

# Cultivating medicinal plants as per the space available

## Preface

Most of us have the memories of our childhood when our grandmother would give us decoction of Tulsi (Holy basil plant) during a bout of cold-cough-fever. After about an hour, we would perspire and feel better. Conversely, Allopathy has taught us to take one white and one yellow tablet 3-times-a-day, and in the process, we forgot about Ayurveda. The time has now come when we are left with no option but to accept Ayurveda. One reason for this shift in option is the side effects of Allopathy, and the other much more important reason is the advent of the adverse times.

During the adverse times Doctors, Vaidyas (Ayurveda practitioner) will not be available for consultation, medicines will not be available in the market, etc. Maintaining individual health and that of the family during the adverse times will be a great challenge. At such times, we will be left with no option but to fall back on the medicinal plants that we have grown. Therefore, we must pay attention to cultivating these medicinal plants now itself. This precisely is the reason for compiling this Text.

This Text includes information on over 200 medicinal plants. These are classified as one's that can be grown in the balcony of a residential flat, in the backyard, one's that can be easily grown on waste land and as intercrop during the current farming.

Those who face difficulties and are unable to cultivate, can donate their land, money, etc. to people who are prepared to cultivate, farmers or any social organisation. This will amount to social work and in a way, spiritual practice too.

Our prayer at the Holy feet of Shri Guru is that may all cultivate medicinal plants now itself from the perspective of the adverse times and to safeguard health in general. - **Compilers**

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