

# Public Health Garden, Lalkuan



- Medicinal plants have been used for centuries across various cultures to treat and prevent a wide range of illnesses and health conditions. The importance of medicinal plants is multifaceted and extends to various aspects of human life, health, and the environment.
- Public Health Garden at Lalkuan has been established by the Research Wing of Uttarakhand Forest Department, funded by Japanese International Corporation Agency (JICA). It has largest collection of medicinal plants in State. This Garden is spread in an area of 9 acres and has around 270 medicinal plants consisting of various herbs, shrubs, trees, aquatic plants and medicinal orchids.
- There are 10 different sections in this Garden.
- Manav Vatika has 29 medicinal plants which are associated with treatment of different organs and includes Nirgundi for muscle disorder, Brahmi for human brain, Isabgol for digestive system and Bhringraj for hair.
- Arogya Vatika has various medicinal plants which are used in the treatment of different diseases and it includes Tilpushpi and Arjun for cardiac diseases and Guggul for treating acne and hardening of the arteries.

- Dashmool Vatika (Dash means Ten and Mool means Roots). This section has five tree species (Padal, Shyonaka, Bael, Agnimantha and Gamhar) and five shrub species (Kantkari, Brahati, Gokhru, Salparni and Pristhparni) whose roots are used in this famous Ayurvedic formulation.
- Another section has immune system boosting plants, which have immune modulating properties and includes immune boosting plants like Giloy, Mulethi, Satavar, and Aswagandha.
- Anti-pollution plants- This section represents those plant species like Imli, Ashok, Jamun , Aam, Guava, which have been found very effective in checking various type of pollutions - air, dust and sound. It also has bamboo species, which release 35% more oxygen than an equivalent stand of trees.
- Triphala Vatika has trees of Harad, Baheda and anwala, which are ingredients of famous ayurvedic herbal formulation.
- There is a section of plants, which have been found very effective in controlling Indoor air pollution which is generated by the use of inefficient and polluting fuels and it can cause a range of health issues, including respiratory diseases. This section has Aloe Vera, Peace Lily, Rubber plant, Areca Palm and Sansevieria .
- Mosquito repellent section consists of plants which have been found to be most effective in repelling mosquitoes, and it includes Genda, Lemon Grass, Citrenalla Grass, Lemon-scented gum, Tulsi, Lavender etc.
- Antiviral section consists of plants which possess several compounds with antiviral activity, it includes Babool, Anar, Ginger, Gurmar, Tulsi etc.
- Section on Medicinal Orchids includes *Vanda tessellata* (which is very rich in alkaloides and used in treatment of diseases of nervous system) and Foxtail orchid.
- Section of Medicinal Aquatic plants includes Prickly water lily (Makhana) and Singada, which are useful in treatment of a number of diseases and also full of nutrients.
- Along with Garden, a small processing unit for preparing extracts from useful plant parts and a community training center has also been inaugurated, to in part training to local people.
- This garden will play a crucial role in raising public awareness and facilitating education by engaging visitors in the captivating realm of medicinal plants. It will serve as a focal point for preserving cultural and traditional knowledge associated with herbal remedies, fostering a deeper understanding of the historical and cultural significance of these plants.



*Vanda tessellata* (Checked Vanda)



*Clitoria ternatea* (Aprajita)



*Gloriosa superba* (Flame lily/Kalihari)



*Rauwolfia serpentina* (Sarp Gandha)



*Passiflora incarnata* (Rakhi bel)



*Solanum xanthocarpum* (Kantkari)



*Cichorium intybus* (Kasni)