

DEPARTMENT OF BOTANY

SEED
COLLECTION

Se. No.	Student Name	Seat No.
1)	shinde shweta Madhukar	22761
2)	Karad seema subhash	22750
3)	kadam Amruta Rajendra	22749
4)	shirsath Rutuja Sanjay	22762
5)	Jadhav sonali Dilip	22748
6)	Raut Ashutosh prakash	22725
7)	wadghule Ankit vijay	22740

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1) Fenugreek seeds

Scientific classification

Kingdom - Plantae

Order - Fabales

Family - Fabaceae

Genus - Trigonella

Species - *T. foenum-graecum*

Bota:

Botanical Name - *Trigonella foenum-graecum*

Medicinal Uses -

- Know the medicinal properties of Fenugreek.
- (1) Some wonderful home remedies to treat many health problems naturally with use of Fenugreek.
 - (2) It is wonderful remedies to help diabetic patients.
 - (3) Fenugreek is very well-known food item.
 - (4) Its leaves are eaten as vegetable. The green leaves are rich in fibre and relieves constipation.
 - (5) The seeds are used in the kitchen as condiment.

2] Coriander seeds

Scientific classification -

Kingdom - Plantae

Order - Apiales

Family - Apiaceae

Genus - Coriandrum

Species - *C. sativum*

Botanical Name - *Coriandrum sativum* L.

Medicinal Uses -

- Coriander isn't an unusual spice or herb specially in India. Being one of the common spice used in all the Indian curries, Coriander provides a delicious taste to all the cuisines.
- Improves Digestion - These tiny seeds are magical for all your intestinal issues including bloating, gastric, diarrhoea, nausea etc. It is an all in one solution for almost all digestion related issues.
- Low cholesterol - Coriander seed helps in reducing cholesterol and promotes good cholesterol in the body.
- Treats Diabetics - These tiny seeds are proven to aid weight loss and reduce unwanted fat from the body.
- Improves Hair and Skin Quality - The seeds are rich in Vit. K, C, B along with antioxidants and other minerals which beneficial to skin and hair health.

3) Cumin seeds

Scientific classification

Kingdom - Plantae

Order - Apiales

Family - Apiaceae

Genus - Cuminum

Species - C. cyminum

Botanical Name - Cuminum cyminum

Medicinal Uses -

- ① Cumin is an herb.
- ② The seeds of the plant are used to make medicine.
- ③ People take cumin for digestion problems including diarrhea, colic, bowel spasms, and gas.
- ④ Cumin is also used to increase urine flow to relieve bloating (as a diuretic); to start menstruation; and to increase sexual desire (as an aphrodisiac).

4) Fennel Seed

Scientific Classification

Kingdom - plantae

Order - Apiales

Family - Apiaceae

Genus - Foeniculum

Species - F. vulgare

Botanical Name - Foeniculum vulgare

Medicinal Uses -

- (1) All parts of the plant are aromatic and used in Flavouring.
- (2) Fennel is used for various digestive problems including heartburn, intestinal gas, bloating, loss of appetite and colic in infants.
- (3) It is also used for upper respiratory tract infections, coughs, bronchitis, cholera, backache, bedwetting and visual problems.
- (4) Helps to regulate blood pressure.
- (5) Fennel seeds are phytonutrient help clear sinuses.
- (6) Fennel seeds reduced all three ~~the~~ ^{the} ~~tridosha~~ ^{tridosha} (pita, vata (kapha)).

5) Sesamum indicum

Scientific classification

- Kingdom - Plantae
- Order - Lamiales
- Family - Pedaliaceae
- Genus - Sesamum
- Species - S. indicum

Botanical Name - Sesamum indicum

Medicinal Uses -

- ① Sesame (Sesamum indicum L) seeds have been grown in tropical regions throughout the world since prehistoric times.
- ② Sesame seed, a rich source of protein, is one of the first crops processed for oil production.
- ③ Its non-culinary application includes its use as an ingredient in soap, cosmetic, lubricants & medicines.
- ④ Sesame seeds also contain two unique substances.
- ⑤ Sesamin & sesamol known to have a cholesterol lowering effect in humans & to prevent high blood pressure.
- ⑥ The oil has wide medical & pharmaceutical applications

6] Clove seeds

Scientific classification -

Kingdom - plantae

Order - Myrtales

Family - Myrtaceae

Genus - Syzygium

Species - *S. aromaticum*.

Botanical Name - *Syzygium aromaticum*.

Medicinal Uses -

- Contain important Nutrients - Clove contain fiber, Vit and minerals. clove are low in calories and provide some fiber, manganese Vitamin k and Vitamin C.
- High in Antioxidants - As well as containing several important vitamins and minerals, Cloves are rich in antioxidants.
- May protect Against Cancer - Some research shows that the Compounds found in clove can help protect against Cancer
- Can Kill off Bacteria - Cloves have been shown to have antimicrobial properties, meaning they can help stop the growth of microorganisms like bacteria and also improve liver health.

