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Documentation of a few therapeutically valuable plant species found in Sanamavu Reserve Forest, Krishnagiri District, Tamil Nadu, India

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Sanamavu forest, Therapeutically Valuable, Illnesses.

Abstract
The study was done to document few therapeutically valuable plants present in Sanamavu Reserve Forest, Krishnagiri District, Tamil Nadu, India. In the current study 56 species of plants belonging to 33 different families were documented which are meant for healing various illnesses. The documented plants were used in treating various illnesses like respiratory problems, heart problems, fertility problems, digestive problems and so on. These plants were documented with their common name, binomial name, vernacular name, family, parts used and its therapeutic uses as listed in the table. This field research exhibits that Fabaceae family has the greater number of plant species and leaves are the most commonly used plant part for treating various illnesses as it own's valuable therapeutic properties. This documentation results, demonstrates the potential of wild plant species which paves way for developing novel treatments and emphasises the need for sustainable utilization and conservation in preserving the biodiversity. Further study is being done to uncover innovative therapeutic agents.

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INTRODUCTION

Nature is a brilliant indicator of the widespread occurrences of cohabitation. The foundation for treating human illnesses is the natural thing which are derived from plants, animals, and minerals. Right now, there is a growing demand for and acceptance of medicinal herbs (Jamshidi-Kia *et al*., 2017). People have been searching for natural remedies from plants to treat their illnesses since ancient times (Petrovska, 2012). Through folklores, the precise plants to be utilized and the application techniques for various diseases were transmitted. Herbals eventually became the repository of information about medicinal herbs. Since the early 1800's, when morphine was first derived from opium, the practice of using plants for medicinal purposes has centered around isolating their active compounds (Balunas *et al*., 2005).

The Indian subcontinent is home to a very rich diversity of plant species found in a wide range of ecosystems. Of the approximately 17,000 species of higher plants, about 8,000 are considered medicinal and are used in traditional medicinal systems like Ayurveda or by village communities, particularly tribal communities (Singh R., 2015). In order to conserve and make use of biological resources, it is crucial to document indigenous knowledge through ethnobotanical research. In addition to protecting indigenous knowledge, the identification of plant names, scientific names, and traditional usage helps future studies on the safety and effectiveness of medicinal herbs in treating a range of illnesses.(Tugume *et al*., 2016).

Floristic research has gained significant importance in both developed and underdeveloped countries, as it enables documentation and preservation of plant diversity. However, rapid deforestation due to firewood extraction and other human activities threatens this heritage. Floristic studies reveal insights into evolutionary processes, species isolation and endemism. Moreover, local flora is dynamic and changes over time. Accurate identification and description of plant species in a specific area provide valuable information on species distribution, growth patterns, adaptability and resilience to climate factors like overgrazing and drought. Understanding floristic composition is crucial for comprehending an area's ecosystem dynamics (Soja and Saradha, 2021).

This present study is done to explore and document the therapeutic plants found in Sanamavu Reserve Forest,Krishnagiri District of Tamil Nadu,India.

MATERIALS AND METHODS

Study Area

With an elevation of 819 meters, Sanamavu Reserve is a forest reserve in Tamil Nadu, Southern India. In close proximity to the communities of Podur and Nayaganapalli is the Sanamavu Reserve. It is geographically located between the Latitudes 12.6845° or 12° 41' 4"N and Longitudes 77.9109° or 77° 54' 39"E.

The crucial elephant corridor in the Krishnagiri district is found in the Sanamavu Reserve Forest. It permits the migration of elephants from Tamil Nadu-Karnataka to the Andhra Pradesh forests starting from September to October and prolongs up to March to April. So, the elephant corridor's crucial connecting piece is the Sanamavu Forest. This forest is traversed by NH-44 and NH-844 at grade level.

The Sanamavu Reserve Forest's floral diversity is *Chloroxylon swietenia*, *Bambusa* spp, *Tamarindus indica*, *Pongamia glabra*, *Wrightia tinctoria*, *Azardiracta indica*, *Albizzia amara* and shrubby growth of species etc., and spotted deer, elephants, peacocks, wild boars, Indian hares and other animals make up the majority of the faunal diversity of the Sanamavu Reserve Forest.

