, P, Fe, Na, K.**

Medicinal Importance: It is used as Anti-cancer, Hypoglycaemic, Anti-microbial, Anti-fungal, Anti-Inflammatory & reducing the risk of heart strokes & High BP, Ulcers, Skin & Bone problems, Constipation.

F-12

PLANT OF THE DAY

Botanical name: *Ananas comosus*

(అనానాస్ కోమోసస్)

Common name: Pine apple(అనాస్)

Family: Bromeliaceae (బ్రొమిలియేసి)



Description: It is herbaceous perennial **CAM** plant, Showing **Spike** Inflorescence, Fruit is **Sorosis** (Multiple fruit).

Nutritional values: Ripened Fruit is rich in Sugars, Proteins, Fibres, **Vit-C, Vit-B1, B2, B3, B5, B6, B9** & minerals **Ca, Mg, Na, Fe, Mn, Cu.**

Medicinal values: Fruits are used as Immune booster, Anti-oxidant, Anti-cancer, Anti-Diabetic, Anti-inflammatory, Good for digestion, Heart, Skin, Asthma, BP patients & improve Fertility.

F-13

PLANT OF THE DAY

Botanical name: *Punica granatum*

(ప్రూనికా గ్రనేటమ్)

Common name: Pomegranate (దానిమ్మ)

Family: Lythraceae (లైత్రేసి)



Description: It is a small perennial tree, fruit is **Balausta**. Edible part of fruit is **seeds**.

Nutritional values: Seeds are rich in Sugars, Proteins, Fifies, Vitamins like **Vit-C, Vit-E, Vit-K** **Vit-B1, B2, B3, B5, B6, B7, B9** & Minerals like **Ca, Fe, Mg, Mn, P, K, Na, Zn**.

Medicinal Importance: Seeds are used to prevent Cancers, Heart problems, Rheumatism, Arthritis, Wound healing, Diabetes, Kidney stones & used as Antioxidant, Anti-inflammatory, Anti-microbial, for Alzheimer's & Parkinson's Disease.

F-14

PLANT OF THE DAY

Botanical name: *Citrus reticulata*

(సిట్రస్ రెటిక్యులేట)

Common name: Mandarin (కమలా పండు)

Family: Rutaceae (రూటేసి)



Description : It is a small perennial tree, Fruit is Hesperidium.

Nutritional values: Fruits are rich in sugars, Fibres, β -Carotene, **Vit-C, Vit-B9, Minerals like Ca, Mg, K, Cu, Fe.**

Medicinal importance: Fruits are used as Anti-oxidant, Anti-inflammatory, Anti-cancer, Immune booster, to cure Kidney stones, Cold, Constipation, High BP, Indigestion, Ring worm, Cough, Wound healing.

F-15

PLANT OF THE DAY

Botanical name: *Musa paradisiaca*

మ్యూస పేరడైసియాక

Common name: Banana (అరటి పండు)

Family: Musaceae (మ్యూసేసి)



Description: It is a perennial Shrub with underground corm showing **Compound spadix**. Fruit is **Berry**.

Nutritional values: Fruits are rich in sugars, Fibres, Vit-B1, B2, B3, B5, B6, B9, Vit-C, Minerals like Fe, Mg, Mn, P, K, Na, Zn.

Medicinal Importance: Fruits are good for Digestion, Weight loss, Heart, Kidneys, Bones, Muscles, Teeth, Skin & Hair. It is also used as Anti-Oxidant, Anti-anaemic, Anti-cancer, Energy Booster, Immune booster.

V-1

PLANT OF THE DAY

Botanical name: *Cucurbita maxima*

(కుకుర్బిట మాక్సిమా)

Common name: Pumpkin (గుమ్మడి కాయ)

Family: Cucurbitaceae (కుకుర్బిటేసి)



Description: It is a annual, Monoecious Plant. Fruit is **Pepo**.

Nutritional values: Fruits are rich in Fibres, Carbohydrates, **Vit-A, Vit-C, Vit-B1, B2, B6, B7, Vit-E, Minerals like Ca, Cu, K, Mg, Mn.**

Medicinal importance: Usage of pumpkin reduces the risk of Obesity, Diabetes, Heart diseases, High BP, Eye problems, Cancer, Indigestion, Constipation and Used as Energy & Immune booster.

V-2

PLANT OF THE DAY

Botanical name: *Benincasa hispida*

(బెనిన్కాస హిస్పిడా)

Common name: White pumpkin (బూడిద గుమ్మడి)

Family: Cucurbitaceae (కుకుర్బిటేసి)



Description: It is an annual, Monoecious Plant. Fruit is **Pepo**.

Nutritional values: Fruits are rich in Fibres, Carbohydrates, **Vit-A, Vit-C, Vit-B1, B2, B6, B7, Vit-E**, Minerals like **Ca, Cu, K, Mg, Mn**.

Medicinal importance: Usage of pumpkin reduces the risk of Obesity, Diabetes, Heart diseases, High BP, Eye problems, Cancer, Indigestion, Constipation and Used as Energy & Immune booster.

V-3

PLANT OF THE DAY

Botanical name: *Trichosanthes anguina*

(ట్రైకోసాంథిస్ ఆంగైవినా)

Common name: Snake gourd (పొట్ల కాయ)

Family: Cucurbitaceae (కుకుర్బిటేసి)



Description: It is an annual tendril climber & Monoecious. Fruit is **Pepo**.

