



Asteraceae Plants used in Homoeopathic System of Medicine, Cultivated in the Center of Medicinal Plants Research in Homoeopathy (CMPRH), Emerald, the Nilgiris, Tamil Nadu

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Abstract

The objective of the present study is to survey and document of homeopathic medicinal plants cultivated in the Center of Medicinal Plants Research in Homoeopathy (CMPRH), Emerald, Nilgiris District, Tamil Nadu, India. To prepare the documentation of homoeopathic Medicinal plants of Asteraceae in the Nilgiris District, the present study was conducted during the year 2019–2020. The plants collected were pressed, poisoned, mounted, and stitched on herbarium sheets and deposited at the Centre of Medicinal Plants Research in Homoeopathy herbarium (Acronym SMPRGH). The present study deals with the 29 species belonging to 26 genera of Asteraceae family viz. *Achillea millefolium* L., *Anthemis nobilis* L., *Artemisia abrotanum* L., *Artemisia dracunculus* L., *Artemisia annua* L., *Bellis perennis* L., *Calendula officinalis* L., *Cichorium intybus* L., *Chrysanthemum parthenium* L., *Cynara scolymus* L., *Echinacea purpurea* L., *Eclipta prostrata* (L.)L., *Erigeron canadensis* L., *Galinsoga parviflora* Cav., *Gnaphalium polycephalum* L., *Helianthus annuus* L., *Lactuca sativa* L., *Leucanthemum vulgare* (Vahill.) Lam., *Matricaria chamomilla* L., *Parthenium hysterophorus* L., *Senecio cineraria* DC., *Sigesbeckia orientalis* L., *Silybum marianum* (L) Gaertner., *Solidago virgaurea* L., *Stevia rebaudiana* (Bertoni) Bertoni., *Taraxacum officinale* Wigg. *Vernonia anthelmintica* (L.)Willd., *Xanthium indicum* Koenig and *Xanthium spinosum* L. The present article gives the scientific name, common name, homeopathic drug name, original author citation, English name, phenology, distribution, short description, and part of plant used for preparing homoeopathic medicine. Details such as indigenous or exotic and uses are also given. Reported 29 homoeopathic medicinal plants are used in homoeopathic medicinal system to treat various diseases. Present study also reveals the importance of conservation and sustainable utilization. The documented information is useful for Homeopathic practitioners, scientists, drug developers, medicinal plant enterprises and other scientific bodies which deal with isolation of active ingredients for effective treatment.

Keywords: Asteraceae; Homoeopathy; Medicinal Plants; CMPRH; Nilgiris

Introduction

In India, very little work has been done on the cultivation and distribution of Homeopathic medicinal plants [1-5]. Homeopathy is a therapeutic system that has been in use

for more than 200 years. It is estimated that the number of patients using homeopathy in the United States of America increased by 500% between 1990 and 1997 [6]. Asteraceae or Compositae is an exceedingly large and widespread family of flowering plants. The family has more than 23, 600

currently accepted species, spread across 1,620 genera and 13 subfamilies. It is a big family widely distributed throughout world consisting of most highly evolved dicotyledonous plants. They are annual or perennial herbs, and rarely trees. They are mostly cultivated as ornamental plants, food plants or grow as weed. Interestingly these plants react strongly to the sunlight just as the sunflowers open as the Sun rises. Hence this is also known as the "Sunflower" family.

Since this is the biggest family in our Materia Medica the remedies are studied in groups. The Homeopathic system of medicine was founded by Samuel Hahnemann (1755-1843). Hahnemann observed this while treating a patient with the quinine yielding tree, *Cinchona officinalis*. After Hahnemann, a number of physicians, who practiced Homeopathy introduced other plants and plant derivatives into the armamentarium of Homeopathic repertoire, viz, Kent, James Taylor 1849-1910; Clarke, John Hendry 1853-1931; Allen, Timothy F. 1837-1903; Blackwood, Alexander 1906 and Farrington, Ernest A. 1847-1885 and in recent times the works of Julian O.A. 1910-1984; Ghose, Sarat Chandra 1980 and Boericke, William 1982. For problems in nomenclature, additions in the list of Homeopathic medicinal plants in India [3,5] may be referred. In addition to the above works, the official Homeopathic Pharmacopoeia of India, U.S. Homoeopathic Pharmacopoeia and the British Homeopathic Pharmacopoeia may be referred for gleaning a complete list of plants used in the Homeopathic system of Medicine. In India, Homoeopathy as a system of medicine was introduced first by the British in West Bengal [7]. Ever since its introduction in India, it has gained good importance

and enjoyed patronage by local traditional practitioners. It is noteworthy to mention here that most of the Homoeopathic medicinal plants are ubiquitously found in hill stations like Nilgiri and Kodaikanal of South India [8]. A Chinese Pharmacologist, You you Tu, discovered and developed a new herbal Antimalarial drug "Artemisinin" from *Artemisia annua* (a Sweet Wormwood plant in China). Researchers identified several chemical compounds used in modern medicine, which were derived from plant sources and which include quinine, digoxin, aspirin, ephedrine, atropine, and colchicine [9,10].

Materials and Methods

The Nilgiri District in Tamil Nadu is part of the Western Ghats and lies between 11° 12' and 11° 43' north and 76° 14' and 77° 1' east in the north western part of Tamil Nadu. This district is well known for its rich flora with medicinal and economic significance. It is needless to mention here that the District contains 60% of Homoeopathic medicinal plants in India.

Location of the CMPRH

The Herbal farm and the office of CMPRH is situated South West of Udhagamandalam in Emerald, very near the Westside of Avalanche Reservoir Forest (Latitude 11° 18' and 11° 41' and Longitude 76° 37' and 76° 49'E), altitude ranging from 1970m (near office) to 2028 above MSL. Total altitude difference is 58 meters. Soil color varies from brown and clay loam to black with rich loam, Ph value varies between 4 and 5 (Figure 1).

