INTRODUCTION

Homeopathy is one of the alternative systems of medicines having a well-documented pharmacopeia [1]. Herbal medicines have been used for many years dating back to 3000 BC [2,3]. The codified traditional systems of medicine such as Ayurveda, Unani, Siddha, and Homoeopathy and unmodified traditional system such as the documentation of medicines used by various tribes have now become quite popular in India. About 2% of people in the United Kingdom and the United States use homeopathy in any 1 year, while it is about 15% in India, where it is considered part of Indian traditional medicine. This system of medicines relies mainly on plants and mineral components as a drug [1]. The Nilgiris hills form a well-defined plateau situated at the junction of the two great ranges of hills bordering the Deccan, peninsula, namely, the Eastern and Western Ghats. The Nilgiris lies between 11° 12' N and 11° 43' N and 76° 14' E and 77° 1' E. The district has diverse habitats for the growth of various indigenous and exotic medicinal plants used in homeopathic system [4]. Homeopathy system of medicine is based on two basic natural principles, "similia similibus curentur" or "let likes be cured with likes" which means a drug can cure that (symptoms) which it can produce in a healthy human body by a unique process known as proving and second – "law of minimum dose" – the notion that "lower the dose of the medication, the greater its effectiveness." Homeopathic doctors consider all mental, physical, and emotional aspects of the patient. More than 30,000 plant specimens of medicinal importance are grown all over the world, but only around 2500 plant species are known to be useful for homeopathic medicine preparation. Over 600 plants are now routinely used as drug sources in homeopathy [5]. The alternative medical system of homeopathy was developed in Germany at the end of the 18th century. In India, homeopathy is one of the important systems of medicine. The market is growing at 25% a year, and more than 100 million people depend solely on this form of therapy for their health care. Around 10% of India's population depends solely on homeopathy for their health care. Homeopathic remedies are derived from six major sources such as plants, minerals, animals, diseased tissues, hormones, and healthy tissues and imponderables. The present topic deals only with angiosperm plants, a part of the plant kingdom of the family Lamiaceae. According to homeopaths, serial dilution, with shaking between each dilution, removes the toxic effects of the remedy while the qualities of the substance are retained by the diluents (water, sugar, or alcohol). The end product is often so diluted that it is indistinguishable from pure water, sugar, or alcohol. Practitioners select treatments according to a patient constitution that explores the physical and psychological state of the patient, both of which are considered important for selecting the remedy [6-8]. The Lamiaceae family consists of 69 genera and 425 species in India. Plants of Lamiaceae family are important for their antimicrobial properties which are used in research, for instance, Salvia argentea L, Stachys annua L, Ballota nigra L, and Melissa officinalis L, among others [10]. Lamiaceae species have provided important resources for the old and new world and their use in medicine and as condiment in regional cuisine is of central importance for instance in countries such as Turkey, China, Middle East countries, India, Brazil, and Egypt, among others [10-12]. Herbal medicines are regarded as effective and promising sources of potential neuroprotective agents because of their cognitive benefits and more significantly, their mechanisms of action with respect to the fundamental path of physiology of the diseases. Review has acknowledged
several herbal medicines such as such as M. officinalis, Ocimum sanctum, Rosmarinus officinalis, and Salvia officinalis with potential therapeutic effects for neurodegenerative diseases [13]. Lamiaceae family includes numerous known species that are used as traditional medicine. The general aspects, traditional uses, pharmacology, and in vitro and in vivo studies of Betonica officinalis, Glechoma hederacea, Hyptis pectinata, Lavandula spp., Leonurus cardiaca, Lamium spp., M. officinalis, Mentha spp., Marrubium vulgare, Origanum spp., Ocimum spp., R. officinalis, Salvia spp., Satureja hortensis, Stachys lavandulifolia, Scutellaria lateriflora, Sideritis spp., Teucrium spp., Thymus spp., and Ziziphora tenuior belonging to Lamiaceae botanical family reported that the medicinal plants have potent analgesic and antinociceptive activity and new potential therapeutic agents [14]. Documentation of Lamiaceae family used as homoeopathic system of medicine in Nilgiris District. Totally, 24 plant species used in homoeopathic medicine from Lamiaceae are described and discussed.

