

ETHNIC APHRODISIAC PLANTS

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PREFACE

The knowledge of aphrodisiac plants is necessary for everyone to lead a healthy and psychologically contented life. From the ancient times this subject has aroused interest but there is hardly any attempt to bring together the widely scattered informations available till date so as to provide baseline data for researchers and students alike. With this sole objective in mind, the present compendium has been prepared with all the earnest efforts to provide informations on Botanical name, Synonyms, Family, English, Hindi, Sanskrit names, Distribution, Part/s used, Active constituents, Aphrodisiac preparation and Biological activity of over 456 species belonging to 331 genera under 116 families of which 2 species (2 genera) belong to Fungi, 2 species (1 genus) to Lichens, 6 species (5 genera) to Pteridophytes, 6 species (3 genera) to Gymnosperms and the remaining 456 species (320 genera) to Angiosperms having 360 species among dicotyledons. For ready reference to contents and from the point of view of lay readers, 8 useful appendices have been provided. We do hope, that, this volume will provide overall glimpse of the subject and should therefore, find a place in shelves of libraries and scholars as a very useful reference source.

During the preparation of this compendium we have received unsolicited logistic support of our esteemed Vice-chancellor Dr. S.D. Sharma, Himachal Pradesh University, Shimla, for which we express our indebtedness to him. Sincere thanks are also due to Mr. Sanjay Sharma, Mr. Dheeraj Rawat, Ms. Anjna and Ms. Monica for their ungrudging help in various ways in the preparation of this volume.

Finally, we would like to thank the members of our families, for the moral support during the preparation of this manuscript.

SHIMLA

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ABBREVIATIONS

alc.	— Alcohol
α	— Alpha
&	— And
aq.	— Aqueous
β	— Beta
cm.	— Centimetre
C.	— Central
δ	— Delta
Eng.	— English
et. al.	— et alia (and other authors)
etc.	— et cetera (so on)
extr.	— Extract
γ	— Gamma
gm.	— Gram
H.P.	— Himachal Pradesh
Hin.	— Hindi
lt	— Litre
M.P.	— Madhya Pradesh
m.	— Metre
ml.	— Mililitre
N.	— North/Northern
N.E.	— North-East
N.W.	— North-West
No.	— Number
ω	— Omega
%	— Per cent
+ve	— Positive
ψ	— Psi
Skt.	— Sanskrit
Sec.	— Secondary
S.	— South/Southern
S.E.	— South-East
S.W.	— South-West
Spp.	— Species
Syn.	— Synonym
U.P.	— Uttar Pradesh
var.	— Variety
W.	— West/Western

LIST OF COLOUR PHOTOGRAPHS

A shopkeeper selling (<i>Allium sativum</i> Linn.), ginger (<i>Zingiber officinale</i> Rosc.), bananas (<i>Musa sapientum</i> O. Kuntze Rev.) and coconuts (<i>Cocos nucifera</i> Linn.)	<i>Pinus roxburghii</i> Sargent <i>Pinus wallichiana</i> A.B. Jackson <i>Polygonatum verticillatum</i> (Linn.) All. <i>Prunus persica</i> Stokes
<i>Aconitum heterophyllum</i> Wall. ex Royle	<i>Psidium guyava</i> Linn.
<i>Albizzia lebbeck</i> Benth.	<i>Psidium guyava</i> Linn.
<i>Bauhinia variegata</i> Linn.	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.
<i>Bombax ceiba</i> Linn.	<i>Raphanus sativus</i> Linn.
<i>Carica papaya</i> Linn.	<i>Ricinus communis</i> Linn.
<i>Citrus medica</i> Linn.	<i>Rosa alba</i> Linn.
<i>Datura stramonium</i> Linn.	<i>Rubia cordifolia</i> Linn.
<i>Eulophia</i> spp.	<i>Ruellia tuberosa</i> Linn.
<i>Ficus religiosa</i> Linn.	<i>Saccharum officinarum</i> Linn.
Flowering trees of <i>Pyrus malus</i>	<i>Sapindus</i> spp.
Fruits of <i>Pyrus malus</i> Linn.	<i>Solanum melongena</i> Linn.
<i>Helianthus annuus</i> Linn.	<i>Syzygium cumini</i> (Linn.) Skeels.
<i>Jasminum grandifolia</i> Linn.	<i>Taxus baccata</i> Linn.
<i>Mibiscus rosa-sinensis</i> Linn.	<i>Terminalia arjuna</i> (Roxb. ex DC.) Wight & Arn.
<i>Mirabilis jalapa</i> Linn.	<i>Terminalia bellirica</i> (Gaertn.) Roxb.
<i>Momordica charantia</i> Linn.	<i>Terminalia cordifolia</i> (Willd.) Hook.f.&Th.
<i>Morchella esculenta</i> Linn.	<i>Vicia faba</i> Linn.
<i>Musa sapientum</i> O. Kuntze Rev.	<i>Vitex negundo</i> Linn.
<i>Oroxylum indicum</i> Vent.	<i>Ziziphus mauritiana</i> Lamk.