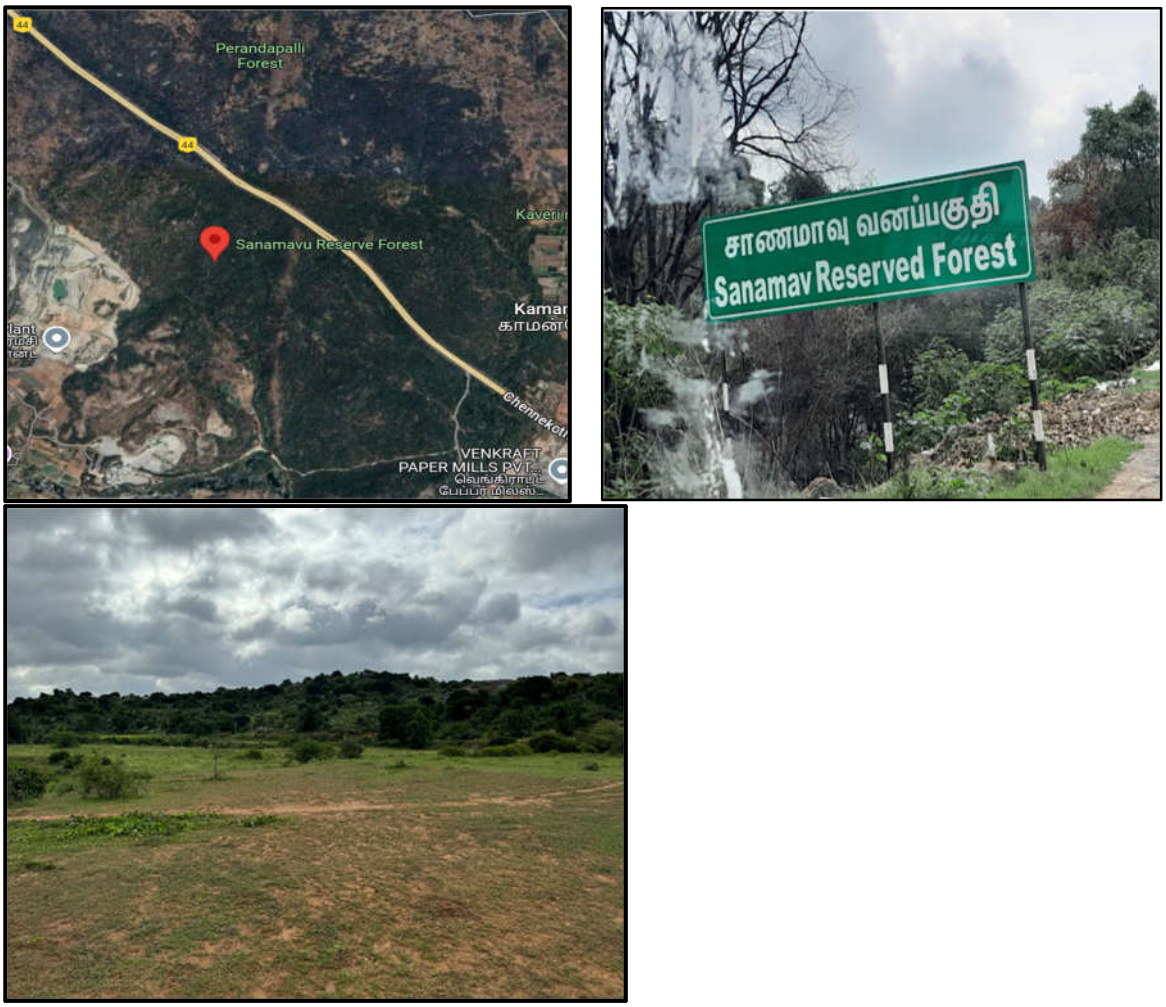


Plate 1: Location of Study Area

Sample Collection

The field research was conducted over the course of a few months, To document the therapeutic plants of Sanamavu Reserve Forest, Krishnagiri district of Tamil Nadu, India. The plants were tabulated with their common name, binomial name with author citation, vernacular name, family, parts used and therapeutic uses of the plant species. During the field research, pictures of the plant species to be documented were also taken to taxonomically identify the plant species of the study area.

RESULTS AND DISCUSSION

The present work deals with the documentation of 56 therapeutic plants belonging to 33 families shown in table No.1. Amid the families, Fabaceae family containing 6 species which has the more number of plant species, followed by Lamiaceae having 5 species, Apocynaceae having 4 species, Asteraceae, Solanaceae, Rutaceae and Phyllanthaceae families consisting of 3 species. Euphorbiaceae, Acanthaceae and Amaranthaceae families consisting of 2 species, And the other families like Zygophyllaceae, Malvaceae, Rhamnaceae, Capparaceae, Convolvulaceae, Celestraceae, Lythraceae, Pedaliaceae, Vitaceae, Oleaceae, Papavaraceae,

Plumbaginaceae, Rubiaceae, Erythroxylaceae, Asparagaceae, Onagraceae, Moraceae, Sapindaceae, Commelinaceae, Poaceae, Annonaceae, Talinaceae and Verbenaceae families consisting of 1 plant species each as shown in Table No.2, and also specified in bar graph as shown in Chart No.1.

These above documented plants have their own therapeutic value to treat various diseases, based on the plant part of the species being used as shown in Table No.3, and also specified in pie chart as shown in Chart No. 2. Among the plant parts leaves are the most widely used component of the plant (Soja and Sharadha, 2021) to treat various diseases.

Table 1: Showing the Common name, Binomial name, Vernacular name, Family, Parts used and Therapeutic uses of the Documented Plant Species.

