



TOUCH AND SMELL GARDEN

M S SWAMINATHAN RESEARCH FOUNDATION | WWW.MSSRF.ORG

Authored by Kavipriya D;
Edited by Laasya Shekhar

LOCATION

3rd Cross Street, Taramani
Institutional Area, Taramani,
Chennai, Tamil Nadu 600113

HISTORY

Former Chief Minister Dr J Jayalithaa inaugurated the Touch and Smell Garden in 2002. Professor M S Swaminathan, founder of M S Swaminathan Research Foundation utilized the funds from the Indira Gandhi Peace Price he received in 1999 to construct the garden.

This was the second programme formulated by Professor M S Swaminathan for the children, after the ECAS (Every Child a Scientist) programme. The main objective of the garden is to help the visually impaired children to identify touch, smell and feel the varieties of flora. It also gives them a sense of independence from doing things on their own.

Ceramic tiles and braille boards make the garden friendly to the visually challenged fraternity. Plants native to tropical, sub-tropical regions, wetlands and deserts can be found in the garden.

The trees inside the garden have also been an inhabitant for the bats. The important attraction of the garden is the sculpture of goddess Ganga surrounded with water.

A majority of the plants and herbs present in the garden contains medicinal properties and are used in Ayurveda.

VARIETIES OF FLORA

PLANTS

1. MALABAR NUT

BOTANICAL NAME	<i>Justicia adhatoda</i>
TAMIL NAME	Adhatoda
ORDER	Lamiales
FAMILY	Acanthaceae



MEDICINAL PROPERTIES & TREATMENTS

The leaves, roots, flowers, and bark of the plant are used to treat cough, cold, and asthma. It is also used to treat Bronchitis and Tuberculosis.

2. TRUE INDIGO

BOTANICAL NAME	<i>Indigofera tinctoria</i>
TAMIL NAME	Avuri
ORDER	Fabales
FAMILY	Fabaceae

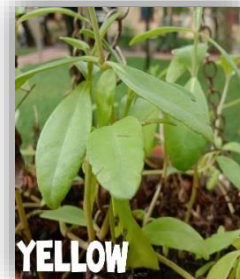


MEDICINAL PROPERTIES & TREATMENTS

The whole plant is used to cure kidney diseases. It is also used to treat infections related to nervous system.

3. BRINGARAJ (YELLOW & WHITE)

BOTANICAL NAME	<i>Eclipta prostrata</i>
TAMIL NAME	Karisalankanni
KINGDOM	Asterales
FAMILY	Asteraceae

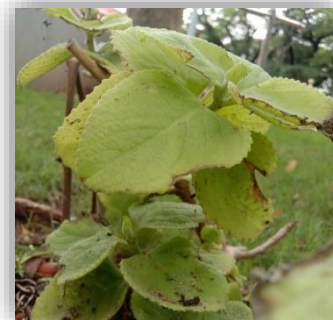


MEDICINAL PROPERTIES & TREATMENTS

Karisalankanni leaves are used to treat Jaundice, Hepatitis and other liver diseases. It is also used to treat Diabetes Mellitus.

4. CUBAN OREGANO

BOTANICAL NAME	<i>Coleus amboinicus</i>
TAMIL NAME	Karpuravalli
ORDER	Lamiales
FAMILY	Lamiaceae



MEDICINAL PROPERTIES & TREATMENTS

Leaves are used to treat cough, cold, and asthma. It is also used to cure malaria. The leaf part is edible and be eaten raw.

5. CURRY LEAVES

BOTANICAL NAME	<i>Murraya koenigii</i>
TAMIL NAME	Karuvepilai
ORDER	Sapindales
FAMILY	Rutaceae



MEDICINAL PROPERTIES & TREATMENTS

It acts as a powerful antioxidant and reduces the risk of cancer and heart diseases. These leaves also help in managing diabetes.