METHODS

The Nilgiri District in Tamil Nadu is part of the Western Ghat and lies between 11°, 12' and 11°, 43' N and 76°, 14' and 77°, 1' E in the northwestern part of Tamil Nadu [15]. The Nilgiri Biosphere Reserve is an International Biosphere Reserve and occupies a total area of 2542.49 km² in the states of Karnataka (1527.4 km²), Kerala (1455.4 km²), and Tamil Nadu (5520 km²), located in the Western Ghats of Palghat Gap (10° 45' - 12° 5' N latitude and 76° 10' - 77° 10' E longitude), spreads over an area of 5520 km² in the states of Karnataka, Kerala (1455.4 km²), and Tamil Nadu (2537.6 km²). The total geographical area of sholas in Nilgiris is 4225 ha (Fig. 1).

During the present study, regular field trips were made from June to May during the year 2018 to 2019 and collected 24 plant species of Lamiaceae family. All the collected plant specimens pressed, poisoned, and mounted on herbarium sheets. Herbarium specimens are prepared by standard methodology [16]. Plant species were identified with the help of regional floras [17-24]. Medicinal uses reported with the help of the Materia Medica's [25-30].

The importance of the collection of cultivated plants both as exsiccatae for herbarium purposes and maintenance of germplasm collections in research gardens in situ as been reviewed elsewhere [31]. The herbarium sheets of these plants have been deposited in the herbarium of Centre of Medicinal plants Research in Homoeopathy at Emerald Acronym SMPRGH, The Nilgiri District, Tamil Nadu under CCRH, Ministry of AYUSH [32]. All the plants are useful in the homoeopathic system of medicinal, as indicated by the part used and brief clinical indication. The enumeration, it is hoped, will be useful to pharmacognostic research workers in Botany as well as the practicing physicians of homoeopathy. The nomenclature has been brought up to date and where ever necessary the synonyms appearing in homoeopathic books, journal, have also been cited together with the plant names.

RESULTS AND DISCUSSION

India has seven national medical systems (Ayurveda, Yoga, Naturopathy, Unani, Siddha, Allopathy, and Homoeopathy), of which one of India's important health therapies is homeopathy. About 2500 plant species are known to be useful for medicinal preparations of different kinds in homoeopathy. Over 600 plants are now regularly used drug sources in homoeopathy. Many of the drugs yielding plants are currently cultivated in India as well as some are procured from wild sources also. A checklist of 24 plant species used in homoeopathic medicine from Lamiaceae is described and discussed. The present study deals with both wild and cultivated species with 15 genera belonging to 24 species of Lamiaceae family. The maximum number of genus has been recorded from the genus Ocimum (four species), followed by Lamiaceae family. Mentha, Salvia, and Thymus and Origanum (two species), and in the rest of the studies each one species such as Aloysia citriodora, Hyptis suaveolens, Lavandula officinalis, Leucas aspera, Leonurus cardiaca, M. officinalis, Perilla frutescens, Prunella vulgaris, and R. officinalis (Table 1). Among the above plants, Perilla frutescens is first reported from Nilgiris as a homoeopathic medicinal plant as well as a new record to Nilgiris.

Homeopathic medicine is very essentially an individualistic treatment than the other systems of medicines. Medicinal uses of plants have been discussed in detail either in the Ayurvedic system [33] or by various tribal groups, i.e., ethno medicinal botany [34,35]. The studies on the use of plants in homeopathic system are rather scarce due to lack of interest in these systems in India in earlier days and overshadowing of homeopathic system by the revival of interest in the Ayurvedic System of medicine throughout the world in recent times [36]. Homeopathic therapy is very popular among the people of India and abroad because it is very cost effective and curative treatment from their origin, and it has no side effects in the human body. Therefore, this therapy is gradually increasing throughout the world, including in both developing and developed countries. Every civilization has developed indigenous medicinal systems to treat or cure diseases with the help of locally available materials. The age old experience of 1000 years in medical therapy has made these systems more reliable. The majority of the population trusts the
Epithelial medicinal systems over allopathic system due to its lesser-known health implications. Among the traditional medicinal systems; Indian, Chinese, Arab, and African systems are world renowned [37].

