

Ganesh Puja Traditions through an Ethnobotanical Lens: A Study of Sacred Leaves, Flowers, and Offerings

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Abstract: Ganesh Puja, a vibrant festival dedicated to Lord Ganesha, integrates religious devotion with profound ethnobotanical traditions. Central to this celebration are the offerings of 21 sacred leaves (patri), 21 diverse flowers, and various traditional prasadam. Each plant and offering holds symbolic, medicinal, and cultural significance, representing an intricate web of biodiversity and spirituality. This study provides a comprehensive account of the botanical identities, vernacular names, ritual roles, and ethnopharmacological relevance of these offerings. By exploring the deep-rooted connections between flora and faith, the research emphasizes the importance of conserving biocultural heritage and sustaining sacred ecological knowledge.

INTRODUCTION

Ganesh Chaturthi, the festival celebrating the birth of Lord Ganesha, merges ritual reverence with nature worship across India. One of its most unique features is the offering of 21 sacred leaves, known as Ekavimsati Patri, alongside 21 flowers and traditional foods. These sacred items are more than religious symbols—they are embodiments of India's rich ethnobotanical heritage. Many of these plants are native, medicinally valuable, and ecologically significant. The act of offering them bridges folk knowledge, Ayurvedic principles, and spiritual symbolism. This ethnobotanical review aims to document the botanical taxonomy, vernacular diversity, cultural symbolism, and therapeutic relevance of each offering used during Ganesh Puja.

DISCUSSION

The ethnobotanical elements of Ganesh Puja reveal a complex tapestry of indigenous knowledge systems, cultural symbolism, and ecological reverence. Each of the 21 patri leaves is chosen not only for its symbolic alignment with specific attributes of Lord Ganesha but also for its medicinal properties recognized in Ayurveda and folk medicine. For instance, *Aegle marmelos* (Bilva) symbolizes purity and has antidiabetic effects; *Ocimum sanctum*

(Tulasi) is revered spiritually and is a potent antimicrobial; and *Cynodon dactylon* (Durva) is both sacred and therapeutically cooling.

The 21 flowers, too, are selected for their spiritual resonance and healing properties. Flowers like *Hibiscus rosa-sinensis* (Mandaramu) and *Nelumbo nucifera* (Lotus) are integral in religious rituals and are recognized for their uses in skin care and fertility treatments, respectively. These selections highlight a nuanced understanding of plant utility within cultural and health contexts.

The prasadam offerings—ranging from modakam to payasam—represent a harmony of taste, nutrition, and Ayurveda. Many of these foods are designed to balance doshas and enhance digestion, reflecting ancient dietary wisdom. This blend of worship, wellness, and ecology underscores the importance of preserving traditional knowledge systems. The use of endangered or locally scarce species like *Prosopis cineraria* or *Cedrus deodara* also calls for conscious conservation strategies to maintain the festival's authenticity without ecological harm.

➤ Sacred Leaves in Ganesh Puja: Ethnobotanical Significance, Ritual Importance, Cultural Relevance, and Mantras

1. *Artemisia vulgaris* L. (*Machi Patra* / మాచిపత్రం)

- **Ethnobotanical Significance:** Traditionally used for digestive disorders, menstrual issues, and as an insect repellent.
- **Ritual Importance** For warding off negative energy. It is often burned in incense form during rituals to cleanse the environment and bring peace.
- **Cultural Significance:** Revered in folk traditions for protection from spirits and used in seasonal transition festivals.
- **Mantram:** Om Sumukhaya Namaha, maachi patram pujayami

2. *Solanum xanthocarpum* Schrad. & H.Wendl.
(*Brihatee Patra* / బృహతీపత్రం)

- Ethnobotanical Significance: Used in Ayurveda for respiratory ailments and as an anti-inflammatory agent.
- Ritual Importance: In traditional Hindu rituals, Kakamachi is used to purify the body and mind. The plant is believed to have protective properties against evil spirits and negative energies, and it is often used in folk healing rituals to safeguard the home or personal well-being.
- Cultural Significance: Employed in traditional healing rituals and festivals for enhancing physical strength.
- Mantram: Om Ganadhipaya namaha, bruhati patram pujayami

3. *Aegle marmelos* (*Bilva Patra* / బిల్వపత్రం)

- Ethnobotanical Significance: Leaves possess antimicrobial properties; used in treating diabetes and digestive issues.
- Ritual Importance: Sacred trinity leaf; symbolizes purity. Symbol of devotion and humility. Used in Shiva worship, especially during Shivaratri. The flower is offered to Lord Shiva to symbolize the destruction of evil and to seek blessings for health and protection.
- Cultural Significance: Deeply associated with Lord Shiva and featured in multiple Hindu scriptures.
- Mantram: Om Umaputraya namaha, bilva patram pujayami

4. *Cynodon dactylon* (*Durva* / దర్భ)

- Ethnobotanical Significance: Known for its cooling effect; used in treating wounds and as a diuretic.
- Ritual Importance: Protective and purifying. Known for its ability to remove obstacles, it is used in Vastu Shastra rituals and during Ganesh Puja to ensure the success of new ventures and remove negative energies. Purifier, beloved by Vishnu and Ganesha. Associated with fertility and wealth.
- Cultural Significance: Used in marriage rituals and housewarming ceremonies across India.
- Mantram: Om gajananya namaha durvaa yugmama pujayami

5. *Datura innoxia* (*Datura Patra* / ఉమ్మెత్తపత్రం)

- Ethnobotanical Significance: Used cautiously in traditional medicine for pain relief and respiratory issues.
- Ritual Importance: Offered to Ganesha to remove obstacles and negative influences.
- Cultural Significance: Associated with mystical practices and tantric rituals.
- Mantram: Om harasoonave namaha Dattura patram pujayami

6. *Ziziphus mauritiana* (*Badari Patra* / బదరీపత్రం)

