

Botanical Name: *Vernonia anthelmintica*
(Linn.)

Synonyms: *Centratherum anthelmintica*

Family: *Compositae / Asteaceae*

Genus: *Vernonia*

Sindhi Name: *Kari geeri*

Urdu Name: *Kali ziri, Zira dashti*



Description of *Vernonia anthelmintica*:

This is a small annual erect plant. The stem is leafy and hairy. The leaves are lanceolate, acute and serrate, pubescent on both the sides. The lowering season is December to February. The flowers are purple or violet bract one at the top of the peduncle. The seeds are black.



Vernonia anthelmintica

Medicinal Uses of *Vernonia anthelmintica* in Sindh:

Seeds are used for joint swelling, joint pain and scabies, chronic fever.

1. Method of use for joint swelling and joint pain:

Grind the seeds and make powder of them and make powder and take 20-25mg with 1 glass of water in fasting for 10-12 days.

2. Method of use for Scabies/ itching:

Take 1g of the seeds in fasting with 1 glass of water and repeat the procedure just for 3-4 days only.

3. Method of use for Chronic fever:

Take 2g of the powder of the seeds and add 1 in glass of water and shake well and drink that water 2 times a day.

4. Method of use for Scabies:

Take 10g of seeds of the *Vernonia anthelmintica* and take 10g of the dried fruit of *Azadirachta indica* and make powder of them. Take 1 g with 5 mL of honey for 10 days in fasting.