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8.1.8: Provide a description of the number and variety of Medicinal plants in the Herbal Garden in the campus

The Herbal Garden nestled within the campus is a verdant oasis, brimming with a diverse array of medicinal plants, each possessing its own unique healing properties and cultural significance. This botanical haven serves not only as an educational resource but also as a sanctuary for those seeking natural remedies and a deeper connection with nature's pharmacy.

As you step into the garden, you're greeted by a symphony of colors and fragrances, a testament to the rich biodiversity it harbors. The layout is thoughtfully designed, with winding paths meandering through themed sections, guiding visitors on a journey of discovery and exploration.

One can't help but marvel at the sheer number of medicinal plants flourishing here. From common herbs like chamomile and lavender to exotic specimens such as ginseng and turmeric, the garden boasts an impressive variety that reflects the rich tapestry of traditional healing practices from around the world.

The first section you encounter is dedicated to culinary herbs, where aromatic treasures like basil, rosemary, and thyme reign supreme. Not only do these herbs add flavor to dishes, but they also possess potent medicinal properties, from digestive aids to immune boosters.

Moving deeper into the garden, you'll encounter sections devoted to specific health concerns. There's a tranquil corner filled with soothing herbs like valerian and passionflower, offering respite to those seeking relief from stress and insomnia. Nearby, a riot of colors heralds the presence of plants known for their anti-inflammatory and pain-relieving properties, including arnica and comfrey.

One of the garden's highlights is the medicinal plant display, where rare and endangered species are showcased alongside their more common counterparts. Here, visitors can learn about the importance of conservation efforts in preserving these invaluable botanical treasures for future generations.

The indigenous plants section pays homage to the traditional knowledge of local communities, featuring species that have been used for centuries in folk medicine. From the healing sap of aloe



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vera to the antiseptic properties of neem, these plants serve as a living testament to the wisdom of ancient healing traditions.

As you wander further, you'll stumble upon a section dedicated to aromatic plants, where fragrant blooms like jasmine and ylang-ylang perfume the air. These plants not only delight the senses but also possess therapeutic benefits, from mood enhancement to respiratory support.

For those interested in alternative medicine systems like Ayurveda and Traditional Chinese Medicine, the garden offers a treasure trove of medicinal plants used in these ancient healing modalities. From adaptogenic herbs like ashwagandha to qi-regulating plants like ginseng, each species is steeped in centuries of tradition and wisdom.

The Herbal Garden is more than just a collection of plants; it's a living, breathing testament to the profound relationship between humans and the botanical world. It serves as a reminder of our interconnectedness with nature and the wealth of healing resources it provides. Whether you're a seasoned herbalist or simply curious about the power of plants, a visit to this green sanctuary is sure to inspire and enlighten.



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