- Ethnobotanical Significance: Fruits and leaves used for digestive health and as a mild laxative.
- Ritual Importance: Represents simplicity and humility; offered to Ganesha for contentment.
- Cultural Significance: Symbol of hospitality and often featured in rural domestic worship.
- Mantram: Om lambodharaya namaha badharee patram pujayami

7. *Achyranthes aspera* (*Apamarga Patra* / అపామార్గపత్రం)

- Ethnobotanical Significance: Used for treating skin diseases, cough, and as a diuretic.
- Ritual Importance: Believed to eliminate sins and negative karma when offered to Ganesha.
- Cultural Significance: Integral to exorcism rites and purificatory ceremonies.
- Mantram: Om guhagrajaaya namaha apamarga patram pujayami

8. *Ocimum sanctum* (*Tulasi Patra* / తులసీపత్రం)

- Ethnobotanical Significance: Known for its antimicrobial and adaptogenic properties; used in various ailments.
- Ritual Importance: Considered sacred; offered to Ganesha for spiritual purification.
- Cultural Significance: Central to household shrines and daily worship across Hindu homes.
- Mantram: Om gajakarnaya namaha, tulasi patram pujayami

9. *Mangifera indica* (*Aam Patra* / మామిడి పత్రం)

- Ethnobotanical Significance: Leaves used in traditional medicine for respiratory and digestive issues.

- Ritual Importance: Symbolizes prosperity; mango leaves are used in decorations during festivals.
 - Cultural Significance: Represents fertility and life; used in door hangings (torans) during auspicious events
 - Mantram: Om ekadantaya namaha, chootha patram pujayami
10. Nerium indicum (*Karavira Patra* / కరవీరపత్రం)
- Ethnobotanical Significance: Used with caution in traditional medicine for heart-related ailments.
 - Ritual Importance: In some regions, Nerium is used in funerary rituals and as an offering to seek peace for the departed souls. However, it should be used with care as it is considered toxic in large quantities.
 - Cultural Significance: Its vibrant flowers are used in temple garlands and festive decor.
 - Mantram: Om vikataaya namaha, karaveera patram pujayami
11. Evolvulus alsinoides L. (*Vishnukranta Patra* / విష్ణుక్రాంతపత్రం)
- Ethnobotanical Significance: Used to enhance memory and cognitive abilities.
 - Ritual Importance: Known for its connection to Lord Vishnu, the plant is used in Vaishnavite rituals to invoke blessings for mental clarity and spiritual strength. Offered to Ganesha for mental clarity and academic success.
 - Cultural Significance: Favored in learning rituals and Saraswati Puja ceremonies.
 - Mantram: Om bhinnadanthaya namaha, vishnukranthapatram pujayami
12. Punica granatum (*Dadimee Patra* / దాడిమీపత్రం)
- Ethnobotanical Significance: Fruits and peels used to treat digestive disorders and improve heart health.
 - Ritual Importance: Pomegranate flowers and seeds are used in rituals to seek blessings for fertility and prosperity. It is especially used in wedding ceremonies and housewarming pujas. Symbolizes fertility and abundance; offered to Ganesha to promote prosperity.
 - Cultural Significance: Associated with beauty and vitality in folk traditions.
 - Mantram: Om vatave namaha, dhaadimi patram pujayami
13. Cedrus deodara (*Devadaru Patra* / దేవదారుపత్రం)
- Ethnobotanical Significance: Resin and wood used for antiseptic and anti-inflammatory purposes.
 - Ritual Importance: The wood is used in religious offerings to purify the space and bring divine blessings. It is also used for Ayurvedic rituals and to promote spiritual well-being. Considered sacred; used in fire rituals and offerings to divine beings.
 - Cultural Significance: Represents spiritual elevation; used in building temples and sacred spaces.
 - Mantram: Om sarveswaraya namaha, devadaru patram pujayami
14. Origanum majorana (*Maruvaka Patra* / మరువకపత్రం)
- Ethnobotanical Significance: Used for digestive issues and respiratory ailments.
 - Ritual Importance: Used in purification rituals, especially in Siddha medicine, to cleanse the mind and body. It is believed to bring peace and calmness during spiritual practices. Symbolizes joy and harmony; offered in pujas for peaceful environments.
 - Cultural Significance: Common in festive cooking and healing rituals.
 - Mantram: Om phaalachandraaya namaha, maruvaka patram pujayami
15. Vitex negundo L. (*Sindhuvara Patra* / సావిత్రి)
- Ethnobotanical Significance: Used for treating fevers, joint pain, and skin diseases.
 - Ritual Importance: Used to clear negative energies and enhance spiritual healing. It is used in Ayurvedic and homeopathic treatments and during rituals for protection and mental clarity. Symbol of purity and strength; used in protective rituals.
 - Cultural Significance: Leaves used to purify surroundings and ward off evil.
 - Mantram: Om heyrambhaya namaha, sindhuvaara patram pujayami
16. Jasminum grandiflorum L. (*Jaji Patra* / జాజిపత్రం)
- Ethnobotanical Significance: Flowers used for headaches, stress relief, and skin conditions.
 - Ritual Importance: The sweet scent of jasmine is thought to have a spiritual uplifting effect, helping to promote mental clarity and spiritual

growth. It is used during meditation and spiritual practices to aid in connecting with higher consciousness. Offered to Ganesha for purity and attraction of positive energies.