Nutritional values: Fruit is rich in Fibres, Carbohydrates, proteins **Vit-A, Vit-B6, Vit-C, Vit-E, Minerals like Na, K, Ca, Mg, P, Zn, Fe, Mn & I2.**

Medicinal Importance: Fruit is used to cure High BP, Diarrhoea, PCOD, Constipation, Depression, Anxiety, Diabetes, Skin infections, Dandruff, for Detoxification.

V-4

PLANT OF THE DAY

Botanical name: *Luffa acutangula*

(లూఫా ఆక్యుటంగ్యుల)

Common name: Ridge gourd (బీరకాయ)

Family: Cucurbitaceae (కుకుర్బిటేసి)



Description: It is an annual tendril climber & Monoecious. Fruit is **Pepo**.

Nutritional values: Fruit is rich in proteins, Carbohydrates, Fibres, **Vit-A, Vit-B1, B3, B5, B6, Vit-C&E, Minerals like Na, K, Ca, Mg, P, Zn, Fe, Mn.**

Medicinal Importance: Fruit is used to cure High BP, Diarrhoea, Constipation, Diabetes, Skin infections, Dandruff, for Detoxification & also used as Anti-cancer, Anti-aging, Anti-oxidant, Anti-inflammatory, Anti-microbial.

V-5

PLANT OF THE DAY

Botanical name: *Lagenaria vulgaris*

(లాజినేరియా వల్గారిస్)

Common name: Bottle gourd (అనప కాయ)

Family: Cucurbitaceae (కుకుర్బిటేసి)



Description: It is an annual tendril climber & Monoecious. Fruit is **Pepo**.

Nutritional values: Fruit is rich in proteins, Carbohydrates, Fibres, **Vit-A, Vit-B1, B3, B5, B6, Vit-C&E, Minerals like Na, K, Ca,Mg,P,Zn,Fe,Mn,Se.**

Medicinal Importance: Fruit is used to cure High BP, Acidity, Constipation, Diabetes, Skin infections, Dandruff, Diarrhoea for Hair loss, Detoxification Urinary infections, & also used as Anti-cancer, Anti-oxidant, Anti-microbial, Anti-inflammatory, Anti-aging,.

V-6

PLANT OF THE DAY

Botanical name: *Coccinia grandis*

(కాక్సీనియా గ్రాండిస్)

Common name: Ivy gourd (దొండకాయ)

Family: Cucurbitaceae (కుకుర్బిటేసి)



Description: It is an annual tendril climber & Monoecious. Fruit is **Pepo**.

Nutritional values: Fruit is rich in Fibres, Carbohydrates, **Vit-A, Vit-B1, B3, B5, B6, Vit-C, β -Carotene, Lycopene, Minerals like Na, K, Ca, Fe.**

Medicinal Importance: Fruit is used to cure High BP, Acidity, Diabetes, Bronchitis, Jaundice, Arthritis, Obesity, Fatigue, Epilepsy, Asthma, Alzheimer's, Kidney stones, Leprosy & also used as Anti-cancer, Anti-oxidant, Anti-ulcer, Anti-microbial, Anti-pyretic, Anti-malarial, Anti-Inflammatory.

V-7

PLANT OF THE DAY

Botanical name: *Momordica charantia*

(మొమోర్దికా కారన్సియా)

Common name: Bitter gourd (కాకర కాయ)

Family: Cucurbitaceae (కుకుర్బిటేసి)



Description: It is an annual tendril climber & Monoecious. Fruit is **Pepo**.

Nutritional values: Fruit is rich in Carbohydrates, Fibres, proteins, **Omega-3-fatty acids, Vit-A, Vit-B1, B3, B5, B6, B9, Vit-C, Vit-E, Vit-K, β -Carotene, Lycopene, Minerals like Na, K, Ca, Fe, Zn, P, Mg, Cu, Se.**

Medicinal Importance: Fruit is used to cure High BP, Diabetes, Eczema, Gout & used for wound healing, Bone formation, Healthy skin, Improved vision, Lowers Cholesterol, also used as Anti-cancer, Anti-oxidant, Antimicrobial, Anti-ulcer, Anti-fungal, Immune booster.

V-8

PLANT OF THE DAY

Botanical name: *Momordica dioica*

(మొమోర్దిక డయోయికా)

Common name: Spiny gourd (ఆకాకర కాయ)

Family: Cucurbitaceae (కుకుర్బిటేసి)



Description: It is a perennial tendril climber & Dioecious plant. Fruit is **Pepo**.

Nutritional values: Fruit is rich in proteins Carbohydrates, Fibres, **ω -3-fatty acids, Vit-A, Vit-B1, B3, B5, B6, B9, Vit-C, Vit-E, Vit-K, β -Carotene, Lycopene, Minerals like Na, K, Ca, Fe, Zn, P, Mg, Cu, Mn, I2.**

Medicinal Importance: Fruit is used to cure High BP, Diabetes, Acne, & used for Healthy skin, wound healing, Improved vision, also used as Analgesic, Anti-ulcer, Anti-cancer, Anti-oxidant, Nephroprotective, Neuroprotective, Anti-oedemic Anti-microbial, Anti-malarial, Anti-Inflammatory, Hepatoprotective, Anti-lipidemic.

