

REPORT

ON

**EXTENSION ACTIVITY**

**Documentation of Medicinal Plants in  
the campus of AMUP School  
Kumminiparamba**

ORGANIZED BY

DEPARTMENT OF BIOCHEMISTRY

E.M.E.A. COLLEGE OF ARTS AND SCIENCE

27 FEBRUARY- 7 MARCH 2024



**DEPARTMENT OF BIOCHEMISTRY**  
**EMEA COLLEGE OF ARTS AND SCIENCE, KONDOTTY**  
(Re-accredited with 'A' Grade by NAAC)

**EXTENSION ACTIVITY**

# **DOCUMENTATION OF MEDICINAL PLANTS**

**AMUP SCHOOL  
KUMMINIPARAMBA**

**2024 MAR. 07 THURSDAY  
09.30 AM**



## **Introduction**

On 7 March 2024, the Department of Biochemistry at E.M.E.A. College of Arts and Science organized an extension activity aimed at documenting the medicinal plants on the campus of AMUP School, Kumminiparamba. The activity involved second-year biochemistry students, providing them with hands-on experience in identifying and understanding the medicinal properties of local flora. This initiative aimed to foster awareness about the importance of medicinal plants and their role in traditional and modern healthcare systems.

### **Objectives**

The primary objectives of the activity were:

- To engage students in the field identification and documentation of medicinal plants.
- To understand the medicinal properties and traditional uses of locally available plants.
- To raise awareness among the school community about the importance of conserving medicinal plants.
- To link theoretical knowledge gained in the classroom with practical, real-world applications.

### **Participants**

The activity was conducted by second-year biochemistry students from E.M.E.A. College of Arts and Science, under the supervision of faculty members

from the Department of Biochemistry. The students were divided into teams, each responsible for identifying, collecting data, and documenting different medicinal plants present on the school campus.

### **Methodology**

The following steps were followed for the documentation process:

1. Field Survey: Students conducted a survey of the AMUP School campus, identifying various plant species with potential medicinal value.
2. Identification: Plants were identified using botanical guides, apps, and expert consultations. Key features such as leaves, flowers, and stems were closely observed.
3. Data Collection: Each plant was documented with respect to its local (Malayalam) name, scientific name, common English name, and traditional medicinal uses.
4. Photographic Documentation: Photographs of the plants were taken to aid in visual identification and future reference.
5. Analysis of Medicinal Properties: Based on literature reviews and prior knowledge, the medicinal properties of each plant were analyzed and documented.

### **List of Documented Plants**

The following plants were documented during the activity, along with their scientific names, local names in Malayalam, common English names, and medicinal properties:

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## Conclusion

The extension activity at AMUP School was a successful endeavor in documenting valuable medicinal plants and engaging students in experiential learning. It not only provided hands-on experience but also emphasized the importance of conserving medicinal plant species. The knowledge gained through this exercise will contribute to both academic and practical aspects of the students' education in biochemistry and related fields.

Sl.no	Scientific Name	Common Name	Medicinal Properties
1.	<i>Ageratum houstonianum</i>	കുഞ്ഞിച്ചിരക Common Floss Flower	Anti-inflammatory, antimicrobial
2.	<i>Albizia saman</i>	പുവരശു , <u>മഴമരം</u> Rain Tree	Antioxidant, anti-diabetic
3.	<i>Alternanthera brasiliiana</i>	ചോരച്ചീര Ruby Leaf	Antibacterial, anti-inflammator
4.	<i>Alternanthera sessilis</i>	പൊന്നാങ്കണി Sessile Joyweed	Antioxidant, anti-inflammatory
5.	<i>Amaranthus blitum</i>	കാട്ടുചീര Purple Amaranth	Rich in vitamins, detoxifying
6.	<i>Artocarpus heterophyllus</i>	പ്ലാവ് Jackfruit	Antioxidant, anti-ulcer,

