

## PLANTS IN FAMILY LAMIACEAE USED MEDICINALLY IN THE HOMOEOPATHIC SYSTEM FOUND IN THE NILGIRIS DISTRICT, TAMIL NADU, INDIA

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### ABSTRACT

**Objective:** The objective of the present study was to survey and document homeopathic medicinal plants in Nilgiris District, Tamil Nadu, India.

**Methods:** To collect homeopathic plants of Lamiaceae in the Nilgiris District, we undertook various field trips during the year 2018–2019. The plants collected were pressed, poisoned, mounted, and stitched on herbarium sheets and deposited at the Centre of Medicinal Plants Research in Homoeopathy herbarium (Acronym SMPRGH).

**Results:** The present study deals with both wild and cultivated species of 15 genera belonging to 24 species of Lamiaceae family members reported in the Nilgiris District. Reported homeopathy plants such as *Aloysia citriodora* Palau, *Lavandula officinalis* Chaix, *Leonurus cardiaca* L., *Leucas aspera* (Willd.) Link., *Mentha piperita* L., *Mentha spicata* L., *Melissa officinalis* L., *Mesosphaerum suaveolens* (L.) Kuntze, *Ocimum americanum* L., *Ocimum basilicum* L., *Ocimum gratissimum* L., *Ocimum tenuiflorum* L., *Origanum majorana* L., *Origanum vulgare* L., *Perilla frutescens* (L.) Britton, *Plectranthus amboinicus* (Lour.) Spreng, *Plectranthus barbatus* Andrews, *Plectranthus fruticosus* L'Her., *Prunella vulgaris* L., *Rosmarinus officinalis* L., *Salvia officinalis* L., *Salvia verbenaca* L., *Thymus vulgaris* L., and *Thymus serpyllum* L., the present article gives the scientific name, synonym, homeopathic drug name, original author citation, English name, phenology, short description, and part of plant used for preparing homeopathic medicine, whether indigenous or exotic and uses are given.

**Conclusion:** Reported 24 homeopathic medicinal plants are used in homeopathic medicinal system to treat various diseases, and also present study reveals the importance of conservation and sustainable utilization.

**Keywords:** Lamiaceae, Homoeopathy, Medicinal plants, Nilgiris, Tamil Nadu.

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### INTRODUCTION

Homeopathy is one of the alternative systems of medicines having a well-documented pharmacopeia [1]. Herbal medicines have been used for many years dating back to 3000 BC [2,3]. The codified traditional systems of medicine such as Ayurveda, Unani, Siddha, and Homoeopathy and unmodified traditional system such as the documentation of medicines used by various tribes have now become quite popular in India. About 2% of people in the United Kingdom and the United States use homeopathy in any 1 year, while it is about 15% in India, where it is considered part of Indian traditional medicine. This system of medicines relies mainly on plants and mineral components as a drug [1]. The Nilgiris hills form a well-defined plateau situated at the junction of the two great ranges of hills bordering the Deccan, peninsula, namely, the Eastern and Western Ghats. The Nilgiris lies between 11° 12' N and 11° 43' N and 76° 14' E and 77° 1' E. The district has diverse habitats for the growth of various indigenous and exotic medicinal plants used in homeopathic system [4]. Homeopathy system of medicine is based on two basic natural principles, "*similia similibus curentur*" or "let likes be cured with likes" which means a drug can cure that (symptoms) which it can produce in a healthy human body by a unique process known as proving and second - "law of minimum dose" - the notion that "lower the dose of the medication, the greater its effectiveness." Homeopathic doctors consider all mental, physical, and emotional aspects of the patient. More than 30,000 plant specimens of medicinal importance are grown all over the world, but only around 2500 plant species are known to be useful for homeopathic medicine preparation. Over 600 plants are now routinely used as drug sources in homeopathy [5]. The alternative medical system of homeopathy was developed in Germany at the end of the 18<sup>th</sup> century. In India, homeopathy is one of the important