V-9

PLANT OF THE DAY

Botanical name: *Brassica oleracea*
var. botrytis

(బ్రాస్సికా ఒలేరేసియా రకం బోట్రైటిస్)

Common name: Cauli flower (కాలి ఫ్లవర్)

Family: Brassicaceae (బ్రాసికేసి)



Description: It is a annual herb with **Compound Corymb** which is fleshy & edible.

Nutritional values: It is rich in **Carbohydrates** **Fibres**, proteins, **Choline**, **Vit-B5** **Vit-B6**, **Vit-B9**, **Vit-C**, **Vit-K**, Minerals like **Ca**, **Fe**, **Mg**, **S**, **Mn**, **K**, **P**.

Medicinal Importance: It is used to cure **Diabetes**, good for **Heart & Brain**, **Colitis**, **BP**, **Acid reflux**, **Hormonal Imbalance**, **Bones**, & for **Detoxification**, **Healthy skin**, also used as **Anti-cancer**, **Anti-oxidant**, **Anti-inflammatory**, **Immunebooster** etc.

V-10

PLANT OF THE DAY

Botanical name: *Brassica oleracea*
var. capitata

(బ్రాస్సికా ఒలేరేసియా రకం కేపిటేట)

Common name: Cabbage (కాబేజ్)

Family: Brassicaceae (బ్రాసికేసి)



Description: It is a biennial herb with **Fleshy** leaves which are **edible**.

Nutritional values: It is rich in **Fibres**, **proteins**, **Choline**, **Vit-B1**, **B5**, **B6**, **B9**, **Vit-A**, **C**, **K** Minerals like **Ca**, **Na**, **Fe**, **Mg**, **S**, **Mn**, **K**, **P**.

Medicinal Importance: It is used to cure **Diabetes**, good for **Heart & Brain**, **Colitis**, **BP**, **Acid reflux**, **Hormonal Imbalance**, **Bones & for Detoxification**, **Healthy skin**, **Arthritis** also used as **Anti-cancer**, **Anti-oxidant**, **Immune booster**, **Anti-Inflammatory** etc.

V-11

PLANT OF THE DAY

Botanical name: *Brassica oleracea*
var. italica

(బ్రాస్సికా ఒలేరేసియా రకం ఇటాలిక)

Common name: Broccoli (బ్రోకోలి)

Family: Brassicaceae (బ్రాసికేసి)



Description: It is an annual herb with **Fleshy Inflorescence** which is edible.

Nutritional values: It is rich in **Fibres, proteins, Vit-B₁, B₅, B₆, B₉, Vit-A, Vit-C, Vit-K**, Minerals like **Ca, Na, Fe, Mg, S, Se, K, Mn, P**.

Medicinal Importance: It is used to cure **BP, Diabetes, Constipation, Acid reflux, Colitis, Arthritis**, good for **Heart, Brain, Teeth, Eyes, Bones & skin**, for **Detoxification & also used as Anti-cancer, Anti-oxidant, Immune booster, Anti-Inflammatory, Anti-aging** etc.

V-12

PLANT OF THE DAY

Botanical name: *Colocasia esculenta*

(కొలకేసియా ఎస్కులెంట)

Common name: Taro (చామ)

Family: Araceae (ఆరేసి)



Description: It is a perennial shrub with **Fleshy Corm** which is edible.

Nutritional values: It is rich in **Fibres, proteins, Carbohydrates, Choline, Vit-B₁, B₂, B₅, B₆, B₉, Vit-A, Vit-C, Vit-E, Vit-K & Minerals like Ca, Na, Fe, Mg, S, Se, K, Mn, Cu, Zn.**

Medicinal Importance: It is used to cure BP, Diabetes, Constipation, Acid reflux, Colitis, Arthritis, good for Heart, Brain & skin, for Detoxification & also used as Anti-cancer, Anti-oxidant, Immune booster, Anti- Inflammatory Anti-aging etc.

V-13

PLANT OF THE DAY

Botanical name: *Amarphophallus bulbifer*
(అమార్ఫోఫాలస్ బల్బిఫెర్)

Common name: Yam, jaminkand (కంద)

Family: Araceae (ఆరేసి)



Description: It is a perennial shrub with **Fleshy Corm** which is edible.

Nutritional values: It is rich in **Fibres, proteins, Carbohydrates, Vit-B₁, B₂, B₅, B₆, B₉, Vit-C, E & K & Minerals like Ca, Na, Fe, Mg, K, Mn, Cu, Se, Zn.**

Medicinal Importance: It is used to cure **Piles, Asthma, Diabetes, Constipation, Rheumatism, Bronchitis, Arthritis, BP, good for Heart, Brain & skin, for Detoxification, Itching & also used as Anti-cancer, Anti-oxidant, Immune booster memory booster, Anti-aging, Anti-Inflammatory etc.**

V-14

PLANT OF THE DAY

Botanical name: *Ipomea batatas*

(ఐపోమియా బటాటాస్)

Common name: Sweet potato (చిలకడదుంప)

Family: Convolvulaceae (కాన్వల్యుల్యేసి)



Description: It is a perennial vine with **Fleshy adventitious roots which are edible.**

Nutritional values: It is rich in **Fibres, proteins, Carbohydrates, β -Carotene, Vit-B₁, B₂, B₃, B₅, B₆, B₉, Vit-A, C, K, Minerals like Ca, Na, Fe, Mg, K, Mn, Zn, P.**

Medicinal Importance: It is used to cure **Asthma, Diabetes, Constipation, Rheumatism, Bronchitis, Arthritis, Nose bleeds, Anemia, Piles, Diarrhea, BP, good for Heart, Brain & skin & also used as Anti-cancer, Anti-oxidant, Laxative, Anti-fungal, Memory booster, Immune booster, Anti-helminthic, Anti-Inflammatory, Anti-microbial, etc.**

V-15

PLANT OF THE DAY

Botanical name: *Raphanus sativus*

(రఫానస్ సట్టెవస్)

Common name: Radish (ముల్లంగి)

Family: Brassicaceae (బ్రాసికేసి)



Description: It is a Biennial herb with **Fleshy tap roots** which are edible.