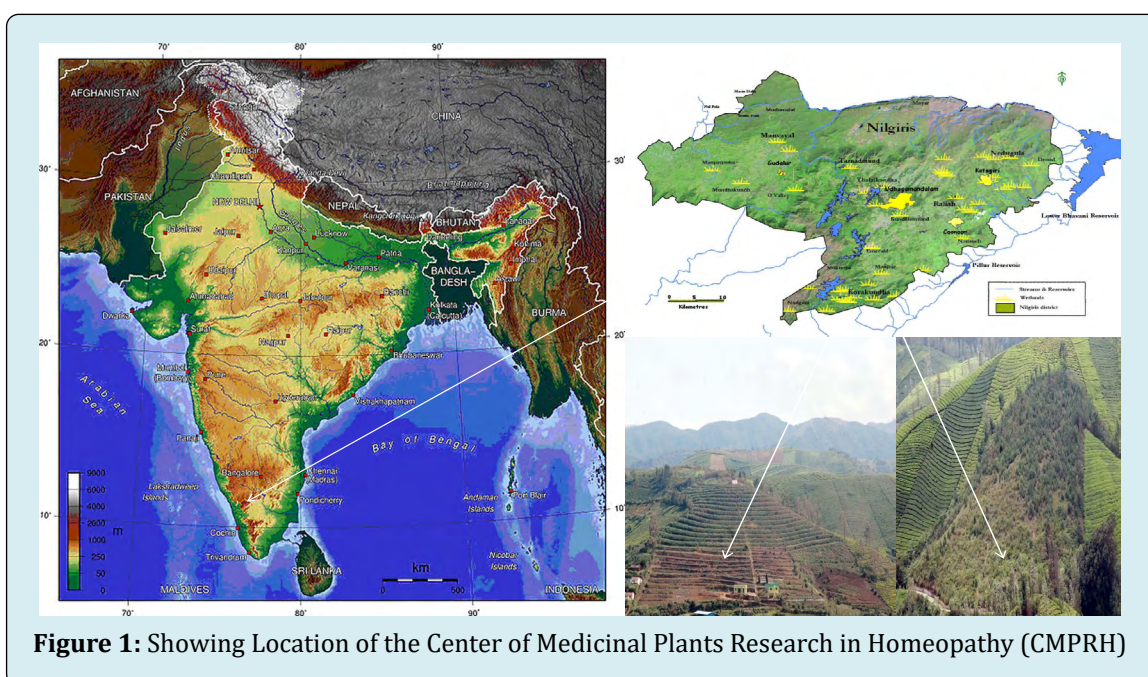


Figure 1: Showing Location of the Center of Medicinal Plants Research in Homeopathy (CMPRH)

During the present study, regular field trips were made from June - May during the year 2019- 2020 to collect plant species of Asteraceae family. All the collected plant specimens were pressed, poisoned and mounted on herbarium sheets. Herbarium specimens are prepared by standard methodology [11]. Plant species are identified with the help regional Floras [12-19]. Homoeopathic uses of *Materia Medica's* [20-28]. Classification and names of plants were authenticated using The Plant List database [29].

The herbarium sheets of these plants have been deposited in the herbarium of Centre of Medicinal Plants Research in Homoeopathy at Emerald Acronym SMPRGH, The Nilgiri District, Tamil Nadu under CCRH, Ministry of AYUSH [30]. All the plants are useful in the Homoeopathic system of Medicine as indicated by the part used and brief clinical indication. The enumeration, it is hoped, will be useful to pharmacologist research workers in Botany as well as the practicing physicians of Homoeopathy. The nomenclature has been brought up to date and where ever necessary.

Results and Discussion

Nilgiri district with its wide range of agro-climatic conditions forms a cradle for the cultivation and maintenance of several medicinal plants. This district is well known for its rich flora of medicinal and economic significance. It is needless to mention here that the district is home for 60% of medicinal plants used in Homoeopathic medical treatment in India. The present study reveals that documentation of Homeopathic medicinal plants in CMPRH Research Unit. This research study has provided a documentation of twenty nine plants of Asteraceae which are described and discussed herein. The present study deals with both wild as well cultivated species with 26 genera belonging to 29 species of Asteraceae family. viz. *Achillea millefolium* L., *Anthemis nobilis* L., *Artemisia annua* L., *Artemisia abrotanum* L., *Artemisia dracuncululus* L., *Bellis perennis* L., *Calendula officinalis* L., *Cichorium intybus* L., *Chrysanthemum parthenium* L., *Cynara scolymus* L., *Echinacea purpurea* L., *Eclipta prostrate* (L.)L., *Erigeron canadensis* L., *Galinsoga parviflora* Cav., *Gnaphalium polycephalum* L., *Helianthus annuus* L., *Lactuca sativa* L., *Leucanthemum vulgare* (Vail.) Lam., *Matricaria chamomilla* L., *Parthenium hysterophorus* L., *Senecio cineraria* DC., *Siegesbeckia orientalis* L., *Silybum marianum* (L) Gaertner, *Solidago virgaurea* L., *Stevia rebaudiana* (Bertoni) Bertoni., *Taraxacum officinale* Wigg. *Vernonia anthelmintica* (L.) Willd., *Xanthium indicum* Koenig and *Xanthium spinosum* L. Maximum number of genus have been recorded from the genus *Artemisia* (3 species), *Xanthium* (2 species) and in the rest of this study one each in species (Figure 2). Different parts of the medicinal plants are being used for Homeopathy medicine Among them whole plants (22) are used for the preparation of medicines predominantly followed by flower

(5), Seed and Leaf (3), and (2) roots (Figure 3).

Enumeration

- **Botanical Name:** *Achillea millefolium* L. Sp. Pl. 899. 1753; FBI 3;312. 1881; GIMP 3. 1980 (Repr. Ed.); Allen 6; 366. 1982 (Repr. Ed.); Clarke 2; 490; 1982 (Repr. Ed.) AFKH 220. 1983.

Synonyms: *Chamaemelum millefolium* (L.) E.H. L. Krause; *Alitubus tomentosus* Dulac

Common name: Eng: Milfoil, Yarrow; Hindi: Gandana, Kashmir: Akarkhara.

Drug Name: MILLIFOLIUM

Part used: Tincture of Whole Plant

Uses: Asthma, Cancer, Anemia, Bed wetting, Chlorosis, Colic, difficult dentation, Hysteria, Varicose vein, Infertility, Leukorrhea

Flowering & Fruiting: August-September

Distribution: It is indigenous to North Asia, Europe and America; common in many parts of the Western Himalayas from Kashmir to Kumaon; especially around Shimla.

Description: Erect perennial herb, stems with long soft hairs. Leaves alternate, with long soft hairs, nearly linear in outline, finely pinnatifid with each segment again pinnatifid ending with spiny tips. Leaves strongly aromatic. Flowers borne on short stalks in dense flat-topped clusters. Individual flowers 8 – 10 mm wide. Ray flowers 2-6, disk flowers 10 or more. Involucral bracts about 20, with blunt tips and yellow-brown edges, and a greenish midrib. Pappus none. Achenes flattened, smooth, with thick margins.