S. N.	Common Name	BinomialName	Vernacular Name	Family	Parts Used	Therapeutic Uses
1.	Puncture vine	*Tribulus terrestris* **L.**	Nerunji	Zygophyllaceae	Fruit and roots.	Treats Heart problems, skin and eye disorders, chest pain, dizziness, expels kidney stones and improves male sexual function.
2.	Bellyache bush	***Jatropha gossypiifolia* L.**	kaatamanaku	Euphorbiaceae	Leaves, seeds and fruit.	Treats Carbuncles, itches, eczema, used on boils, anti-diarrheal and used against influenza.
3.	Cork bush	***Mundulea serica* (willd) A.Chev.**	kattuppurachu	Fabaceae	Leaves, bark and roots.	Used to bleach hair and used for fertility problems.
4.	Touch-me-not	***Mimosa pudica* L.**	Thottalchnungi	Fabaceae	Whole plant	Treats insomnia, fever, constipation, epilepsy, diarrhea, blood disorders, tumor and urogenital infections.
5.	Coat-button	***Tridax procumbens* (L.) L.**	Thatha poo	Asteraceae	Leaves	Treats blisters, boils, cuts, wounds, liver diseases and dysentery.
6.	Butterfly-pea	***Clitoria ternatea* L.**	Sankupuspam	Fabaceae	Roots, seeds and flower.	Treats constipation, indigestion, coilc, sore throat, swollen joints, arthiritis, fever, eye and skin diseases.
7.	Indian borage	***Coleus amboinicus* Lour.**	Karpuravalli	Lamiaceae	Leaves	Treats respiratory problems, digestive issues, skin issues and oral health.

8.	Wild ocimum	***Leucas aspera* (Willd.) Link**	Thumbai	Lamiaceae	Whole plant	Treats skin problems, chronic rheumatism, cold, cough, arthritis, ulcer and painful swelling.
9.	Asthma plant	***Euphorbia hirta* L.**	Amman paccharisi	Euphorbiaceae	Whole plant	Treats boils, swellings, eyelid styes, respiratory problems, bleedind dysentery, snake bites, skin disorders, thrush and promotes lactation in mothers.
10.	Brazilian nightshade	***Solanum seaforthianum* Andrews**	Thoongumasu	Solanaceae	Leaves, fruits and flowers.	Treats infectious ailments like croup, fever, tuberculosis and tumor.
11.	Blunt-leaf crossberry	***Grewia bracteata* B.Heyne ex Roth**	Pantripidukku	Malvaceae	Leaves	Has anticancer effects.
12.	Indian jujube	***Ziziphus mauritiana* Lam.**	Ilandhai	Rhamnaceae	Bark, leaves, root, fruit and seeds.	Treats digestive problems, gingivitis, boils, wounds, nausea, headache, cough, fever, liver problems, asthma, TB and blood-borne disorders.
13.	Curry leaf tree	***Bergera koenigii* (L.)**	Karuveppilai	Rutaceae	Leaves and roots.	Treats inflammation, piles, itching, dysentery, fresh cuts, edema, bruises and body ache.
14.	Indian cadaba	***Cadaba fruticosa* (L.) Druce**	Vizhuthi	Capparaceae	Leaves, root and bark.	Treats uterine deobstruents, helminthiasis, syphilis, gonorrhea, general weakness, fever, poisoning, snake bites, sores, worms, boils, cuts and blisters.
15.	Hopehead	***Barleria buxifolia* L.**	Kattimullu	Acanthaceae	Leaves, roots and bark.	Treats rheumatism, toothaches, cracking, boils, glandular swellings and used for dropsy.

16.	African morning vine	***Xenostegia tridentata* (L.) D.F.Austin& Staples**	Mutiyar-kuntal	Convolvulaceae	Whole plant	Treats piles, leprosy, rheumatism, swellings, hemiplegia, toothache, urinary infections, diabetes, arthritis and skin disorders.
17.	Malabar catmint	***Anisomeles malabarica* (L.) R.Br. ex Sims**	Aruvaachadachi	Lamiaceae	Leaves and roots.	Treats swelling, fever, congenital mental disabilities and rheumatic arthritis.
18.	Indian sarsaparilla	***Hemidesmus indicus* (L.) R.Br.**	Nannari	Apocynaceae	Roots and leaves.	Treats leprosy, urinary tract infections, rheumatism, impotence, skin infections, wounds, voimiting and leukoderma.
19.	Indian snowberry	***Flueggea leucopyrus* Willd.**	Vellaipoola	Phyllanthaceae	Leaves	Treats cancer, wounds, external ulcers, sores, boils worms, kidney stones, coughs, fever, digestive difficulties, gonorrhea and mental disorders.
20.	Black oil plant	***Celestrus paniculatus* Willd.**	Kuvarikuntal	Celestraceae	Seeds, fruit and roots.	Treats cognitive dysfunction, neurological disorders, arthiritis, leprosy, sciatica, rheumatism, cancer, pneumonia and joint diseases.
21.	Henna tree	***Lawosnia inermis* L.**	Marudani	Lythraceae	Leaves, flowers, bark and seeds.	Treats ulcers, wounds, skin inflammation, jaundice, calculous ailment, liver and spleen enlargement.
22.	Thornless turkey berry	***Solanum pubescens* Willd.**	Kaattu sundai kai	Solanaceae	Fruits	Treats joint pains, bowel complaints.
23.	Large caltrops	***Pedalium murex* L.**	Yanainerunji	Pedaliaceae	Whole plant	Treats dysuria, diarrhea, ulcers, splenic enlargement, gonorrhoeal rheumatism, urinary tract infections, lumbago, leucorrhoea, joint pain, diabetes, spermatorrhoea.

