



**DCT's
Dhempe College of Arts and Science
Miramar, Goa**

DEPARTMENT OF BOTANY

Field visit to Gomantak Ayurveda Mahavidyalaya and Research Centre

The S.Y. B.Sc. SEC Botany students of DCT's Dhempe College of Arts and Science visited Gomantak Ayurveda Mahavidyalaya and Research Centre, at Shiroda Goa as a part of the SEC Botany curriculum under DBT Star College Scheme on 10th October 2025. The students were accompanied by Dr. Shilpa Bhonsle and Dr. Pratibha Prabugaonkar.

During the visit, students explored traditional Ayurvedic knowledge systems and engaged with Dr. Sangram Keshari Das, Professor and Head of Department. Dr. Das provided an insightful session covering: documentation of medicinal plants, preservation techniques for botanical specimens, traditional therapeutic uses in Ayurveda, chemical processes used for long-term specimen preservation, conservation of regional medicinal plant biodiversity.

The session was both interactive and informative, highlighting the integration of traditional Ayurvedic wisdom with modern scientific techniques.

List of medicinal plants observed in the preserved collection and medicinal garden, along with their common names and uses

Sr. No.	Scientific Name	Common Name	Uses
1.	<i>Myristica fragrans</i>	Nutmeg	Digestive aid, aphrodisiac, sleep aid
2.	<i>Celastrus paniculatus</i>	Malkangni	Brain tonic, improves memory
3.	<i>Piper longum</i>	Pippali	Respiratory disorders, digestive stimulant
4.	<i>Garcinia indica</i>	Kokum	Cooling agent, anti-obesity, digestion
5.	<i>Zanthoxylum alatum</i>	Toothache Tree	Dental issues, anti-inflammatory
6.	<i>Salmalia malabarica</i>	Silk Cotton Tree	Diarrhea, bleeding disorders
7.	<i>Calotropis procera</i>	Sodom Apple	Anti-inflammatory, skin diseases
8.	<i>Calotropis gigantea</i>	Giant Milkweed	Pain relief, asthma, leprosy
9.	<i>Cuscuta reflexa</i>	Dodder	Liver disorders, jaundice
10.	<i>Phyllanthus urinaria</i>	Bhui Amla	Jaundice, liver health, antiviral
11.	<i>Curcuma sp.</i>	Turmeric species	Anti-inflammatory, antiseptic
12.	<i>Solanum indicum</i>	Indian Nightshade	Asthma, bronchitis
13.	<i>Tylophora indica</i>	Indian Ipecac	Respiratory disorders, emetic
14.	<i>Ipomoea digitata</i>	Vidarikand	Aphrodisiac, rejuvenator
15.	<i>Withania somnifera</i>	Ashwagandha	Adaptogen, stress reliever
16.	<i>Ocimum tenuiflorum</i>	Tulsi	Immunity booster, respiratory health

17.	<i>Azadirachta indica</i>	Neem	Antibacterial, skin diseases
18.	<i>Tinospora cordifolia</i>	Giloy	Immunity, antipyretic
19.	<i>Aloe vera</i>	Kumari	Skin treatment, digestive aid
20.	<i>Centella asiatica</i>	Brahmi	Brain tonic, memory enhancer
21.	<i>Rauvolfia serpentina</i>	Sarpagandha	Hypertension, sedative
22.	<i>Terminalia arjuna</i>	Arjuna	Cardiac tonic
23.	<i>Boerhavia diffusa</i>	Punarnava	Diuretic, kidney health



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