**Enumeration**

**Botanical Name:** Aloysia citriodora Palau  
**Synonyms:** Lippia citriodora (Palau) Kunth., and Verbena triphylla L’Her.  
**Drug name:** Lippia citriodora  
**English name:** Lemon verbena, Lemon bee brush  
**Part used:** Leaf  
**Uses:** Asthma, Antifungal Property  
**Flowering and fruiting:** June-September  
**Description:** Native from tropical America, it is an herb with a semi-hardy stem, upright bushy, pale green narrow-leafed foliage, and small sprays of white flowers.

**Botanical name:** Lavandula angustifolia Mill.  
**Synonyms:** L. officinalis Chaix., and Lavandula vulgaris Lam.  
**Drug name:** Lavender  
**English name:** Common lavender  
**Part used:** Flowering tops  
**Uses:** Anxiety, fungal infection, antifungal Property  
**Flowering and fruiting:** Throughout the year  
**Description:** It is a perennial herbaceous plant 1–3 m tall, branched occasionally or too frequently with ascending to erect leafy stems. Individual flowers each flower has white corollas, small nutlets that are located within the persistent calyx.

**Botanical name:** Leonurus cardiaca L.  
**Synonyms:** Lamium cardiaca (L) Bail, and Cardiaca vulgaris Moench.  
**Drug name:** L. cardiaca  
**English name:** Motherwort  
**Part used:** Tincture of fresh plants  
**Uses:** Dysentery, Hemorrhages, and miscarriage  
**Flowering and fruiting:** July-September  
**Description:** Herbs with quadrangular stem, which is clad in short hairs and is often purplish, especially near the nodes. The opposite leaves have serrated margins and are palmately lobed with long internodes. Flowers are pink to lilac in color often with furry lower lips.

**Botanical name:** Leucospernum officinale L.  
**Synonyms:** Hystis suaveolens (L.) Kuntze  
**Drug name:** H. suaveolens  
**English name:** Bush mint, and mint weed  
**Part used:** Whole plant  
**Uses:** Stimulant, carminative, and uterus affection  
**Flowering and fruiting:** August-February  
**Description:** A gregarious undershrub. Stem quadrangular, hairy, leaves aromatic, ovate, tomentose, pale green, turn into purplish green. Calyx tube larger, hairy, and persistent in verticillaster inflorescence.

**Botanical name:** Melissa officinalis L.  
**Synonyms:** Aloysia citriodora (Palau) Kunth., and Thymus melissa E.H.L. Krause  
**Drug name:** M. officinalis  
**English name:** Lemon balm, and sweet balm.  
**Part used:** Aerial parts  
**Uses:** Anti-anxiety, sleep, digestion, pain relief, appetite and headache, antiviral property  
**Flowering and fruiting:** June-August  
**Description:** It is a perennial herbaceous plant 1–3 m tall, branched occasionally or too frequently with ascending to erect leafy stems. Individual flowers each flower has white corollas, a light green calyx; small nutlets are lanceoloid-ellipsoid and smooth.

**Botanical name:** Mentha balsamea Willd., and Mentha officinalis Hull.  
**Drug name:** Mentha piperita  
**English name:** Pepper mint  
**Part used:** Whole Plant  
**Uses:** Cough, dry, headache, hoarseness, influenza, pruritus, throat, and sore  
**Flowering and fruiting:** July-August  
**Description:** Native to Europe. It is an aromatic perennial herb, producing creeping stolon. The stem is quadrangular, hairy, and branching toward the tops. Leaves are opposite dark in color, flowers purplish in color.

**Botanical name:** Mentha spicata L.  
**Synonyms:** Mentha glabra Mill, and Mentha crispa L.  
**Drug name:** Mentha viridis  
**English name:** Spear Mint, and Garden mint  
**Part used:** Whole plant  
**Uses:** Digestion problem, reduce heart problem, stomach problem, nausea, flatulence, anxiety, and body freshener.  
**Flowering and fruiting:** July-August  
**Description:** It is a perennial herb. The central stem and any lateral stem, four angular and glabrous, individual flower, calyx is light green to reddish-green and glabrous, while the corolla is white to light pink, small nutlets that are located within the persistent calyx.

**Botanical name:** Ocimum americanum L.  
**Synonyms:** Ocimum album Roxb., and Ocimum canum Sims.  
**Drug name:** O. canum.  
**English name:** Common basil, sweet basil, and hoary basil  
**Part used:** Fresh leaves  
**Uses:** Leave paste used to treat skin disease, coughs, respiratory problems, rheumatism, diarrhea, kidney, and renal colic, and its also applied to wounds.  
**Flowering and fruiting:** Throughout the year  
**Description:** Native to Africa, it is an erect, much-branched strongly aromatic under shrub, leaves are elliptic-oblong, ovate-lanceolate, glabrous margin entire or shallowly serrate, and flowers white with pedicels, fruit is nut-let.