- **Botanical Name:** *Anthemis nobilis* L. Sp. Pl.1753; FWP 714. 1972 HPI 3; 20. 1978 GIMP 20. 1980 (Repr.Ed.) Allen 1;358. 1982 (Repr Ed.); Clark 1;117 . 1982 (Repr. Ed.); Boericke 53. 1984 (Repr. Ed.).

Synonyms: *Chamaemelum nobile* (L.) All.

Common name: Eng: Roman Chamomile.

Drug Name: ANTHEMIS NOBILIS

Part used: Whole plant

Uses: Ascarides, Coryza, Dyspepsia, Headache, Liver congestion

Flowering & Fruiting: June- October

Distribution: Indigenous to England; cultivated in the gardens of India.

Description: Evergreen and perennial herb, creeping and trailing, its tufts of leaves and flowers white in color, Each yellow and white flower head is composed of two different kind of flower, a yellow disk flower and white or cream ray flower. The root is perennial, jointed and fibrous, the stems hairy.

- **Botanical Name:** *Artemisia annua* L. Species Plantarum 2: 847-848. 1753. Brako, L.A.Y. Rossman & D.F.Farr. 1995. Flora of China. 2011.

Synonyms: *Artemisia chamomilla* C.Winkl.

Common name: Eng: Sweet Wormwood, Artemisinin, Sweet annie; Hind:

Drug Name: ARTEMISIA ANNUA

Part used: Whole plant

Uses: Malaria, Plasmodium falciparum.

Flowering & Fruiting: February-June

Distribution: Native to China, It is now grown commercially in many African countries.

Description: Sweet wormwood is a single -stemmed, hairless, and sweetly aromatic annual growing up to 1 m high (2 m in cultivation). The stem is erect, ribbed and brownish or violet brown. The basal leaf 3 pinnatisect, upper leaf 1-2 pinnatisect, smaller and sessile (lacking of leaf stalk) The flower heads are disciform and composed of outer filiform florets and inner disc florets.

- **Botanical Name:** *Artemisia abrotanum* L. Sp. Pl.2: Flora of North America, 845. 1753.

Common name: Eng: Lady's Love, Southernwood; Hind:

Synonyms: *Artemisia procera* Wild.

Drug Name: ABROTANUM

Part used: Tincture of fresh leaves and stems.

Uses: Boils, Chilblains, Epilepsy, Gout, Haemorrhoids, Hectic fever, Hydrocele, Indigestion, Lienteria, Marasmus, Myelitis, chronic nose bleed, Paralysis Rheumatism, Umbilicus, Oozing from worms.

Flowering & Fruiting: August - October

Distribution: Reports of naturalization of this plant in America may be exaggerated; It I not known to become weedy in any of its known locations in North America.

Description: It is a perennial plant with stems that become more or less woody and can persist. It is usually grows 50-130 cm tall. The root is fibrous and woody and the stems are branched and have an ash-grey bark. The species has pale or sage- green leaves that are pinnate and finely divided. The leaflets are very narrow, linear, entire and concave on the upper and lower surface. Flower are very rarely seen but are pale yellow.

- **Botanical Name:** *Artemisia dracunculus* L. Allen 1:559 1982 (Repr. Ed.) ; Clark 1:198 1982 (Repr. Ed.)

Synonyms: *Achillea dracunculus* Hort. Ex Sted.

Common name: Eng: Tarragon, Dragon

Drug Name: TARRAGON

Part used: Root

Uses: Digestion Problems, Menstrual problems, Toothaches, Water retention.

Flowering & Fruiting: July- October

Distribution: Grown in garden. Native of Europe

Description: Erect perennial herb, stems glabrous. Leaves alternate, linear to narrowly lanceolate, with smooth edges, glabrous, 1 - 8 cm long, 1 - 6 mm wide. Heads small, in loose clusters, on short stalks, often hanging upside

down, containing disk flowers only. Center flowers perfect but sterile. Flowers around the edge pistillate and fertile. Involucre in several series, phyllaries in layers, often with papery edges, glabrous. Achenes glabrous.

- **Botanical Name :** *Bellis perennis* L. Sp.Pl.886.1753; HPI 1:73.1971; FWP 724.1972; Allen 2:128.1982 (Repr. Ed.); Clarke 1: 269.1982(Repr.Ed.);Boericke 115.1984 (Repr.Ed.).

Synonyms: *Aster bellis* E.H.L. Krause; *Bellis hortensis* Mill.

Common name: Eng: English Daisy, Red English Daisy

Drug Name: BELLIS PERENNIS

Part used: Tincture of Whole fresh plant

Uses: Acne, Arteries, Headache, Indigestion, Complaints of Psoriasis, Rheumatism

Flowering & Fruiting: April- June

Distribution: Cultivated in gardens of India.

Description: Its low growing perennial plant, producing a rosette of leaves 2-4 cm long from fibrous rootstock and usually several short flowering stems 3-12 cm tall, each topped by single flower. The Achenes are without pappus.

Botanical Name: *Calendula officinalis* L.

Sp.Pl.921.1753;HPI 1: 87.1971; Allen 2:419.1982 (Repr.Ed.); Clarke 1:366.1982 (Repr.Ed.) Boericke 156. 1984 (Repr.Ed).

Synonyms: *Caltha officinalis* (L.) Moench

Common name: Eng: Pot Marigold, Marigold;

Drug Name: CALENDULA OFFICINALIS

Part used: Tincture of Leaves and flowers

Uses: Burns, Knife wounds, Lacrated tissue, Muscle tears, Punctured wounds, Varicose veins, Whitlows

Flowering & Fruiting: April- September

Distribution: Native of South Europe; found wild in Punjab and cultivated in Indian gardens.

Description: Erect, annual, hispidate-pubescent herbs; stems 30-45 cm high, Leaves Simple, alternate, florets yellow or purplish yellow. Achines naviculate, muricate or dorsal surface; Pappus absent.

Botanical Name: *Chichorium intybus* L. Sp. Pl.813.1753; FBI 3:391.1881; GIMP 64.1980 (Repr.Ed.); WI 2: 161.1950; Allen 3: 181.1982 (Repr.Ed.); Clarke 1:511.1982 (Repr.Ed.).

