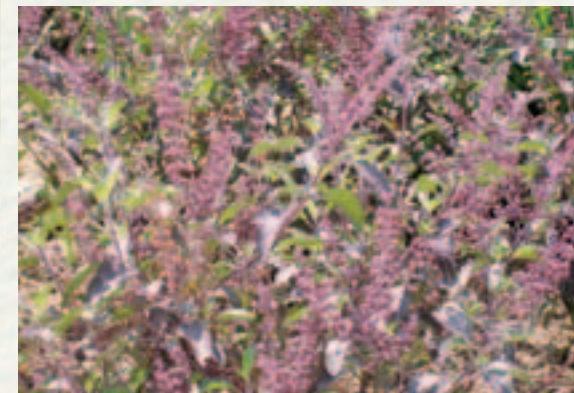


HOME HERBAL GARDENS

The Home Herbal Gardens project is sponsored by the National Medicinal Plants Board.

About TERI

The Energy and Resources Institute (TERI) was established in 1974 with a global vision and local focus. Initially, the focus was mainly on documentation and information dissemination activities. However, research activities in the field of energy, environment, and sustainable development were initiated towards the end of 1982. The genesis of these activities lay in TERI's firm belief that efficient utilization of energy, sustainable use of natural resources, large-scale adaptation of renewable energy technologies, and reduction of all forms of waste would move the process of development towards the goal of sustainability.



A TERI
INITIATIVE
FOR IMPROVING
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Home herbal garden

Through the ages, medicinal and herbal plants have been used for a variety of purposes in India. Information on the importance and therapeutic nature of these plants was traditionally passed on from generation to generation by word of mouth. Today, however, as urban Indians lose touch with nature, this wealth is all but lost.

It is this wealth of knowledge that TERI aims to revive through the HHG (home herbal garden) project. It seeks to encourage and assist residents in cities to bring medicinal and herbal plants home and use them to prepare remedies for minor, day-to-day ailments.



Plants in the project

The plants that will be promoted under the HHG have been selected with great care. They are easy to maintain, require minimal space, have medicinal value and are safe and effective, besides having aesthetic value as well. One can grow these plants in different ways—in pots, trays, or decorative baskets.

We might not be unfamiliar with these plants, but there is a possibility that we might have not heard about the home remedies they can be used for. For instance, *pudina* (field mint/ corn mint), an ingredient in chutneys, can be used as a coolant on hot summer days. All you need to do is to crush the leaves, boil them in water to make an extract, and add a small amount of cold water to it. This is an easy-to-make, yet tasty and healthy alternative to expensive soft drinks. Similarly, tulsi, *ashwagandha*, aloe, stevia, lemongrass, and many other plants, which are used in simple home remedies, have been classified under four different packages and will be distributed as part of this project.



Health from your home

TERI's endeavour is to enable people to meet their basic health needs, such as curing colds, coughs, fevers, irritations, headaches, and other common ailments, with time tested and effective medicinal and herbal plants. The programme is not a solution for chronic disorders, which invariably need professional medical intervention. However, people who use these plants may find a noticeable improvement in their general well being.



HHG project activities in Delhi

The HHG project encourages the people of Delhi to plant, care for, and effectively use selected herbal plants for popular home remedies. Home herbal gardens will be established with help of selected RWAs (Resident Welfare Association). The residents, especially senior citizens and women, will be trained in the maintenance of these plants and their use in primary health care. The HHGs will also be taken to educational institutions. The main activities of project include:

- Generating awareness and mobilizing city dwellers towards herbal health care solutions
- Growing and maintaining a stock of medicinal and herbal plants
- Educating people and extending the campaign
- Organizing training and capacity building programmes
- Distributing and maintaining plants
- Prescribing plants for home remedies

The community outreach programme for home herbal gardens will bring about awareness among local residents and educational institutions about the conservation and sustainable use of medicinal and aromatic plants. In addition, it will have the following societal impacts:

- It will conserve the plant resources used in Indian systems of medicine
- It will demonstrate the contemporary relevance of the theory and practice of Indian systems of medicine
- It will revitalize social processes (institutional, commercial, and verbal) for transmitting traditional knowledge about health care, leading to its wider use and application in the NCR (national capital region)