

॥वृक्षो रक्षति रक्षितः॥

Important Fodder Trees with therapeutic qualities



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It is the age old culture to consider trees as medicine, fodder for livestock during draught, summer season and also when green fodder are hard to find.

From tireless research and numerous hours spent with pioneers from different villages and tribes of south Indian forests on this subject, I have come up with a program which can help today's farmers to maintain both agricultural alongside with livestock activities.

The most important asset for any farmer is his hard grown crop and health of his livestock.



Balancing these two has always been a tough task and farmers usually give up and look for other alternatives which always has led to more complications.



Some of the below details on fodder trees briefly explain how with proper planning, farming and livestock maintenance becomes easy and sustainable for a long time.

I have provided only 10% of the uses just to showcase the true value of trees in Ayurveda.

Caution! Usage of leaves and fruits from trees are always a right choice.

But when using them as medicines with series of combinations, it should only be administered with guidance from experienced practitioners as it is risky and easy on how it can turn into medical emergencies.

Sr No	Common / English Name	Scientific name	Medicinal quality
1	Subabool 	Leucaena leucocephala	helps to increase milk production in both the humid and the monsoonal tropics
2	Gliricidia 	Gliricidia sepium	Gliricidia sepium can replace 15 % of green fodder in lactating crossbred cows without affecting milk yield and its composition

3	<p data-bbox="287 378 369 406">Ardu</p> 	<p data-bbox="1248 378 1516 406"><i>Alianthus excelsa</i></p>	<p data-bbox="1832 192 2425 357">use the plant for antifertility, anthelmintic and rejuvenating purpose.</p> <p data-bbox="1832 435 2425 599">The juice of the leaves and fresh bark is used as a remedy for after-pains</p>
4	<p data-bbox="287 978 402 1006">Agasthi</p> 	<p data-bbox="1248 1006 1549 1035"><i>Sesbania grandiflora</i></p>	<p data-bbox="1832 813 2407 906">nutritional value and able to increase milk production by. 30%</p> <p data-bbox="1832 978 2407 1228">used for sprains, bruises, swellings, rheumatism, itching, diarrhoea, colic, dysentery, diabetes, fever, sinus congestion, and malaria</p>

5

Shevri

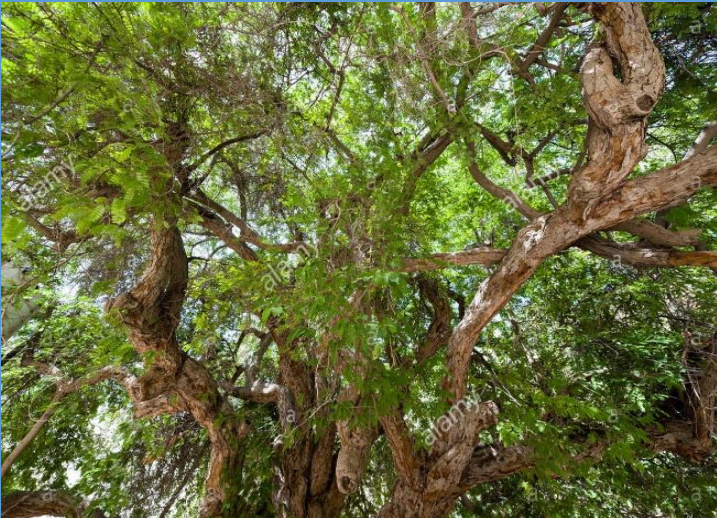


Sesbania sesban

used as purgative,
demulcent, maturant,
anthelmintic and for all
pains and inflammation



6

Khejri



Prosopis cineraria

The bark, considered
anthelmintic, tonic &
refrigerant, can be **used** to
treat a variety of other
ailments such as respiratory
disorders, dysentery, skin
disorders, muscle tremors.

7	<p>Mahua</p> 	<p>Bassia latifolia - Flower</p>	<p>Anti-inflammatory, anti-ulcer, and hypoglycemic activity</p> <p>Anti-hyperglycaemic, antioxidant, Antibacterial, anti-diabetic activity, Rheumatism, bleeding and spongy gums, ulcer and tonsillitis and Itch, swelling, fractures and snake-bite poisoning</p>
8	<p>Babul</p> 	<p>Acacia Nilotica</p>	<p>The various pharmacological activities are anti-inflammatory, analgesic, antibacterial, ant cancerous, antidiabetic and antihypertensive properties</p>

9	<p>Neem</p> 	<p><i>Azadirachta indica</i></p>	<p>eye disorders, bloody nose, intestinal worms, stomach upset, loss of appetite, skin ulcers, diseases of the heart and blood vessels (cardiovascular disease), fever, diabetes, gum disease (gingivitis), and liver problems. The leaf is also used for birth control and to cause abortions.</p>
10	<p>Kachnar</p> 	<p><i>Bauhinia variegata</i></p>	<p>dysentery, diarrhoea, haemorrhoids, piles, oedema, laxative, anti-helminthic, astringent, anti-leprotic, wound healing, anti-goitrogenic, anti-tumour, antidote for snake poisoning, dyspepsia and carminative disease</p>

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Safed siris



Albizia procera

used in traditional medicines such as spermicidal activity, rheumatism, ulcers, hemorrhages and useful in treating problems of pregnancy and for stomach-ache

12

Lallei



Albizia amara

used to cure mastitis, and mites and ticks infestations

13

Siris



Albizia lebbek

used by some cultures to treat boils, cough, to treat the eye, flu, gingivitis, lung problems, pectoral problems, as a tonic, and to treat abdominal tumors. The bark is **used** medicinally to treat inflammation