Synonyms: *Chichorium sylvestre* (Tourn.) Lam.

English name: Eng: Chichory, Succory, Wild Endive, Hindi : Kasni. Kashini.

Drug Name: CHICHORIUM

Part used: Tincture or trituration of dried roots, Seeds

Uses: Amblyopia, Constipation, Fatigue, Headache.

Flowering & Fruiting: October - April

Distribution: Native of the temperate parts of old world and is found wild in Punjab; Cultivated in Nadiad, Broach, Amealsad in Bombay.

Description: Erect perennial herb, much branched, stems lightly roughened with stiff hairs. Leaves alternate. Basal

leaves spatulate or oblanceolate in outline, cleft into rough irregular lobes. Upper leaves smaller, oblong to lanceolate, smooth-edged or with some teeth or lobes. Heads large, sessile, in small clusters along branches or at tips. Flowers all raylike, with squared-off tips bearing five teeth. Involucre in 2 series, phyllaries herbaceous, outer ones ovate, inner ones linear, longer and more numerous than outer. Pappus a crown of 2 or 3 series of short scales.

- **Botanical Name:** *Chrysanthimum parthenium* Allen 8:254 1982 (Repr.Ed.); Clarke 3: 930 1982 (Repr.Ed.).

Synonyms: *Tanacetum parthenium* (L.) Sch. Bip.

Common name: Eng: Feverfew

Drug Name: Pyrethrum Parthenium

Part used: Tincture of fresh plant

Uses: Convulsions, Delirium, Dysentery, Fevers, Loquacity, Rheumatisms.

Flowering & Fruiting: November-June

Distribution: Feverfew is native to Eurasia, specifically the Balkan Peninsula, Anatolia and the Caucasus, but cultivation has spread it around the world and it now is found in the rest of Europe, North America and Chile.

Description: Perennial herbaceous plant, stem are light green terete or angular, and sometimes furrowed longitudinally, alternative leave occurs these stems becoming small is size as they ascend, the leaves are ovate to deltate-ovate in outline while the leaflets are lance late to ovate in outline, the upper stems terminate in flat headed panicle of flower heads.

Botanical Name: *Cynara scolymus* L. Sp. Pl. 827.1753; WI 2 : 419.1950; DFPI 49.1983 (Repr.Ed.); Julian 99. 1984 (Repr. Ed.); Suresh Baburaj et al.in CCRH QB 13 (1&2): 34.1991.

Synonyms: *Cynara cardunculus* subsp. *flavescens* Wiklund.

English name: Eng: Globe/Burr Artitichoke; Hindi: Hathichoke; Tamil: Atchok.

Drug Name: CYNARA SCOLYMUS

Part used: Whole plant

Uses: Reduce cholesterol and triglyceroide levels in the body, Highly effective in treating and preventing conditions associated with thyroid such as hair and weight loss.

Flowering & Fruiting: August - September

Distribution: Cultivated to a limited extent throughout India.

Description: Globe artichoke is a grey- green, thistle like perennial. It's grows up to 1 m. tall, short rhizome and has a strong, fleshy glabrous stalk to reach high of up to 2 m. nearly spineless leaves that are less divided, and bordered involucre bracts.

Botanical Name: *Eclipta prostrata* (L.) L. Mant.286.1771; FTC 3: 783.783.1983. *E. alba* (L.) Hassk. Pl. Jav. Rar. 528.1848; FBI 3: 304.1881; Elias 207.1989 (Repr. Ed.); Suresh Baburaj et al in CCRH QB 13 (1&2): 34.1991.

Synonyms: *Eclipta alba* (L.) Hassk.

English name: Hindi: Bhangra. Babri; Sans: Bhringaraj.

Kesaraja; Tam: Garuga, Manjal Karisalankanni.

Drug Name: ECLIPTA ALBA

Part used: Whole plant

Uses: Hair tonic, Eczema and Dermatitis.

Flowering & Fruiting: Throughout the year

Distribution: Found throughout the tropical regions of India.

Description: Herbs, stems and branches strigose. Leaves sessile, elliptic oblong, entire, hirsute on both sides, Heads 5-10 mm across, white in axillary peduncles; involucre bracts, ray florets ligulate, disk floret tubular. Achens 2mm, turbinate, tubercled.

Botanical Name: *Echinacea purpurea* L. Sp. Pl. 902: 1753; Hook. f., *Fl. Brit. India* 3: 304: 1881; Babu, *Herb. Fl. D. Dun* 260: 1977; Gaur, *Fl. Distt. Garh. N. W. Himal. (with ethnobotanical notes)* 572: 1999; Clarke 1: 694:1982 (Repr.Ed.); Boericke, 263. 1984 (Repr.Ed).

Synonyms: *Brauneria purpurea* (L.) Britton

English name: Eng: Black Sampson

Drug Name: ECHNACEA PURPUREA

Part used: Tincture of fresh root

Uses: Diphtheria, Putrid fevers.

Flowering & Fruiting: Throughout the year

Distribution: Found throughout the tropical regions of India.

Description: Perennial plant. The light green stems have small purple streaks and scattered white hairs. The alternate or opposite leaves are up to 6" long and 3" across, becoming smaller as they ascend the stems. The leaves are ovate to lancelet in shape and margins have widely spaced teeth, The flower head have long naked peduncle up to 8" long, The central cone is yellowish brown to reddish brown somewhat flattened, and very prickly.

Botanical Name: *Erigeron canadensis* L. Sp. Pl.863. 1753; Blackwood 321. 1906; RBSI 20:146. 1969; HFD 263. 1977; Allen 4 :211.1982 (Repr.Ed.) Clarke 1: 711.1982 (Repr.Ed.) FHP 2 : 386. 1984.

Synonyms: *Conyza canadensis* (L.) Cronquist

English name: Eng: Canadian Horseweed; Sans: Jarayupriya. Makshikavasha.

Drug Name: ERIGERON CANADENSIS

Part used: Tincture from the fresh plant when in bloom

Uses: Astringent, gastro- Intestinal problems such as diarrhoea, dysentery, Occasionally used as a diuretic and in rheumatic condition. Black eye, Bruises, Cough, Dysuria, Gleet, Haemorrhoids wounds.

Flowering & Fruiting: June- August

Distribution: Native of North America; found in Himachal Pradesh, Punjab, Upper Gangetic region.

