

**TERRACE GARDEN/HOME HERBAL GARDEN-FOR PRIMARY
HEALTH CARE AND WELL-BEING****Mutyala Naidu L.*, Pravallika M., Sowmya Sri P., Sneha Bharathi T., Navya S.**Department of Botany, Adikavi Nannaya University, Rajamahendravaram 533296, East
Godavari, Andhra Pradesh, India.

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***Corresponding Author: Mutyala Naidu L.**Department of Botany, Adikavi Nannaya University, Rajamahendravaram 533296, East Godavari, Andhra Pradesh,
India.DOI: <https://doi-doi.org/101555/ijarp.3797>**ABSTRACT**

India has an abundance of therapeutic plants and herbs. Many medicinal and fragrant plants found in India's forests are primarily harvested as raw materials for the manufacture of pharmaceuticals and fragrance products. A medicinal herb garden is one that is grown to support people's health maintenance needs as well as potential acute health problems. It is simple to cultivate and has applications in home cooking, health care, and cosmetics. There are 30 important medicinal plants that can be planted in the home gardens. Medicinal plants can be grown through their seeds, rhizomes, and stem cutting to grow in the home gardens. Plant parts such as bulbs, leaves, rhizomes, root, whole plant, fruits, seeds, flowers, twigs and stems are used for the medicine preparation. Similar to yoga or meditation, gardening is an ancient activity that keeps the body healthy, stimulates the mind, and uplifts the spirit. In addition to improving the family's nutritional condition and overall health, cultivating and keeping medicinal plant species in home gardens is an affordable alternative to using expensive medications and pills to treat a variety of illnesses. In one of the Sanskrit shloka, it is said that there is no plant on the earth which cannot be used as a medicine. What is needed is to know how to use.

INTRODUCTION

India has an abundance of therapeutic plants and herbs. Many medicinal and fragrant plants found in India's forests are primarily harvested as raw materials for the manufacture of pharmaceuticals and fragrance products. In India, AYUSH systems have classified almost 8,000 herbal treatments. The medicinal systems practiced in India, including Ayurveda, Yoga

& Naturopathy, Unani, Siddha, and Homeopathy, are collectively referred to as AYUSH. According to "National Health Portal India," the World Health Organization (WHO) recently estimated that 21,000 plant species have the potential to be used as medicinal plants, and that 80% of people worldwide rely on herbal medicines for one or more aspects of their primary health care needs[1].

Plants employed in herbalism, herbology, or herbal remedies are referred to as medicinal plants. The Latin word "herba" and the ancient French word "herbe" are the sources of the word "herb." Plants with nutritional qualities are called herbs, and some of them also have therapeutic qualities. Because they can be used to treat illnesses and offer relief, plants like mint, basil, lemon balm, etc. are referred to as medical herbs. A medicinal herb garden is one that is grown to support people's health maintenance needs as well as potential acute health problems. It is simple to cultivate and has applications in home cooking, health care, and cosmetics [2,3].

Table 1. List of plants for Terrace garden/home herbal garden.

Scientific Name	Common Name	Habit	Propagation	Month of plantation	Part used	Uses
<i>Allium sativum</i> L.	Lahsun	Perennial herb	Clove or bulblet	September-October	Bulb	Helps to combat high cholesterol level and Blood sugar, Good sexual tonic
<i>Aloe vera</i> (L.) Burm.f.	Gearpatha	Herbaceous perennial plant	Pups (offsets)	June-July	Leaves	Fever, constipation, eye problem, enlargement of spleen and liver, skin disease, hair problems, cut wounds and burn, cosmetics
<i>Alpinia galangal</i> (L) Wild.	Kulanjan	Perennial herb	Rhizome	February-mid-April	Rhizomes (underground stems)	Useful in cough and cold, beneficial for throat anti-inflammatory

						y, antioxidant and antimicrobial effects
<i>Andrographis paniculata</i> (Burm.f.) Wall. Ex Nees	Kalmegh	Erect annual herb	Seed and cutting	May-June	Rhizome	Fever, diabetes, treating various infections, liver problems and inflammatory conditions
<i>Asparagus racemosus</i> Wild.	Shatavari	Perennial shrub	Seed and rhizome	June-July	Root	Lactation and helpful for female's problems
<i>Bacopa monnieri</i> (L.) Wettst.	Brahmi	Perennial succulent, glabrous creeping herb	Seed cutting and seed	May-July	Whole plant	Promote hair growth, antioxidants, boost brain function
<i>Carica papaya</i> L.	Papita	Short lived perennial and small, fast growing tree	Seed	February-March-June-July and October-November	Fruit, root and leaves	Fruits are digestant & galactagogue, leaves are useful in Dengue
<i>Catharanthus roseus</i> (L.) G. Don	Sadabahar	Perennial small herb or sub shrub	Seed	June-July of September-October	Leaves and roots	In treatment of cancer and diabetes. Root paste is used for septic wounds
<i>Centella asiatica</i> (L.) Urb.	Mandukaparni	Creeping herb	Root sucker	July-August	Leaves	Act as brain tonic, relief from scanty urination with burning sensation
<i>Citrus limon</i> (L.) Osbeck	Nimbu	Small evergreen tree	Seed and cutting	March – May or September-November	Fruit	Improve immune system, acting as liver stimulant, prevent