systems of medicine. The market is growing at 25% a year, and more than 100 million people depend solely on this form of therapy for their health care. Around 10% of India's population depends solely on homeopathy for their health care. Homeopathic remedies are derived from six major sources such as plants, minerals, animals, diseased tissues, hormones, and healthy tissues and imponderables. The present topic deals only with angiosperm plants, a part of the plant kingdom of the family Lamiaceae. According to homeopaths, serial dilution, with shaking between each dilution, removes the toxic effects of the remedy while the qualities of the substance are retained by the diluents (water, sugar, or alcohol). The end product is often so diluted that it is indistinguishable from pure water, sugar, or alcohol. Practitioners select treatments according to a patient constitution that explores the physical and psychological state of the patient, both of which are considered important for selecting the remedy [6-8]. The Lamiaceae family consists of 69 genera and 425 species in India. Plants of Lamiaceae family are known for their essential oils [9]. Many active essential oils have been isolated from members of this family. This family is also famous for the presence of diterpenoids among its members. The Lamiaceae species are important for their antimicrobial properties which are used in research, for instance, *Salvia argentea* L., *Stachys annua* L., *Ballota nigra* L., and *Melissa officinalis* L., among others [10]. Lamiaceae species have provided important resources for the old and new world and their use in medicine and as condiment in regional cuisine is of central importance for instance in countries such as Turkey, China, Middle East countries, India, Brazil, and Egypt, among others [10-12]. Herbal medicines are regarded as effective and promising sources of potential neuroprotective agents because of their cognitive benefits and more significantly, their mechanisms of action with respect to the fundamental path of physiology of the diseases. Review has acknowledged

several herbal medicines such as *M. officinalis*, *Ocimum sanctum*, *Rosmarinus officinalis*, and *Salvia officinalis* with potential therapeutic effects for neurodegenerative diseases [13]. Lamiaceae family includes numerous known species that are used as traditional medicine. The general aspects, traditional uses, pharmacology, and *in vitro* and *in vivo* studies of *Betonica officinalis*, *Glechoma hederacea*, *Hyptis pectinata*, *Lavandula* spp., *Leonurus cardiaca*, *Lamium* spp., *M. officinalis*, *Mentha* spp., *Marrubium vulgare*, *Origanum* spp., *Ocimum* spp., *R. officinalis*, *Salvia* spp., *Satureja hortensis*, *Stachys lavandulifolia*, *Scutellaria lateriflora*, *Sideritis* spp., *Teucrium* spp., *Thymus* spp., and *Ziziphora tenuior* belonging to Lamiaceae botanical family reported that the medicinal plants have potent analgesic and antinociceptive activity and new potential therapeutic agents [14]. Documentation of Lamiaceae family used as homeopathic system of medicine in Nilgiris District. Totally, 24 plant species used in homeopathic medicine from Lamiaceae are described and discussed.

## METHODS

The Nilgiri District in Tamil Nadu is part of the Western Ghats and lies between 11°, 12' and 11°, 43' N and 76°, 14' and 77°, 1' E in the north of western part of Tamil Nadu [15]. The Nilgiri Biosphere Reserve is an International Biosphere Reserve and occupies a total area of 2542.49 km<sup>2</sup>, located in the Western Ghats of Palghat Gap (10° 45' - 12° 5' N latitude and 76° 10' - 77° 10' E longitude), spreads over an area of 5520 km<sup>2</sup> in the states of Karnataka (1527.4 km<sup>2</sup>), Kerala (1455.4 km<sup>2</sup>), and Tamil Nadu (2537.6 km<sup>2</sup>). The total geographical area of sholas in Nilgiris is 4225 ha (Fig. 1).

During the present study, regular field trips were made from June to May during the year 2018 to 2019 and collected 24 plant species of Lamiaceae family. All the collected plant specimens pressed, poisoned, and mounted on herbarium sheets, herbarium specimens are prepared by standard methodology [16]. Plant species were identified with the help of regional floras [17-24]. Medicinal uses reported with the help of *Materia Medica*'s [25-30].

The importance of the collection of cultivated plants both as *exsiccatae* for herbarium purposes and maintenance of germplasm collections in research gardens *in situ* as been reviewed elsewhere [31]. The herbarium sheets of these plants have been deposited in the herbarium of Centre of Medicinal plants Research in Homeopathy at Emerald Acronym SMPRGH, The Nilgiri District, Tamil Nadu under CCRH, Ministry of AYUSH [32]. All the plants are useful in the homeopathic system of

medicinal, as indicated by the part used and brief clinical indication. The enumeration, it is hoped, will be useful to pharmacognostic research workers in Botany as well as the practicing physicians of homeopathy. The nomenclature has been brought up to date and where ever necessary the synonyms appearing in homeopathic books, journal, have also been cited together with the plant names.

