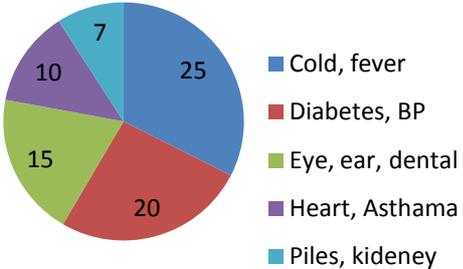
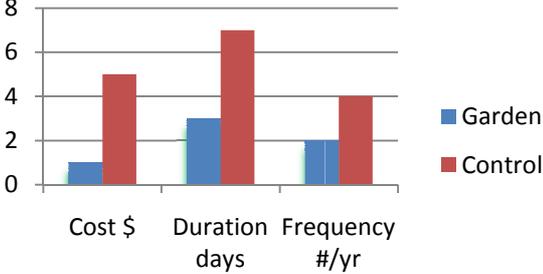


MEDICINAL PLANT GARDEN & EDUCATION FOR GLOBAL WELL BEING

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| <ul style="list-style-type: none"> Rising disease burden & healthcare cost is a global problem, due to the improper diet & lifestyle, besides all round pollution. This damages the well being of the society in the form of respiratory, digestive & circulatory system diseases e.g. Lung, piles, kidney problems, besides cancer. Modern diagnosis & treatment of the ailments is costly, hi-tech & has side effects. <ul style="list-style-type: none"> It costs 5-10% of the budget. | <div style="text-align: center;"> <h3>Disease % in population</h3>  <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Disease % in population</caption> <thead> <tr> <th>Disease Category</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Cold, fever</td> <td>25%</td> </tr> <tr> <td>Diabetes, BP</td> <td>20%</td> </tr> <tr> <td>Eye, ear, dental</td> <td>15%</td> </tr> <tr> <td>Heart, Asthama</td> <td>10%</td> </tr> <tr> <td>Piles, kidney</td> <td>7%</td> </tr> </tbody> </table> </div> | Disease Category | Percentage | Cold, fever | 25% | Diabetes, BP | 20% | Eye, ear, dental | 15% | Heart, Asthama | 10% | Piles, kidney | 7% |
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| <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: center;">WONDER DRUGS</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Asparagus- Tonic</td> </tr> <tr> <td style="text-align: center;">Basil- Cough, cold, fever</td> <td style="text-align: center;"></td> </tr> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Ginger- Joint pain, Stomach pain</td> </tr> </tbody> </table> | WONDER DRUGS | |  | Asparagus- Tonic | Basil- Cough, cold, fever |  |  | Ginger- Joint pain, Stomach pain | <ul style="list-style-type: none"> Medicinal plants are used in healthcare since millennia & promoted in health gardens. They can secure primary healthcare, to prevent or cure common ailments like cough, cold, fever, indigestion & reduce the above disorders. They can also provide relief from side effects of antibiotics or chemotherapy etc. They also build immunity & body resilience. | | | | |
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| <ul style="list-style-type: none"> Medicinal plants use is found to reduce disease burden by over 50% & save as much medical cost i.e. 5% of the budget. Hence, kitchen health garden programs are adopted by the policy makers or corporate in villages but also cities such as Pune. Their cultivation helps farmers due to the growing traditional medicine industry. | <div style="text-align: center;"> <h3>Health Garden Impact</h3>  <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Health Garden Impact</caption> <thead> <tr> <th>Category</th> <th>Garden</th> <th>Control</th> </tr> </thead> <tbody> <tr> <td>Cost \$</td> <td>1</td> <td>5</td> </tr> <tr> <td>Duration days</td> <td>3</td> <td>7</td> </tr> <tr> <td>Frequency #/yr</td> <td>2</td> <td>4</td> </tr> </tbody> </table> </div> | Category | Garden | Control | Cost \$ | 1 | 5 | Duration days | 3 | 7 | Frequency #/yr | 2 | 4 |
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| <p style="text-align: center;">EDUCATION CHART/ FLOW</p> <p style="text-align: center;">Illustrated Manuals Slide shows U-tube film clips Policy/ corporate briefs</p> | <ul style="list-style-type: none"> Lack of awareness is a major barrier for such programs & to enrich the ecosystem. Hence, we are developing education material on diet, nutrition & home remedies, engage policymakers & industry to include it in education & gardening for "green health". Traditional medicinal plants are 10% so the Govt. has started restoration programs. | | | | | | | | | | | | |