

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR
PRESS RELEASE**

Jadi Booti Diwas observed

**Governor advocates for preservation and promotion of traditional natural uses
of medicinal herbs**

Grow for herbal garden also to counter pandemics like COVID 19: Governor

On the occasion of Jadi Booti Diwas, which is being observed to preserve and promote traditional natural uses of medicinal herbs in various parts of the country, a plantation programme of herbs and medicinal plants was organised in Raj Bhavan, Itanagar on 4th august 2020. The Governor of Arunachal Pradesh Brig. (Dr.) B.D. Mishra (Retd.) and First Lady of the State Smt Neelam Misra planted saplings of Giloy, turmeric, black pepper and Tulsi on the occasion.

The Governor said that herbs such as Giloy, turmeric, black pepper and Tulsi taken in appropriate quantities develop body resistance against the viruses and diseases. Their consumption is always good for physical and psychotropic protection of human beings. Giloy, he said, is particularly an immunity booster. It helps to get rid of recurrent fevers, since it is antipyretic in nature, improves digestion and helps in bowel related problems. Most of the medicinal herbs now being propagated under various schemes of AYUSH Mantralaya act as hypoglycemic agents and help treat diabetes and reduce high levels of blood pressure and blood sugar. For reducing stress, anxiety, asthmatic symptoms and respiratory problems, inflammatory and arthritic properties and myopia, the modern research on the subject has proved the benefit of Indian herbs, without any side effects, he said.

The Governor emphasised that people should grow medicinal plants in their homes and herbal gardens. It will, in prophylactic ways, help counter pandemics like COVID 19. He called upon the people to start herbal gardens in their backyards while availing benefits from the State Government's cluster farming and the nutritional kitchen garden schemes.

The First Lady of the State distributed stems of Giloy to the officials of the Raj Bhavan, Itanagar for planting in their home on the occasion.

PRO to Governor
Arunachal Pradesh
ITANAGAR, August 4, 2020