14



Shisham





Dalbergia sissoo

used for the treatment of **obesity**, vitiligo, **fever**, non healing **wounds**, **ulcers**, intestinal parasites

15	<div data-bbox="290 358 445 394" data-label="Caption"> <p>Mulberry</p> </div> <div data-bbox="489 115 1202 635" data-label="Image">  </div>	<div data-bbox="1261 358 1442 394" data-label="Caption"> <p><i>Morus alba</i></p> </div>	<p>used for the treatment of dizziness, insomnia, premature aging, and DM2. They also have a protective effect against atherosclerosis, liver and kidney disorders, and inflammation</p>
16	<div data-bbox="290 918 445 1001" data-label="Caption"> <p>Wild Mulberry</p> </div> <div data-bbox="489 721 1202 1286" data-label="Image">  </div>	<div data-bbox="1261 986 1526 1022" data-label="Caption"> <p><i>Morus laevigata</i></p> </div>	<p>they contain some compound which suppress high blood sugar levels and as antioxidants</p>

17	<p data-bbox="267 371 445 406">Drum stick</p> 	<p data-bbox="1256 371 1516 406"><i>Moringa oleifera</i></p>	<p data-bbox="1809 178 2407 599">Used to treat some stomach disorders, such as constipation, gastritis, and ulcerative colitis. The antibiotic and antibacterial properties of moringa may help inhibit the growth of various pathogens, and its high vitamin B content helps with digestion.</p>
18	<p data-bbox="267 992 356 1028">Kikar</p> 	<p data-bbox="1256 992 1541 1028"><i>Prosopis chilensis</i></p>	<p data-bbox="1809 863 2407 1156">The various parts of Kikar are useful in Diarrhea. The leaves and the bark are useful in arresting secretion or bleeding</p>

19	Ber 	Ziziphus mauritiana	<p>used for improving muscular strength and weight, for preventing liver and bladder diseases and stress ulcers, and as a sedative. It is also used to reduce constipation and to reduce symptoms of some medications</p>
20	Ankol 	Alangium salvifolium	<p>Improvement in milk yield & fat%. It is effective in rat, snake , dog and spider bites. Good for liver detoxification. Fruits are very good and give better results in case of impotency and male reproductive system problems. It is sometime used to relieve headache.</p>

21

Noni



Morinda tomentosa

Improves milk yield

22

Maytenus



Maytenus emerginata

Improves fat % in milk

23

Giloe



Tinosperma cordifolia

Improves milk production

24



Red Creeper



Ventilago denticulata

Improves milk production

25	Miswak		Salvadora persica	<p>tonic to the liver useful in ozoena and other nose troubles, as an antidote to poison of all sorts fruits have a good effect on snake bite. Also used as an ascarifuge and in gastric troubles</p>
26	Bada Peelu		Salvadora oleoides	<p>to cure enlarged spleen and rheumatic fever, to reduce body temperature. Used for treatment of Calculi, constipation, indigestion and stomatitis Cooling effect</p>

27	Kendu		Diospyros melanoxylon	used as styptic, in the treatment of scabies and old wounds, and as laxative and carminative medicine. Kendu fruit also helps in stomach disorders. The dried fruit powder is used as carminative and astringent agent and is useful in treating urinary, skin and blood diseases
28	Virataru		Dichrostachys cinerea	root juice is used to treat paralysis and root extracts are applied against renal troubles including kidney stones, diseases of vagina and uterus, and painful joints

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Axel wood



Anogeissus latifolia

bark is effective in anemic conditions and urinary discharges, piles, stem bark is useful in diarrhea, dysuria, cough, colic, liver complaints, snakebite and skin diseases. use the gum with a cup of water or milk during early morning for lactation

These are the very few gifted trees out of thousands of other trees mother nature has with amazing medicinal qualities which are best to use as fodder for dairy cows and any herbivorous animals for their health and treatment.

My “Go Shaala Samrakshana Vedike” is a venture where Go Shaalas from all over India can avail services as follows:

1. **Farm Survey:** Look for available medicinal plants and trees which will be marked and noted in data base against each farm and to make best use whenever required.
2. **Seed sowing:** From over 100+ plants and trees will be suggested to be grown in farms as per geological conditions. Seeds can be provided for sowing.
3. **Landscaping:** Very important to ensure maximum utilization of the land for maximum productivity in both agriculture and rearing livestock. This includes providing all elements like water, sunrays and fresh air from open pasture during grazing, simple yet effective shelter designs, kinder gardens, agricultural plot designs, rain water harvesting plans, vermi-compost unit, gober gas unit and so on, where everything is utilized to its maximum and nothing goes as waste in the farm.
4. **Ayurveda in diet:** The animals will be assessed for their overall health conditions and feeding procedures. Depending on the assessment results and farmer’s feedback, diet chart will be carefully designed where available herbs and medicinal plants will be included. We always promote the concept of ‘precaution is better than cure’. Diet determines 90% of animal’s health and should always be considered as priority.
5. **Silage production unit:** Less expensive and state of the art unit can be installed where every go shaala can produce their own silage and provide unaltered, safe, balanced yet highly nutritional food all year round.
6. **Medical help:** Review and assessment results will be safely stored in data base, based on which medical help can be availed anytime from anywhere. We will suggest the right Ayurvedic treatment procedures through voice or video calls, sharing documents with step by step guidelines and visit if necessary. Farmers themselves can attend to any kind of animal health issues immediately from their own trees in farm.

॥ Sarve Santu niramayaha ॥... The word meaning of this phrase is” May all be free from illness/ disease”

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