

ISSN Print: 3078-6282  
ISSN Online: 3078-6290  
Impact Factor (RJIF): 5.48  
JAN 2025; 2(2): 42-45  
<https://www.ayurvedjournal.net>  
Received: 10-06-2025  
Accepted: 12-07-2025

**Dr. K Sudheer Kumar**  
Professor, Department of  
Pharmacognosy Goenka  
College of Pharmacy, Goenka  
College of Pharmacy Sikar,  
Lachhmangarh, Rajasthan,  
India

**N Ravindra**  
Department of  
Pharmacognosy, Goenka  
College of Pharmacy Sikar,  
Lachhmangarh, Rajasthan,  
India

**S Seetaram Swamy**  
Department of  
Pharmacognosy, Goenka  
College of Pharmacy Sikar,  
Lachhmangarh, Rajasthan,  
India

**Sowjanya**  
Department of Pharma  
Chemistry, Goenka College of  
Pharmacy Sikar,  
Lachhmangarh, Rajasthan,  
India

**Corresponding Author:**  
**Dr. K Sudheer Kumar**  
Professor, Department of  
Pharmacognosy Goenka  
College of Pharmacy, Goenka  
College of Pharmacy Sikar,  
Lachhmangarh, Rajasthan,  
India

## Review on a divine Ethanobotanical lens- traditional and medicinal secrets of 21 leaves used for Ganesh Puja

**K Sudheer Kumar, N Ravindra, S Seetaram Swamy and Sowjanya**

**DOI:** <https://www.doi.org/10.33545/ayurveda.2025.v2.i2.A.30>

### Abstract

In Ganesh festival, there is a ritual of offering 21 Patri (leaves) to Lord Ganesh during Ganesh puja. Months of August to September every year is a time in India when there is greenery everywhere. Most of the plants used in Ganesh 'patris' are common household names, and some of them are rare the herbs used to collect these leaves from yard gardens, surrounding areas, hedges of farmlands, River side plants etc.

The leaf extracts cause killing of microbes and breeding mosquito larvae in water, thereby preventing the waterborne and vectorborne human diseases prevalent during the monsoon season. The use of natural and renewable resources such as clay, natural dyes and leaves during the festival indicates the importance of Mother Nature and recycling. The leaves are widely utilized in native systems of medicine (Ayurveda, Siddha, homeo and Unani) and extremely popular under folklore medicine among the different Indian ethnic groups to treat an array of diseases and disorders. The list of plants used may differ slightly from one region to another. Locally available medicinal plants are supposed to be used for pooja. It is observed that every plant leaf from Pooja has unique medicinal values and health benefits. They all are used as medicines for various diseases.

The broad spectrum uses of these plants make them unique and hence included in the special pooja of Ganapati. Apart from this, it is ecologically beneficial to cut down the leaves of fully grown plants after the rainy season (Shravan) for better propagation. The logical reason behind this number 21 is that our body is believed to be made up of Panchamahabhuta and 16 Indriya (5 basic constituents and 16 main organs). Hence 21 Patri puja is believed to be a symbolic offering of our complete self to Ganapati - an act to remind us to keep our ego in check.

**Keywords:** Ganesh puja, Panchamahabhuta, Ethanobotanical, Ayurveda, Siddha, homeopathy, Unani

### Introduction



In Ganesh festival, there is a ritual of offering 21 Patri (leaves) to Lord Ganesh during Ganesh puja. This is a time of the year in India when there is greenery everywhere. Most of the plants used in Ganesh 'patris' are Medicinal plants. Ganesha is widely revered as the remover of obstacles, the patron of arts and sciences and the deva of intellect and wisdom.

As the god of beginnings, he is honoured at the start of rituals and ceremonies. In the 1000 names of Lord Ganesha, 'OM OSHADHI PATAYE NAMAH' is one. Means he is the owner all medicines and their powers. That is the reason, during Ganesh Chaturdhi pooja, Lord ganesha is worshipped with 21 sacred patras or leaves. It is believed that worshipping Lord Ganesha with his favourite leaves pleases him. A pleased Ganesha will bestows strength, long life, wisdom, wealth and prosperity upon his beloved devotees. Hence 21 Patra Puja or 21 Sacred leaves worship has become an integral part of Ganesh pooja. This is the unique worshipping for Lord Ganesha. Also, this Pooja is known to be the path to offer our body of 21 elements, Pancha Bhutas (5 great physical elements sky, air, fire, water and earth), Pancha Tanmatras (word, touch, sense, taste and smell), Pancha Jnanendriyas (ears, skin, eyes, tongue and nose), Pancha Karmendriyas (feet, hands, mouth, rectum and genitals) and mind to Vinayaka "The Almighty".