Aconitum heterophyllum Wall. ex Royle



Alizzia lebbeck Benth.



Bauhinia variegata Linn.



Bombax ceiba Linn.



Carica papaya Linn.



Citrus medica Linn.



Datura stramonium Linn.



Eulophia spp.



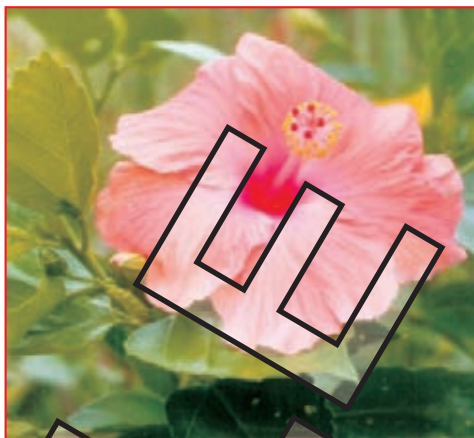
Ficus religiosa Linn.



Jasminum grandiflorum Linn.



Helianthus annuus Linn.



Hibiscus rosa-sinensis Linn.



Mirabilis jalapa Linn.



Momordica charantia Linn.



Morchella esculenta Linn.



Musa sapientum O. Kuntze Rev.



*Oreoxylum
indicum* Vent.

*Pinus
roxburghii* Sargent



Pinus wallichiana
A.B. Jackson



Prunus persica Stokes



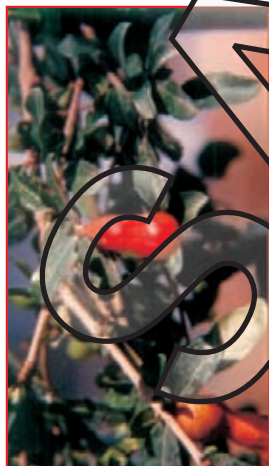
Polygonatum verticillatum (Linn.) All.



Psidium guyava Linn.



Quercaria tuberosa (Roxb. ex Willd.) DC.



Psidium guyava Linn.



Fruits of *Pyrus malus* Linn.



Flowering tress of *Pyrus malus*



Raphanus sativus Linn.



Ricinus communis Linn.



Rosa alba Linn.



Ruellia cordifolia Linn.



Ruellia tuberosa Linn.



Saccharum officinarum Linn

Sapindus spp.





Solanum melongena Linn.



Syzygium cumini (Linn.)
Skeels.



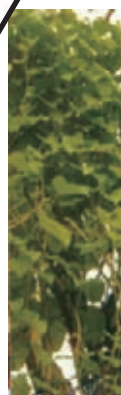
Taxus baccata Linn.



Terminalia arjuna
(Roxb. ex DC.) Wight & Arn.



Terminalia bellirica
(Chertn.) Roxb.



Terminalia cordifolia
(Willd.) Hook. f. & Th.



←
Ziziphus mauritiana
Lamk..



Vicia faba Linn.



Vitex negundo Linn.



A shopkeeper selling
Allium sativum Linn.), ginger
Zingiber officinale Rosc.),
bananas (*Musa sapientum* O.
Kuntze Rev.) and coconuts
(*Cocos nucifera* Linn.)