6. ALOE VERA

BOTANICAL NAME	<i>Aloe vera</i>
TAMIL NAME	Kathaazhai
ORDER	Asparagales
FAMILY	Asphodelaceae



MEDICINAL PROPERTIES & TREATMENTS

Aloe vera is used to treat skin injuries. The edible part of the plant controls constipation since it contains inflammatory, antimicrobial and wound healing properties.

7. LEMON GRASS

BOTANICAL NAME	<i>Cymbopogon citratus</i>
TAMIL NAME	Ezhumichai pul
ORDER	Poales
FAMILY	Poaceae



MEDICINAL PROPERTIES & TREATMENTS

The grass is edible and is used as an alternate of onion. Lemon grass helps to prevent the growth of a few types of bacteria and yeast. Lemon grass contains antioxidant properties that relieve pain and swelling, reduce fever, and stimulate the uterus and menstrual flow.

8. BLACK NIGHTSHADE

BOTANICAL NAME	<i>Solanum nigrum</i>
TAMIL NAME	Manathakkali
ORDER	Solanales
FAMILY	Solanaceae



MEDICINAL PROPERTIES & TREATMENTS

The juice of the plant is used to treat ulcers and other skin diseases. The plant is used to treat tuberculosis.

9. MINT TULSI OR HOLY BASIL

BOTANICAL NAME	<i>Ocimum tenuiflorum</i>
TAMIL NAME	Karupppu Tulasi & Tulasi
ORDER	Lamiales
FAMILY	Lamiaceae



MEDICINAL PROPERTIES & TREATMENTS

It treats throat infections, common cold, coughs and boosts the immune system. They are high in Vitamin A & C. It mainly acts as a disinfectant.

10. BALLON VINE

BOTANICAL NAME	<i>Cardiospermum halicacabum</i>
TAMIL NAME	Mudakathan
ORDER	Sapindales
FAMILY	Sapindaceae



MEDICINAL PROPERTIES & TREATMENTS

Mudakathan keerai has strong anti-inflammatory properties. It is used to treat cough and nervous diseases. Mainly, these leaves are used to treat joint pains. They are also effective for Rheumatoid arthritis. Best used in treating dandruff and itchy scalp.

11. NIRGUNDI OR FIVE-LEAVED CHASTE TREE

BOTANICAL NAME	<i>Vitex negundo</i>
TAMIL NAME	Nochi
ORDER	Lamiales
FAMILY	Lamiaceae



MEDICINAL PROPERTIES & TREATMENTS

It is used to treat menstrual cramps. The fruits of Nochi are used to rectify hormonal imbalances among women. The alkaloid present in Nochi roots and barks extracts has anti-inflammatory and analgesic (pain-relieving) qualities.

12. WILD POINSETTIA

BOTANICAL NAME	<i>Euphorbia heterophylla</i>
TAMIL NAME	Paal perukki
ORDER	Malpighiales
FAMILY	Euphorbiaceae



MEDICINAL PROPERTIES & TREATMENTS

Paal Perukki's stems and leaves treat stomach-ache and constipation, and expels intestinal worms. These leaves treat skin problems, including fungal diseases, and abscesses. Traditionally, it is used to enhance milk secretion for new mothers.

13. VELD GRAPE

BOTANICAL NAME	<i>Cissus quadrangularis</i>
TAMIL NAME	Pirandai
ORDER	Vitales
FAMILY	Vitaceae



MEDICINAL PROPERTIES & TREATMENTS

It is used in Ayurvedic medicines to heal broken bones and injured ligaments and tendons. It treats Hemorrhoids and piles, improves digestion, and reduces inflammation. The leaves of the plant is also used to cure wounds and burns.

14. AIR PLANT

BOTANICAL NAME	<i>Kalanchoe pinnata</i>
TAMIL NAME	Ranakalli
ORDER	Saxifragales
FAMILY	Crassulaceae



MEDICINAL PROPERTIES & TREATMENTS

It is used to treat kidney stones, gastric ulcers and pulmonary infections. The paste of the plant is applied on the forehead to relieve headaches. Fresh sap of plants is used to treat eye diseases.

