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A Brief Study of Certain Medicinal Plants for Digestive Disorders in 9th Ward of Moonnilavu Panchayath, Kottayam District

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Abstract

Medicinal plants have played a vital role in traditional medicine systems for the treatment of various digestive disorders. This study focuses on identifying, studying, and analysing different medicinal plants in 9th ward of Moonnilavu Panchayath. Based on the geographical location of Moonnilavu Panchayat in Kottayam district is a region characterized by tropical flora, home gardens, and a strong tradition of Ayurveda, several medicinal plants are commonly utilized for treating digestive disorders. The plants like *Aloe barbadensis, Ananas comosus, Carica papaya, Cinnamomum zeylanicum, Curcuma longa, Elettaria cardamomum, Mangifera indica, Mentha piperita, Moringa oleifera, Myristica fragrans, Phyllanthus emblica, Piper nigrum, Psidium guajava,* and *Zingiber officinale* are effective in managing common digestive problems such as indigestion, constipation, diarrhea, acidity, and stomach ulcers. This study highlights the medicinal importance of the above-mentioned plants and their role in curing digestive disorders. It also emphasizes the importance of using natural remedies as safer and more sustainable alternatives to synthetic drugs. Overall, this study aims to promote awareness about the potential of medicinal plants in the prevention and treatment of digestive disorders and encourage further research in herbal medicine.

Keywords: Indigestion, Phytochemical

Introduction

Medicinal plants can be used to treat a wide range of diseases, including common ailments like coughs, colds, and digestive issues, as well as more chronic conditions such as diabetes, malaria, and certain respiratory and liver diseases. Digestive disorders are one of the major physical ailments faced by humans. Digestive disorders is a condition that affect the digestive system, which includes the oesophagus, stomach, intestines, liver, gallbladder, and pancreas. They can range from mild to severe and may involve a wide variety of symptoms like pain, bloating, constipation, diarrhea, and heartburn. Common

examples include acid reflux, irritable bowel syndrome (IBS), celiac disease, and inflammatory bowel disease (IBD). Various plant species have been used to alleviate digestive ailments, and studies have revealed the presence of metabolites with anti-inflammatory, antibacterial, antiviral, antiparasitic, antidiarrheal, antioxidant, and anticancer activities (Julián-Flores *et al*., 2025).

Plants provide a variety of phytochemicals and nutraceuticals that may aid in the treatment and prevention of a number of digestive problems. Plant-based remedies, including spices, are widely used by ordinary people across the world and can help digestion without causing adverse effects (Cheema and Singh 2021).

This study aims to investigate how medicinal plants found in our environment combat digestive disorders. For this purpose, fourteen medicinal plants have been selected from 9th ward of Moonnilavu panchayath (Kurinjiplavu) such as *Aloe barbadensis, Ananas comosus, Carica papaya, Cinnamomum zeylanicum*, *Curcuma longa, Elettaria cardamomum, Mangifera indica, Mentha piperita, Moringa oleifera, Myristica fragrans, Phyllanthus emblica, Piper nigrum, Psidium guajava* and *Zingiber officinale,*

Materials and Methods

The present study was conducted to find medicinal plants that helps to prevent digestive disorders from 9th ward of Moonnilavu Panchayath (Kurinjiplavu). The study was carried out over a period of three months, from October 2025 to December 2025. During this period, [five] field visits were conducted at regular intervals to different locations within the study area to document and study the selected medicinal plant species and their traditional uses in the prevention and management of digestive disorders.

A total of 14 medicinal plant species were selected for the study based on the following criteria: (i) their traditional use by local residents for digestive disorders such as indigestion, stomach ache, diarrhoea, constipation, acidity, and related complaints; (ii) their availability and occurrence within the study area; (iii) information obtained from local knowledge holders and through field observations; (iv) identification and availability of sufficient plant material for documentation.

Identification of Plant Materials

Medicinal plants that prevent digestive disorders found around were observed and studied from 9th ward of Moonnilavu Panchayath. From them, important plants have been selected and their Scientific names, Common names, Malayalam names, and Families have been recorded.