## RESULTS AND DISCUSSION

India has seven national medical systems (Ayurveda, Yoga, Naturopathy, Unani, Siddha, Allopathy, and Homeopathy), of which one of India's important health therapies is homeopathy. About 2500 plant species are known to be useful for medicinal preparations of different kinds in homeopathy. Over 600 plants are now regularly used drug sources in homeopathy. Many of the drugs yielding plants are currently cultivated in India as well as some are procured from wild sources also. A checklist of 24 plant species used in homeopathic medicine from Lamiaceae is described and discussed. The present study deals with both wild and cultivated species with 15 genera belonging to 24 species of Lamiaceae family. The maximum number of genus has been recorded from the genus *Ocimum* (four species), followed by *Plectranthus* (three species), *Mentha*, *Salvia*, and *Thymus* and *Origanum* (two species), and in the rest of this studies each one species such as *Aloysia citriodora*, *Hyptis suaveolens*, *Lavandula officinalis*, *Leucas aspera*, *Leonurus cardiaca*, *M. officinalis*, *Perilla frutescens*, *Prunella vulgaris*, and *R. officinalis* (Table 1). Among the above plants, *Perilla frutescens* is first reported from Nilgiris as a homeopathic medicinal plant as well as a new record to Nilgiris.

Homeopathic medicine is very essentially an individualistic treatment than the other systems of medicines. Medicinal uses of plants have been discussed in great detail either in the Ayurvedic system [33] or by various tribal groups; i.e., ethno medico botany [34,35]. The studies on the use of plants in homeopathic system are rather scarce due to lack of interest in these systems in India in earlier days and overshadowing of homeopathic system by the revival of interest in the Ayurvedic System of medicine throughout the world in recent times [36]. Homeopathic therapy is very popular among the people of India and abroad because it is very cost effective and curative treatment from their origin, and it has no side effects in the human body. Therefore, this therapy is gradually increasing throughout the world, including in both developing and developed countries. Every civilization has developed indigenous medicinal systems to treat or cure diseases with the help of locally available materials. The age old experience of 1000 years in medical therapy has made these systems more reliable. The majority of the population trusts the