- Cultural Significance: Used in garlands and perfumes during religious festivities.
- Mantram: Om soorpakarnaaya namaha, jaajee patram pujayami

17. *Bauhinia variegata* L. (*Gandaki Patra* / గంధకీపత్రం)

- Ethnobotanical Significance: Bark and flowers used for ulcers and digestive issues.
- Ritual Importance: Known for its beautiful flowers, it is used in Lord Ganesha puja to invoke blessings for wisdom and success. It is also used for Vastu Shastra rituals for peace and prosperity in the home. Represents grace and balance; included in Ganesh puja for healing energy.
- Cultural Significance: Used in folk medicine and springtime rituals.
- Mantram: Om suraagrajaaya namaha, Gandakee patram pujayami

18. *Prosopis cineraria* (*Jammi Patra* / జమ్మి పత్రం)

- Ethnobotanical Significance: Used for treating skin and respiratory disorders.
- Ritual Importance: Victory over ego Symbol of humility and victory; revered in both Ganesh and Dussehra festivals.
- Cultural Significance: Regarded as a wish-fulfilling tree in rural communities.
- Mantram: Om Ibhavaktraya namaha, Samee patram pujayami

19. *Ficus religiosa* (*Ravi Patra* / రవి పత్రం)

- Ethnobotanical Significance: Used in treating diabetes, wounds, and asthma.
- Ritual Importance: Represents enlightenment and knowledge; Strengthens heart sacred in Ganesha worship.
- Cultural Significance: Tree associated with Buddha's enlightenment and revered in Indian traditions.
- Mantram: Om Vinayakaya namaha, Aswatha patram pujayami

20. *Terminalia arjuna* (*Maddi Patra* / మ పత్రం)

- Ethnobotanical Significance: Bark used to strengthen heart function and treat cardiovascular diseases.
- Ritual Importance: Symbolizes strength; offered in rituals for health and vitality.
- Cultural Significance: Used in Ayurvedic preparations and spiritual healing practices.
- Mantram: Om surasevithaya namaha, arjuna patram pujayami

21. *Calotropis gigantea* (*Jilledu Patra* / జిల్లేడు పత్రం)

- Ethnobotanical Significance: Latex used for skin conditions and pain relief.
- Ritual Importance: Protective leaf, wards off evil, used to repel negative energies during Ganesh puja.
- Cultural Significance: Common in village boundary worship and folk medicine.
- Mantram: Om Kapilaya namah – Arka Patram Samarpayami

Table 1: The 21 Sacred Leaves (*Patra*) in Ganesh Puja

S.No	Botanical Name	Taxonomic classification	Vernacular names	Ritual Significance
1.	<i>Artemisia vulgaris</i> L.	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Asterids Order: Asterales Family: Asteraceae Genus: <i>Artemisia</i> Species: <i>Artemisia vulgaris</i> L.	Telugu: Dhoopapathri (ధూపపత్రి)(మాచీపత్రం) Hindi: Chhota Naagdon / Nagdona (छोटा नागदोन) Kannada: Dhoopa patri (ಧೂಪಪತ್ರಿ) (rare usage) Malayalam: Cheriya Nāgadali (ചെറിയ നാഗദളി) (rare) Tamil: Mugwort / Dhoopa Ilai (முగூர்த்த) (used in Siddha context) Bengali: Nāgdona (নাগদোনা)	

2.	<i>Solanum xanthocarpum</i> Schrad. & H.Wendl.	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Asterids Order: Solanales Family: Solanaceae Genus: <i>Solanum</i> Species: <i>Solanum xanthocarpum</i> Schrad. & H.Wendl.	Telugu: Kandankathiri (కందంకత్తిరి) బృహతీపత్రం)(వాకుడు) Hindi: Kantakari (कंटकारी) Kannada: Nelagulla (ನೆಲಗುಳ್ಳು) Malayalam: Kantakari (കണ്ടകരി) Tamil: Kandankattiri (கண்டங்கட்டிரி) Bengali: Kantakari (কন্টকারী)	
3.	<i>Aegle marmelos</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Rosids Order: Sapindales Family: Rutaceae Subfamily: Aurantioideae Genus: <i>Aegle</i> Species: <i>A. marmelos</i>	Telugu: Maredu (మారెడు) Hindi: Bel (बेल) Kannada: Bilpatre (ಬಿಲ್ಪಪತ್ರೆ) Malayalam: Koovalam (കൂവളം) Tamil: Vilvam (வில்வம்) Bengali: Bel (বেল)	
4.	<i>Cynodon dactylon</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Monocots Order: Poales Family: Poaceae Genus: <i>Cynodon</i> Species: <i>C. dactylon</i>	Telugu: Garika (గరిక) Hindi: Doob (दूब) Kannada: Durva (ದುರ್ವಾ) Malayalam: Durva (ദുർവ്വ) Tamil: Arugampul (அருகம்புல்) Bengali: Durba (দুর্বা)	
5.	<i>Datura innoxia</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Asterids Order: Solanales Family: Solanaceae Genus: <i>Datura</i> Species: <i>Datura metel</i>	Telugu: Ummetta (ఉమ్మెత్త) Hindi: Dhatura (धतूरा) Kannada: Dattura (ದತ್ತೂರ) Malayalam: Ummam (ഉമ്മം) Tamil: Oomathai (ஊமத்தை) Bengali: Dhutura (ধতুরা)	
6.	<i>Ziziphus mauritiana</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Rosids Order: Rhamnales Family: Rhamnaceae Genus: <i>Ziziphus</i> Species: <i>Z. mauritiana</i>	Telugu: Regu (రేగు) బదరీపత్రం Hindi: Ber (बर) Kannada: Regu (ರೇಗು) Malayalam: Kattumala (കാട്ടുമല) Tamil: Ilantha (இலந்தை) Bengali: Boroi (বরই)	