24.	Chinese chaste tree	***Vitex negundo* L.**	Vellai-nochchi	Lamiaceae	Whole plant	Treats deafness, piles, jaundice, indigestion, ophthalmia, fever, scorpion stings, thirst body pain, colic, vomiting, dysentery, flatulence and improves vision.
25.	Maharashtra grape tree	***Cissus woodrowii* (Stapef ex Cooke) Santapau**	Vudro arumpu	Vitaceae	Fruits and roots.	Treats proliferation of cancer cells and wounds that have pus.
26.	Orange climber	***Zanthoxylum asiaticum* (L.) Appelhans, Groppo &J.Wen**	Sirusoori	Rutaceae	Whole plant	Treats worms, skin condition, abdominal pain, cholera, stomach ache, dyspepsia, cough, malaria, influenza.
27.	Tanner's cassia	***Sena auriculata* (L.)**	Avarai	Fabaceae	Leaves, flowers, root, bark, fruits, seeds.	Treats gastritis, skin sores, throat irritation, chronic purulent conjunctivitis, dysentery, leprosy, inflammation, ulcers, diabetes, STD, constipation, fevers, tumors, toothache, helminthic infections, vomiting and urinary discharges.
28.	Brazilian jasmine	***Jasminum fluminense* Vell.**	Santhana mullai	Oleaceae	Leaves and roots.	Treats mouth ulcers, gingivitis, headaches, general debility, sciatica and facial paralysis.
29.	Sweet indrajao	***Wrightia tinctoria* (Roxb.) R.Br.**	Vetpaalai	Apocynaceae	Leaves, fruits, seeds, bark, roots.	Treats herpes, mumps, dysentery, diarrhea, toothaches, anti-haemorrhagic, kidney stones, flatulence, snakebites and improves fertility.
30.	Indian Ipecac	***Vincetoxicum indicum* (Burm.f.) Mabb.**	Nayppalai	Apocynaceae	Leaves and roots.	Treats inflammation, allergies, bronchial asthma, dermatitis, rheumatism and respiratory disesaes.

31.	Mexican pricklepoppy	***Argemone mexicana* L.**	Virumalakachi	Papaveraceae	Leaves and seeds.	Treats warts, skin conditions, coughs, ulcers, wounds, cold sores, itching, dysentery and asthma.
32.	Doctorbush	***Plumbago zeylanica* L.**	Kodivaeli	Plumbaginaceae	Roots and leaves.	Treats laryngitis, spleen disease, scabies, rheumatism, digestive problems and infections.
33.	Wild indigo	***Tephrosia purpurea* (L.) Pers.**	Avuri kattukolingi	Fabaceae	Roots and fruit.	Treats wounds, boils, asthma, snake bite, urinary disorders, intestinal worms, body pains, inflammatory problems, bronchitis and liver disorders.
34.	Sweethearts	***Pupalia lappaceae* (L.) Juss.**	Adai-otti	Amaranthaceae	Leaves and fruits.	Treats bone fractures, cuts, chronic wounds, malaraia, fever, piles, jaundice, paralysis, vomiting, toothache, erectile dysfunction, cephalgias, diarrhea, syphilis and used as an enema.
35.	Indian mulberry	***Morinda tinctoria* Roxb.**	Manjanathi	Rubiaceae	Leaves and fruit.	Treats cough, fever, rheumatism, stomach ache, hepatitis, infertility in women, insomnia, jaundice, hypertension, irregular menstruation, leprosy, dysentry, gonorrhoea, cerebral complication and wounds.
36.	Red cedar	***Erythroxylum monogynum* Roxb.r**	Sembulichan	Erythroxylaceae	Leaves, seeds and bark.	Treats intestinal worms, jaundice, dyspepsia, fever and psoriasis.
37.	African spear	***Dracaena angolensis* (Welw. ex Carrière) Byng & Christenh.**	Nagadali	Asparagaceae	Roots, leaves and stems.	Treats rheumatism, fever, respiratory issues, skin diseases, digestive problems, diarrhoea, hemorrhoids, snake bites, wiunds, chicken pox and gynaecological problems.