Description: Erect annual herb, branched. Herbage rough with stiff hairs. Leaves alternate, linear to oblong or oblanceolate, 2 - 10 cm long, 2 - 10 mm wide, tapering

to a point, with smooth edges or a few teeth. Heads small, numerous, in loose clusters. Involucre tubular 3 - 4 mm high, 2 - 4 mm wide, phyllaries in 1 to 3 series, linear, with green midrib, margins thinning, whitened. Ray flowers very small. Disk flowers very thin, about 2 mm long, perfect. Pappus of unequal bristles.

- **Botanical Name:** *Galinsoga parviflora* Cav. *Icon. Descr. Pl.* 3: 41.t.281: 1795; Hook. f., *Fl. Brit. India* 3: 311: 1881; Babu, *Herb. Fl. D. Dun* 267: 1977; Naithani, *Fl. Chamoli* 1: 326: 1984; Gaur, *Fl. Distt. Garh. N. W. Himal. (with ethnobotanical notes)* 575: 1999.

Synonyms: *Adventina parviflora* (Cav.) Raf.

English name: Eng: Gallant soldier, Quick weed, Smooth galinsoga, Tam: Mukuthipoo

Drug Name: GALINSOGA PARVIFLORA

Part used: Whole plant

Uses: Antimicrobial, Antioxidant, Astringent, Blood purifier, Nutritive.

Flowering & Fruiting: December- April

Distribution: Native of Tropical America

Description: Erect branched herbs, stem smooth, leaves opposite, ovate, acute, glabrous, serrate, 3 ribbed from base. Linear flowers tubular, bisexual; corolla 1.5 mm long, 5 toothed; anthers obtuse at base, Achene 2 mm long, pappus of 3-4 fimbriate hyaline scales.

- **Botanical Name :** *Gnaphalium polycephalum* Michx. Allen 4:456, 1982 (Repr.Ed.); Clarke; 1: 829: 1982 (Repr. Ed.); Boericke, 307, 1984, (Repr.Ed); BlackWood 350. 1906.

English name: Eng: Sweet scented Everlasting flower

Synonyms: *Gnaphalium polycephalum* var. *polycephalum*

Drug Name: GNAPHALIUM

Part used: Tincture of fresh plant

Uses: Anterior crural neuralgia, Cholera, Diarrhoea, Dysmenorrhoea, Gout, Lumbago, Prostrate gland irritation, Rheumatism, Sciatica.

Flowering & Fruiting: July- August

Distribution: Wetlands, moist places, irrigation channels.

Description: Erect woolly herbs; stems terete. Leaves oblanceolate to spatulate, obtuse, narrow to the base, entire. Axillary congested spikes, bracts 2-3 seriate. Bisexual flowers lobes glandular. Female flowers very many, corolla 2 mm long, narrow. Achenes 2-3 angled, glandular between angle; pappus many, setaceous, equal to corolla.

Botanical Name: *Helianthus annuus* L. Sp. Pl. 904.1753; HFD 270. 1977; Allen 4: 545. 1982 (Repr.Ed.); Clarke 1 : 874 1982 (Repr.Ed.); Boericke 322. 1984 (Repr.Ed.); HPI 5 :43. 1986.

Synonyms: *Helianthus multiflorus* Hook.

English name: Eng: German Sunflower; Hindi : Surajmukhi; Tamil: Suryaganthi.

Drug Name: HELIANTHUS ANNUUS

Part used: Tincture of mature flower- heads. Tincture of ripe seeds

Uses: Lumlago, Malaria fever, Ulcers, Wounds, Burning sensation, Catarrh, Nasal hemorrhage and Thick scabs in nose, seeds used as expectorant, diuretic and Useful in controlling Cough, Pnemosis and Vomiting.

Flowering & Fruiting: July-September

Distribution: Native to Western North America, Early introduced to Europe and Russia, the species has now spread to countries both tropical and temperate.

Description: Undershrubs, annual, robust, hairy; stem mottled, leaves simple, alternate, spiral; abaxially usually to hispid, rarely glabrate or glabrous, usually gland dotted, margin usually ciliate, throats bulbous at base, lobes usually reddish sometime yellow, anther brownish to black.

Botanical Name: *Lactuca sativa* L. Sp. Pl. 795. 1753; WI 6;12. 1962; GIMP 148. 1980 (Repr. Ed.); Allen 5; 487. 1982 (Repr. Ed.). Cl.2: 235.

Synonyms: *Lactuca capitata* (L.) DC.

English name: Eng: Garden Lettuce ; Hindi: Saladh; Tam: Salladhu.

Drug Name: LACTUCA SATIVA

Part used: Tincture of fresh flowering plant

Uses: Anfinia pectoris, Anus affection of Ascites, Asthma, Constipation, Cough, Diarrhoea, Heartburn, Hysterics, Lactation, Illusions of spinal cord, Affection of whooping cough.

Flowering & Fruiting: March- November

Distribution: Cultivated throughout India.

Description: Herbs, annual or biennial, stem solitary, whitish, yellowish green, or glaucous green, erect branched apically glabrous, leaves simple, alternate, spiral, florets yellow. Achene body pale brown, narrow obovoid.

- **Botanical Name:** *Leucanthemum vulgare* (Vaill.) Lam. Fl. Franc. 2: 137:1778.

Synonyms: *Chrysanthemum leucanthemum* L.

Common name: Eng: Ox-eye Daisy,

Drug Name: CHRYSANTHEMUM LEUCANTHEMUM

Part used: The Leaves and flowers

Uses: Cough, Bronchitis, fever, sore mouth and throat, liver and gallbladder problems, loss of appetite, Muscle spasms, fluid retention, skin swelling, wounds and burns.

Flowering & Fruiting: June- July

Distribution: Native to Europe and is a very troublesome weed to farmers, in nearly every section.

Description: Herbaceous perennial herb, with an erect, branching, furrowed stem, growing from one to two feet high; the leaves are comparatively few and small, alternate, amplexicaul, lanceolate, serrate, cut - pinnatifid at base; the lower ones petiole, with deep and irregular teeth; heads

large, terminal, solitary, disk yellow. Ray numerous and white.

- **Botanical Name:** *Matricaria chamomilla* L. Sp. Pl. 891. 1753; WI 6;308. 1962; FWP 766. 1972; GIMP 162. 1980 (Repr.Ed.); Allen 3;89. 1982 (Repr. Ed.); Claeke 1;453. 1982 (Repr. Ed.); HPI 5;22. 1986.

Synonyms: *Matricaria pusilla* Willd.

