

Dear parents

Our students visited Herbal Garden today(24 June 2022). The trip was organized to sensitize the children towards their environment and to impart knowledge about various kinds of plants and their medicinal value. They enjoyed the clean and green surroundings of the garden with the aroma of herbs in the air, planted aesthetically in the garden.

Teachers showed the students various medicinal plants maintained in the herbal plant section of the site and highlighted their importance, usefulness, and significance. The students witnessed various kinds of plants like tulsi, Aloe vera, Peppermint, Ajwain, American mint, Bhringraj, Bhaum Alaki etc....

The students and the teachers all enjoyed the visit and found it informative and useful.

### **Importance of some herbs with their medicinal values**

- Herbs such as black pepper, cinnamon, myrrh, aloe, sandalwood, ginseng, red clover, burdock, bayberry, and safflower are used to heal wounds, sores and boils.
- Some herbs also have antibiotic properties. Turmeric is useful in inhibiting the growth of germs, harmful microbes and bacteria. Turmeric is widely used as a home remedy to heal cuts and wounds.
- Tulsi is used to treat heart disease and fever. Tulsi is also used to treat respiratory problems. Tulsi is used to cure fever, common cold and sore throat, headaches and kidney stones. Tulsi helps in treating Asthma.
- Ginger and cloves are used in certain cough syrups. They are known for their expectorant property, which promotes the thinning and ejection of mucus from the lungs, trachea and bronchi. Eucalyptus, Cardamom, Wild cherry and cloves are also expectorants.
- Aloe vera Heals burns. Due to its soothing, moisturizing, and cooling properties, aloe vera is often used to treat burns, improves digestive health, promotes oral health, clears acne, relieves anal fissures.