7.	<i>Achyranthes aspera</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Order: Caryophyllales Family: Amaranthaceae Genus: <i>Achyranthes</i> Species: <i>Achyranthes aspera</i> L.	Telugu: Uttareni (ఉత్తరేణి) (అపామార్గపత్రం) Hindi: Apamarg / Chirchita (अपामार्ग / चिरचिता) Kannada: Uttarani (ಉತ್ತರಾಣಿ) Malayalam: Katalati (കടലാട്ടി) Tamil: Nayuruvi (நாயுர்வி) Bengali: Apang (আপাং)	
8.	<i>Ocimum sanctum</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Asterids Order: Lamiales Family: Lamiaceae Genus: <i>Ocimum</i> Species: <i>O. sanctum</i>	Telugu: Tulasi (తులసి) Hindi: Tulsi (तुलसी) Kannada: Tulasi (ತುಲಸಿ) Malayalam: Tulasi (തൂലസി) Tamil: Thulasi (துலசி) Bengali: Tulshi (তুলসি)	
9.	<i>Mangifera indica</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Rosids Order: Sapindales Family: Anacardiaceae Genus: <i>Mangifera</i> Species: <i>M. indica</i>	Telugu: Mamidi (మామిడి) Hindi: Aam (आम) Kannada: Mavina (ಮಾವಿನ) Malayalam: Mambazham (മാമ്പഴം) Tamil: Maampazham (மாம்பழம்) Bengali: Aam (আম)	
10.	<i>Nerium indicum</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Asterids Order: Gentianales Family: Apocynaceae Genus: <i>Nerium</i> Species: <i>Nerium oleander</i> L. (also referred to as <i>Nerium indicum</i>)	Telugu: కంధమల్లం Gandhamalle (గంధమల్ల) (గన్నేరు) Hindi: Kaner (कनेर) Kannada: Kanagale (ಕಣಗಲೆ) Malayalam: Arali (അരളി) Tamil: Arali (அரளி) Bengali: Karabi (করবী)	
11.	<i>Evolvulus alsinoides</i> L.	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Asterids Order: Solanales Family: Convolvulaceae Genus: <i>Evolvulus</i> Species: <i>Evolvulus alsinoides</i> L.	Telugu: Vishnukranta (విష్ణుక్రాంతపత్రం) Hindi: Shankhpushpi (शङ्खपुष्पी) Kannada: Vishnukranti (ವಿಷ್ಣುಕ್ರಾಂತಿ) Malayalam: Vishnukranthi (വിഷ്ണുക്രാന്തി) Tamil: Vishnukiranthi (விஷ்ணுகிராந்தி) Bengali: Shankhpushpi (শঙ্খপুষ্পী)	

12.	<i>Punica granatum</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Order: Myrtales Family: Lythraceae (formerly Punicaceae) Genus: <i>Punica</i> Species: <i>Punica granatum</i> L.	Telugu: Danimma (దానిమ్మ, దాడిమీపత్రం) Hindi: Anar (अनार) Kannada: Dalimbe (ದಾಳಿಂಬೆ) Malayalam: Mathalam (മാതളം) Tamil: Maathulai (மாதுளை) Bengali: Dalim / Anar (ডালিম / অনার)	
13.	<i>Cedrus deodara</i>	Kingdom: Plantae Clade: Tracheophytes Division: Pinophyta Class: Pinopsida Order: Pinales Family: Pinaceae Genus: <i>Cedrus</i> Species: <i>Cedrus deodara</i> (Roxb.) G.Don	Hindi: Devdaar (देवदार) (देवदारुपत्रं) Sanskrit: Devadaru (देवदारु) Telugu: Devadāru (దేవదారు) Kannada: Devadāru (ದೇವದಾರು) Tamil: Devathāru (தேவதாரு) Malayalam: Devadāru (ദേവദാരൂ) Bengali: Debbaru (দেবদারু)	
14.	<i>Origanum majorana</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Asterids Order: Lamiales Family: Lamiaceae Genus: <i>Origanum</i> Species: <i>Origanum majorana</i> L.	Telugu: Maruvam (మరువపత్రం, మరువం) Hindi: Marwa (मरवा) Kannada: Maruga / Marjoram (ಮರುಗ) Malayalam: Maruvam / Marjoram (മറുവം) Tamil: Marikozhundhu (மரிகொழுந்து) Bengali: Maruwa / Sweet Marjoram (মরুয়া)	
15.	<i>Vitex negundo</i> L.	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Lamiales Family: Lamiaceae Genus: <i>Vitex</i> Species: <i>negundo</i>	Telugu: Nirgundi (సింధువారపత్రం, వావిలి) Hindi: Nirgundi (निर्गुंडी) Kannada: ಬೈಲ್-ನೆಕ್ಕಿ, ಲಕ್ಕಿ ಸಾಪು, ಲಕ್ಕಿ ರಿಡ್, ಲಕ್ಕಿ ರಿಡ್ Malayalam: ಇന്ദ್ರಾಣಿ Tamil: చిందువరం; నిర్మొచ్చి; నొచ్చి; నోచి; వెల్లె-నొచ్చి	

16.	<i>Jasminum grandiflorum</i> L.	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Asterids Order: Lamiales Family: Oleaceae Genus: <i>Jasminum</i> Species: <i>Jasminum grandiflorum</i> L.	Telugu: Mallika (సన్నజాజి, మల్లిక) Hindi: Chameli (चमेली) Kannada: Mallige (ಮಲ್ಲಿಗೆ) Malayalam: Mullappoo (മുളപ്പൂ) Tamil: Malligai (மல்லிகை) Bengali: Chameli (চামেলি)	
17.	<i>Bauhinia variegata</i> L.	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Rosids Order: Fabales Family: Fabaceae Genus: <i>Bauhinia</i> Species: <i>Bauhinia variegata</i> L.	Telugu: Kanchanara (కంచనర) గండకీపత్రం దేవకాంచనం Hindi: Kachnar (कचनार) Kannada: Kanchanara (ಕಂಚನರ) Malayalam: Kachnara (കച്ചനാര) Tamil: Kachnar (கச்சனார்) Bengali: Kachnar (কচনার)	
18.	<i>Prosopis cineraria</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Rosids Order: Fabales Family: Fabaceae Genus: <i>Prosopis</i> Species: <i>P. cineraria</i>	Telugu: Jammi (జమ్మి) Hindi: Jand (जांद) Kannada: Jandha (ಜಾಂಧ) Malayalam: Vanni (വണ്ണി) Tamil: Vanni (வண்ணி) Bengali: Jand (জাঁদ)	
19.	<i>Ficus religiosa</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Rosids Order: Rosales Family: Moraceae Genus: <i>Ficus</i> Species: <i>F. religiosa</i>	Telugu: Ravi (రావి) Hindi: Peepal (पीपल) Kannada: Arali (ಆರಳಿ) Malayalam: Arayal (ആരയല്) Tamil: Arasa (ஆரசா) Bengali: Ashwattha (আশ্বথ)	
20.	<i>Terminalia arjuna</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Rosids Order: Myrtales Family: Combretaceae Genus: <i>Terminalia</i> Species: <i>T. arjuna</i>	Telugu: Maddi (మద్ది) Hindi: Arjun (अर्जुन) Kannada: Holematta (ಹೊಲಮಟ್ಟು) Malayalam: Maruthu (മരൂതു) Tamil: Maruthu (மருது) Bengali: Arjun (আর্জুন)	