Nutritional values: It is rich in **Fibres, proteins, Carbohydrates, Vit-A, C, Vit-B₁, B₂, B₃, B₅, B₆, B₉, Minerals like Ca, Na, Fe, Mg, K, Zn.**

Medicinal Importance: It is used to cure **Asthma, Diabetes, Constipation, Jaundice, Rheumatism, Cold, Arthritis, Anaemia, Cough, BP, good for Heart, Brain & skin, Dandruff & also used as Anti-cancer, Laxative, Anti-oxidant, Anti-fungal, Memory booster, Immune booster etc.**

V-16

PLANT OF THE DAY

Botanical name: *Beta vulgaris*

(బీటా వల్గారిస్)

Common name: Beet root (బీట్ రూట్)

Family: Chenopodiaceae (కినోపోడియేసి)



Description: It is a Biennial herb with Fleshy tap roots having Anthocyanin which are edible.

Nutritional values: It is rich in Fibres, proteins, Carbohydrates, Vit-A, C, Vit-B₁, B₂, B₃, B₅, B₆, B₉, Minerals like Ca, Na, Fe, Mg, K, Zn.

Medicinal Importance: It is used to cure Asthma, Diabetes, Constipation, Jaundice, Rheumatism, Arthritis, Anaemia, Cold, Cough, BP, good for Heart, Brain & skin & also used as Anti-cancer, Laxative, Anti-oxidant, Anti-fungal, Memory booster, Immune booster, Anti-inflammatory, Energy booster etc.

V-17

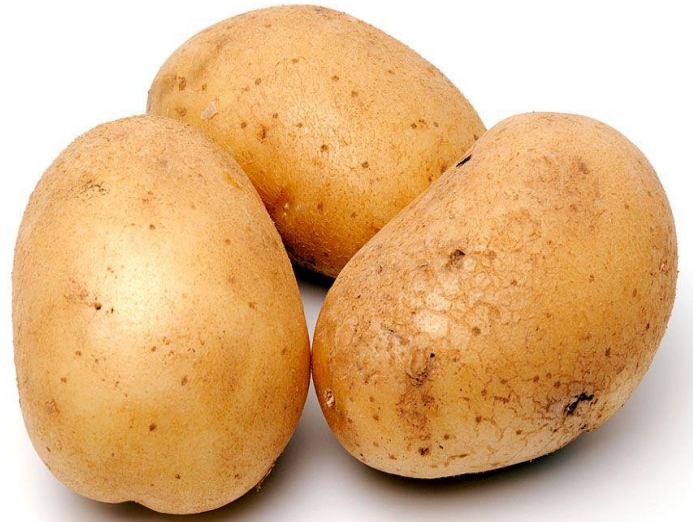
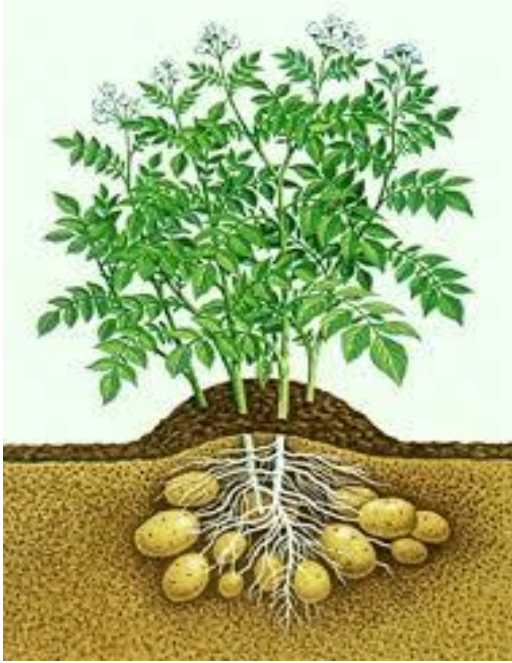
PLANT OF THE DAY

Botanical name: *Solanum tuberosum*

(సోలానం ట్యూబరోజమ్)

Common name: Potato (బంగాళా దుంప)

Family: Solanaceae (సొలనేసి)



Description: It is a Biennial herb with **Fleshy stem** **Tuber** which is edible.

Nutritional values: It is rich in **Vit-A, C, Vit-B₃, B₆, B₉, Carbohydrates, Fibres, Minerals like Ca, Na, K, P, Mg, Zn.**

Medicinal Importance: It is used to cure **Ulcers, Acidity, Diabetes, Constipation, Arthritis, Anaemia, BP, Inflammation, good for Heart, Brain, Eye, skin Bones & also used as Anti-cancer, Anti-oxidant, Memory booster, Immune booster, Energy booster, Laxative etc.**

V-18

PLANT OF THE DAY

Botanical name: *Solanum melangena*

(సోలానం మెలంజిన)

Common name: Brinjal (వంగ)

Family: Solanaceae (సొలనేసి)



Description: It is an annual herb having **Berry** which is edible.