38.	Rose evening primrose	***Oenothera rosea*L'Hér. ex Aiton**	Rathiripoo	Onagraceae	Leaves and roots.	Treats hepatic pains, kidney problems, boils, piles, fever, cell damage, menstrual issues, inflammation, heart health and lowers cholesterol.
39.	Mountain coffee bush	***Breynia vitis-idaea* (Burm.f.) C.E.C.Fisch.**	Seppulaa	Phyllanthaceae	Bark and leaves.	Treats hemorrhages, fevers, asthma, diarrhea, sore throat, chronic bronchitis, eczema, wounds, edema, diabetes, menorrhagia and leucorrhea.
40.	Water willow	**Rostellularia procumbens (L.) Nees**	Kotakacalai	Acanthaceae	Leaves	Treats cough, rheumatism, ophthalmia, bachache, flatulence, plethora, asthma, digestive issues, skin conditions, glomerulonephritis, wounds and cuts.
41.	Indian headache tree	***Premna serratifolia* L.**	Pacu-munnai	Lamiaceae	Leaves and flowers.	Treats weakmness of limbs, fevers, cold, headaches, diabetes, rheumatism and neuralgia.
42.	Chinese banyan	***Ficus microcarpa* L.f.**	Kallichchi	Moraceae	Bark, latex, leaves and roots.	Treats toothaches, disbetes, headache, leprosy, colic liver problems, ulcer, hemorrhages, itching, burning sensation, rheumatism, inflammation, bruises and wounds.
43.	Cinderella weed	***Synedrella nodiflora* (L.) Gaertn.**	Mudiyan pachchai	Asteraceae	Leaves	Treats sore rheumatism, liver diseases, earache, asthma, inflammation, wounds, malaria, typhoid, dysentery and skin conditions.
44.	Lesser balloon vine	***Cardiospermum halicacabum* L.**	Modakkathan	Sapindaceae	Leaves and roots.	Treats rheumatism, piles, amenorrhea, eczematic skin, nervous diseases and nervous diseases.

45.	Benghal dayflower	***Commelina benghalensis* L.**	Kanavaazhai	Commelinaceae	Leaves, roots, stems, flowers.	Treats burns, indigestion, fever, stomach disorders, liver complaints, earache, sore throat, infants thrush, leprosy and eye complaints.
46.	Purple orchid tree	***Piliostigma reticulatum* (DC.) Hochst.**	Kattaikai	Fabaceae	Leaves, bark and roots.	Treats bronchitis, cough, cold, rheumatism, wounds, diarrhea, uterine pain, gonorrhea, gall and liver pains.
47.	Green milkweed climber	***Wattakaka volubilis* (L.f.) Stapf**	Kodipalai	Apocynaceae	Whole plant	Treats colds, fever, cough, snakebites, abscesses, boils, rheumatic pain and eye problems.
48.	Key lime	***Citrus aurantifolia* (Christm.) Swingle**	Periya elumuchhai	Rutaceae	Fruit, leaves, seeds, roots and flowers.	Treats digestive problems, fever, malaria, respiratory problems, insomnia, anxiety, cancer, skin problems, rheumatism, inflammation and depression.
49.	Santa maria feverfew	***Parthenium hysterophorus* L.**	Vishachedi	Asteraceae	Leaves, roots and flowers.	Treats cold, fever, respiratory issues, inflammation, joint pain, wounds, dysentery, urinary tract infections, malaria, toothaches, hepativc amoebiasis and skin conditions
50.	Swollen windmill grass	***Chloris barbata* Sw.**	Chevvarakupul	Poaceae	Leaves	Treats skin disorders, rheumatism and diabetes.
51.	Custard apple	***Annona squamosa* L.**	Seethapazham	Annonaceae	Fruits, leaves, seeds and roots.	Treats prolapse of anus, cancer, swellings, sores, malaria, diabetes, depression, dysentry, spinal marrow diseases, toothaches, ulcers, wounds, hysteria and kills head-lice.

52.	Waterleaf	***Talinum fruticosum* (L.) Juss.**	Sambar keerai	Talinaceae	Leaves	Treats diabetes, measles, anaemia and inflammation.
53.	Bachelor's button	***Gomphrena celosioids* Mart.**	Nirvadamalli	Amaranthaceae	Leaves	Treats urinary tract infections, kidney stones, respiratory, gastrointestinal, rheumatism, infections and liver disorders.
54.	Purple fruited pea egg plant	***Solanum trilobatum* L.**	Thoodhuvalai	Solanaceae	Leaves, root and fruits.	Treats ear problems, tuberculosis, dyspepsia, snake bites, cough, bacterial infections and increases male infertility.
55.	Lantana	***Lantana camara* L.**	Unni chedi	Verbenaceae	Leaves, roots and flowers.	Treats skin disorders, cancer, leprosy, chicken pox, ulcers, asthma, measles, toothaches, wounds, chest complaints in children and improves health of digestive system.
56.	Carry me seed	*Phyllanthus amaraus* Schumach. & Thonn.	Keezhanelli	Phyllanthaceae	Whole plant	Treats jaundice, menorrhagia, gonorrhea, other genital affections, diarrhoea, intermittent fever, dysentery, gastropathy, scabies, wounds, ulcers and ophthalmopathy.