Study on Medicinal Plants for Digestive Disorders

This study on medicinal plants that prevent digestive disorders was conducted with the help of research papers, journals, various internet sources, and books.

List of Plants Studied

Plants like *Aloe barbadensis, Ananas comosus, Carica papaya, Cinnamomum zeylanicum, Curcuma longa, Elettaria cardamomum, Mangifera indica, Mentha piperita, Moringa oleifera, Myristica fragrans, Phyllanthus emblica, Piper nigrum, Psidium guajava,* and *Zingiber officinale*. Many plants are identified with original observation and few from literature based medicinal and phytochemical observation.

Results and Discussion

The present study was undertaken with a view to identify and document about medicinal plants for digestive disorder in 9th ward of Moonnilavu Panchayath. Based on the geographical location of Moonnilavu Panchayat in Kottayam district is a region characterized by tropical flora, home gardens, and a strong tradition of Ayurveda, several medicinal plants are commonly utilized for treating digestive disorders. The present study enumerates 14 plants belonging to 12 different families. The fourteen plants selected include six herbs, one shrub, six trees and one climber. The information about medicinal plants for digestive disorder has been described as per our knowledge and also from previous literatures.

The present investigation, summarized in a list of medicinal plants for digestive disorder with their botanical name, common name, family, and Malayalam name are presented below (Table 1).

1. Aloe barbadensis

Common name: Aloe vera
Malayalam name: Kattarvazha
Family: Asphodelaceae

Aloe vera has long been used as a natural remedy for digestive complaints, and several of its properties may help support gut health, though the scientific evidence varies in strength depending on the condition. The clear gel from the plant contains enzymes, polysaccharides, and other compounds that some research suggests aid in breaking down nutrients and may soothe irritation along the stomach and intestinal lining — a possible benefit for conditions like gastritis or acid reflux, though most of this evidence comes from animal or lab studies rather than large human trials.

Aloe latex, a separate part of the plant found just beneath the skin, contains compounds called anthraquinones that act as a stimulant laxative. While these have historically been used for constipation, they should be used cautiously: the FDA removed over-the-counter aloe laxative products from the market in 2002 due to safety concerns, and long-term use can lead to bowel irritation or electrolyte imbalances.

Some people report that aloe vera juice helps ease heartburn or indigestion, and its polysaccharides may have mild prebiotic effects that support beneficial gut bacteria. Small clinical trials have also looked at aloe vera for irritable bowel syndrome, with mixed but occasionally promising results, particularly for the constipation-predominant type.

Table 1. Botanical name, common name, family and Malayalam name of selected plants.

Sl. No.	BOTANICAL NAME	COMMON NAME	FAMILY	MALAYALAM NAME
1	*Aloe barbadensis*	Aloe vera	Asphodelaceae	Kttarvazha
2	*Ananas comosus*	Pineapple	Bromeliaceae	Kaitha
3	*Carica papaya*	Papaya	Caricaceae	Kappalam
4	*Cinnamomum zeylanicum*	Cinnamon	Lauraceae	Karuva
5	*Curcuma longa*	Turmeric	Zingiberaceae	Manjal
6	*Elettaria cardamomum*	Cardamom	Zingiberaceae	Elam
7	*Mangifera indica*	Mango	Anacardiaceae	Mavu
8	*Mentha piperita*	Pepper mint	Lamiaceae	Karppoora thulasi
9	*Moringa oleifera*	Drumstick tree	Moringaceae	Muringa
10	*Myristica fragrans*	Nutmeg	Myristicaceae	Jaathikka
11	*Phyllanthus emblica*	Amla	Phyllanthaceae	Nelli
12	*Piper nigrum*	Black pepper	Piperaceae	Mulaku Chedi
13	*Psidium guajava*	Guava	Myrtaceae	Pera
14	*Zingiber officinale*	Ginger	Zingiberaceae	Inji

Overall, aloe vera may offer some support for digestive comfort, but it isn't a proven cure-all, and claims about it ”detoxifying” the body or ”cleansing” the digestive system aren't well substantiated. Anyone considering regular use — especially for a diagnosed digestive condition, or during pregnancy — should check with a healthcare provider first, since whole-leaf extracts have occasionally been linked to liver issues in case reports.