English name: Eng; German Chamomile. Punjab; Babuna. Suteigul.

Drug Name: CHAMOMILLA

Part used: Tincture of whole fresh plant, Flowers

Uses: Chamomilla is sensitive, irritable, thirsty, hot and numb. Over sensitiveness from abuse of Coffee and narcotics. Pains unendurable, associated with numbness, Night-sweats.

Flowering & Fruiting: June - October

Distribution: Found in Punjab, Hirnachel Pradesh and Upper Gangetic plain .

Description: Herbaceous plant is an annual that becomes 1-2' tall, branching occasionally to frequently. The stems are light green or purple with fine longitudinal veins, the alternative leaves and green to dark green and double or triple pinnate, flower white ray florets that surrounding numerous yellow disc flower.

- **Botanical Name:** *Parthenium hysterophorus* L. Sp. Pl. 988. 1753; BlackWood 489. 1906; Clarke 2;727. 1982 (Repr. Ed.); FTC 3;809.1983; Boericke 498. 1984 (Repr. Ed.).

Synonyms: *Argyrochaeta bipinnatifida* Cav.

English name: Eng; Bitter Broom, Congress grass; Hind: Chatak Chandani, Gajar ghas.

Drug Name: PARTHENIUM HYSTEROPHORUS

Part used: Tincture of dry plant, Trituration or solution of the alkaloid parthenia

Uses: Abortion, Amenorrhoea, Cheyne- stokes breathing, Debility, Dyspesia, Ear, affections of fevers, headache, extending to nose, Liver, pain in Milk, increased Neuralgia, periodic salivation, Speenm affections of Syncope, Toothache, Vision disorder.

Flowering & Fruiting: May- March

Distribution: Native of America; now a pantropical weed.

Description: Erect herb, Leaves alternate, deeply pinnatisect, oblong lanceolate, apex acute, base decurrent, entire pubescent. Heads in terminal, lax panicles, florets dissimilar, Corolla ligulate, Corolla tubular, white anther obtuse at base. Achenes 2 x 1.5mm; pappus absent.

- **Botanical Name:** *Senecio cineraria* DC. Sp. Pl. Ed.2. 1242. 1762; Claeke 1;524. 1982 (Repr.Ed.). *Cineraria maritima* Linn. Sp. Pl. ED. 2. 925. 1763; Clarke 1;525. 1982 (Repr. Ed.); Blackwood 248. 1906.

Synonyms: *Cineraria maritima* L.

English name: Eng; Dusty Miller. Tam; Cineraria.

Drug Name: CINERARIA MARITIMA

Part used: Tincture or succus of the fresh plant, growing wild, gathered just before the flower-buds open

Uses: It cures Cataract and Corneal opacities, then it is used externally, by instilling into the eye one drop four or five times a day. Most effective in traumatic cases.

Flowering & Fruiting: April-June

Distribution: Cultivated in private in Nilgiris, Tamil Nadu.

Description: Bushy perennial or subshrub with silvery, leaves are pinnate and pinnatifid, slightly lobed, a bit like oak leaves. The flowers are yellow, daisy like in dense capitula 12-15 mm, with central disc florets. The seeds are cylindrical achenes.

- **Botanical Name:** *Sigesbeckia orientalis* L. Sp. Pl. 900. 1881: 1753; Hook. f., *Fl. Brit. India* 3: 304; Babu, *Herb. Fl. D. Dun* 279: 1977; Naithani, *Fl. Chamoli* 1: 347: 1984; Kirtikar & Basu, *Ind. Med. Plant* (second ed.) 2:1358: 1994; Gaur, *Fl. Distt. Garh. N. W. Himal. (with ethnobotanical notes)* 588: 1999.

Synonyms: *Minyanthes heterophylla* Turcz.

English name: Eng; St Paul's Wort

Drug Name: SIGESBECKIA ORIENTALIS

Part used: Tincture of Whole plant

Uses: Whole plant

Flowering & Fruiting: October-November

Distribution: Broad distribution in Africa, Asia, but has been widely naturalized outside this Range.

Description: A large annual herb with yellow flowers and large ovate triangular deeply cut leaves, the flower-heads glandular and very sticky, adhering to the clothing, pappus absent.

- **Botanical Name:** *Silybum marianum* (L.) Gaertn Fruct. Sem .2;378. T. 168. 1791;FBL 3;365. 1881; HFD 279. 1977 . *Carduus marianus* Linn. Sp. Pl. 823. 1753; Blackwood 219. 1906; Allen 2;635. 1982 (Repr. Ed.); Clarke 1;417. 1982 (Repr. Ed.); Boericke 176. 1984 (Repr. Ed.). ' CARDUUS MARIANUS'.

Synonyms: *Cardus marianus* L.

English name: Eng; St. Mary's/ Holy/Milk Thistle.

Drug Name: CARDUUS MARIANUS

Part used: Seeds

Uses: Bronchitis, Diaphragm high, Dropsy, Gallstones, Haemoptysis, Haemorrhoids, Jaundice, Liver disorders, Neuralgias, Pleurisy, Spleen disorders, Sciata.

Flowering & Fruiting: February - June

Distribution: Native of South Europe, North Africa and South West Asia; naturalized in hill station of India.

Description: Stem glabrous or slightly woolly. Leaves are oblong lanceolate, they are either lobate or pinnate, with spiny edges. Flower head are 4 to 12 cm long and wide, of red-purple colour. Bract are hairless, with triangular, tipped with a stout yellow spine. Achenes are black with a simple long white pappus.

- **Botanical Name:** *Stevia rebaudiana* (Bertoni) Bertoni. Anales Paraguayos 1 (5): 3.1905. Soejarto *et al.*, 1983. Lewis 1992.

Synonyms: *Eupatorium rebaudianum* Bertoni

English name: Eng: Candyleaf, Sweetleaf or Sugarleaf.

Drug Name: STEVIA REBAUDIANA

Part used: Tincture of whole fresh plant

Uses: Obesity

Flowering & Fruiting: Throughout the year

Distribution: Brazil, Paraguay, India, Central America and United states.

Description: It is small seasonal plant which grows to a height of 1-2 feet. It has elongated leaves that grow along the stems and are lined up against each other. Flowers are white with light purple accents, no fragrance and typically trimmed to improve the taste of the leaves.