Table 2: Showing families of plants with the number of plant species

S. No	Plant families	No. of plant species
1.	Fabaceae	6
2.	Lamiaceae	5
3.	Apocynaceae	4
4.	Asteraceae	3
5.	Solanaceae	3
6.	Rutaceae	3

7.	Phyllanthaceae	3
8.	Euphorbiaceae	2
9.	Acanthaceae	2
10.	Amaranthaceae	2
11.	Zygophyllaceae	1
12.	Malvaceae	1
13.	Rhamnaceae	1
14.	Capparaceae	1
15.	Convolvulaceae	1
16.	Celestraceae	1
17.	Lythraceae	1
18.	Pedaliaceae	1
19.	Vitaceae	1
20.	Oleaceae	1
21.	Papavaraceae	1
22.	Plumbaginaceae	1
23.	Rubiaceae	1
24.	Erythroxylaceae	1
25.	Asparagaceae	1
26.	Onagraceae	1
27.	Moraceae	1
28.	Sapindaceae	1
29.	Commelinaceae	1
30.	Poaceae	1
31.	Annonaceae	1
32.	Talinaceae	1
33.	Verbenaceae	1

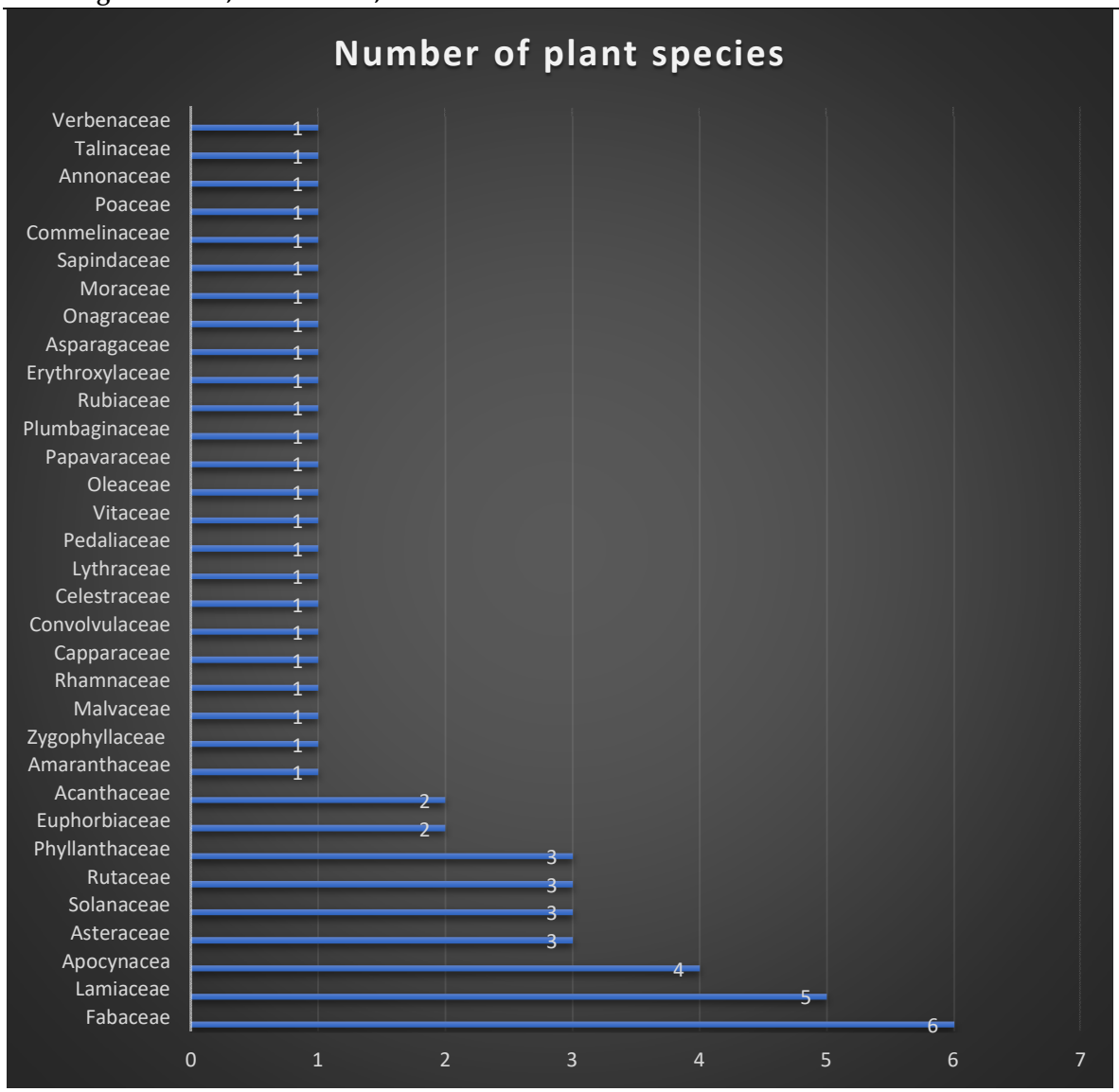


Chart 1: Showing the number of plant species present in each families

Table 3: Showing the parts used in number of plant species

S. No.	Plant parts used	No. of plant species
1.	Leaves	41
2.	Roots	27
3.	Fruits	15
4.	Seeds	11
5.	Bark	11
6.	Flowers	9
7.	Whole plant	9
8.	Stems	2
9.	Latex	1