### Table 1: Quantitative analysis of the Lamiaceae plants

| S. No. | Genus                  | No. of species |
|-------|------------------------|----------------|
| 1.    | Ocimum                 | 4              |
| 2.    | Plectranthis           | 3              |
| 3.    | Mentha                 | 2              |
| 4.    | Salvia                 | 2              |
| 5.    | Thymus                 | 2              |
| 6.    | Origanum               | 2              |
| 7.    | Hystis suaveolens      | 1              |
| 8.    | Lavandula officinalis  | 1              |
| 9.    | Leucospernum officinale| 1              |
| 10.   | Leonurus cardiaca      | 1              |
| 11.   | Lippia citriodora      | 1              |
| 12.   | Melissa officinalis    | 1              |
| 13.   | Perilla frutescens     | 1              |
| 14.   | Prunella vulgaris       | 1              |
| 15.   | Rosmarinus officinalis | 1              |
Botanical name: *Ocimum basilicum* L.
Synonyms: *Ocimum hispidum* Lam., and *Ocimum thyrsiflorum* L.
Drug name: Basilicum.
English name: Sweet basil
Part used: Whole plant
Uses: Clear the eyes, and bath tonic
Flowering and fruiting: Throughout the year
Description: A short herbaceous plant, strongly aromatic. Leaves are ovate-lanceolate, cuneate at base, pubescent or glabrous, floral leaves and bracts are usually dark purple in flower, nut-lets mucilaginous when wetted.

Botanical name: *Ocimum gratissimum* L.
Synonyms: *Geniosporum discolor* Baker, and *Ocimum zeylanicum* Medik.
Drug name: *O. gratissimum* (Ram Tuki).
English name: Wild Basil, Shrubby basil; Tam: Ram Tuki; and Hindi: Ban Tuki
Part used: Whole plant
Uses: Vomiting, skin disease, inflammation, antifungal, hypoglycemic, anti-diarrheal, increase sexual behavior activity, and analgesic
Flowering and fruiting: August-December
Description: A much-branched aromatic subshrub up to 4 m high. Leaves are membranous ovate to elliptic-obovate, pubescent on the nerves above, much-branched the flowers pale greenish-yellow, nut-lets is yellowish-brow, subglobose, and minutely verrucose.

Botanical name: *Ocimum tenuiflorum* L.
Synonyms: *O. sanctum* L., and *Ocimum tomentosum* Lam.
Drug name: *O. sanctum*
English name: Sacred basil, and holy basil
Part used: Whole plant
Uses: Asthma, cough, cold, catarrh, fever, period problem, bedwetting, diarrhea, abdominal symptoms, teary eyes, headache, forgetfulness, and lack of focus.
Flowering and fruiting: Throughout the year
Description: An erect much-branched, under shrub, and pubescent. Leaves are elliptic-oblong, obute, or acute at apex, entire or serrate, pubescent, red, or purple small flowers. Nut-lets are not mucilaginous when wetted.

Botanical name: *Origanum majorana* L.
Synonyms: *Majorana fragrans* Raf., and *Origanum salviifolium* Roth.
Drug name: Origanum
English name: Sweet marjoram
Part used: Whole plant
Uses: Breast affection of erotomania, hysteria, leukorrhea, nymphomania, seminal emission, and sexual irritation
Flowering and fruiting: June-September
Description: It is a bushy sub-shrub with aromatic foliage that typically grows in an upright mound to 1–2 cm tall. Features branching, reddish, and square stems that are densely clad with ovate, highly aromatic, pubescent, grey-green leaves. White or pink colors of flowers. Nut-lets smooth when wetted.

Botanical name: *Origanum vulgare* L.
Synonyms: *O. americanum* Raf., *Origanum officinale* Gueldenst.
Drug name: Origanum
English name: Wild marjoram
Part used: Whole plant
Uses: Abdomen coldness of cholera, cramps, diarrhea, dysphagia, fever, intermittent fever, lumbrici, neuralgia, rheumatism, a throat, sore, and toothache
Flowering and fruiting: February-April
Description: Native to South Africa. It is an erect evergreen undershrub with rounded hairy leaves thick spongy stem, spike of soft blue or mauve flowers, the inflorescence often 12 in long and very dense.