Additionally, *Aloe vera* juice helps balance stomach acidity, thus preventing heartburn and indigestion. Its antimicrobial properties protect the digestive tract from harmful bacteria, while its prebiotic effect supports the growth of healthy gut flora. Regular consumption of diluted *Aloe vera* juice can cleanse the digestive system, remove toxins, and promote healthy bowel function. Therefore, aloe vera serves as a natural and gentle remedy for maintaining a healthy digestive system and alleviating common digestive disorders such as acidity, constipation, bloating, and irritable bowel syndrome (IBS) (Foster *et al*., 2011).

2. **Ananas comosus**

Common name: Pineapple
Malayalam name: Kaitha
Family: Bromeliaceae

Pineapple is often recommended for constipation and irregular bowel movements, largely because it's a good source of dietary fibre, which helps keep stool bulk and movement regular. It's also low in fat and cholesterol while providing a solid range of vitamins and minerals, particularly vitamin C and manganese, which support general growth and immune function.

The standout digestive compound in pineapple is bromelain, a group of protein-digesting enzymes found mainly in the stem and core. Bromelain helps break proteins down into smaller components, which may ease digestion and nutrient absorption, and some research also links it to reduced inflammation.

Bromelain the proteolytic enzyme is the star of pineapple's digestive benefits. It helps to break down proteins into smaller components making them easier for your body to digest and absorb (Rajkumari & Devi 2025).

3. **Carica papaya**

Common name: Papaya
Malayalam name: Kappalam
Family: Caricaceae

The papaya is help to prevent gastrointestinal disorders and supports metabolic health. Similarly, weight management is vital for reducing the risk of chronic diseases, enhancing physical fitness, and improving mental health. Effective strategies for managing weight often include dietary modifications that promote satiety and nutrient density, making digestive health & weight management interlinked areas of focus for maintaining a healthy lifestyle. Papaya contributes to digestive health and weight loss, highlighting its role as a

functional food in promoting wellness (Muss *et al*., 2013).

4. Cinnamomum zeylanicum

Common name: Cinnamon
Malayalam name: Karuva
Family: Lauraceae

Cinnamon benefits digestion by acting as a natural anti - inflammatory and antidiarrheal agent, potentially modulating gut microbiota, regulating gut barrier function, and inhibiting enzymes like 5-HT synthetase Tph 1 to reduce symptoms like hyperalgesia in irritable bowel syndrome (IBS).

The extracts of Cinnamomum is rich in antioxidant, anti-inflammatory and anticancer biomolecules. These include widely reported Cinnamic acid and some phenolic compounds, such as proanthocyanidins A and B, and Kaempferol. These molecules are sensitive to physical-chemical properties (such as pH and temperature) and biological agents that act during gastric digestion, which could impair molecules' bioactivity. Therefore, the results showed that the digestive process reduces the total contents of polyphenols, especially tannins, while preserving other bioactive compounds such as Cinnamic acid. At the functional level, the digested extract maintains an antioxidant and anti-inflammatory effect at the cellular level (Pagliari *et al*., 2023).

5. Curcuma longa

Common name: Turmeric
Malayalam name: Manjal
Family: Zingiberaceae

Turmeric may help prevent digestive problems largely because of curcumin, its main active compound, which has notable anti-inflammatory and antioxidant properties. Research suggests curcumin could ease symptoms of irritable bowel syndrome (IBS), support a healthier balance of gut bacteria, and assist liver function — all of which play a role in healthy digestion.

