A REVIEW ON MEDICINALLY IMPORTANT HOME YARD HERBAL FLOWERS

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ABSTRACT

It has been a longstanding tradition in many cultures around the world to use garden herbs for medicinal purposes. The goal of this article is to provide a comprehensive review of medicinal properties, traditional uses, phytochemical compositions, and potential health benefits associated with medicinally important home yard herb flowers. There is a wide variety of plant species that can be grown in domestic gardens or backyards as herbal flowers. For centuries, traditional healers have used these flowers for their therapeutic properties in addition to their ornamental beauty. Among the traditional uses of these flowers are the treatment of skin conditions, digestive disorders, respiratory ailments, and stress-related conditions. Herbal flowers are recognized for their therapeutic potential, as well as their culinary applications and cosmetic benefits. There is no doubt that medicinally important flowers growing in the home yard provide valuable...
resources for the development of natural remedies and holistic health practices. Individuals and communities around the world can benefit from embracing the healing potential of home-grown herbal flowers.

**KEYWORDS:** Herbal, Medicine, Garden, Flowers.

**INTRODUCTION**

Herbal flowers grown in the home yard play an important role in traditional medicine and culinary practices around the world.\(^1\)\(^,\)\(^2\) Home gardens and yards commonly cultivate these plants because of their medicinal properties, culinary uses, and aesthetic appeal. Herbal flowers grown in the home are easy to access and can be conveniently incorporated into everyday life for a wide range of health and wellness benefits, unlike commercially grown herbs.\(^3\) A wide variety of herbaceous plants grow in the home yard, each with their own unique medicinal properties and phytochemical composition. The therapeutic potential of these flowers is extensive, from soothing chamomile to invigorating peppermint.\(^4\) It has been an integral part of traditional healing practices in many cultures to use herbal remedies derived from flowers that can be found in the backyard. There are various forms of herbal remedies, such as teas, tinctures, poultices, and topical applications that harness the natural healing power of botanicals to remedy conditions such as digestive disorders, headaches, and skin disorders.\(^5\)

As well as adding flavor and fragrance to a variety of dishes and beverages, backyard herbal flowers are appreciated for their culinary uses. They impart unique flavors and aromatics to food preparations while also providing potential health benefits, whether they are added to teas, sprinkled on salads, or used as garnishes. Research into the pharmacological activities and therapeutic potential of home-grown herbal flowers has received resurgence in recent years due to a resurgence of interest in natural remedies and plant-based medicines. Their wide ranges of health-promoting properties have been demonstrated in studies exploring their antioxidant, anti-inflammatory, antimicrobial, and analgesic properties.

Nature has endowed mankind with an invaluable resource in the form of medicinal plants. There are numerous chemical compounds found in these plants that exhibit potent therapeutic
properties, making them essential for the development of new drugs. Screening active compounds from various plant parts is the first step in this pursuit.

It is the purpose of this review to summarize the medicinal significance of flowers found in Palakkad, Kerala. In Palakkad, a lush landscape of Kerala, one can find an abundance of flowering plants, many of which are medicinal in nature. Our aim is to shed light on the potential health benefits of these flowers by examining the therapeutic applications of these plants. Developing novel pharmaceuticals and improving health outcomes for communities in Kerala and beyond can be accomplished by harnessing nature's bounty.

Medicinal flowers in Kerala
There is a rich tradition of traditional medicine in Kerala, one of the most bio diverse states in India. There are over 900 therapeutic properties among Kerala's estimated 4600 flowering plants, according to recent surveys. There is a special branch of Ayurveda dedicated to using flowers for therapeutic purposes, known as Pushpa Ayurveda or "Flower Therapy". The use of flowers in traditional healing methods is documented in approximately 8000 varieties.

Human nutrition and dietary practices are greatly impacted by flowers, which serve as a lot more than just decorative elements. Various studies have shown that flowers are used in decoctions to treat and manage a range of ailments and health conditions across various regions of the world.

Hibiscus
The cultivation of Hibiscus for ornamental purposes and medicinal purposes has become increasingly popular in home yards. A popular plant in home gardens because of its vibrant flowers and potential health benefits, Hibiscus is known for its vibrant flowers. Hibiscus flowers are commonly used to make tea and are valued for their antioxidant properties as well as their ability to lower blood pressure and improve heart health. Aside from its anti-inflammatory and diuretic properties, Hibiscus is also utilized in traditional medicine. It is evident from a survey that hibiscus is a multifaceted plant, combining beauty with health benefits in home gardens.
Botanical Origin
The common hibiscus (Hibiscus rosa-sinensis), part of the Malvaceae family, encompasses approximately 300 species.