Botanical name: *Plectranthus amboinicus* Lour.
Synonyms: *Colesus aromaticus* Benth., and *Colesus amboinicus* Lour.
Drug name: Coleus aromaticus
English name: Indian borage, Mexican mint; and Tam: Karpuravalli
Part used: Leaf
Uses: Gonorrhea, urinary trouble, uremia, respiratory trouble, asthma, chronic, catarrha, and epilepsy
Flowering and fruiting: December-March
Description: It is a succulent perennial herb usually aromatic, often fleshy, leaves opposite, flowers are on a short stem, pale purplish, in dense whorls (cymes) at distant intervals in a long slender spike-like raceme. Nut-lets smooth.

Botanical name: *Plectranthus barbatus* Benth.
Synonyms: *Colesus forskohlii* (Poir) Briq., and *Colesus grandis* L.H. Cramer
Drug name: Coleus forskohlii
English name: Indian coleus
Part used: Roots
Uses: Asthma, high blood pressure, blood dots, insomnia, dry eye, allergies, obesity, period pain, urinary tract infection, and bladder infection
Flowering and fruiting: October-December
Description: A perennial aromatic herb with branches from a thick rootstock, leaves fleshy, ovate or obovate, base narrowed margin cunate, apex obtuse, pubescent on both side gland dotted below, very softly-generally white-hairy, and the flowers whorls in blue color. Nut-lets smooth dark brown.

Botanical name: *Prunella vulgaris* L.
Synonyms: *Prunella cordata* Raf., and *Prunella longifolia* Pers.
Drug name: *P. vulgaris*
English name: Common self-heel, hook heel, and sickle wort
Part used: Whole plant
Uses: Allergies, anxiety stressful sleep, hemorrhoides, skin condition, travel sickness, cough, cold, and flu
Flowering and fruiting: June-October
Description: A herb with creeping rootstock, the stems and ovate obtuse leaves hispid, the corollas deep purple-blue or sometimes white, the bracts broadly ovate-cordate, apiculate often purple on the margins.

Botanical name: *Rosmarinus officinalis* L.
Synonyms: *Rosmarinus angustifolius* Mill., and *Rosmarinus latifolius* Mill.
Drug name: Rosmarinus.
English name: Rosemary
Part used: Whole plant
Uses: Antioxidant, anti-allergic, anti-inflammatory, antidepressant, tumor-preventing property, gastrointestinal, dietary, and dermatology disease
Flowering and fruiting: August-October
Description: It is an erect annual herb with stem 0.3–2 m tall, densely hairy. Leaves are broadly ovate to round, green or purple, above hairy below apprised hairy, margin coarsely saw toothed. Fruit nut-lets, and subglobose.

Botanical name: *Plectranthus fruticosus* L'Her.
Synonyms: *Plectranthus urticifolia* Lam., and *Plectranthus arthropodus* Briq.
Drug name: Plectranthus
German name: Gichtbaum
Part used: Whole Plant
Uses: Travel sickness, cough, cold, and flu
Flowering and fruiting: Throughout the year
Description: Allergies, anxiety stressful sleep, hemorrhoides, skin condition, obesity, period pain, urinary tract infection, and bladder infection

Part used: Whole plant
Uses: Antioxidant, anti-allergic, anti-inflammatory, antidepressant, tumor-preventing property, gastrointestinal, dietary, and dermatology disease
Flowering and fruiting: August-October
Description: It is an erect annual herb with stem 0.3–2 m tall, densely hairy. Leaves are broadly ovate to round, green or purple, above hairy below apprised hairy, margin coarsely saw toothed. Fruit nut-lets, and subglobose.