21.	<i>Calotropis gigantea</i>	Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Asterids Order: Gentianales Family: Apocynaceae Subfamily: Asclepiadoideae Genus: <i>Calotropis</i> Species: <i>C. gigantea</i>	Telugu: Jilledu (జిల్లెడు) Hindi: Ak (आक) Kannada: Ekka (ಎಕ್ಕ) Malayalam: Erikk (എറിക്ക) Tamil: Erukku (எருக்கு) Bengali: Akanda (আকন্দা)	
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➤ Sacred Flowers in Ganesh Puja: Ethnobotanical, Ritual, and Cultural Significance with Mantras

1. *Hibiscus rosa-sinensis*

- Ethnobotanical Significance: Used in Ayurveda for skin ailments, hair growth, and menstrual issues.
- Ritual Importance: Favorite flower of Lord Ganesha; symbolizes power and energy.
- Cultural Significance: Associated with Shakti; offered for strength and success.
- Mantra: *Om Sumukhaya Namah, Japa Pushpam pujayami*

2. *Nelumbo nucifera* (Lotus)

- Ethnobotanical Significance: Used in traditional medicine for heart health and fertility.
- Ritual Importance: Symbol of purity and divine birth.
- Cultural Significance: Sacred in many Indian traditions; linked to Lakshmi and Saraswati.
- Mantra: *Om Ekadantaya Namah, Kamala Pushpam pujayami*

3. *Jasminum sambac* (Arabian Jasmine)

- Ethnobotanical Significance: Aromatic, calming, used in hair oils and teas.
- Ritual Importance: Symbol of purity and devotion.
- Cultural Significance: Widely used in temple offerings and weddings.
- Mantra: *Om Kapilaya Namah, Mallika Pushpam pujayami*

4. *Jasminum grandiflorum* (Spanish Jasmine)

- Ethnobotanical Significance: Used in aromatherapy and Ayurvedic oils.
- Ritual Importance: Enhances divine ambiance; considered auspicious.
- Cultural Significance: Emblem of feminine grace and devotion.

- Mantra: *Om Gajakarnakaya Namah, Jaji Pushpam pujayami*

5. *Michelia champaca* (Champak)

- Ethnobotanical Significance: Medicinally used for treating fever, inflammation, and anxiety.
- Ritual Importance: Revered for fragrance; denotes spiritual awakening.
- Cultural Significance: Used in temples and sacred ceremonies.
- Mantra: *Om Lambodaraya Namah, Champaka Pushpam pujayami*

6. *Tagetes erecta* (Marigold)

- Ethnobotanical Significance: Antibacterial and used for wound healing.
- Ritual Importance: Symbol of purity, protection, and devotion.
- Cultural Significance: Essential in all Hindu festivals.
- Mantra: *Om Vikata Namah, Jhendupu Pushpam pujayami*

7. *Clitoria ternatea* (Butterfly Pea)

- Ethnobotanical Significance: Cognitive enhancer; sacred in Ayurveda.
- Ritual Importance: Represents spiritual insight and clarity.
- Cultural Significance: Offered for wisdom and peace.
- Mantra: *Om Vighnarajaya Namah, Aparajita Pushpam pujayami*

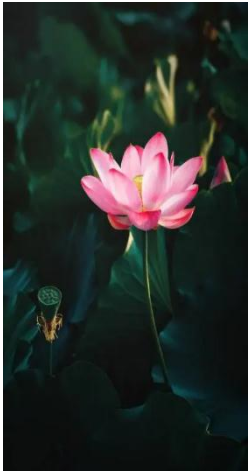
8. *Rosa indica* (Rose)

- Ethnobotanical Significance: Used in skincare, perfumes, and cooling remedies.
- Ritual Importance: Denotes love and divine beauty.
- Cultural Significance: Popular in all religious offerings.