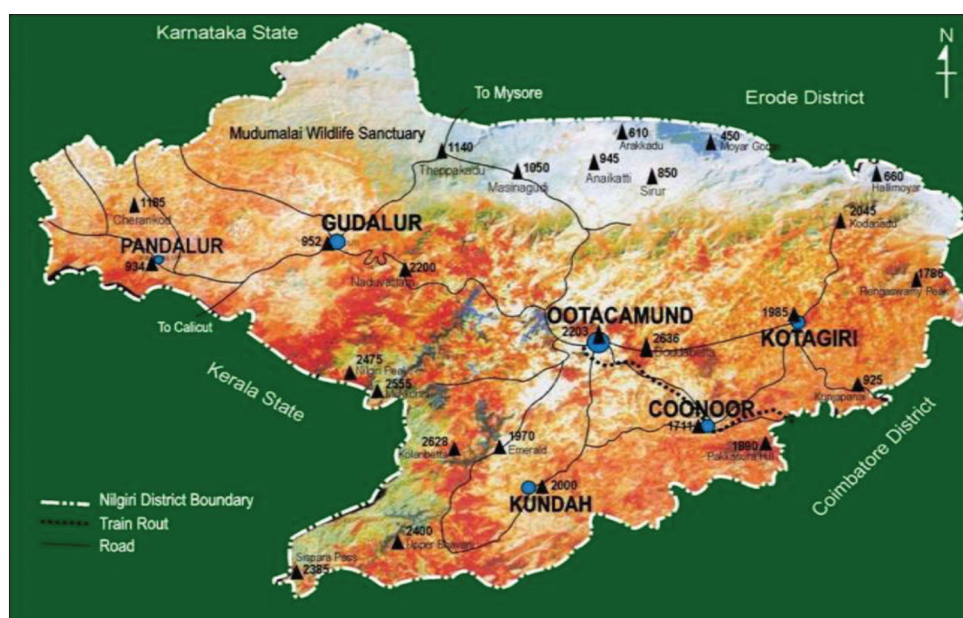


Fig. 1: Satellite map of the Nilgiris district with their altitude range

Table 1: Quantitative analysis of the Lamiaceae plants

S. No.	Genus	No. of species
1.	<i>Ocimum</i>	4
2.	<i>Plectranthus</i>	3
3.	<i>Mentha</i>	2
4.	<i>Salvia</i>	2
5.	<i>Thymus</i>	2
6.	<i>Origanum</i>	2
7.	<i>Hyptis suaveolens</i>	1
8.	<i>Lavandula officinalis</i>	1
9.	<i>Leucas aspera</i>	1
10.	<i>Leonurus cardiaca</i>	1
11.	<i>Lippia citriodora</i>	1
12.	<i>Melissa officinalis</i>	1
13.	<i>Perilla frutescens</i>	1
14.	<i>Prunella vulgaris</i>	1
15.	<i>Rosmarinus officinalis</i>	1

traditional medicinal systems over allopathic system due to its lesser-known health implications. Among the traditional medicinal systems; Indian, Chinese, Arab, and African systems are world renowned [37].

#### Enumeration

Botanical Name: *Aloysia citriodora* Palau  
 Synonyms: *Lippia citriodora* (Palau) Kunth., and *Verbena triphylla* L'Her.  
 Drug name: *Lippia citriodora*  
 English name: Lemon verbena, Lemon bee brush  
 Part used: Leaf  
 Uses: Asthma, Antifungal Property  
 Flowering and fruiting: June-September  
 Description: Native from tropical America, it is an herb with a semi-hardy stem, upright bushy, pale green narrow-leafed foliage, and small sprays of white flowers.

Botanical name: *Lavandula angustifolia* Mill.  
 Synonyms: *L. officinalis* Chaix., and *Lavandula vulgaris* Lam.  
 Drug name: Lavender  
 English name: Common lavender  
 Part used: Flowering tops  
 Uses: Anxiety, fungal infection, hair loss, depression, and high blood pressure, and wound.  
 Flowering and fruiting: May-August  
 Description: It is a perennial evergreen dwarf shrub, it has dense form and grey-green to green foliage. Its leaves are simple, slightly tomentose, and linear to lanceolate-linear up to 5 cm. Its numerous verticillaster flowers appear on terminal spikes and are purple in color.

Botanical name: *Leonurus cardiaca* L.  
 Synonyms: *Lamium cardiaca* (L.) Bail., and *Cardiaca vulgaris* Moench.  
 Drug name: *L. cardiaca*  
 English name: Motherwort  
 Part used: Tincture of fresh plants  
 Uses: Dysentery, Hemorrhages, and miscarriage  
 Flowering and fruiting: July-September  
 Description: Herbs with quadrangular stem, which is clad in short hairs and is often purplish, especially near the nodes. The opposite leaves have serrated margins and are palmately lobed with long internodes. Flowers are pink to lilac in color often with furry lower lips.

Botanical name: *Leucas aspera* (Willd.) Link.  
 Synonyms: *Leucas dimidiata* Benth., and *Phlomis aspera* Willd.  
 Drug name: *L. aspera* (Drona)  
 English name: Thumba, and common leucas  
 Part used: Whole plant including roots  
 Uses: Asthma, cough and sneezing, antifungal, prostaglandin inhibitory, antioxidant, antimicrobial, antinociceptive and cytotoxic activities, antipyretic, and reduce fever.  
 Flowering and fruiting: September-January

Description: It is an erect or diffuses much branched annual herb, up to 50 cm, leaves linear or narrowly oblong-lanceolate, very dense, many flowered with white color, the stems hispid, or scab rid.

Botanical name: *Mesosphaerum suaveolens* (L.) Kuntze  
 Synonyms: *Hyptis suaveolens* (L.) L'Her. *Ballota suaveolens* L.  
 Drug name: *H. suaveolens*  
 English name: Bush mint, and mint weed  
 Part used: Whole plant  
 Uses: Stimulant, carminative, and uterus affection  
 Flowering and fruiting: August-February  
 Description: A gregarious undershrub. Stem quadrangular, hairy, leaves aromatic, ovate, tomentose, pale green, turn into purplish green. Calyx tube larger, hairy, and persistent in verticillaster inflorescence.