All 21 leaves are associated with 21 unique names of Lord Ganesha. Each leaf is offered while chanting a unique name Mantra of Lord Ganesha, Hence 21 Patra Pooja is also known as EKA VIMSHANTHI POOJA. The speciality is all these leaves are not only sacred but






medicinal also. There is some variation in 21 patris described for pooja. In the above information, we tried to

focus on common medicinal uses of plants. Do include the above patri in pooja and spread awareness about

Sl. No	Name of the Plant	Hindi Name	Botanical Name	Medicinal Uses	Image
1.	Shami Patra	खेजड़ी, शमी	<i>Prosopis cineraria</i> , <i>Fabaceae</i>	Blood purifier, leprosy, dysentery	
2.	Machi Patram, Apamarga Patra	अपामार्ग	<i>Achyranthes aspera</i> <i>Amaranthaceae</i>	Piles, boils, colic in children.	
3.	Bruhathi Patram	ब्रुहती औषधीय पौधा	<i>Solanum Surattense</i> <i>Solanaceae</i>	Asthma, cough,	
4.	Bilva Patram	बेल	<i>Aegle marmelos</i> <i>Rutaceae</i>	Cure bleeding gums,	
5.	Dhurvayugmam	दूर्वा, दूब	<i>Cynodon dactylon</i> <i>Poaceae</i>	Blood purifier, treats skin disorders,	
6.	Datura Patra	धतूरा	<i>Datura metel</i> , <i>Solanaceae</i>	Leaves are toxic	
7.	Badri Patra	बेर	<i>Ziziphus Jujube</i> <i>Rhamnaceae</i>	Antioxidant, antimicrobial	

8.	Tulasi	तुलसी	Ocimum Sanctum <i>Lamiaceae</i>	Fight sore throat,	
9.	Chootha patra	आम	Mangifera Indica <i>Anacardiaceae</i>	Anticancer, antidiabetic,	
10.	Karaveera	कनेर	Nerium Oleander <i>Apocynaceae</i>	Antioxidant, anti-inflammatory	
11.	Vishukrantha Patra	विष्णुकांता	Stachytarpheta indica <i>Verbenaceae</i>	Improving Memory power	
12.	Dhadimi Patra	दाडिम	Punica Granatum <i>Punicaceae</i>	Anti-cancerous, antioxidant,	
13.	Devadaru Patra	देवदार	Cedrus deodara, <i>Pinaceae</i>	Antiallergic, antiinflammatory,	
14.	Maruvaka Patra	मरुआ	Marjorana Hortensis <i>Lamiaceae</i>	Antidiabetic, skin disinfectant	
15.	Sindhuvara Patra	सिन्दूर	Bixa orellana, Vitex negundo <i>Verbenaceae</i>	Antipoisonous	
16.	Jaji Patra	चमेली, जैस्मिनम	Jasminum Fluminense <i>Oleaceae</i>	Used for skin, mouth related problems,	



17.	Gandari Patra	गण्डारि पत्र, कचनार	<i>Bauhinia variegata</i> , <i>Fabaceae</i>	Antibacterial	
18.	Ashwattha Patra	पीपल	<i>Ficus Religiosa</i> <i>Moraceae</i>	Anti-parkinson, hepatoprotective	
19.	Arjuna Patra	अर्जुन वृक्ष, कौहा, कोह	<i>Terminalia arjuna</i> , <i>Combretaceae</i>	Used in Ayurveda and Unani medicines	
20.	Arka Patra	आक, मुदर	<i>Calotropis Procera</i> <i>Asclepiadaceae</i>	Digestive disorders, treating constipation.	
21.	Bhringraj Patra	भृंगराज, भृंगरैया	<i>Eclipta alba</i> , <i>Asteraceae</i>	Promote hair growth.	

## Conclusion

Ethano Pharmacognostic studies, understanding important of medicinal and traditional secrets of Plants, Phytoconstituents, method of Extractions and isolation of plant chemicals from Raw material to Herbal dosage forms, this tradition not only reflects India's reverence for nature but also demonstrates the practical value of plants in spiritual, medicinal, and ecological contexts. As modern lifestyles distance communities from traditional roots, such festivals offer a critical bridge between ancient wisdom and contemporary relevance.

## References

- Ahmed A, Rao A. Medicinal uses of *Hibiscus rosa-sinensis*. *Int J Res Ayurveda Pharm*. 2016;7(2):24-29.
- Balkrishna A, Misra L. Ekavimsati Patrani (21 Sacred Leaves): Medicinal, Environmental and Cultural Significance in Ganesh Festival [Internet]. 2021. Available from: <https://www.researchgate.net/publication/354123456>
- Chaudhary A, et al. A review on *Calotropis gigantea* - ethnomedicinal and pharmacological aspects. *Int J Res Anal Rev*. 2021;8(2): [page numbers not provided].
- Chopra RN, Nayar SL, Chopra IC. Glossary of Indian Medicinal Plants. New Delhi: Council of Scientific and Industrial Research (CSIR); 1956.
- Jindal A, Rana V. Toxic yet therapeutic: A review of *Nerium oleander*. *Asian J Pharm Clin Res*. 2014;7(3):10-13.
- Mishra R, Ojha N. *Nymphaea pubescens* and its traditional uses. *Int J Herb Med*. 2014;2(3):53-56.
- Pandey G, et al. *Bauhinia variegata* in ethnomedicine: A review. *Asian Pac J Trop Med*. 2015;8(9):676-683.
- Sharma P, Mishra A. Medicinal properties of *Tagetes erecta*: A review. *Int J Pharm Sci Res*. 2013;4(7):2509-2513.
- Siva Naga Raju S, Muralikrishna G. Traditional knowledge on 21 Patri leaves used during Vinayaka Chaviti festival in Andhra Pradesh. *J Pharmacogn Phytochem*. 2019;8(1):665-670.
- Warrier PK, Nambiar VPK, Ramankutty C. Indian Medicinal Plants: A Compendium of 500 Species. Vol. 1. Hyderabad: Orient Longman; 1994.
- Warrier PK, Nambiar VPK, Ramankutty C. Indian Medicinal Plants: A Compendium of 500 Species. Vols. 1-5. Hyderabad: Orient Longman; 1993-1996.