

MEDICINES FROM PLANTS:

- 1) **Turmeric** is a yellow powder which acts as an antiseptic for cuts, burns and bruises.
- 2) **Mint** is a herb. This herb is refreshingly 'cool' and also helps indigestion.
- 3) **Ginger** is a root .This root spice provides relief from cough and cold.
- 4) **Coconut** is a fruit. The tender white pulp of this fruit can help to soothe mouth ulcers.
- 5) **Basil** is known as *tulsi* in India. This plant is useful to treat mild ailments like cough, cold and indigestion.
- 6) **Onion** is bulb-shaped vegetable, when eaten raw, can help prevent sunstroke.
- 7) **Neem** is a plant. The leaves of this plant can help to reduce skin irritation.
- 8) **Clove** is a flower. These flower buds when chewed help to relieve toothache.