Botanical name: *Melissa officinalis* L.  
 Synonyms: *Faucibarba officinalis* (L.) Dulac., and *Thymus melissa* E.H.L. Krause  
 Drug name: *M. officinalis*  
 English name: Lemon balm, and sweet balm.  
 Part used: Aerial parts  
 Uses: Anti-anxiety, sleep, digestion, pain relief, appetite and headache, antiviral property  
 Flowering and fruiting: June-August  
 Description: It is a perennial herbaceous plant 1–3 m tall, branched occasionally or too frequently with ascending to erect leafy stems. Individual flowers each flower has white corollas, a light green calyx; small nut-lets are lanceoloid-ellipsoid and smooth.

Botanical name: *Mentha piperita* L.  
 Synonyms: *Mentha balsamea* Willd., and *Mentha officinalis* Hull.  
 Drug name: *Mentha piperita*  
 English name: Pepper mint  
 Part used: Whole Plant  
 Uses: Cough, dry, headache, hoarseness, influenza, pruritus, throat, and sore  
 Flowering and fruiting: July-August  
 Description: Native to Europe. It is an aromatic perennial herb, producing creeping stolon. The stem is quadrangular; hairy, and branching toward the tops. Leaves are opposite dark in color, flowers purplish in color.

Botanical name: *Mentha spicata* L.  
 Synonyms: *Mentha glabra* Mill., and *Mentha crispa* L.  
 Drug name: *Mentha viridis*  
 English name: Spear Mint, and Garden mint  
 Part used: Whole plant  
 Uses: Digestion problem, reduce heart problem, stomach problem, nausea, flatulence, anxiety, and body freshener.  
 Flowering and fruiting: July-August  
 Description: It is a perennial herb. The central stem and any lateral stem, four angular and glabrous, individual flower, calyx is light green to reddish-green and glabrous, while the corolla is white to light pink, small nut-lets that are located within the persistent calyx.

Botanical name: *Ocimum americanum* L.  
 Synonyms: *Ocimum album* Roxb., and *Ocimum canum* Sims.  
 Drug name: *O. canum*.  
 English name: Common basil, sweet basil, and hoary basil  
 Part used: Fresh leaves  
 Uses: Leave paste used to treat skin disease, coughs, respiratory problems, rheumatism, diarrhea, kidney, and renal colic, and its also applied to wounds.  
 Flowering and fruiting: Throughout the year  
 Description: Native to Africa, it is an erect, much-branched strongly aromatic under shrub, leaves are elliptic-oblong, ovate-lanceolate, glabrous margin entire or shallowly serrate, and flowers white with pedicels, fruit is nut-let.

Botanical name: *Ocimum basilicum* L.  
 Synonyms: *Ocimum hispidum* Lam., and *Ocimum thyriflorum* L.  
 Drug name: Basilicum.  
 English name: Sweet basil  
 Part used: Whole plant  
 Uses: Clear the eyes, and bath tonic  
 Flowering and fruiting: Throughout the year  
 Description: A short herbaceous plant, strongly aromatic. Leaves are ovate-lanceolate, cuneate at base, pubescent or glabrous, floral leaves and bracts are usually dark purple in flower; nut-lets mucilaginous when wetted.

Botanical name: *Ocimum gratissimum* L.  
 Synonyms: *Geniosporum discolor* Baker., and *Ocimum zeylanicum* Medik.  
 Drug name: *O. gratissimum* (Ram tulsi).  
 English name: Wild Basil, Shrubby basil; Tam: Ram Tulsi; and Hindi: Ban Tulsi.  
 Part used: Whole plant  
 Uses: Vomiting, skin disease, inflammation, antifungal, hypoglycemic, anti-diarrheal, increase sexual behavior activity, and analgesic  
 Flowering and fruiting: August-December  
 Description: A much-branched aromatic subshrub up to 4 m high. Leaves are membranous ovate to elliptic-obovate, pubescent on the nerves above, much-branched the flowers pale greenish-yellow, nut-lets is yellowish-brown, subglobose, and minutely verrucose.

Botanical name: *Ocimum tenuiflorum* L.  
 Synonyms: *O. sanctum* L., and *Ocimum tomentosum* Lam.  
 Drug name: *O. sanctum*  
 English name: Sacred basil, and holy basil  
 Part used: Whole plant  
 Uses: Asthma, cough, cold, catarrh, fever, period problem, bedwetting, diarrhea, abdominal symptoms, teary eyes, headache, forgetfulness, and lack of focus.  
 Flowering and fruiting: Throughout the year  
 Description: An erect much-branched, under shrub, and pubescent. Leaves are elliptic-oblong, obtuse, or acute at apex, entire or serrate, pubescent, red, or purple small flowers. Nut-lets are not mucilaginous when wetted.

