



A Medicinal Plant in Every Home: An Awareness Programme for Healthy Living

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INTRODUCTION

Traditional medicinal plants have been an integral part of Indian household for centuries. In recent times, lifestyle diseases, stress, and frequent illness have increased due to dependence on synthetic medicines and unhealthy living habits. To promote natural affordable, and preventive healthcare, the awareness programme “A Medicinal plant in Every Home” was organized to encourage the households to grow and use basic medicinal plants for daily health needs. In addition to their health benefits, medical plants play a significant role in preserving traditional knowledge and cultural heritage. The practice of using home-grown herbs fosters self-care, awareness, and responsibility towards one’s own health. It also encourages eco-friendly living by reducing the use of chemical products and promoting sustainable household practices. By reintroducing medicinal plants into everyday life, families can reconnect with nature while creating a healthy environment for present and future generations.

Objectives of the programme

- **To create awareness about the importance of medicinal plants in daily life.**

Medicinal plants have been used for centuries to maintain health and treat common illnesses. They are easily available, affordable, and safe when used correctly. Creating awareness helps people reconnect with natural and traditional healthcare practices.

- **To promote healthy living through natural remedies**

Natural remedies help improve immunity and overall well-being without harmful side effects. They support the body’s natural healing process and encourage preventive healthcare. Using natural remedies promotes a balance and sustainable lifestyle.

- **To educate people about common medicinal plants and their uses**

Many people are unaware of the medicinal value of plants found around them. Educating them helps in the correct identification and proper usage of these plants. This knowledge empowers individuals to manage minor health issues naturally.

- **To encourage every household to grow at least 1-2 medicinal plants**

Growing medicinal plants at home ensures easy access to natural remedies. It also promotes

gardening habits and increases greenery in the surrounding. Even a single plant can contribute to better health and a cleaner environment

- **To reduce dependency on chemical-based medicines for minor ailments**

Frequent use of chemical medicines may cause side effects over time. Medicinal plants provide safer alternatives for common problems like cold, cough, and digestion. Reducing dependency encourages responsible and minimal use of modern medicines.



Fig.1. Medicinal and aromatic block, school of agricultural sciences

Importance of Medicinal Plants

The plants play crucial role in improving immunity, preventing diseases, and maintaining over well-being. They are eco-friendly, cost-effective, and easily available. Growing medicinal plants at home also helps in environmental conservation and promotes sustainable living. Medicinal plants also preserve

traditional knowledge and cultural heritage passed down through generations. Regular use of these plants encourages preventive healthcare and reduces the burden on medical systems. Moreover, cultivating medicinal plant at home strengthens the bond between humans and nature, creating a healthier, greener, and more self-reliant lifestyle.



Fig.2. Explaining about medicinal and aromatic plants to officials of Anurag university

Common Medicinal plants promoted

- **Tulsi** (*Ocimum sanctum*): Boosts immunity, treats cough, cold, and respiratory problems

Chemical properties: Eugenol, Ursolic acid, Rosmarinic acid, Flavonoids, Essential oils (camphor, cineole)

Medicinal uses: Acts as powerful immunity booster. Helps in treating cough, cold, asthma, bronchitis. Possess antibacterial, antiviral, and antifungal properties. Reduces stress and improves mental clarity. Tulsi leaves are commonly used in herbal tea and home remedies.

- **Aloe vera** (*Aloe barbadensis Miller*): useful for skin care, digestion, and wound healing

Chemical properties: Aloin, aloe-emodin, polysaccharides, vitamins A, C, E and B-complex, enzymes and amino acid

Medical uses: Promotes skin healing and treats burns, acne, and wounds. Improves digestion and constipation. Strengthens immunity and detoxifies the body. Used widely in **cosmetics, medicines, and healthy drinks**. Acts as a natural moisturizer and anti-inflammatory agent

- **Neem** (*Azadirachta indica*): Acts as a natural antiseptic and helps in skin and dental care

Chemical properties: Azadirachta, Nimbin, Nimbidin, quercetin, salannin

Medical uses: Acts as a natural antiseptic and antibacterial agent. Useful in treating skin diseases, acne, and infections. Neem twigs help in maintaining oral and dental hygiene. Supports blood purification and boosts immunity. Neem oil is used as a natural pesticide and antifungal agent.

- **Mint** (*Mentha. sp*): Aids digestion and relieves headaches

Chemical properties: Menthol, Menthone, Flavonoids, tannins, volatile oils

Medicinal uses: Improves digestion and relieves gas and bloating. Helps reduce headache and nausea. Provides relief from indigestion and stomach cramps. Has cooling and refreshing

properties. Used in herbal teas, chutneys, and home remedies.

- **Ginger** (*Zingiber officinale*): Helps in digestion, cold, and inflammation

Chemical properties: Gingerol, shogaol, zingerone, essential oils, oleoresins

Medicinal uses: Enhances digestion and appetite. Effective against cold, cough, and sore throat. Possesses strong anti-inflammatory and antioxidant properties. Helps in reduce nausea and joint pain. Commonly used in herbal teas and traditional medicines.

- **Turmeric** (*Curcuma longa*): Natural antiseptic and immunity booster

Chemical uses: Curcumin, demethoxycurcumin, volatile oil, phenolic compounds

Medicinal uses: Acts as a powerful natural antiseptic. Boosts immunity and fights infections. Helps in wound healing and skin care. Reduces inflammation and joint pain. Widely used in cooking, traditional medicine, and cosmetics.

Programme Activities

- **Awareness talks on benefits of medicinal plants:** Educated participants about the health, environmental, and economic importance of medicinal plants in daily life
- **Live demonstration on planting and maintaining medicinal plants:** Showed practical methods of planting, watering, and caring for medicinal plants at home.
- **Distribution of saplings to households:** Encouraged families to grow medicinal plants by providing free sapling for home cultivation
- **Interaction sessions addressing doubts related to plant usage:** Clarified participants question regarding identification, usage, and maintenance of medicinal plants
- **Promotion of kitchen gardens and balcony gardening:** Motivated people to utilize available space to grow medicinal plants and ensure easy access to natural remedies



Fig.3. Creating awareness to students about medicinal and aromatic plants in nemarugomula village

Benefits to the Community

- Improved awareness about natural healthcare practices
- Adoption of healthy lifestyle habits easy access to basic remedies at home
- Increased greenery and improved air quality
- Strengthening traditional knowledge among younger generations

CONCLUSION

The awareness programme “**a medicinal plant every home**” successfully motivated participants

to adopt medicinal plants as part of their daily lives. Encouraging households to grow medicinal plants is a small yet impactful step towards healthier families, a greener environment, and sustainable living. The programme also helped participants understand the importance of self-care through natural remedies and reduces dependence on chemical medicines for minor ailments. Additionally, it promoted environmental responsibility by increasing greenery and preserving traditional medicinal knowledge for future generations.