Chronic inflammation is a key factor in many digestive issues. Curcumin works to suppress inhibits the activation of NF-kB, a protein complex that regulates immune response and the expression of pro-inflammatory cytokines. By suppressing inflammatory pathways, curcumin can help reduce inflammation of the gut lining in conditions like Ulcerative Colitis (UC) and Crohn's Disease (CD). Clinical trials suggest that curcumin can significantly reduce the severity of IBS symptoms, such as abdominal pain and bloating. Turmeric support the digestive process by stimulating bile production and improving liver health. Curcumin encourages the gallbladder to produce more bile, which help break down dietary fats more efficiently. This can reduce bloating and indigestion. The gut bacteria are crucial for digestion and overall health. Curcumin can increase the diversity of the gut microbiome and encourage the growth of beneficial bacteria like *Bifidobacteria* and *Lactobacilli* (Prasad and Aggarwal, 2011).

6. Elettaria cardamomum

Common name: Cardamom
Malayalam name: Elaka
Family: Zingiberaceae

Cardamom has been widely used in traditional medicine systems like Ayurveda and Unani for managing various digestive problems. It contains natural compounds such as cineole and limonene that helps to stimulate the production of bile and gastric juices, which are essential for proper digestion. By promoting enzyme secretion, cardamom ensures efficient digestion of proteins and fats.

The spice also possesses antispasmodic properties, which help relax the intestinal muscles and prevent cramps, abdominal pain, and discomfort caused by indigestion. It's carminative action helps in expelling gas from the stomach and intestines, reducing bloating and flatulence. Cardamom is also known to neutralize stomach acids, making it effective in relieving heartburn and acid reflux (Jamal *et al*., 2006).

Additionally, the antimicrobial properties of cardamom helps to prevent infections in the digestive tract by inhibiting the growth of harmful bacteria. Drinking cardamom tea or chewing the seeds after meals can refresh the mouth and support healthy digestion. Regular use of cardamom can therefore help maintain a balanced digestive system and prevent common disorders such as indigestion, nausea, constipation, and acidity.

7. Mangifera indica

Common name: Mango
Malayalam name: Manga
Family: Anacardiaceae

Mango contains both soluble and insoluble fibres. Insoluble fibre prevents constipation by adding bulk to stool. Soluble fibre supports gut friendly bacteria aiding smooth digestion. Mango's pulp is rich in amylases. These enzymes make food easier to digest and help in nutrient absorption.

Due to its fibre and mild sorbitol content, mangoes can help regulate bowel movements and relieve mild constipation. Improves gut microbiota soothes the stomach. Mango supports digestion by providing fibre digestive enzymes and natural prebiotics. It prevents constipation, enhances carbohydrate breakdown, balances gut bacteria and improves fat digestion (Kim *et al*., 2021).

8. Mentha piperita

Common name: Pepper mint
Malayalam name: Karppoora thulasi
Family: Lamiaceae

Peppermint helps prevent digestive disorder by soothing the gastrointestinal tract, relaxing smooth muscles to alleviate spasm and cramps, and reducing symptoms like bloating and indigestion. Its antispasmodic properties can calm the intestine and its potential

anti- inflammatory effects and ability to modulate gut bacteria may also contribute to better digestive health. Peppermint oil is effective in reducing symptoms of Irritable Bowel Syndrome (IBS) and other functional gastrointestinal disorders (Boyle 2023).

Animal studies indicate that peppermint relaxes our digestive system and may ease pain. It also prevent smooth muscles from contracting, which could relieve spasms in our gut. Peppermint has anti- inflammatory properties that can help reduce Inflammation in the gut, which is a common trigger for various digestive issues. Some evidences suggests that peppermint oil may have microbicidal activity and may be effective in treating conditions like small intestinal bacterial overgrowth. Peppermint can help alleviate symptoms of functional dyspepsia, a condition characterized tea and other forms of peppermint can be used to soothe the stomach, promote overall digestive health and alleviate general bloating and indigestion.

9. Moringa oleifera

Common name: Drumstick tree
Malayalam name: Muringa
Family name: Moringaceae

Moringa plant leaves, include nutrients such as magnesium, calcium, potassium, phosphorus, Sulphur, Iron and copper along with fibre, fat and protein. Its leaves are highly digestable and rich source of protein. Drumstick leaves contain nine essential and seven non essential amino acids and thus act as a source of protein especially for vegetarians. It offers a quick cure for conditions like stomach ulcer. *Moringa oleifera* known as pancrea for several diseases. It has significant levels of antioxidants such as vitamin C, and polyphenols which can help in combating oxidative stress and inflammation in human body. Its pods contain significant fibre content which can help in curing colon cancer and digestive disorders (Narwal and Rana 2024).

