

1. Title of the Practice – Dhanwantari (Medicinal Garden)

2. Objectives of the Practice – Bastar region is full of forest. Plants having medicinal and nutritional values are found here. We have in our college a beautiful and well maintained garden particularly with medicinal and nutritional values. Main objective of developing the garden is to make the students aware of these plants and also their medicinal and economic values, which is good for health. The aim of cultivating these plants is to preserve the extinction of some rare species. This will also be helpful to students in the future for their socio-economic growth. It is also helpful in keeping the college environment green and clean.

3. The Context – Ayurveda is the most ancient yet living, widely accepted and flourished indigenous tradition of India. Due to the modern way of life the number of deceases has increased among the people and allopathic treatment causes many side effects but our traditional Ayurvedic practice has no side effects. In the modern scenario when everyone wants to get the result quickly, it is very difficult to make the students prepare to take interest in growing a medicinal garden in the college campus and also make them realize that these medicinal plants are at the core of all medicines. Therefore there is a greater need today to popularise this system of medicine among the students. Following medicinal plants are used for treating the common deceases like diabetes, burns, ashthama, cough etc.

Sn No.	Botanical Name of the Plant	Vernacular Name of the Plant	Medicinal uses
1	<i>Aegle marmelos</i>	Bel	Abdominal pain, indigestion
2	<i>Andrographis peniculata</i>	Bhui Leem	Malaria
3	<i>Ziziphus jujube</i>	Ber	Body ache
4	<i>Ocimum sanctum</i>	Tulasi	Body ache
5	<i>Aloe vera</i>	Ghrit Kumari	Cuts & wounds, Eye problems
6	<i>Asparagus racemosus</i>	Shatawari	Lactation, Epilepsy
7	<i>Emblica officinalis</i>	Amla	Head-ache, Teethache
8	<i>Gloriosa superba</i>	Kalihari	Easy Delivery, Joint pain
9	<i>Tinospora cordifolia</i>	Giloy	Fever, Diabetes
10	<i>Adhatoda zeylanica</i>	Adusa	Joint Pain, Cough and Cold
11	<i>Azadirchta indica</i>	Leem	Teethache, Cough and Cold
12	<i>Vitex nigundo</i>	Nirgundi	Joint pain, Bone Fracture
13	<i>Hibiscus rosa sinensis</i>	Gudhal	Irregular Menstruation
14	<i>Cymbopogon citratus</i>	Lemmon grass	Herbal Tea

15	<i>Elettaria cardamomum</i>	Elaychi	Cough, fever
16	<i>Nyctanthes arbor-tristis</i>	Parijat	Bone Fracture, joint pain
17	<i>Pongamia pinnata</i>	Karanji	Cut and wounds
18	<i>Butea monosperma</i>	Palas	Dysentery color making
19	<i>Madhuca longifolia</i>	Mahua	Eczema
20	<i>Costus speciosus</i>	Keokand	Lactation, Weakness

Our college has the privilege of maintaining a Medicinal Garden in the college named “Dhanwantari”. It is a well-known fact that the Traditional System of medicines always played important role in meeting the global health care needs. There are many plants having medicinal value. Diverse and rich streams of healing traditions are integral part of India’s health care system. To make the students of the college aware about our tradition of Ayurveda is the main aim behind growing this medicinal garden and moreover, to preserve these medicinal plants which grow mostly wild, in our surrounding and whose properties are beneficial in maintaining a balance between man and nature. This garden serves as an important tool for teaching and research, to preserve and promote the medicinal values of the plants for the students of Science stream especially of Botany but the students of Arts and Commerce also gain knowledge by visiting this garden. For the economic well-being of students, the cultivation, harvesting, processing, utilization, and marketing of medicinal plants make valuable contributions.

Still we don’t have much understanding about the medicinal plants. We don’t have specifically any course related to these medicines. Only superficial knowledge like name, species, advantages and disadvantages of these plants can be explained to the students. Confidence in the Allopathic treatment of any disease is deeply rooted in students and it’s very hard to make them believe that these plants are more effective and useful for our health.

5. Evidence of Success Provide evidence of success such as performance against targets and benchmarks, review/results.

At the very outset our “Dhanwantari” Medicinal Garden is a center of attraction not only for the students of the college but also for the passers-by. Students show ample of interest in the garden and voluntarily work in the garden and this garden is grown by them under the guidance of their teachers in the college. Initially we had only five plants in the garden but now we have more than fifty species of medicinal plants, some of them are very rare. Students are now aware of the economic importance of these plants and showing their interest to cultivate and preserve them for business purpose. Students are also encouraged to cultivate these plants at their backyards Students are now taking interest in the rich and healthy tradition of India. Students have also started to use the medicinal plants for their common health complaints and reported very positive outcomes.

6. Problems Encountered and Resources Required Please identify the problems encountered and resources required to implement the practice

We have a very big space for growing medicinal garden. Still we can expand the area by cultivating more plants here. This garden has been grown specifically by the effort of students but creating awareness about these plants among the students is a little bit difficult task because liking for the allopathic treatment is so deeply rooted in them. The low level of water is also a big challenge to maintain this garden.