15. GURMAR

BOTANICAL NAME	<i>Gymnema sylvestre</i>
TAMIL NAME	Sirukurinjan
ORDER	Gentianales
FAMILY	Apocynaceae



MEDICINAL PROPERTIES & TREATMENTS

The main use of this plant is to reduce sugar levels. In Ayurvedic medicine, the leaves and extracts have been used to treat eye diseases, allergies, constipation, obesity, and viral infections.

16. CHICKEN WEED

BOTANICAL NAME	<i>Portulaca oleracea</i>
TAMIL NAME	Sirupasalai
ORDER	Caryophyllales
FAMILY	Portulacaceae



MEDICINAL PROPERTIES & TREATMENTS

Spinach reduces the risk of breast cancer when consumed regularly. Consuming spinach reduces blood pressure. It is commonly used to treat Anemia.

17. LESSER GALANGAL

BOTANICAL NAME	<i>Alpinia officinarum</i>
TAMIL NAME	Sitharathai
ORDER	Zingiberales
FAMILY	Zingiberaceae



MEDICINAL PROPERTIES & TREATMENTS

The rhizomes were reputed to have stimulant and digestive effects. Lesser Galangal's anti-inflammatory properties works best in treating cold and nasal problems.

18. LONG PEPPER

BOTANICAL NAME	<i>Piper longum</i>
TAMIL NAME	Thippili
ORDER	Piperales
FAMILY	Piperaceae

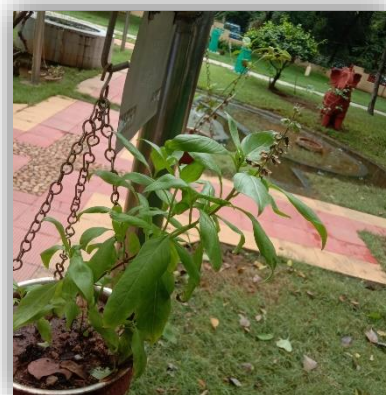


MEDICINAL PROPERTIES & TREATMENTS

It is used to treat acute and chronic bronchitis, fever, cough, hemorrhoids and piles. It is used as appetizer, laxative and expectorant.

19. SWEET BASIL

BOTANICAL NAME	<i>Ocimum basilicum</i>
TAMIL NAME	Thiruneetru pachilai
ORDER	Lamiales
FAMILY	Lamiaceae



MEDICINAL PROPERTIES & TREATMENTS

Seeds of these herb is used reduce the heat. The leaves are used to treat digestive and respiratory disorders and to control the white discharge (Leukorrhea) among women.

20. PURPLE FRUITED PEA EGGPLANT

BOTANICAL NAME	<i>Solanum trilobatum</i>
TAMIL NAME	Thuthuvalai
ORDER	Solanales
FAMILY	Solanaceae



MEDICINAL PROPERTIES & TREATMENTS

Traditionally, it is used for treating several problems like cough, asthma, fatigue, respiratory illness, and skin diseases. The leaves of the plant are used to prepare rasam which helps in treating cold.

21. GOTU KOLA

BOTANICAL NAME	<i>Centella asiatica</i>
TAMIL NAME	Vallarai keerai
ORDER	Apiales
FAMILY	Apiaceae



MEDICINAL PROPERTIES & TREATMENTS

Spinach when consumed helps to improve brain function and boosts immune system. It also relaxes the muscle cramps and is used to treat urinary tract infections.

22. KHUS

BOTANICAL NAME	<i>Chrysopogon zizanioides</i>
TAMIL NAME	Vetiver
ORDER	Poales
FAMILY	Poaceae

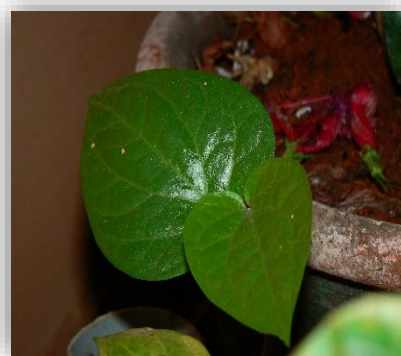


MEDICINAL PROPERTIES & TREATMENTS

The root is used as aromatherapy to treat nervousness, insomnia, joint & muscle pain. It is directly applied to the skin for relieving stress as well as emotional traumas.

