



# ST. ALOYSIUS COLLEGE (AUTONOMOUS)

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Reaccredited 'A+' grade by NAAC  
College with potential for Excellence

Change is inevitable.  
Growth is optional.



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**MEDICINAL PLANTS**, also called medicinal herbs, have been discovered and used in traditional medicine practices. Plants synthesise hundreds of chemical compounds for functions including defence against insects, fungi, diseases, and herbivorous mammals.

## GRASSLAND MEDICINAL PLANTS

Medicinal plants can be found everywhere you look outside. It's just a case of knowing what plants to use and which ones to avoid. Here's a list of grassland medicinal plants for you that could aid you in the case of a medical emergency.



## 5 AMAZING MEDICINAL GRASSLAND PLANTS

### 1. Yarrow

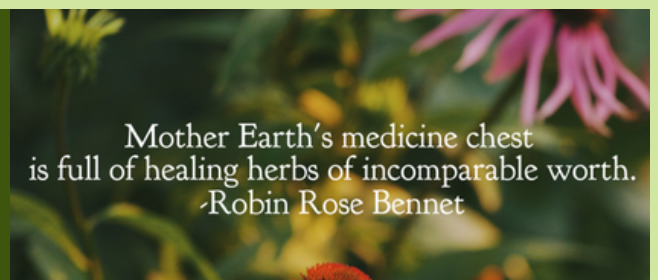
*Achillea millefolium* or Yarrow thrives are found in well-drained, especially hedgerows, meadows, waste ground, and waysides. It helps in treating Bites, burns, cold sores, eczema, gums and teeth, mouth ulcers, high blood pressure, wounds, colds, flu, nosebleed, chilblains, painful periods, chicken pox and shingles and varicose veins.

### 2. Fumitory

*Fumaria officinalis* or Fumitory is also called earth smoke because of the wispy, smoke-like appearance its foliage has as it grows. It is commonly found growing on grassy banks and in ditches, field margins and hedgerows. It can be used to treat Acne rosacea, acne vulgaris, boils, gallstones, and constipation.

**The grasslands are important features in the ecosystems around the globe and it is important that we insure that the grasslands remain intact.**

Mother Earth's medicine chest  
is full of healing herbs of incomparable worth.  
-Robin Rose Bennet





### 3. Chamomile

*Matricaria recutita/Chamaemelum nobile* has scented flowers, and it grows in well-drained soil on waste ground and around field margins. It is good for treatment of bites and stings, restless leg syndrome, hayfever, insomnia, indigestion, fever, painful periods, hangover, and headache.

### 4. Couch Grass

*Agropyron repens* or Couch grass grows on the edges of arable fields, meadows and on waste ground, and frequently invades the loose fertile soil of flowerbeds and vegetable patches in gardens. It is good for treating Gout, cystitis, kidney stones, and prostate problems.



### 5. Agrimony

*Agrimonia eupatoria* or Agrimony, the name cocklebur comes from its clingy seeds that hook onto clothing or fur. It was traditionally used as medicine and as a dye plant, and is found growing in grass on sloping meadows and on waste ground. It can be used to treat Diarrhoea, diverticular disease, gallstones, and irritable bowel syndrome.



## QUIZ?

1. Grasslands occur naturally on all continents except -  
a). Antarctica  
b). Asia  
c). Africa  
d). Australia

2. The scientific name of Yarrow is -  
a). *Agropyron repens*  
b). *Agrimonia eupatoria*  
c). *Achillea millefolium*  
d). *Fumaria officinalis*

3. Diarrhoea can be treated with -  
a). Couch Grass  
b). Agrimony  
c). Fumitory  
d). Chamomile

ANSWERS - 1.a).; 2.c).; 3.b).

Would you believe Giant bamboo is a member of Gramineae family?

It is the largest variety of grass that can grow up to 150 feet tall.

**It can accurately be said  
that plants created,  
and continue to create,  
the world we live in.**

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