- **Botanical Name:** *Taraxacum officinale* [Weber] Wiggers Prim. Pl. Holst. 56. 1780; FBI 3;40.1881; WI 10 ;129. 1976; FM 1;334. 1978; HPI 3;105. 1978; Hamilton 498. 1982 (Repr. Ed.).

Synonyms: *Chondrilla taraxacum* (L.) Stokes

English name: Eng; Dandelion. Hindi; Dulal. Kanphul. Deccan; Pathri.

Drug Name: TARAXACUM OFFICINALE

Part used: Tincture of Whole Plant just before the perfection of the flower.

Uses: Aguce, Billious attack, Debility, Diabetes, Gall stones, Jaundice, Neuralgia, Tongue, Typhoid fever, Cancerous condition.

Flowering & Fruiting: April-September

Distribution: Found throughout the temperate Himalayas, Meghalaya, Arunachal Pradesh, Gujarat and on the hills of South India at altitudes of 300-5400 m.

Description: Perennial herb, stems simple or branched, silvery with long soft hairs. Leaves alternate, with smooth edges and pitted surfaces, but covered with long, soft hairs lying flat. Most leaves basal, spatulate to oblanceolate, up to 10 cm long and 8 mm wide. Upper leaves few, linear to narrowly oblanceolate. Heads occur mostly singly, with both ray and disk flowers. Involucre bell-shaped to hemispherical, phyllaries in 2 or 3 series, elliptic or oblong, with long, soft hair. Ray flowers pistillate, fertile, 6 - 12 mm long. Disk flowers perfect, fertile. Pappus of 5 - 8 ovate or lanceolate scales, with a long narrow projection at tip.

- **Botanical Name:** *Vernonia anthelminatica* (L.) Willd. Sp. Pl. 3; 1634. 1803; FBI 3;236. 1881; Ghose 334. 1980 (Repr. Ed.); FTC 3;826. 1983; Elias 209. 1989 (Repr. Ed.). *Centartherum anthelminticum* (Linn.) O Kuntze, Rev. Gen. Pl. 1; 320. 1891; FHP 2; 374. 1984. *Conyza anthelmintica* Linn. Sp. Pl. Ed. 1207. 1763; HPI 6;104. 1990.

Synonyms: *Ascaricida indica* Cass.

English name: Hindi and Sans; Somraj. Tam; Kattu- Siragam.

Drug Name: VERNONIA ANTHELMINATIA

Part used: Whole plant

Uses: The medicine is very effective for helminthic infection, Ascaris and threadworm infection, it has various therapeutic properties including anti-inflammatory, anti-diabetic, anthelmintic, anti-arthritic, anti-bacterial, anti-oxidant and anti-cancer.

Flowering & Fruiting: September - March

Distribution: Plains to Mid altitude, Cultivated/ escape

Description: Stout herbs, Stems scabrid. Leaves to 13x5cm, elliptic, acute at apex and base, scabrous; sharply serrate; nerves 10-11 pairs, Flowers 30-40; corolla 10mm long, with narrow basal part, Achenes 4x1 mm glandular between ribs, pubescent, outer pappus fimbriate, inner pappus 6 mm long reddish.

- **Botanical Name:** *Xanthium indicum* Koenig Fl. Indica 2.3: 601: 1832; Hook. f., Fl. Brit.India 3: 303: 1881; Babu, Herb. Fl. D. Dun 290: 1977; Naithani, Fl. Chamoli 1: 353: 1984; Chowdhery in Hajra *et al.*, Fl. India 12: 427: 1995; Kirtikar & Basu, Ind. Med. Plant (second ed.) 2:1356: 1994; Gaur, Fl. Distt.Garh. N. W. Himal. (with ethnobotanical notes) 595: 1999.

Synonyms: *Xanthium strumarium* L.

English name: Eng: Cocklebur, Burweed; Hind: Ghaghra; Tam: Marul-umathai

Drug Name: XANTHIUM INDICUM

Part used: Whole plant

Uses: High Anticancer activity of cocklebur (Breast, lung, stomach, and coloncancer), Prostrate adenoma.

Flowering & Fruiting: September - January

Distribution: It is serious weed in Australia, India, South Africa and the America, common in Temperate zone.

Description: Erect annual herb, stems coarse, simple or branched. Herbage somewhat rough to the touch. Leaves alternate, deltoid to deltoid-ovate, toothed to lobed, up to 12 cm long and wide, with petioles about as long as the leaf blade. Heads unisexual, with staminate flowers separate from pistillate flowers. Staminate heads clustered at ends of branches, involucre in 1 - 3 series, phyllaries narrow, distinct. Staminate flowers with a tubular 5-toothed corolla. Pistillate heads in axils below staminate heads, involucre closed, hardened, forming a bur, with 2 beaks at the tip, containing 2 pistillate flowers, corolla and pappus absent. Burs 2 to 3.5 cm long armed with hooked or straight prickles.

- **Botanical Name:** *Xanthium spinosum* L. Sp. Pl. 987. 1753; RBSI 18; 1-56. 1959. 1959; DFPI 185. 1973; Boericke 336. 1988 (Repr. Ed.). UPI 692. 1986.

Synonyms: *Acanthoxanthium spinosum* (L.) Fourr.

English name: Eng; Spiny Clothbur, Dagger cocklebur, Daggerweed

Drug Name: XANTHIUM SPINOSUM

Part used: Whole plant

Uses: Specific for hydrophobia and is recommended for chronic cystitis in women.