- Mantra: *Om Dhoomravarnaya Namah, Roja Pushpam pujayami*
9. *Nyctanthes arbor-tristis* (Parijata)
- Ethnobotanical Significance: Used in fevers, arthritis, and as a laxative.
 - Ritual Importance: Night-blooming flower of heaven; symbolizes divine grace.
 - Cultural Significance: Considered sacred and divine.
 - Mantra: *Om Bhalachandraya Namah, Parijata Pushpam pujayami*
10. *Ixora coccinea* (Jungle Flame)
- Ethnobotanical Significance: Antimicrobial and anti-inflammatory uses.
 - Ritual Importance: Red color signifies power and protection.
 - Cultural Significance: Popular in South Indian worship.
 - Mantra: *Om Vinayakaya Namah, Techhi Pushpam pujayami*
11. *Chrysanthemum spp.*
- Ethnobotanical Significance: Used in traditional medicine for cold and fever.
 - Ritual Importance: Symbol of optimism and longevity.
 - Cultural Significance: Commonly used in South Indian offerings.
 - Mantra: *Om Ganadhipaya Namah, Shevanti Pushpam pujayami*
12. *Nymphaea nouchali* (Blue Lotus)
- Ethnobotanical Significance: Calmative and aphrodisiac properties.
 - Ritual Importance: Symbolizes peace, purity, and spiritual growth.
 - Cultural Significance: Sacred across many Indian religions.
 - Mantra: *Om Bhootanayakaya Namah, Neelotpala Pushpam pujayami*
13. *Nerium indicum* (Oleander)
- Ethnobotanical Significance: Toxic in high doses but used cautiously for heart disease.
 - Ritual Importance: Protective flower used to ward off evil.
 - Cultural Significance: Offered for purification.
 - Mantra: *Om Avaneeshaya Namah, Karaveera Pushpam pujayami*
14. *Datura metel* (Thorn Apple)
- Ethnobotanical Significance: Used in Ayurveda and tantric traditions.
 - Ritual Importance: Associated with Shiva and Ganesha; removes negativity.
 - Cultural Significance: Highly sacred but handled with care.
 - Mantra: *Om Sarveshwaraya Namah, Dhattura Pushpam pujayami*
15. *Bougainvillea spp.*
- Ethnobotanical Significance: Used for respiratory and digestive issues.
 - Ritual Importance: Brightness signifies joy and abundance.
 - Cultural Significance: Popular for festival decoration.
 - Mantra: *Om Herambaya Namah, Bougainvillea Pushpam pujayami*
16. *Nelumbo nucifera* (Lotus buds)
- Ethnobotanical Significance: Tonic and aphrodisiac properties.
 - Ritual Importance: Represents spiritual promise and unfolding divinity.
 - Cultural Significance: Often placed at the deity's feet.
 - Mantra: *Om Krishnapingakshaya Namah, Kamala Kuncham pujayami*
17. *Allamanda cathartica* (Golden Trumpet)
- Ethnobotanical Significance: Known for its laxative properties.
 - Ritual Importance: Bright flower offered for removing blockages.
 - Cultural Significance: Used in modern and traditional décor.
 - Mantra: *Om Vikataya Namah, Allamanda Pushpam pujayami*
18. *Calendula officinalis* (Marigold variant)
- Ethnobotanical Significance: Skin healer, antiseptic.
 - Ritual Importance: Symbol of health and prosperity.
 - Cultural Significance: Universally used in Hindu rituals.
 - Mantra: *Om Shoorpakarnaaya Namah, Calendula Pushpam pujayami*
19. *Crossandra infundibuliformis* (Firecracker flower)

- Ethnobotanical Significance: Used for headaches and fever.
 - Ritual Importance: Brightness signifies alertness and clarity.
 - Cultural Significance: Very common in Ganesha worship in South India.
 - Mantra: *Om Ekadantaya Namah, Kanakambaram Pushpam pujayami*
20. *Justicia adhatoda* (Vasaka)
- Ethnobotanical Significance: Expectorant, used in Ayurveda for cough and asthma.
 - Ritual Importance: Purifier; removes inner and outer impurities.
- Cultural Significance: Associated with longevity and healing.
 - Mantra: *Om Vakratundaya Namah, Adathoda Pushpam pujayami*
21. *Jasminum auriculatum* (Jaji)
- Ethnobotanical Significance: Fragrant, used for calming nerves and in perfumery.
 - Ritual Importance: Symbol of innocence and spiritual surrender.
 - Cultural Significance: Common in garlands and religious offerings.
 - Mantra: *Om Surpakarnaya Namah, Jaji Pushpam pujayami*

Table 2: The 21 Flowers Used in Ganesh Puja

S. No	Botanical Name	Taxonomic classification	Vernacular names	Flower Image
1.	<i>Hibiscus rosa-sinensis</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Malvales Family: Malvaceae Genus: <i>Hibiscus</i> Species: <i>H. rosa-sinensis</i>	Telugu: మందారము (Mandaramu) Hindi: गुड़हल (Gudhal) Tamil: செம்பருத்தி (Sembaruthi) Malayalam: ചെമ്പരത്തി (Chembarathi)	
2.	<i>Nelumbo nucifera</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Proteales Family: Nelumbonaceae Genus: <i>Nelumbo</i> Species: <i>N. nucifera</i>	Telugu: తామర (Tamara) Hindi: कमल (Kamal) Tamil: தாமரை (Thamarai) Malayalam: താമര (Tamara)	
3.	<i>Jasminum sambac</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Lamiales Family: Oleaceae Genus: <i>Jasminum</i> Species: <i>J. sambac</i>	Telugu: మల్లె (Malle) Hindi: मोगरा / बेला (Mogra / Bela) Tamil: மல்லிகை (Malligai) Malayalam: മല്ലി (Malli)	

4.	<i>Jasminum grandiflorum</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Lamiales Family: Oleaceae Genus: <i>Jasminum</i> Species: <i>J. grandiflorum</i>	Telugu: జొజ్జ (Jaji) Hindi: चमेली (Chameli) Tamil: பிச்சி மல்லி (Pitchi Malli) Malayalam: പിച്ച മല്ലി (Picha Malli)	
5.	<i>Michelia champaca</i>	Kingdom: Plantae Phylum: Tracheophyt Class: Magnoliopsida Order: Magnoliales Family: Magnoliaceae Genus: <i>Michelia</i> Species: <i>M. champaca</i>	Telugu: చంపకము (Champakamu) Hindi: चंपा (Champa) Tamil: சம்பங்கு (Sampangi) Malayalam: ചമ്പകം (Champakam)	
6.	<i>Tagetes erecta</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Asterales Family: Asteraceae Genus: <i>Tagetes</i> Species: <i>T. erecta</i>	Telugu: గన్నేరు జెండా (Ganneru Jenda) Hindi: गेंदा (Genda) Tamil: சாமந்தி (Saamandhi) Malayalam: ശമന്തി (Samanti)	
7.	<i>Clitoria ternatea</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Fabales Family: Fabaceae Genus: <i>Clitoria</i> Species: <i>C. ternatea</i>	Telugu: శంకుపుష్పి (Shankpushpi / Batani Puvvu) Hindi: अपराजिता (Aparajita) Tamil: சங்குபூஷ்பி (Sankupushpi) Malayalam: ശങ്കുപുഷ്പം (Shankupushpam)	
8.	<i>Rosa indica</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Rosales Family: Rosaceae Genus: <i>Rosa</i> Species: <i>R. indica</i>	Telugu: గులాబి (Gulabi) Hindi: गुलाब (Gulab) Tamil: ரோஜா (Rosa) Malayalam: ഗുലാബി (Gulabi)	
9.	<i>Nyctanthes arbor-tristis</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Lamiales Family: Oleaceae Genus: <i>Nyctanthes</i> Species: <i>N. arbor-tristis</i>	Telugu: పాయలపువ్వు (Payalapuvvu) Hindi: हडताली (Hadtali) / रातरानी (Ratrani) Tamil: இராகசுமணிக் காப்பு (Irakasumanik Kaappu) Malayalam: തിരുവാതിര (Thiruvathira)	