23. BETEL LEAF PLANT

BOTANICAL NAME	<i>Piper betle</i>
TAMIL NAME	Vettilai
ORDER	Piperales
FAMILY	Piperaceae



MEDICINAL PROPERTIES & TREATMENTS

These leaves relieve headaches and is used for cancer treatment. It heals wounds, keeps gastric ulcers, and diabetes in check.

24. PONNANKANNI LEAVES

BOTANICAL NAME	<i>Alternanthera sessilis</i>
TAMIL NAME	Seemai ponnankanni
ORDER	Caryophyllales
FAMILY	Amaranthaceae



MEDICINAL PROPERTIES & TREATMENTS

These leaves improve eyesight and helps in weight loss. It is used to treat mouth and stomach ulcers. Medicinally, it is used to treat prolonged cough and asthma. It regulates the body temperature and combats piles.

TREES

1. PEEPAL TREE

BOTANICAL NAME	<i>Ficus religiosa</i>
TAMIL NAME	Arasa maram
ORDER	Rosales
FAMILY	Moraceae

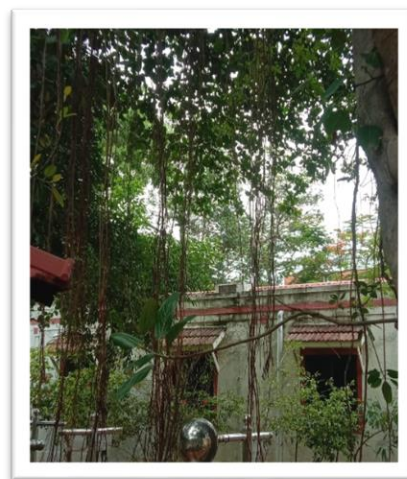


MEDICINAL PROPERTIES & TREATMENTS

The leaf juice of the peepal tree is used to treat cough, asthma, diarrhea, ear pain, toothache, hematuria, migraine, eye troubles. It cures itching and skin diseases.

2. BANYAN TREE

BOTANICAL NAME	<i>Ficus benghalensis</i>
TAMIL NAME	Aala maram
ORDER	Rosales
FAMILY	Moraceae



MEDICINAL PROPERTIES & TREATMENTS

The bark of the tree is considered useful in treating burning sensations, ulcers, painful skin diseases, and also for toothaches.

3. NEEM TREE

BOTANICAL NAME	<i>Azadirachta indica</i>
TAMIL NAME	Vepam maram
ORDER	Sapindales
FAMILY	Meliaceae



MEDICINAL PROPERTIES & TREATMENTS

Barks of the tree is well known for its ability to combat dental plague and reduce the bacteria present in the mouth. Neem twigs enhances immune system and are used for treating cough, lowering sperm levels and many other ailments.

4. MEXICAN CALABASH

BOTANICAL NAME	<i>Crescentia alata</i>
TAMIL NAME	Thiruvodu maram
ORDER	Lamiales
FAMILY	Bignoniaceae

MEDICINAL PROPERTIES & TREATMENTS

The plant is used to treat tetanus, fever, and rheumatism. The leaves of the plant are used to reduce blood pressure and headaches. Named as Miracle fruit, the fruit of the plant contains healing properties.



5. SPANISH CHERRY TREE

BOTANICAL NAME	<i>Mimusops elengi</i>
TAMIL NAME	Magizha maram
ORDER	Ericales
FAMILY	Sapotaceae

MEDICINAL PROPERTIES & TREATMENTS

Fruits of the tree are used to treat constipation, burning sensation and maintain body weight. These flowers with fragrance are used to reduce the risk of heart diseases.