Flowering & Fruiting: July-October

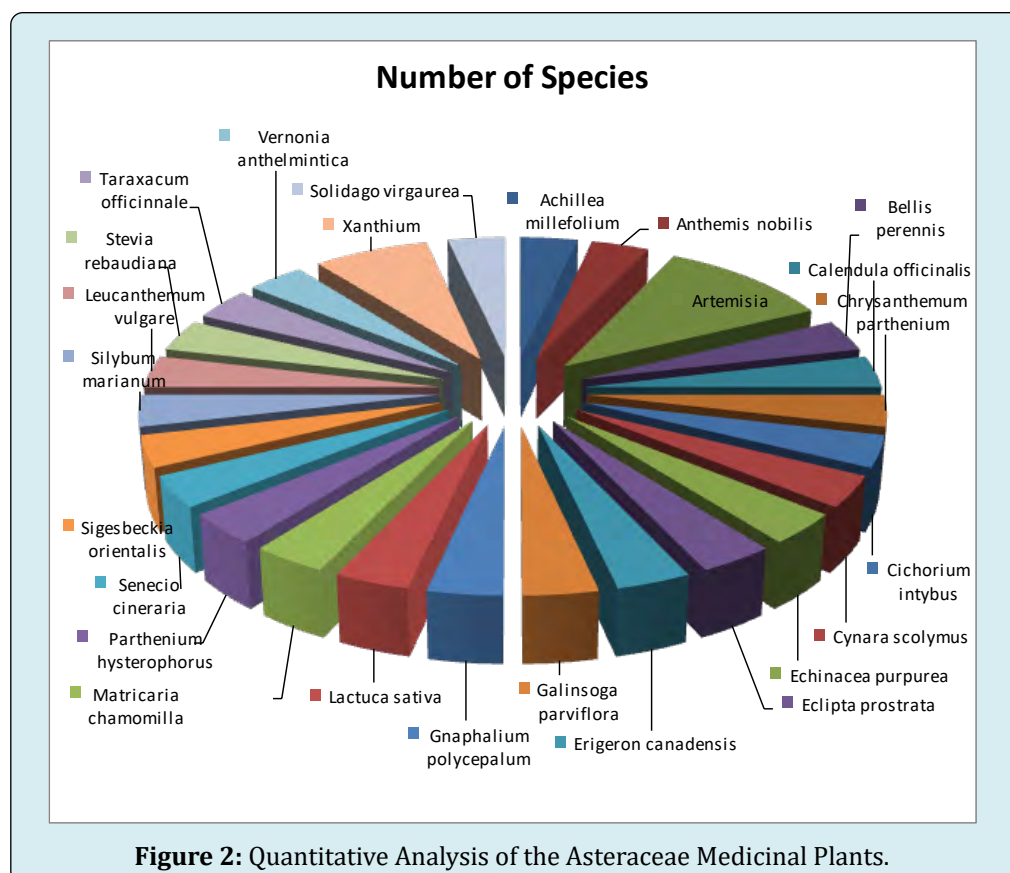
Distribution: Found in many parts of India, as an introduced weed.

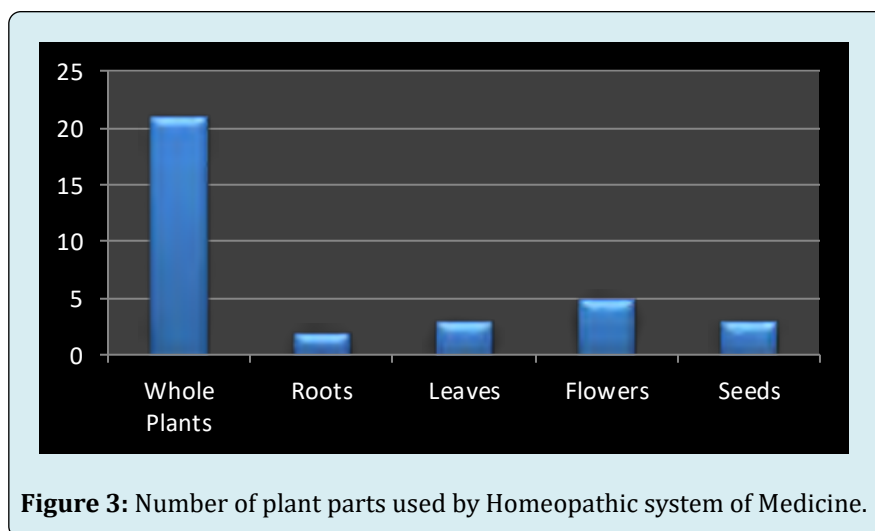
Description: Erect annual herb, stems branched, with long or short hairs. Leaves alternate, with short petioles, lanceolate, 2 – 6 cm long, 0.5 – 2.5 cm wide, smooth edged or with a few coarse teeth or lobes, lightly hairy above, densely silvery hairy below, with a 3-forked yellow spine in leaf axil. Pistillate heads in axils below staminate heads, involucre closed, hardened, forming a bar with 2 beaks at the tip containing 2 pistillate flowers, corolla and pappus absent. Bur 1 – 1.5 cm long, with hooked prickles.

Homeopathy, an alternative medicinal method developed by Samuel Hahnemann in the 19th century, is based on the Law of Similar. According to this, an appropriate homeopathic medicine contains a reduced dose of a substance which causes symptoms in a healthy person when administered in a larger quantity. The Homeopathic medicinal product stimulates the self-healing mechanisms and the body's defense system against such symptoms. Hahnemann was beginning to use ever decreasing amounts of his preparations, and believed in the power of 'simplexes' or individual medicines, rather than of complex mixtures. Although classical homeopaths

still adhere to Hahnemann's principles in prescribing only single remedies, it has been described by some therapists that certain homeopathic remedies can be mixed and administered successfully as a complex. Homeopathic complexes are extremely popular in many countries: in the USA, almost 90% of all health food outlets sell them. In Europe, several hundreds of complex homeopathic medicines are on the market. Complex remedies have never been subjected to proving (i.e. determination of the curative power of the homeopathic product), although their constituents may have been proven individually. Therefore complex remedies cannot be administered according to the Law of Similar [31].

In Europe, the majority of complex homeopathic medicines are registered with approved therapeutic indications. About 65% of all remedies are prepared from extracts of plant materials [31]. In India, presently different systems of health care practices are available. The traditional systems such as Ayurveda and Siddha have originated and evolved long back in India (Figures 2 & 3). However, other traditional system *viz*, Unani and Homoeopathy are also practiced widely in many parts of India. Homeopathy was originated in Germany and has been under practice for last two centuries and emerged as an important therapeutic modality during the later half of the nineteen century in Europe and America [5].





Conclusion

Homeopathic medicinal plants are still playing significant role in the management of various human diseases in the study area (Center of Medicinal Plants Research in Homeopathy, Emerald) with herbs taking the lead in the number of plants used in the preparation of remedies, which may be an indication of their relatively better abundance as compared to other life forms. It is also essential to scientifically evaluate the specific uses of the medicinal plants reported in the current study using plant material from the area through pharmacological, toxicological and clinical studies in order to ensure the safety of the people consuming the medicines and for drug development. The findings from the study suggest that healers are consulted for herbal medicine for the treatment and management of both common and specialized diseases and ailments. The present preliminary survey reveals that documentation of medicinal flora used in homeopathic system of medicine. This research study has provided a documentation of twenty nine plants of Asteraceae family found in CMPRH, Emerald, and Nilgiri District that are of great medicinal value.

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