						kidney stones, controlling nausea and relieving heartburn
<i>Coleus amboinicus</i> Lour.	Patta Ajwain	Perennial aromatic herb	Stem cutting	March, April and May	Leaves	Indigestion, bloating and gas
<i>Costus pictus</i> D. Don	Insulin Plant	Perennial rhizomatous herb	Rhizome and stem cutting	June-September	Rhizomes and aerial parts	Diabetes management, reducing swelling, Anti-oxidant, anti-inflammatory and antimicrobial properties
<i>Crinum asiaticum</i> L.	Sudarshan	Dense hairy erect herb	Seed	June-July	Root, Leaves, seed	Managing stress, improving sleep etc.
<i>Curcuma longa</i> L.	Haldi	Perennial herb	Rhizome	April and May	Rhizomes	Useful in ulcers, wounds, diabetes, eye diseases, edema, anaemia, bronchitis and liver infections
<i>Eclipta prostrata</i> (L.) L.	Bhringaraj	Erect or prostrate, annual herb	Seed and stem cuttings	April - August	Whole plant	Promoting hair growth, treatment of edema, fever, liver disorders, and rheumatic joint pain
<i>Gymnema sylvestre</i> (Retz.) R.Br/ ex sm.	Gurmar	Woody, perennial climber	Seed and stem cutting	June - July	Leaves	Managing diabetes and weight loss
<i>Hibiscus rosa-sinensis</i> L.	Gudhal	Perennial herb	Stem cutting, seed	March	Flower	Menorrhagia treatment, contraceptive

			propagation, layering and grafting			and hair tonic
<i>Kalanchoe pinnata</i> (Lam.) Pers.	Pathrachatta	Perennial succulent plant	Stem cutting and leaf cutting	January – February	Leaves	Calculus, intestinal issues, ulcers, arthritis, inflammation, conjunctivitis, menstrual disorders, migraines, wounds and dysentery
<i>Mentha spicata</i> L.	Pudina	Herbaceous perennial plant	Stem cutting and stolon (underground stem)	Autumn or spring in temperate climates	Leaves and flowering tops	Inflammation, bronchitis, toothaches, cramps, fever, headaches, stomach pain and sore throat
<i>Murraya koenigii</i> (L.) Spreng	Kari patta	Perennial aromatic tree	Seed	May - June	Leaves	Promote appetite and digestion, useful in skin diseases, worm troubles, burning sensation in stomach
<i>Ocimum tenuiflorum</i> L.	Tulasi	Biennial or perennial, an erect, herbaceous plant	Seed	March or April	Leaves/whole plant	Kidney stone, anti-diabetic, fever, cough, cold, bronchitis, arthritis, convulsions, immunology effect etc.
<i>Phyllanthus amarus</i> Schumacher & Thonn.	Bhumi amla	Small annual herb	Seed	April – May	Whole plant	Jaundice, skin ailments, diabetes,

						treating leucorrhoea, gonorrhoea, menorrhoea, and other urinary problems
<i>Piper betle</i> L.	Paan	Perennial climber with a creeping of climbing	Stem cutting and seed	June to August	Leaves	Treating conditions like bad breath, cold, cough and indigestion
<i>Plantago ovate</i> Forssk.	Isabgol	Annual herb	Seed	October-November	Husk of the seed	A natural laxative, aiding digestion, relieving constipation
<i>Punia granatum</i> L.	Anar	Perennial a large deciduous shrub	Seed and cutting	July – August	Fruit rind, fruit, seed, flower	Fruit and fruit rind is highly effective in diarrhoea, eye problem, vomiting, worms
<i>Salvia rosmarinus</i> Spenn.	Rosemary	Evergreen shrub	Stem cutting	September-October	Leaves and twigs	Boosting the immune system, relieving pain. Improving memory, promoting healthy blood circulation, and accelerating hair growth
<i>Solanum nigrum</i> Lesch.ex Dunai	Makoi	Annual herb	Seed	Early spring (February to march) to summer (June to July)	Leaves, fruits (berries), stems and roots	Liver disorders, rheumatism, swellings, cough, asthma, bronchitis, wounds, ulcers,