10.	<i>Ixora coccinea</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Gentianales Family: Rubiaceae Genus: <i>Ixora</i> Species: <i>I. coccinea</i>	Telugu: చిలకడొచ్చి (Chilakadochi) Hindi: रानीगुलाब (Rani Gulab) Tamil: கொரண்டை (Korandai) Malayalam: കൊറണ്ടി (Korandi)	
11.	<i>Chrysanthemum spp.</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Asterales Family: Asteraceae Genus: <i>Chrysanthemum</i> Species: <i>Chrysanthemum</i>	Telugu: చందమామ పువ్వు (Chandamama Puvvu) Hindi: गुंदा (Gunda) Tamil: சூரியபூ (Sooriyapoo) Malayalam: സൂര്യപ്പുഷ്പം (Sooryapushpam)	
12.	<i>Nymphaea nouchali</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Nymphaeales Family: Nymphaeaceae Genus: <i>Nymphaea</i> Species: <i>N. nouchali</i>	Telugu: తామర పువ్వు (Tamara Puvvu) Hindi: नीलकमल (Neelkamal) Tamil: நீலதாமரை (Neelathamara) Malayalam: നീലത്താമര (Neelathamara)	
13.	<i>Nerium indicum</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Gentianales Family: Apocynaceae Genus: <i>Nerium</i> Species: <i>N. indicum</i>	Telugu: కరవీర పువ్వు (Karaveera Puvvu) Hindi: कनेर (Kaner) Tamil: கரவேர் (Karaver) Malayalam: കറവേർ (Karaver)	
14.	<i>Datura metel</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Solanales Family: Solanaceae Genus: <i>Datura</i> Species: <i>D. metel</i>	Telugu: డత్తూర (Dattura) Hindi: धतूरा (Datura) Tamil: ததூரா (Dathura) Malayalam: ദത്തൂര (Dattura)	
15.	<i>Bougainvillea spp.</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Caryophyllales Family: Nyctaginaceae Genus: <i>Bougainvillea</i> Species: <i>Bougainvillea spp.</i>	Telugu: బౌగన్విలియా (Bougainvillea) Hindi: बौगनविलिया (Bougainvillea) Tamil: பவான்விலியா (Pavainviliya) Malayalam: ബൗഗവിനിലിയ (Bougainvillea)	

16.	<i>Nelumbo nucifera</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Proteales Family: Nelumbonaceae Genus: <i>Nelumbo</i> Species: <i>N. nucifera</i>	Telugu: తామర పువ్వు (Tamara Puvvu) Hindi: कमल (Kamal) Tamil: தாமரையொலி (Thamaraiyoli) Malayalam: താമര (Thamara)	
17.	<i>Allamanda cathartica</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Gentianales Family: Apocynaceae Genus: <i>Allamanda</i> Species: <i>A. cathartica</i>	Telugu: అలమాండా (Allamanda) Hindi: अला मांड (Allamanda) Tamil: அலமண்டா (Allamanda) Malayalam: ആലമാണ്ട (Allamanda)	
18.	<i>Calendula officinalis</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Asterales Family: Asteraceae Genus: <i>Calendula</i> Species: <i>C. officinalis</i>	Telugu: సన్నగులాబి (Sannagulabi) Hindi: गेंदा (Genda) Tamil: கோசலைப் பூ (Kosalaipoo) Malayalam: ഗുണ്ടു (Gundu)	
19.	<i>Crossandra infundibuliformis</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Lamiales Family: Acanthaceae Genus: <i>Crossandra</i> Species: <i>C. infundibuliformis</i>	Telugu: జాతి పువ్వు (Jati Puvvu) Hindi: रॉसंद्रा (Crossandra) Tamil: வள்ளி புறா (Valli Pura) Malayalam: ക്രോസാന്ദ്ര (Krosandra)	
20.	<i>Justicia adhatoda</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Lamiales Family: Acanthaceae Genus: <i>Justicia</i> Species: <i>J. adhatoda</i>	Telugu: ఔషధ పువ్వు (Aushadha Puvvu) Hindi: आदतोडा (Adhatoda) Tamil: சித்திரப்பூ (Chitrapoo) Malayalam: അടത്തോട (Adathoda)	
21.	<i>Jasminum auriculatum</i>	Kingdom: Plantae Phylum: Tracheophyta Class: Magnoliopsida Order: Lamiales Family: Oleaceae Genus: <i>Jasminum</i> Species: <i>J. auriculatum</i>	Telugu: జాజిపువ్వు (Jaajipuvvu) Hindi: ज़ासमिन (Jasmine) Tamil: காசுமந்தி (Kaashumanthi) Malayalam: ജാസ്മിൻ (Jasmin)	

➤ Overview of Traditional Prasadam: Nutritional and Ayurvedic Insights

The traditional prasadam listed are deeply rooted in Indian spiritual and culinary practices, especially during festivals like Vinayaka Chavithi (Ganesh

Chaturthi). These offerings are not only symbolic of devotion but also crafted with Ayurvedic wisdom, emphasizing balance among the three doshas—Vata, Pitta, and Kapha.