Botanical name: *Origanum majorana* L.  
 Synonyms: *Majorana fragrans* Raf., and *Origanum salvifolium* Roth.  
 Drug name: Origanum  
 English name: Sweet marjoram  
 Part used: Whole plant  
 Uses: Breast affection of erotomania, hysteria, leukorrhea, nymphomania, seminal emission, and sexual irritation  
 Flowering and fruiting: June-September  
 Description: It is a bushy sub-shrub with aromatic foliage that typically grows in an upright mound to 1–2 m tall. Features branching, reddish, and square stems that are densely clad with ovate, highly aromatic, pubescent, grey-green leaves. White or pink colors of flowers.

Botanical name: *Origanum vulgare* L.  
 Synonyms: *O. americanum* Raf. *Origanum officinale* Gueldenst.  
 Drug name: Origanum  
 English name: Wild marjoram  
 Part used: Whole plant  
 Uses: Breasts, affection, erotomania, leucorrhea, nymphomania, seminal emissions, and sexual irritation  
 Flowering and fruiting: June-September  
 Description: Perennial herb, growing from 20 to 80 cm tall, leaves is opposite and ovate shape, white or purple colors of flowers. Long, produced in erect spikes.

Botanical name: *Perilla frutescens* (L.) Britton.  
 Synonyms: *Ocimum frutescens* L., *Perilla urticifolia* Salisb.  
 Drug name: Perilla  
 English name: Beefsteak plant, *Perilla*, and wild coleus

Part used: Whole plant  
 Uses: Antioxidant, anti-allergic, anti-inflammatory, antidepressant, tumor-preventing property, gastrointestinal, dietary, and dermatology disease  
 Flowering and fruiting: August-October  
 Description: It is an erect annual herb with stem 0.3–2 m tall, densely hairy. Leaves are broadly ovate to round, green or purple, above hairy, below appressed hairy, margin coarsely saw toothed. Fruit nut-lets, and subglobose.

Botanical name: *Plectranthus fruticosus* L'Her.  
 Synonyms: *Plectranthus urticifolia* Lam., and *Plectranthus arthropodus* Briq.  
 Drug name: Plectranthus  
 German name: Gichtbaum  
 Part used: Whole Plant  
 Uses: Abdomen coldness of cholera, cramps, diarrhea, dysphagia, fever, intermittent fever, lumbrici, neuralgia, rheumatism, a throat, sore, and toothache.  
 Flowering and fruiting: February-April  
 Description: Native to South Africa. It is an erect evergreen under-shrub with rounded hairy leaves thick spongy stem, spike of soft blue or mauve flowers, the inflorescence often 12 in long and very dense.

Botanical name: *Plectranthus amboinicus* Lour.  
 Synonyms: *Coleus aromaticus* Benth., and *Coleus amboinicus* Lour.  
 Drug name: Coleus aromaticus  
 English name: Indian borage, Mexican mint; and Tam: Karpuravalli  
 Part used: Leaf  
 Uses: Gonorrhoea, urinary trouble, uremia, respiratory trouble, asthma, chronic, catarrh, and epilepsy  
 Flowering and fruiting: December-March  
 Description: It is a succulent perennial herb usually aromatic, often fleshy, leaves opposite, flowers are on a short stem, pale purplish, in dense whorls (cymes) at distant intervals in a long slender spike-like raceme. Nut-lets smooth.

Botanical name: *Plectranthus barbatus* Benth.  
 Synonyms: *Coleus forskohlii* (Poir) Briq., and *Coleus grandis* L.H. Cramer  
 Drug name: Coleus forskohlii.  
 English name: Indian coleus  
 Part used: Roots  
 Uses: Asthma, high blood pressure, blood clots, insomnia, dry eye, allergies, obesity, period pain, urinary tract infection, and bladder infection  
 Flowering and fruiting: October-December  
 Description: A perennial aromatic herb with branches from a thick rootstock, leaves fleshy, ovate or obovate, base narrowed margin cuneate, apex obtuse, pubescent on both side gland dotted below, very softly-generally white-hairy, and the flowers whorls in blue color. Nut-lets smooth dark brown.