Geographical Distribution
Hibiscus is found across a wide range of regions, including China, Japan, Africa, Egypt, Mexico, India, Malaysia, and various Pacific islands.

Description
The flowers of hibiscus are large, bisexual, and striking, reaching widths of up to 25 cm. They emerge from the upper leaf axils, supported by stalks. These flowers boast five distinct petals, which are unattached at the base and may exhibit colors ranging from white and yellow to vibrant red.

Active constituents
Flavonoids, Anthocyanins, terpenoids, steroids, polysaccharides, alkaloids, amino acids, lipids, sesquiterpene, quinones and naphthalene groups.

Uses
Antioxidant, anti-inflammatory, anti microbial, antifungals, antidiabetic,antihypertensives, antiatherosclerotics, antioxidants, antipyretics, antibacterials, antihypercholesterolaemics, antinociceptives, antimutagenics, and anti tumor.
Rose

Figure 2: Rose.

Botanical origin
Out of 200 species, Rosa indica belongs to the family, Rosaceae.

Geographical source
Asia, Africa, North America, and Europe.

Description
Flowers are axillary and symmetrical. They are typically red, with five petals and 10 cm in diameter with prominent orange-tipped red anthers.

Chemical constituents
Flavonoids, triterpenes, tannins, polysaccharide, phenolic acids, fatty acids, organic acids, carotenoids, and vitamins.

Uses
- Anti-depressant, anti-spasmodic, aphrodisiac, astringent, increase bile production, cleansing, anti-bacterial and antiseptic
- Rose hip tea is used as antioxidants, immune system booster, and aid weight loss, reduce joint pain and the treatment of diarrhea.
- Rose water have strong antidepressant and anti anxiety properties. Also improve skin complexion.
Ixora

![Ixora](image)

**Figure 3: Ixora.**

**Botanical origin**
Ixoracoccinea Linn. is a genus of flowering plants in the family Rubiaceae. It holds around 544 species.

**Geographical source**
Southern India, Bangladesh, and Sri Lanka.

**Chemical constituents**
Alkaloids, tannins, terpenoids, flavonoids, saponins, and essential oil.

Vinca rosea

![Vinca rosea](image)

**Figure 4: Vinca rosea.**

**Botanical origin:** It is botanically named as Catharanthusroseus, commonly called periwinkle and belongs to family, Apocynacea.

**Geographical source:** North America, Europe, India, China.
**Description:** These are tubular flowers have five flattened petal-like lobes and appear singly in the upper leaf axils. Species flowers are rosy-pink to red with mauve throats.\[^{11}\]

**Chemical constituents:** vinblastin, vincristine, vinorelbine, vinflunine.

**Uses:** antineoplastic, anti-diabetic, anti-microbial, anti-oxidant, wound healing, memory enhancer hyperlipidemic, anti-diarrheal, anti-ulcer and anti-hypertensive. In traditional medicine, flower extracts are used for infants eye wash.

**Marigold**

![Marigold](image)

**Figure 5: Marigold.**

**Botanical origin:** Tagetes is a genus of 50 species, Tagetes erecta (African marigold), belongs to the family, Asteraceae. Flowers are hermaphrodite, fully double, 3-inch flower heads and offers flower colors in gold, orange, primrose, yellow and a mix.\[^{12}\]

**Geographical source:** Nepal, Mexico and Guatemala, Peru Marigold is cultivated throughout in India.

**Chemical constituents:** Carotenoids like Neoxanthin, Luteoxanthin, Lycopene, Lutein, and Beta-carotene.

**Uses:** Fevers, Jaundice, Stomach ulcers, Conjunctivitis (pink eye), Liver problems, Burns and wounds.
Chrysanthemum

Figure 6: Chrysanthemum.

Botanical origin: Out of 30 species, Chrysanthemum morifolium belonging to a genus of the dicotyledonous herbaceous annual flowering plant belongs to the family, Asteraceae (Compositae).

Geographical source: India, China, Japan, Europe and United States Chrysanthemum was first appreciated in China as medicinal plant.

Chemical constituents: Anthocyanins, Phenolic acid, Luteolin, Chlorogenic acid, Acacetin and Caffeoylquinic acid.

Uses: Antioxidant, anti-microbial, anti-inflammatory, anticancer, anti-allergic, anti-obesity, immune regulation, hepatoprotective, and nephroprotective activities.

Allamanda

Figure 7: Allamanda.
Botanical origin
Out of 15 species, Allamandacathartica is a genus of flowering plants belongs to the family Apocynaceae.