Nutritional values: It is rich in **Vit-C, K, Vit-B₁, B₃, B₆, B₉, Carbohydrates, Fibres, Anthocyanin,** Minerals like **Na, K, Fe, Mg, Cu, Mn, P.**

Medicinal Importance: It is used to cure **Diabetes, Constipation, BP, Inflammation, good for Heart, Eye Brain, skin, Bones & also used as Anti-cancer, Anti-oxidant, Memory booster, Immune booster, Laxative, etc.**

V-19

PLANT OF THE DAY

Botanical name: *Capsicum annuum*

(కాప్సికమ్ ఆన్యుమ్)

Common name: Bell pepper (స్విట్ పెప్పర్)

Family: Solanaceae (సొలనేసి)



Description: It is an annual herb having **Berry** which is edible.

Nutritional values: It is rich in **Vit-A, C, E, K, Vit-B₁, B₃, B₆, B₉, Fibres, Sugars, Capsanthin, β -Carotene Lycopene**, Minerals like **Na, K, Mg, Ca, Fe**.

Medicinal Importance: It is used to cure **Ulcer, Asthma, Diabetes, Constipation, BP, Inflammation, Anaemia, Diarrhoea, Dyspepsia, Emphysema & good for Heart, Eye, Brain, skin, Bones & also used as Anti-cancer, Anti-oxidant, Memory booster, Laxative, Immune booster, Detoxifying agent etc.**

V-20

PLANT OF THE DAY

Botanical name: *Capsicum frutescens*

(కాప్సికమ్ ఫ్రూటీసెన్స్)

Common name: Chilli (పచ్చి మిరప)

Family: Solanaceae (సొలనేసి)



Description: It is an annual herb having **Berry** which is edible.

Nutritional values: It is rich in **Vit-A, C, E, K, Vit-B₁, B₃, B₆, B₉, Fibres, Sugars, Capsanthin, β -Carotene Lycopene, Minerals like Na, K, Mg, Ca, Fe.**

Medicinal Importance: It is used to cure **BP, Diabetes, Constipation, Inflammation, Anaemia, Asthma, Ulcers, Diarrhoea, Dyspepsia, Emphysema & good for Heart, Eye, Brain, Skin, Bones & also used as Anti-cancer, Anti-oxidant, Memory booster, Laxative, Immune booster, Detoxifying agent etc.**

V-21

PLANT OF THE DAY

Botanical name: *Lycopersicon esculentum*

(లైకోపెర్సికాన్ ఎస్కులెంటమ్)

Common name: **Tomato** (టామాటో)

Family: **Solanaceae** (సొలనేసి)



Description: It is an annual herb having **Berry** which is edible.

Nutritional values: It is rich in **Vit-A, C, E, K, Vit-B₁, B₃, B₆, B₉, Fibres, Sugars, β -Carotene, Lycopene, Minerals like Na, K, Mg, Ca, Fe, Zn, P, Mn.**

Medicinal Importance: It is used to cure **BP, Diabetes, Osteoporosis, Inflammation, Anaemia, Obesity, Constipation & good for Heart, Eye, Brain, Skin, Hair, Bones, Digestion, Gall & kidney Stones, also used as Anti-cancer, Anti-oxidant, Astringent, Memory booster, Immune booster, Detoxifying agent etc.**

V-22

PLANT OF THE DAY

Botanical name: *Dolichos lablab*

(డాల్లికాస్ లాబ్ లాబ్)

Common name: Hyacinth bean (చిక్కుడు)

Family: Fabaceae (ఫేబేసి)



Description: It is an annual climber having **Pod** or **Legume** which is edible.

Nutritional values: It is rich in **Proteins, Fibres, Starch, Vit-A, C, D, K, Vit-B₁, B₂, B₃, B₅, B₆, B₉, Minerals like Cu, Mg, Ca, Fe, Na, K, Se, Zn, P, Mn.**

Medicinal Importance: It is used to cure **Piles, Diabetes, Osteoporosis, Cholera, Vomiting, Fatigue, Diarrhoea, Insomnia, Eczema, Gonorrhoea, Nausea, Gout, Ulcer, Constipation, Asthma, Hiccups & good for Heart, Eye, Brain, Skin, Hair, Bones, Teeth, Lungs Digestion, & also used as Anti-cancer, Anti-oxidant, Memory booster, Immune booster etc.**

V-23

PLANT OF THE DAY

Botanical name: *Daucus carota*

(డాకస్ కరోట)

Common name: Carrot (క్యారెట్)

Family: Apiaceae (ఎపియేసి)



Description: It is a Biennial herb with Fleshy tap roots which are edible.

Nutritional values: It is rich in Fibres, proteins, Carbohydrates, β -Carotenes, Lycopene, Vit-A, C, K, Vit-B₁, B₂, B₃, B₅, B₆, B₉, Biotin, Minerals like Ca, Na, Fe, Mg, K, Zn.