Botanical name: *Plectranthus fruticosus* L'Her.
Synonyms: *Plectranthus urticifolia* Lam., and *Plectranthus arthropodus* Briq.
Drug name: Plectranthus
German name: Gichtbaum
Part used: Whole Plant
Uses: Travel sickness, cough, cold, and flu
Flowering and fruiting: Throughout the year
Description: Allergies, anxiety stressful sleep, hemorrhoides, skin condition, obesity, period pain, urinary tract infection, and bladder infection

Part used: Whole plant
Uses: Antioxidant, anti-allergic, anti-inflammatory, antidepressant, tumor-preventing property, gastrointestinal, dietary, and dermatology disease
Flowering and fruiting: August-October
Description: It is an erect annual herb with stem 0.3–2 m tall, densely hairy. Leaves are broadly ovate to round, green or purple, above hairy below apprised hairy, margin coarsely saw toothed. Fruit nut-lets, and subglobose.
Usos: Abortion, baldness, menses too early, dandruff, vertigo, and miscarriage.

Flores y frutos: March-October

Descripción: Native to Mediterranean region, it is an aromatic evergreen perennial herb with fragrant, needle-like leaves and white, pink, purple, or blue flowers.

Nombre botánico: Salvia officinalis L.

Sinónimos: Salvia cressa Ten., and Salvia tricolor Vilm.

Nombre común: Común sábila

Usos: Cough, tickling phthisis, night sweats, galactorrhoea, and exerts a tonic influence on the skin

Flores y frutos: June-September

Descripción: Native to Mediterranean region, it is a perennial, evergreen subshrub with woody stems, greyish leaves, and blue to purplish flowers. Leaves are grey-green, rugose on the upper side, and nearly white underneath due to the many short soft hairs.

Nombre botánico: Salvia verbenaca L.

Sinónimos: Sclarea verbenaca (L.) Sojak., and Gallitrichum verbenacum (L.) Fourr.

Nombre común: Salvia

Usos: Removing small particles of dust from the eyes

Flores y frutos: June-September

Descripción: Native to Mediterranean region, it is a bushy, woody-based evergreen subshrub with woody stems, greyish leaves, and clusters of purple or pink flowers.

Nombre botánico: Thymus serpyllum L.

Sinónimos: Origanum serpyllum (L.) Kuntze., and Thymus barbatus Opiz.

Nombre común: Thymus.

Usos: Restoring the hair color and releasing the pain

Flores y frutos: July-Auguest

Descripción: North Europe it is an aromatic evergreen perennial herb with fragrant, needle-like leaves and white, pink, purple, or blue flowers.

Nombre botánico: Thymus vulgaris L.

Sinónimos: Origanum thymus Kuntze., and Thymus chinesis K.Koch.

Nombre común: Thymus

Usos: Arthritis, bronchitis, colds, colic, cough, diarrhea, ear infection, flatulence, sore throat, and menstrual cramps

Flores y frutos: June-August

Descripción: Native to South Europe, it is a bushy, woody-based evergreen subshrub with small, highly aromatic, grey-green leaves and clusters of purple or pink flowers.

CONCLUSIÓN

El presente estudio preliminar reveló que el Nílgeri distrito de Tamil Nadu (India) es rico en la diversidad de medicinal flora use en el homeopatía sistema de medicina. Esta investigación ha proporcionado documentación de 24 plantas de Lamiaceae familia que son de gran medicina valiosa en el Nílgeri distrito. Este es intencional de proporcionar información a los residentes sobre el valor de tales plantas y cómo son usadas en el tratamiento común a los pacientes. Por lo tanto, la cultivación, conservación, y el uso sostenible de plantas por los habitantes del distrito de Nílgeri se verían altamente beneficios para la conservación de estas plantas raras y en peligro de extinción medicinales importantes para la supervivencia de esta rica tradición conocimiento a los siguientes generaciones.

AGRADECIMIENTOS

Los autores agradecen a Dr. Anil Khrana, Director General In charge, Central Council Research in Homeopathy, New Delhi, por el apoyo en la preparación y la publicación de este manuscrito. También agradecemos a N.S. Baburaj, científico-4, CCHR, por ser responsables de los comentarios.

AUTORES CONTRIBUIDOS

S Mugendhiran y M. Murali Surveyed and collected all the Homoeopathic medicinal plants belonging to Lamiaceae family, remaining authors coordinated the manuscript writing, editing, and finalization.

CONFLICTOS DE INTERÉS

Los autores declaran que no hay conflictos de interés para la publicación de este documento.

FONDO DEL AUTOR

El trabajo ha sido realizado como parte del regular trabajo de investigación de la Unidad de Investigación, y no se ha solicitado ningún fondo para llevar a cabo este estudio.

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