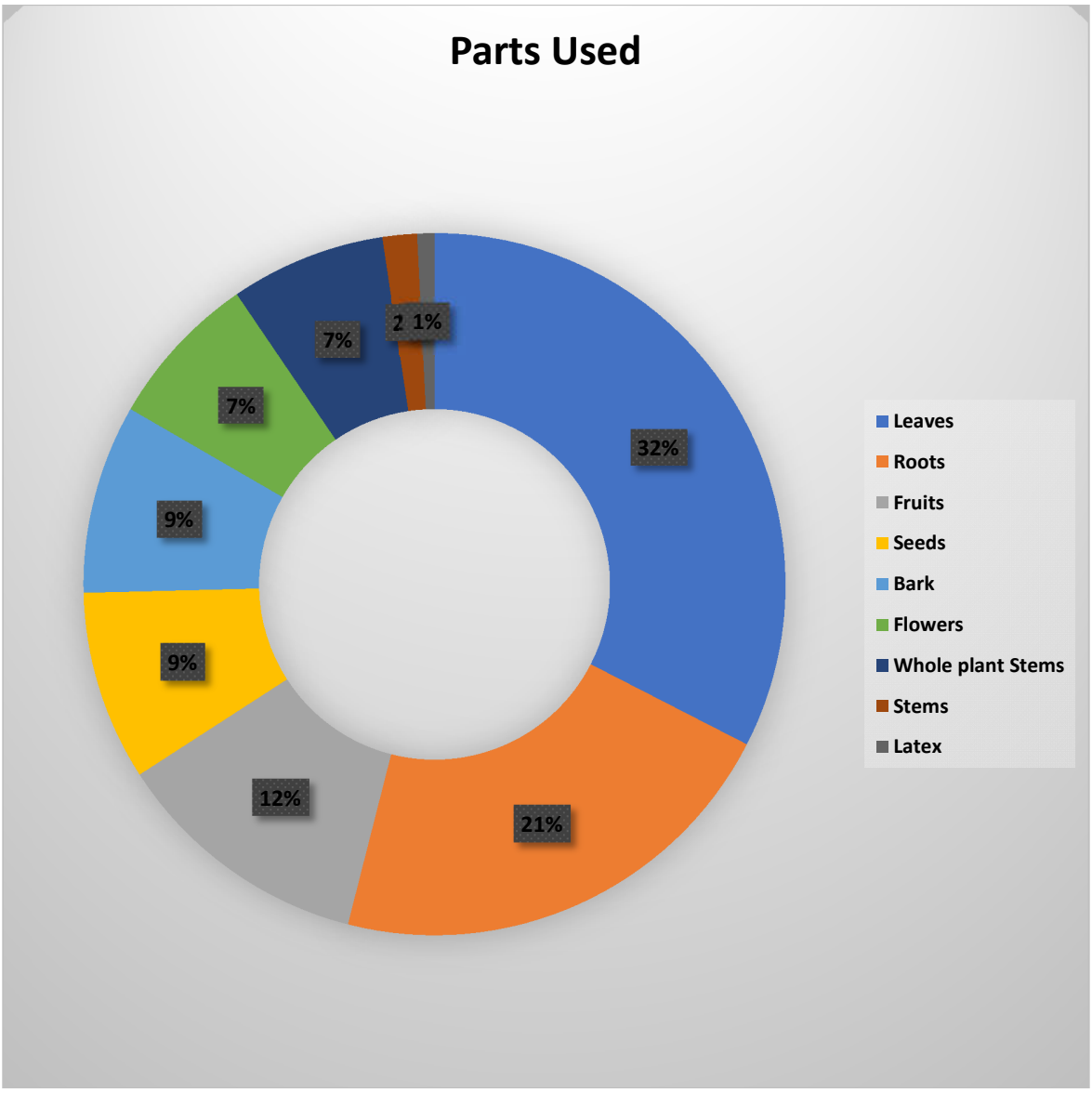


Chart 2: Showing the parts used in each plant species

***Tribulus terrestris* L.**

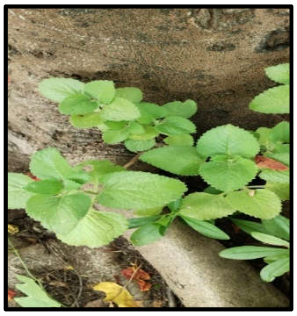
***Jatropha gossypiifolia* L.**

***Mundulea serica* (willd) A. Chev.**

***Mimosa pudica* L.**

***Tridax procumbens* (L.) L.**

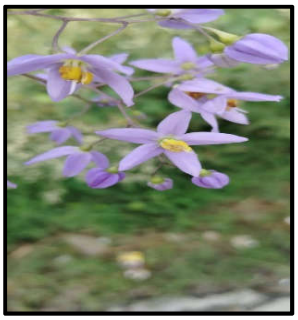
***Clitoria ternatea* L.**



***Coleus amboinicus* Lour.**

***Leucas aspera* (Willd.) Link**

***Euphorbia hirta* L.**

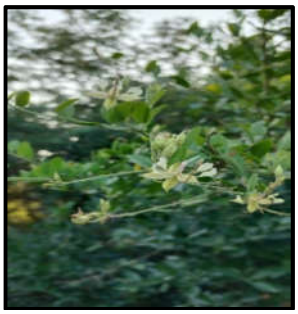


***Solanum seaforthianum* Andrews**

***Grewia bracteata* B.Heyne ex Roth**

***Ziziphus mauritiana* Lam.**

Bergera koenigii **(L.)**



Cadaba fruticosa **(L.) Druce**

Barleria buxifolia **L.**

Xenostegia tridentata **(L.) D.F.Austin& Staples**

Anisomeles malabarica **(L.) R.Br. ex Sims**

Hemidesmus indicus **(L.) R.Br.**

Flueggea leucopyrus **Willd.**

Celestrus paniculatus **Willd.**

Lawosnia inermis **L.**

Solanum pubescens **Willd.**

Pedalium murex **L.**

Vitex negundo **L.**

Cissus woodrowii **(Stapef ex Cooke) Santapau**

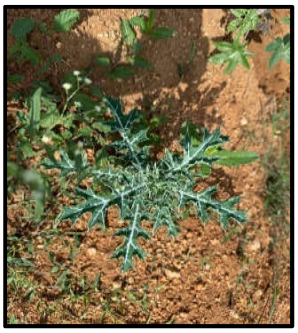
Zanthoxylum asiaticum **(L.) Appelhans, Groppo &J.Wen**

Sena auriculata **(L.)**

Jasminum fluminense **Vell.**

Wrightia tinctoria **(Roxb.) R.Br.**

Vincetoxicum indicum **(Burm.f.) Mabb.**



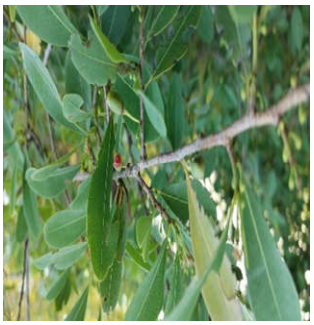
Argemone mexicana **L.**

Plumbago zeylanica **L.**

Tephrosia purpurea **(L.) Pers.**

Pupalia lappaceae **(L.) Juss.**

Morinda tinctoria **Roxb.**



Erythroxylum monogynum **Roxb.r**

Dracaena angolensis **(Welw. ex Carrière) Byng & Christenh.**

Oenothera rosea **L'Hér. ex Aiton**

Breynia vitis-idaea **(Burm.f.) C.E.C.Fisch**

Rostellularia procumbens **(L.) Nees**

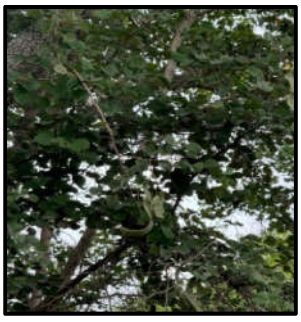
Premna serratifolia **L.**

Ficus microcarpa **L.f.**

Synedrella nodiflora **(L.) Gaertn.**

Cardiospermum halicacabum **L.**

Commelina benghalensis **L.**



Piliostigma reticulatum **(DC.) Hochst.**

Wattakaka volubilis **(L.f.) Stapf**