Medicinal Importance: It is used to cure BP, Diabetes, Constipation, Arthritis, Anaemia, good for Heart, Bones, Eye & skin & also used as Laxative, Anti-cancer, Anti-oxidant, Memory booster, Immune booster, Energy booster etc.

V-24

PLANT OF THE DAY

Botanical name: *Cyamopsis tetragonoloba*

(సయమోప్పిస్ టెట్రాగోనలోబ)

Common name: Cluster bean (గోరుచిక్కుడు)

Family: Fabaceae (ఫేబేసి)



Description: It is an annual shrub having **Pod** or **Legume** which is edible.

Nutritional values: It is rich in **Proteins, Fibres, Starch, Vit-A, C, D, K, Vit-B₁, B₂, B₃, B₅, B₆, B₉, Minerals like Cu, Mg, Ca, Fe, Na, K, Se, Zn, P, Mn.**

Medicinal Importance: It is used to cure **Diabetes, Gall stones, Diarrhoea, Constipation, Eye, Heart, Brain, Skin, Hair, Bones, Atherosclerosis, Digestion, & also used as Anti-cancer, Anti-oxidant, Memory booster, Immune booster etc.**

V-25

PLANT OF THE DAY

Botanical name: *Abelmoschus esculentus*

(అబెల్ మాస్కుస్ ఎస్కులెంటస్)

Common name: Okra/Bendi (బెండ)

Family: Malvaceae (మాలేవ్సి)



Description: It is a perennial shrub, Fruit is **Capsule** which is edible.

Nutritional values: It is rich in **β -Carotene, Lutein Xanthin, Fibres, Vit-A, C, E, K, B₁, B₂, B₃, B₅, B₆, B₉, Minerals like Cu, Mg, Ca, Fe, Na, K, Se, Zn, P, Mn.**

Medicinal Importance: It is used to cure Diabetes, Dysentery, Diarrhoea, Constipation, Gonorrhoea, Digestion, Osteoporosis, good for Eye Heart, Brain, Skin, Hair, Bones, Kidney & also used as Anti-cancer, Anti-oxidant, Anti-fatigue, Anti-inflammatory, Anti-fungal, Immune & Memory booster, etc.

V-26

PLANT OF THE DAY

Botanical name: *Moringa oleifera*

(మొరింగా ఓలిఫెర)

Common name: Drum stick (మునగ)

Family: Moringaceae (మొరిస్కేసి)



Description: It is a perennial tree, Fruit is **Capsule** which is edible. **All parts** of Drum stick have medicinal importance.

Nutritional values: It is rich in **β -Carotene**, **Fibres**, **Vit-A, C, E, K, B₁, B₂, B₃, B₅, B₆, B₉**, Minerals like **P, K, Mg, Ca, Fe, Na, Zn, P, Mn**.

Medicinal Importance: It is used to cure **Cold, Diabetes, Cough, Asthma, Oedema, Fever**, good for **Liver, Ulcer, Digestion, Heart, Eye, Brain, Skin, Acne, Paralysis, Hair, Bones, Kidney** & also used as **Anti-cancer, Anti-oxidant, Anti-inflammatory, Laxative, Diuretic, Anti-fungal, Immune booster, Aphrodisiac** etc.

V-27

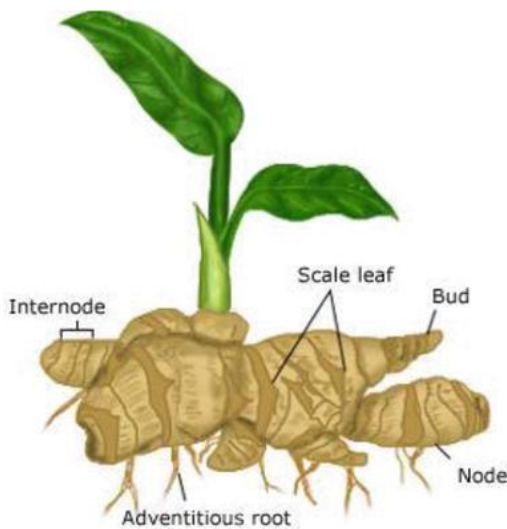
PLANT OF THE DAY

Botanical name: *Zingiber officinale*

(ಜಂಜಿಬರ್ ಅಫಿಸಿನೇಲ್)

Common name: Ginger (ಅಲ್ಲಂ)

Family: Zingiberaceae (ಜಂಜಿಬರೇಸಿ)



Description: It is a perennial herb with under ground **Rhizome** which is edible.

Nutritional values: It is rich in **Fibres, Vit-A, C, E, K, B₁, B₂, B₃, B₆, B₉**, Minerals like **K, Mg**.

Medicinal Importance: It is used to cure Diabetes, Cough, Cold, Arthritis, Nausea, Burns, good for Digestion, Heart, Eye, Brain, Skin, Acne, Bleeding, Alzheimer's, Parkinson's disease, Hair, Bones, Allergy & used as Anti-cancer, Anti-oxidant, Anti-inflammatory, Anti-fungal, Anti-microbial, Immune booster etc.

