

Hortus Malabaricus Garden: Ayur Udyan

Ayur Udyan is a living canvas of traditional Indian medicine, beautifully curated to immerse visitors in the profound wisdom and healing depth of Ayurveda. Through a vibrant display of medicinal plants, the garden bridges the gap between ancient heritage and modern wellness. This botanical marvel is organized into the following key sections:

1. The Timeline of Life (108 Vital Medicinal Plants)

At the heart of this section are 108 vital medicinal plants, thoughtfully arranged to mirror the human journey from birth to old age. This living timeline showcases how nature supports our evolving health needs, offering remedies that boost immunity and treat ailments at every stage of life.

- Pregnancy Phase (Prenatal Care): Plants dedicated to prenatal care and supporting the health of both mother and child.
- Childhood: Medicines that boost immunity and support cognitive development in children.
- Youth/Adulthood: Plants that help maintain physical strength, vitality, and energy.
- Geriatric Care (Old Age): Plants aimed at reducing age-related ailments and maintaining overall health in old age.

2. Geographical Classification (Terrain and Medicines)

This unique zone brings classical Ayurvedic texts to life through an authentically replicated landscape. It showcases the three foundational eco-zones of traditional medicine—*Anupa* (wetlands), *Jangala* (arid terrains), and *Sadharana* (sub-tropical lands)—allowing visitors to see how environment shapes healing flora.

Visitors are invited to explore the varying colors, compositions, and structures of different soil types. This interactive exhibit provides a firsthand look at the remarkable biological adaptations of plants that flourish in these specific geographical eco-zones.

3. Ethnobotany & Traditional Wisdom

This section showcases rare and precious medicinal plants traditionally used by the indigenous tribal communities of Kerala and South India since ancient times.

It also features information on rare plants used as substitutes (*Pratinidhi Dravyas*) for primary medicines in Ayurveda.

4. Practical Medicine Preparation Unit

Rather than just showcasing flora, this section bridges the gap between observation and daily application. A specialized demonstration unit illustrates the preparation of traditional home remedies and formulations, giving visitors the practical knowledge needed to create basic wellness remedies at home. The Vision: This pavilion transcends the concept of a traditional botanical garden. Its ultimate mission is to demystify India's rich medicinal plant heritage and make the practical wisdom of Ayurveda universally accessible to all.