			antidiabetic
7.	<i>Azadirachta indica</i>	ആര്യവേപ്പ് Neem	Antibacterial, antifungal, antiparasitic
8.	<i>Bougainvillea berberidifolia</i>	കടലാസ്സുചെടി Bougainvillea	Antidiabetic, anti- inflammatory
9.	<i>Callisia fragrans</i>	കാലിസിയ Basket Plant	Anti-inflammatory, antioxidant
10.	<i>Carica papaya</i>	പപ്പായ Papaya	Antioxidant, digestive aid, anti- inflammatory
11.	<i>Manihot esculenta</i>	കപ്പ Cassava	Anti-inflammatory, antidiarrheal
12.	<i>Capsicum annum</i>	മുളക് Chilli	Analgesic, antioxidant, anti- inflammatory
13.	<i>Chromolaena odorata</i>	കമ്യൂണിസ്റ്റ് പച്ച Jack in the Bush	Antimicrobial, wound healing
14.	<i>Citrus limon</i>	ചെറുനാരങ്ങ Lemon	Antioxidant, detoxifying, digestive aid
15.	<i>Cucurbita pepo</i>	മത്തൻ Pumpkin	Antidiabetic, antioxidant
16.	<i>Datura</i>	ഉമ്മം Jimson Weed	Analgesic, antispasmodic (toxic in large amounts)
17.	<i>Dracaena trifasciata</i>	മരൽ Snake Plant	Air purifier (traditional use for respiratory issues)
18.	<i>Ficus fraseri</i>	ചെറുപല Ficus	Antioxidant, anti-inflammatory


		Ficus	
19.	<i>Hibiscus rosa</i>	ചേമ്പരത്തീ Hibiscus	Antioxidant, reduces blood pressure
20.	<i>Ixora coccinea</i>	ചെറ്റിപ്പൂ Jungle Geranium	Antibacterial, anti-inflammatory
21.	<i>Lantana camara</i>	അരിപ്പൂച്ചെടി Lantana	Antimicrobial, anti-inflammatory (caution toxic in excess)
22.	<i>Macaranga peltata</i>	വട്ട Shield-Leaf Tree	Antibacterial, antifungal
23.	<i>Mangifera indica</i>	മാവ് Mango	Antioxidant, anticancer, immune booster
24.	<i>Mentha arvensis</i>	പുദീന Mint	Digestive aid, antispasmodic
25.	<i>Mikania micrantha</i>	ധൂതരാഷ്ട്രപ്പച്ച Bitter Vine / Climbing Hempvine	Antibacterial, wound healing
26.	<i>Mimosa pudica</i>	തോട്ടാവടി Touch Me Not	Antimicrobial, wound healing, antidiabetic
27.	<i>Moringa</i>	മൂരിങ്ങ Drumstick Tree	Antioxidant, anti-inflammatory, nutrient-rich
28.	<i>Musa acuminata</i>	ഏത്തപ്പഴം Banana	Antioxidant, digestive aid, antiulcer

29.	<i>Nerium oleander</i>	അരളി Oleander	Anticancer, cardiotonic (toxic in large amounts)
30.	<i>Passiflora edulis</i>	പാഷൻ ഫ്രൂട്ട് Passion Fruit	Sedative, antianxiety
31.	<i>Pentas lanceolata</i>	Egyptian Star Cluster	Antibacterial, wound healing
32.	<i>Persea americana</i>	അവക്കാഡോ Avocado	Antioxidant, anti-inflammatory, heart health
33.	<i>Phaseolus vulgaris L.</i>	Common Beans	Antidiabetic, cholesterol-lowering
34.	<i>Phoenix dactylifera palm</i>	ഇന്ത്യപ്പഴം Date Palm	Antioxidant, energy booster, anti-inflammatory
35.	<i>Psidium guajava</i>	പെരയ്ക്ക Guava	Antidiarrheal, antidiabetic, antioxidant
36.	<i>Pteris vittata</i>	Ladder Brake (Fern)	Antibacterial, detoxifying
37.	<i>Sida urens</i>	വലാക്കുറുന്തോട്ടി Prickly Fanpetals	Anti-inflammatory, antioxidant
38.	<i>Simarouba glauca</i>	ലക്ഷ്മിതരൂ Paradise Tree	Anticancer, antimicrobial
39.	<i>Solanum lycopersicum</i>	തക്കാളി Tomato	Antioxidant, heart health
40.	<i>Solanum melongena</i>	വഴുതന Eggplant / Brinjal	Antioxidant, lowers cholesterol



41.	<i>Tradescantia sp athacea</i>	മൂണ്ണിയച്ചിര Moses in the Cradle	Anti-inflammatory, antibacterial
42.	<i>Trema orientalis</i>	ആമത്താളി Indian Charcoal Tree	Antibacterial, digestive aid
43.	<i>Tridax procumbens tridax</i>	ഒടിയൻപച്ച Tridax Daisy	Wound healing, antimicrobial



 GPS Map Camera



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27/02/24 12:20 PM GMT +05:30

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## **Outcomes**

- Student Engagement: The activity enabled students to apply their classroom learning in a real-world setting. By identifying and documenting medicinal plants, they developed practical skills in botany and pharmacognosy.

- Conservation Awareness: The event raised awareness about the importance of preserving medicinal plants and biodiversity within the local community, including the students and staff of AMUP School.