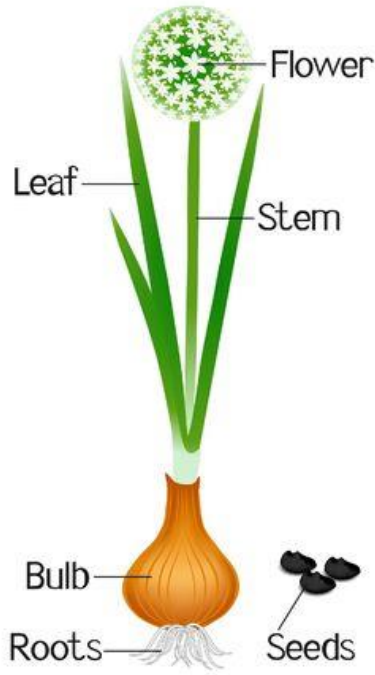
V-28

PLANT OF THE DAY

Botanical name: *Allium cepa* (అల్లియం సెప)

Common name: Onion (ఉల్లి)

Family: Amaryllidaceae (అమరిల్లిడేసి)



Description: It is a Biennial herb with under ground **Bulb** which is edible.

Nutritional values: It is rich in **Fibres, Vit-C, E, K, Vit-B6, B9, Minerals like K, S.**

Medicinal Importance: It is used to cure Diabetes, Asthma, Obesity, Insomnia, BP, Cough, Cold & good for Heart, Skin, Hair loss, Bones, Allergy & used as Anti-cancer, Anti-oxidant, Anti-inflammatory, Anti-fungal, Anti-microbial, Anti-bacterial etc.

V-29

PLANT OF THE DAY

Botanical name: *Dioscoria alata*

(డయాస్కోరియా ఎలేట)

Common name: White yam (పెండలం)

Family: Dioscoreaceae (డయాస్కోరియేసి)



Description: It is a Perennial twining vine with underground **Corm** which is edible.

Nutritional values: It is rich in **Fibres, Vit-A, E, K, Vit-B6, B9, Minerals like K, Fe, Mg, P, Na, Zn, Cu, Mn.**

Medicinal Importance: It is used to cure Cold, Diabetes, Asthma, BP, Cough, Constipation, Leprosy, Burns, Dysentery, Rheumatism, Arthritis, Syphilis, Piles, Sore Throat, Boils & good for Heart, Skin, Bones, Liver & used as Anti-cancer, Anti-oxidant, Anti-inflammatory etc.

V-30

PLANT OF THE DAY

Botanical name: *Phaseolus vulgaris*

(ఫాసియోలస్ వల్గారిస్)

Common name: French bean (తెల్లచిక్కుడు)

Family: Fabaceae (ఫాబేసి)



Description: It is an annual climber having **Pod** or **Legume** which is edible.

Nutritional values: It is rich in **Proteins, Fibres, Starch, Vit-A, C, D, K, Vit-B₁, B₂, B₃, B₅, B₆, B₉, Minerals like Cu, Mg, Ca, Fe, Na, K, Se, Zn, P, Mn.**

Medicinal Importance: It is used to cure Piles, Diabetes, Osteoporosis, Cholera, Vomiting, Fatigue, Diarrhoea, Insomnia, Eczema, Gonorrhoea, Nausea, Gout, Ulcer, Constipation, Asthma, Hiccups & good for Heart, Eye, Brain, Skin, Hair, Bones, Teeth, Lungs, Digestion, & also used as Anti-cancer, Anti-oxidant, Memory booster, Immune booster etc.

LV-1

PLANT OF THE DAY

Botanical name: *Murraya koenigii*

(ముర్రయా కొనిగై)

Common name: Curry leaf (కరివేపాకు)

Family: Rutaceae (రూటేసి)



Description: It is a perennial small tree having **Uni-pinnate compound leaf** which is useful.

Nutritional values: It is rich in **Proteins, Fibres, Vit-A, C, D, E, Vit-B₁, B₂, B₃, B₉, Minerals like Cu, Mg, Ca, Fe, Cr, Zn, P, Mn.**

Medicinal Importance: It is used to cure Ulcer, Diabetes, Anaemia, Vomiting, Nausea, Wounds, Asthma, Constipation & good for Heart, Eye, Brain, Skin, Hair, Bones, Liver, Digestion & also used as Anti-cancer, Anti-oxidant, Immune booster, Analgesic etc.

LV-2

PLANT OF THE DAY

Botanical name: *Coriandrum sativum*
(కొరియాండ్రమ్ సట్టెవమ్)

Common name: Coriander (కొత్తిమీర)

Family: Apiaceae (ఎపియేసి)



Description: It is an annual herb tree having
Decompond leaf which is useful.

Nutritional values: It is rich in **Proteins, Fibres,**
Vit-A, C, K, Vit-B₁, B₂, B₃, B₉, Minerals like **P, Cu, Mg,**
Na, Ca, Fe, K, S, Zn, Cl.

Medicinal Importance: It is used to cure Ulcer,
Asthma, Diabetes, Anaemia, Parkinson's,
Alzheimer's, Constipation & good for Heart, Eye,
Brain, Skin, Hair, Digestion & also used as Anti-
cancer, Anti-oxidant, Memory booster, Analgesic,
Anti-inflammatory, Anti-Microbial, Anti-fungal,
Diuretic etc.