Botanical name: *Prunella vulgaris* L.  
 Synonyms: *Prunella cordata* Raf., and *Prunella longifolia* Pers.  
 Drug name: *P. vulgaris*.  
 English name: Common self-heel, hook heel, and sickle wort  
 Part used: Whole plant  
 Uses: Allergies, anxiety stressful sleep, hemorrhoids, skin condition, travel sickness, cough, cold, and flu  
 Flowering and fruiting: June-October  
 Description: A herb with creeping rootstock, the stems and ovate obtuse leaves hispid, the corollas deep purple-blue or sometimes white, the bracts broadly ovate-cordate, apiculate often purple on the margins.

Botanical name: *Rosmarinus officinalis* L.  
 Synonyms: *Rosmarinus angustifolius* Mill., and *Rosmarinus latifolius* Mill.  
 Drug name: Rosmarinus.  
 English name: Rosemary  
 Part used: Whole plant

Uses: Abortion, baldness, menses too early, dandruff, vertigo, and Miscarriage.

Flowering and Fruiting: March-October

Description: Native to Mediterranean region, it is an aromatic evergreen perennial herb with fragrant, needle-like leaves and white, pink, purple, or blue flowers.

Botanical name: *Salvia officinalis* L.

Synonyms: *Salvia crespia* Ten., and *Salvia tricolor* Vilm.

Drug name: *S. officinalis*.

English name: Common sage

Part used: Fresh leaves, and blossom tips

Uses: Cough, tickling phthisis, night sweats, galactorrhoea, and exerts a tonic influence on the skin

Flowering and fruiting: June-September

Description: Native to Mediterranean region, it is a perennial, evergreen sub-shrub with woody stems, greyish leaves, and blue to purplish flowers. Leaves are grey-green, rugose on the upper side, and nearly white underneath due to the many short soft hairs.

Botanical name: *Salvia verbenaca* L.

Synonyms: *Sclarea verbenaca* (L.) Sojak., and *Gallitrichum verbenacum* (L.) Fourr.

Drug name: Salvia.

English name: Wild clary, and wild sage

Part used: Whole plants

Uses: Removing small particles of dust from the eyes

Flowering and fruiting: June-September

Description: Native to Mediterranean region, it is a tall perennial herb with hairy stems and branches that erectly sprawl out. Its leaves are basal and toothed that vary from 3 to 10 cm. It has soft purple to violet flowers.

Botanical name: *Thymus serpyllum* L.

Synonyms: *Origanum serpyllum* (L.) Kuntze., and *Thymus barbatus* Opiz.

Drug name: *T. serpyllum*.

English name: Wild thyme, and creeping thyme

Part used: Whole plant

Uses: Respiratory infection of children, dry nervous asthma, whooping cough, burning in pharynx, and sore

Flowering and fruiting: July-August

Description: North Europe it is perennial herb. The bright green leaves are slender or oval shaped. The root of this plant is fibrous and woody, while the stems are reddish-brown in color.

Botanical name: *Thymus vulgaris* L.

Synonyms: *Origanum thymus* Kuntze., and *Thymus chinensis* K.Koch.

Drug name: Thymol

English name: Common thyme, and German thyme

Part used: Whole plant

Uses: Arthritis, bronchitis, colds, colic, cough, diarrhea, ear infection, flatulence, sore throat, and menstrual cramps

Flowering and fruiting: June-August

Description: Native to South Europe, it is a bushy, woody-based evergreen sub-shrub with small, highly aromatic, grey-green leaves and clusters of purple or pink flowers.

## CONCLUSION

The present preliminary survey revealed that the Nilgiri district of Tamil Nadu (India) is rich in the diversity of medicinal flora used in the homeopathic system of medicine. This research study has provided documentation of 24 plants of Lamiaceae family that are of great medicinal value in the Nilgiri district. This is intended to provide information to the residents on the importance of such plant and how well they can use them in treating the common ailments that they encounter. Therefore, scientific cultivation, conservation, and sustainable utilization of plants by involving villagers would be highly beneficial in the conservation of these rare and endangered medicinally important species for the inheritance of this traditional knowledge to the coming generations.

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## AUTHORS' CONTRIBUTIONS

S. Mugendhiran and M. Murali Surveyed and collected all the Homoeopathic medicinal plants belonging to Lamiaceae family, remaining authors coordinated the manuscript writing, editing, and finalization.

## CONFLICTS OF INTEREST

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