Citrus aurantifolia **(Christm.) Swingle**

Parthenium hysterophorus **L.**

Chloris barbata **Sw.**

Annona squamosa **L.**

Talinum fruticosum **(L.) Juss.**

Gomphrena celosioids **Mart.**

Solanum trilobatum **L.**

Lantana camara **L.**

Phyllanthus amaraus **Schumach. & Thonn.**

Plate 2: Pictures of therapeutically valuable plants species

CONCLUSION

This field research was done to document therapeutically valuable plants found in Sanamavu Reserve Forest, Krishnagiri district of Tamil Nadu, which resulted in the documentation of 56 plant species belonging to 33 families. Generally medicinal plants are useful and important for mankind for many reasons, as they are beneficial in the various field like drug development, economic benefits, human culture, society-wide benefits and provides us lots of health benefits in our day today life. These benefits obtained from plants are highly valued and utilized by our ancestors as they discovered and used in traditional medicine which they have been practicing from ancient times.

This field research paved the way for documenting therapeutically valuable plants which are used in the treatment of numerous diseases such as heart problems, respiratory problems, digestive problems, fertility problems, skin disorders, ophthalmological disorders, inflammatory problems, neurological disorders, kidney problems and so on. These medicinal plants own many curative properties like Antimicrobial, Anti-inflammatory, Antioxidant, Antiviral, Anti-aging, Wound healing properties etc.,

These plants which have therapeutic potential properties to treat various illnesses are in need of conservation and preservation, as they are

highly valuable for human lives. Hence, by unlocking the full potential of plant derived and plant based curative therapies will lead to a vital step in shaping the future of health solutions and research areas.

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