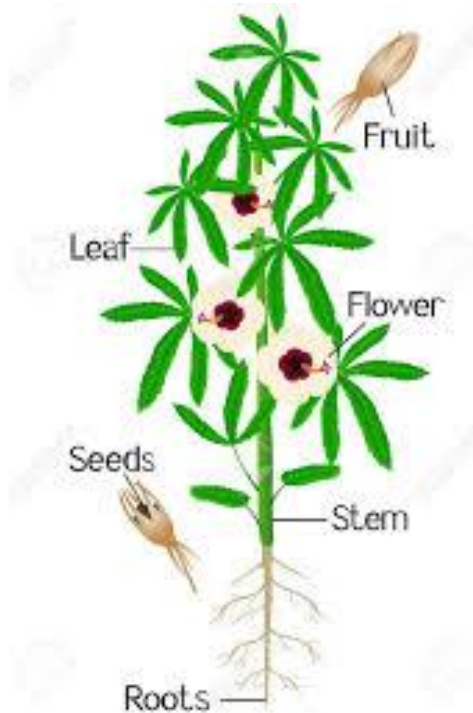
LV-3 PLANT OF THE DAY

Botanical name: *Hibiscus cannabinus*

(హైబిస్కస్ కన్నాబినస్)

Common name: Kenaf (గొంగూర)

Family: Malvaceae (మాలేవ్సి)



Description: It is an annual shrub having **Palmately lobed simple leaf** which is edible.

Nutritional values: It is rich in **Proteins, Fibres, Vit-A, C, Vit-B₁, B₂, B₃**, Minerals like **Mg, Na, Ca, Fe**.

Medicinal Importance: It is used to cure **Diabetes, Cough, Dysentery, Constipation** & good for **Heart, Eye, Skin, Bones, Digestion** & also used as **Anti-Cancer, Anti-oxidant, Hepato-protective, Analgesic, Anti-inflammatory, Anti-Microbial, Anti-helminthic, Aphrodisiac** etc.

LV-4

PLANT OF THE DAY

Botanical name: *Spinacia oleracea*

(స్పైనాసియా ఒలరేసియా)

Common name: Spinach (పాలకూర)

Family: Amaranthaceae (అమరాంధేసి)



Description: It is an annual herb having **Simple leaf** which is edible.

Nutritional values: It is rich in **Proteins, Fibres, Vit-A, C, K, E, Vit-B₁, B₂, B₃, B₉**, Minerals like **Mg, Na, Ca, Fe, K.**

Medicinal Importance: It is used to cure **Diabetes, Anaemia, Asthma, Kidney stones, BP, Constipation Ulcer & good for Digestion Heart, Eye, Bones, Skin, Hair & also used as Anti-cancer, Anti-inflammatory Memory booster, Anti-oxidant, Analgesic, Diuretic Anti-Microbial, Anti-fungal etc.**

LV-5

PLANT OF THE DAY

Botanical name: *Amaranthus viridis*

(అమరాంథస్ విరిడిస్)

Common name: Amaranth (తొటకూర)

Family: Amaranthaceae (అమరాంథేసి)



Description: It is an annual herb having **Simple leaf** which is edible.

Nutritional values: It is rich in **Proteins, Fibres, Vit-A, C, K, E, Vit-B₁, B₂, B₃, B₉**, Minerals like **Mg, Na, Ca, Fe, K, Mn**.

Medicinal Importance: It is used to cure **Diabetes, Anaemia, Ulcers, Diarrhoea, BP, TB, Arthritis, Gout, Atherosclerosis & good for Digestion Heart, Eye, Bones, Skin, Hair & also used as Anti-cancer, Anti-Inflammatory, Memory booster, Anti-Microbial, Anti-oxidant, Analgesic, Anti-fungal, Anti-septic etc.**

LV-6

PLANT OF THE DAY

Botanical name: *Alternanthera sessilis*

(అల్టర్నాన్థెర సెస్సెలిస్)

Common name: Water Amaranth (పొన్నగంటి కూర)

Family: Amaranthaceae (అమరాంధేసి)



Description: It is an annual herb having **Simple leaf** which is edible.

Nutritional values: It is rich in **Proteins, Fibres, Vit-A, C, K, E, Vit-B₁, B₂, B₃, B₉**, Minerals like **Mg, Na, Ca, Fe, K, Mn**.

Medicinal Importance: It is used to cure **Diabetes, Anaemia, Ulcers, Diarrhoea, BP, TB, Arthritis, Gout, Atherosclerosis & good for Digestion Heart, Eye, Bones, Skin, Hair & also used as Anti-cancer, Anti-Inflammatory, Memory booster, Anti-Microbial, Anti-oxidant, Analgesic, Anti-fungal, Anti-septic etc.**

LV-7

PLANT OF THE DAY

Botanical name: *Tamarindus indica*

(టామరిన్డస్ ఇండికా)

Common name: Tamarind (చింత కూర)

Family: Caesalpinaceae (సిసాలిప్సేసి)



Description: It is a perennial tree having unipinnate compound leaf which is edible.

Nutritional values: It is rich in Proteins, Fibres, Vit-A, C, E, K, Vit-B₁, B₂, B₃, B₅, B₆, B₉, Minerals like Mg, Na, P, Se, Zn, Cu, Ca, Fe, K.

Medicinal Importance: It is used to cure Diabetes, Anaemia, Malaria, Constipation, Snake bite, Wounds Diarrhoea, Swellings & good for Digestion Heart, BP Eye, Bones, Skin, Hair & also used as Anti-cancer, Anti-Inflammatory, Memory booster, Anti-Microbial, Anti-oxidant, Analgesic, Anti-fungal, Anti-septic etc.