Nutritional and Functional Benefits

- **Energy-Giving Foods:** Items like *Modakam*, *Kesari*, *Ariselu*, and *Rava Laddoo* are rich in jaggery, ghee, and grains, offering quick energy, iron, and stamina—ideal for festive fasting and rituals.
- **Digestive Aids:** *Pulihora*, *Panchamrutam*, and *Sundal* incorporate spices, legumes, or probiotics, supporting gut health and digestion.
- **Protein & Mineral-Rich Snacks:** *Poornalu*, *Vada*, *Sundal*, and *Murukku* use lentils and legumes, making them protein-dense, especially helpful in vegetarian diets.
- **Hydration & Cooling:** *Kobbari Louz* and *Panchamrutam*, with coconut and milk derivatives, help in cooling the system, pacifying Pitta.

Ayurvedic Balance

- **Tridoshic Prasadam:** *Undrallu*, *Panchamrutam*, and *Fruits* are considered Tridoshic, meaning they help maintain a balance between all three doshas—ideal for general consumption.
- **Vata-Pacifying Sweets:** Many milk and jaggery-based items like *Payasam*, *Aval Payasam*, *Appam*, and *Rice Kheer* calm the nervous system

and digestive issues, associated with Vata imbalance.

- **Pitta-Soothing:** Cooling ingredients like coconut, milk, and rice found in *Bellam Paramannam* and *Kudumulu* are good for reducing Pitta-related heat and inflammation.
- **Kapha-Increasing Delicacies:** Items rich in ghee, sugar, and deep-fried, like *Laddoo*, *Neyyappam*, and *Thambittu*, while nourishing, may increase Kapha, hence best enjoyed in moderation or during active rituals.

Cultural Significance

These prasadam are not just festive foods; they embody:

- **Seasonal alignment:** Most ingredients are aligned with seasonal availability, helping the body adjust to climate changes.
- **Symbolic offering:** Each item represents abundance, purity, and devotion, and many are associated with specific ritual mantras and deities.
- **Communal bonding:** The act of preparing and sharing prasad promotes togetherness, gratitude, and well-being.

Table: 3. Traditional *Prasadam* Offered to Lord Ganesha

S.No	Item	Description	Health Benefits	Ayurvedic Value
1	Modakam	Sweet dumpling with rice flour, jaggery, coconut	Boosts energy, aids digestion	Balances Vata, mildly increases Kapha
2	Undrallu	Steamed rice balls	Gluten-free, easy to digest	Tridoshic (balances all doshas)
3	Kudumulu	Flattened steamed rice cakes	Light, low-fat, energy-giving	Soothes Pitta, neutral for Vata
4	Panchamrutam	Mix of milk, curd, honey, sugar, ghee	Immunity-boosting, probiotic	Balances all three doshas
5	Chakkeram Pongali	Sweet rice with jaggery, dry fruits	Rich in iron, energizing	Increases Kapha, balances Vata
6	Payasam	Milk pudding with rice/vermicelli	Good for bones (calcium), comforting	Soothes Vata and Pitta
7	Pulihora	Tamarind rice	Improves digestion, antioxidant	Increases Pitta, reduces Kapha
8	Laddoo (Besan/Boondi)	Sweet made from chickpea flour	Protein-rich, boosts stamina	Increases Kapha, pacifies Vata
9	Fruits	Banana, guava, coconut, etc.	Rich in vitamins, fiber	Depends on fruit – generally Tridoshic
10	Coconut	Whole or grated	Healthy fats, brain food	Balances Pitta, may increase Kapha
11	Ariselu / Adhirasam	Deep-fried jaggery-rice sweet	Iron-rich, festive treat	Increases Kapha and Pitta
12	Poornalu / Suyyam	Fried chana dal-jaggery balls	High protein and iron	Balances Vata, may increase Kapha

13	Vada (Medu Vada)	Savory lentil doughnut	Protein, promotes satiety	Balances Kapha, increases Vata
14	Sundal	Stir-fried legumes with coconut	Rich in fiber and protein	Balances Kapha and Vata
15	Appam	Sweet pancake with rice, coconut	Easy to digest, nourishing	Balances Vata and Pitta
16	Kesari	Semolina sweet with saffron and ghee	Mood-lifting, energizing	Increases Pitta and Kapha
17	Thambittu / Wheat Laddu	Energy ball with wheat flour, jaggery, nuts	Great for stamina, rich in minerals	Increases Kapha, balances Vata
18	Rava Laddoo	Semolina, sugar, ghee, dry fruits	Quick energy boost, rich in carbs and fats	Increases Kapha, balances Vata
19	Aval Payasam	Flattened rice pudding with jaggery and milk	Comfort food, iron-rich, soothing	Balances Vata and Pitta
20	Kobbari Louz	Coconut-jaggery sweet balls	High in fiber and minerals, cooling effect	Pacifies Pitta, mildly increases Kapha
21	Bellam Paramannam	Rice pudding with jaggery and milk	Good for anemia, strengthens immunity	Increases Kapha, soothes Vata
22	Murukku / Chakli	Crunchy rice and urad dal snack	Protein-rich, good for satiety	Balances Vata, mildly increases Pitta
23	Neyyappam	Ghee-fried rice banana sweet	High in potassium, energy-boosting	Increases Kapha and Pitta
24	Pappu Boorelu	Lentil-jaggery filling in rice batter, deep-fried	Iron and protein-rich festive treat	Balances Vata, may increase Kapha
25	Rice Kheer	Milk-rice pudding with cardamom and dry fruits	Calcium-rich, soothing to the mind	Balances Vata and Pitta

CONCLUSION

Ganesh Puja is a profound celebration of biodiversity, culture, and devotion. The ritualistic use of sacred plants and offerings serves as a living archive of ethnobotanical wisdom passed down through generations. This tradition not only reflects India's reverence for nature but also demonstrates the practical value of plants in spiritual, medicinal, and ecological contexts. Documenting and revitalizing these practices is vital for preserving cultural identity and promoting sustainable biodiversity conservation. As modern lifestyles distance communities from traditional roots, such festivals offer a critical bridge between ancient wisdom and contemporary relevance.

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