						vomiting cardiopathy, skin diseases, fever
<i>Tinospora cordifolia</i> (Willd.) Hookf. & Thomson	Giloy	Gregarious glabrous, twinner plant	Stem cutting and seed	Between July and August	Stem	Fever, immunobooster, diabetes, gout
<i>Trigonella foenum-graecum</i> L.	Methi	Annual herbaceous plant	Seed	October-November	Seeds and leaves	Regulate blood sugar and cholesterol
<i>Zingiber officinale</i> Roscoe	Adrak	Rhizomatous perennial herb	Rhizome	May of early June	Rhizome	Useful in heart disease, swelling, asthma, liver disorders, anaemia, arthritis and rheumatoid arthritis

RESULTS AND DISCUSSION

The important medicinal plants are *Allium sativum*, *Aloe vera*, *Alpinia galangal*, *Andrographis paniculata*, *Asparagus racemosus*, *Bacopa monnieri*, *Carica papaya*, *Catharanthus roseus*, *Centella asiatica*, *Citrus limon*, *Coleus amboinicus*, *Costus pictus*, *Crinum asiaticum*, *Curcuma longa*, *Eclipta prostrate*, *Gymnema sylvestre*, *Hibiscus rosa-sinensis*, *Kalanchoe pinnata*, *Mentha spicata*, *Murraya koenigii*, *Ocimum tenuiflorum*, *Phyllanthus amarus*, *Piper betle*, *Plantago ovate*, *Punia granatum*, *Salvia rosmarinus*, *Solanum nigrum*, *Tinospora cordifolia*, *Trigonella foenum-graecum* and *Zingiber officinale* can be planted in the home gardens. Medicinal plants can be grown through their seeds, rhizomes, and stem cutting to grow in the home gardens.

In order to grow in home gardens, herbal plants can be propagated via their seeds, rhizomes, stem cuttings, cloves, pups, and roots (Table 1). Plant parts such as bulbs, leaves, rhizomes, root, whole plant, fruits, seeds, flowers, twigs and stems are used for the medicine preparation. Most of the plants habitat are perennial herbs, shrubs and even trees. Rainy winter sessions are useful for the plantation.

Terrace gardening is the practice of cultivating plants in polybag containers to make beds on a rooftop terrace with little or no access to ground soil. Water cans or drip irrigation systems

are frequently used to irrigate and feed plants grown in containers filled with soil or other growing media in terrace gardens. A wide range of plants, such as vegetables, herbs, shrubs, small trees, and climbers, can be grown in terrace gardens, which can be modest or huge. Terrace gardening is a popular choice for individuals who live in cities or have little outdoor space since it enables them to cultivate their own plants and enjoy the advantages of gardening in a compact, practical area.

Terrace gardens save space, enhance the quality of the air, and have positive effects on mental and physical health. Terrace gardens are an excellent way to utilize a rooftop or other tiny outdoor space. In cities where air pollution is prevalent, plants can help to improve the quality and purity of the air. Numerous mental health advantages of terrace gardening have been demonstrated, including lowering stress and elevating mood. A tranquil, delightful area to unwind and relieve tension can be found in a terrace garden. Get the main medical treatment and strengthen your immune system.

A home herbal garden is a place set aside for cultivating a particular group of plants, such as aromatic and medicinal plants, providing a low-cost, easily accessible primary healthcare alternative and fostering a connection between people and the natural world. Every household with a vacant plot of land can simply grow a home herbal garden, which is designed to meet the daily nutritional and therapeutic needs of people of all ages. National Medicinal Plants Board(NMPB), ministry of Ayush is providing financial supports to develop different kinds of herbal gardens i.e. school herbal garden, institutional herbal garden and National/State importance herbal garden for the benefits of the people and to create awareness above the uses of Medicinal plants also to conserved important potential medicinal plants in the traditional systems of medicine[4]

CONCLUSIONS

Similar to yoga or meditation, gardening is an ancient activity that keeps the body healthy, stimulates the mind, and uplifts the spirit. In addition to improving the family's nutritional condition and overall health, cultivating and keeping medicinal plant species in home gardens is an affordable alternative to using expensive medications and pills to treat a variety of illnesses. Home gardens with medicinal plants are essential for primary health care in rural areas and offer significant relief from a variety of illnesses. Small-scale marketing of these products provides the grower with a steady daily income, and there is a great need to raise awareness of the medicinal value of various plant species found in local home gardens and

their application techniques. In one of the Sanskrit shloka, it is said that there is no plant on the earth which cannot be used as a medicine. What is needed it's know how to use.

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