

## Amudha masters home treatment



Amudha in her herbal garden

Amudha is a member of Selliyamman SHG - Self Help Group of Pasuvanpalayam village (Sholavaram) for the past seven years. She belongs to a farming family and lives with her husband and two children.

Amudha is one among the 10 volunteers of CRUSADE who was trained in raising herbs at home and to process the plants for treating minor ailments. She also has practical knowledge about home herbal medicine. With the training from CRUSADE, she started treating simple health problems of her family members and neighbours. For example, she has given adhatoda decoction to her son for cold, cough and fever. The results have been remarkable.

## A glance at some of Mooligai Thottam's species and their use

Sl. No	Botanical name of the plants	Local name of the plants	Diseases that could be treated
1.	Hibiscus rosa sinensis	Sembarathi	White discharge, excessive and irregular menstruation, exertion & exposure to heat fever, scanty urination with burning sensation, nourishment of hair, dandruff
2.	Coleus aromaticus	Karpuravalli	Wet cough, head ache (pain over eyebrows and forehead)
3.	Aloe vera	Sothukatralai	White discharge, scanty, excessive, painful and irregular menstruation, constipation, wet cough, fresh wounds, chronic wounds, eye burning sensation and redness, pain at the back of head, scanty urination with burning sensation, stomachache (general pain), diabetes (liver tonics), dandruff
4.	Tinospora cordifolia	Seenthil	Purifying breast milk, acidity, fever, general immunity, diabetes (liver tonics), nourishment of hair,
5.	Ocimum tenuniflorum	Thulasi	Dry and wet cough, respiratory problems, conjunctivitis, fever, worms,
6.	Sansevieria roxburghiana	Marul	Ear ache
7.	Lawsonia inerus	Marudhani	White discharge, burning sensation of feet
8.	Andrographis paniculata	Siriyangai	Fever, snake bite

Please do visit our garden to know more about Mooligai Thottam. You can buy plants from our garden to create your own 'Kitchen Herbal Garden'.

Help us to branch out!

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Grow a herb today for a healthier community tomorrow



# Mooligai Thottam Herb Garden

A project of TAMWED UK and CRUSADE India



## Reconnecting traditional methods of healthcare

Imagine having to walk miles and climb over rugged terrain in rural South India to reach a hospital to treat a simple illness. Research shows that only 30 per cent of India's rural population gets primary health care.



*The herbal garden reconnects the traditional methods of healthcare through education and the creation of 'Family Kitchen Herb Gardens - Mooligai Thottam'.*

### Mooligai Thottam's root:

Mooligai Thottam will grow and spread to more than 100 villages in Sholavaram and Minjur blocks, Tiruvallur district – Tamil Nadu, South India.

Mooligai Thottam will be delivered over 22 months, managed by CRUSADE ([www.crusadindia.org](http://www.crusadindia.org)) and supported by TAMWED ([www.tamwed.org](http://www.tamwed.org)). Bangalore based FRLHT – The Foundation for the Revitalisation of Local Health Traditions ([www.frlht.org](http://www.frlht.org)) is the training partner.

Mooligai Thottam was set up by CRUSADE to result in the development of two demonstration medicinal herb gardens and one nursery. The demonstration gardens and nursery will provide the expertise and plant material to develop more gardens.

Mooligai Thottam further aims to be financially self-sufficient once the herb production and processing from the garden is developed.

### Mooligai Thottam branches out to:

- Educate 20 women as trainers in medicinal plant growing methods
- Support the training of 10 more women and families by each of the 20 trained women
- Create a nursery for the provision of herb plants
- Support the creation of 220 family herb gardens and thus reaching an estimated 880 people.

### Mooligai Thottam will blossom to:

- Provide better basic health care in the beneficiary areas – Tamil Nadu
- Increase the biodiversity of previously underutilised land
- Support rural families which would otherwise find it as an uphill task to pay for their healthcare
- Revitalise knowledge on the use of herbs in a safe and effective way for everyday ailments and as first aid



*"My son Elango who is three years old suffered acute stomach pain and was not eating any food for two months. My neighbour Amudha advised me to give my son Acalypha indica with castor oil. After taking this oil mixture, my son's health improved and he started to eat well." Parvathi*

## A walk through our Mooligai Thottam to view some of the plants



Hibiscus rosasinensis



Adhatoda zeglanca



Aloe vera



Tinospora cordifolia



Centella asiatica



Punica granatum