Geographical source
South America, Brazil, French Guyana, Guyana, Suriname and Venezuela. The flower has five lobed sepals and a bell- or funnel-shaped corolla of five petals, yellow in most species.

Chemical constituents
Hydrocarbons, alcohols, esters, ethers, aldehydes, ketones, fatty acids, phospholipids, volatile compounds, phenolic compounds, flavonoids, alkaloids, steroids, terpenes, lactones, and carbohydrates.

Uses
Antifungal, anticancer, anti-inflammatory, cathartic, diuretic, antipyretic, anti hypertension, improve blood circulation inflammation, to treat jaundice and malaria.[13]

Pomegranate flower

Figure 8: Pomegranate flower.

The pomegranate (Punicagranatum) is a fruit-bearing deciduous shrub in the family Lythraceae, subfamily Punicoideae.

The flowers are bright red, 3 cm in diameter, with four to five petals.

Geographical source: India, Iran, Turkey, China, and the United States of America.
Chemical constituents
Tannins, terpenes, terpenoids, flavonoids, and organic oils. The common tannins found in flowers are ellagic acids, punicatannin C and gallic acid.

Uses
Antidiarrheal, astringent, Antioxidant, antibacterial, anti microbial. Used for the treatment of cardiovascular disorders, obesity, hyperglycemia, dyslipidemia and Mastitis.

Mandharam

Figure 9: Mandharam.

Botanical origin: Out of 300 species, Bauhinia acuminata belongs to the family, caesalpiniaceae.

Geographical source: Westernn India, Vietnam and southeastern China Flowers are fragrant with five white petals, ten yellow tipped stamens and a green stigma.

Chemical constituents: alkaloids, anthocyanoside, phenolics, proteins, phlobatannins, steroids, tannins, flavonoids, anthraquinone, saponins, terpenoids, resins, balsams, amino acid, carbohydrate, sugars and cardiac glycoside.

Shame plant

![Shame plant](image)

**Figure 10:** Shame plant.

**Botanical origin:** Mimosa pudica L. (Mimosaceae) Also known as touch me not, live and die, shame plant and humble plant.

**Geographical source:** India, tropical America and Australia, Flowers are Pink, globose head, prickly peduncles and small calyx.

**Chemical constituents:** Alkaloids, non-protein amino acid (mimosine), flavonoids C-glycosides, sterols, terpenoids, tannins, and fatty acids.

**Uses:** antibacterial, antivenom, antifertility, anticonvulsant, antidepressant, aphrodisiac, and used for the treatment of alopecia, diarrhea, dysentery, insomnia, tumor and various urogenital infections.

Morning glory

![Morning glory](image)

**Figure 11:** Morning glory.
Botanical origin: Out of 600 species, Pomoeaindica (blue morning glory), belongs to the family, Convolvulaceae.

Flowers are bright blue or bluish-purple in colour and it is funnel-shaped with a paler pink or whitish-pink central tube. They are 5-10 cm long and have five long and narrow sepals.

Geographical source: Europe, Asia, southern Africa, United States, New Zealand, Australia and on several Pacific islands.

Chemical constituents and use: Plant have antioxidant property and compounds like flavonoids, polyphenols and phenolic acids are present.

Butterfly pea

Figure 12: Butterfly pea.

Botanical origin: Clitoriaternatea L. belongs to the family, Fabaceae commonly known as 'Butterfly pea'.

Geographical source: Southern and Eastern Africa, India, Madagascar, and other islands of the Western Indian Ocean. Flowers are pea-shaped with a tubular calyx consisting of five sepals which are fused about two thirds of their length.

Chemical constituents: Kaempferol, quercetin and myricetin glycosides as well as anthocyanins.

Uses: Antimicrobial, antioxidant, anti-inflammatory, cytotoxic, antistress, anxiolytic, antidepressant and antidiabetics.
Butterfly pea flower is a common ingredient in many herbal teas, mixed drinks and cosmetic products. It is rich in antioxidants and may be linked to several health benefits, including increased weight loss, better blood sugar control and improvements in hair and skin health.\[^{14}\]

**CONCLUSION**

In conclusion, the review highlights the significant potential of medicinally important home yard herbs as part of both traditional medicine and modern healthcare. Because of their diverse pharmacological properties and rich phytochemical composition, these flowers offer a wealth of therapeutic benefits. According to the review, it is vital to continue exploring and appreciating the medicinal properties of home-grown herbal flowers. It is possible to create sustainable healthcare practices and natural remedies by harnessing the therapeutic properties of these flowers.

**REFERENCES**