10. Myristica fragrans

Common name: Nutmeg
Malayalam name: Jaathi
Family name: Myristicaceae

Nutmeg is a carminative, meaning it helps relieve flatulence and bloating. Stomachic Appetizer It is also used as a stomachic which helps strengthen the digestive system and can stimulate appetite. Nutmeg has been widely used in traditional Indian medical Science and Ayurveda. It's Seeds have been used to treat various ailments such as stomach ache, dysentery nausea, It has been suggested that adding a drop of nutmeg, oil to a cup of tea can help with Indigestion and vomiting. So nutmeg is a spice that Supports digestion in moderation but has dearanti digestive properties in excess (Al Rawi *et al*., 2024).

11. Phyllanthus emblica

Common name: Amla
Malayalam name: Nelli

Family: Phyllanthaceae

Amla enhances digestion by stimulating the secretion of digestive enzymes and gastric juices, which help break down food efficiently and improve nutrient absorption. Its high fibre content promotes smooth bowel movements, prevents constipation, and aids in the elimination of waste and toxins from the digestive tract. The fruit's natural cooling and alkaline properties make it effective in reducing excess stomach acid, thereby relieving symptoms of acidity, heartburn, and hyperacidity. Additionally, Amla's anti-inflammatory and antioxidant compounds protect the stomach lining from irritation, prevent oxidative damage, and assist in the healing of gastric ulcers, making it especially beneficial for individuals prone to gastritis or ulcer-related discomfort.

For chronic conditions like irritable bowel syndrome (IBS), Amla's ability to calm intestinal irritation and regulate bowel movements makes it a valuable natural remedy. Furthermore, its detoxifying properties help flush out accumulated toxins, prevent digestive sluggishness, and contribute to long-term digestive well-being.

Amla serves as a comprehensive natural solution for digestive health. From promoting proper digestion and preventing constipation to soothing acidity, healing ulcers, supporting liver function, and maintaining gut balance, its multifaceted effects make it indispensable for managing and preventing a wide array of digestive disorders. Regular inclusion of Amla in the diet can help maintain a healthy gastrointestinal system, enhance nutrient absorption, and protect the digestive organs from chronic conditions, ensuring overall wellness and vitality (Gul *et al*.,2022).

12. **Piper nigrum**

Common name: Black pepper
Malayalam name: Mulaku chedi
Family name: Piperaceae

Stimulates Digestive juices - piperine the main alkaloid in black pepper increases secretion of hydrochloric acid in the stomach improving digestion and absorption.

It boosts the activity of digestive enzymes helping in the breakdown of carbohydrates, fats and proteins. Acts as a carminative reducing gas formation and easing bloating, nausea and stomach discomfort.

Piperine enhances the bioavailability of nutrients and Plant Compounds. Its pungent nature stimulates taste bud and digestive secretion improving appetite In cases of loss of hunger possess anti microbial properties that may protect the gastrointestinal tract from infections and support healthy gut flora (Platel & Srinivasan, 2000). Black pepper supports digestion by stimulating gastric secretions, enhancing enzyme activity, preventing indigestion, gas and improving nutrient absorption

13. **Psidium guajava**

Common name: Guava
Malayalam name: Pera

Family: Myrtaceae

Guava helps prevent digestive disorders by providing high dietary fibre, which promote regular bowel movement, prevent constipation and support a healthy gut microbiome by feeding beneficial bacteria. Its anti-microbial properties further protect against harmful bacteria, while the fruits water content contributes to overall hydration, a key factor in preventing digestive issues. Additionally guava leaves contain compounds with anti-diarrheal properties, offering a natural remedies for loose stools and inhibiting bacterial growth in the intestine.

Fiber in guava adds bulk to stool, making it easier for the body to eliminate waste, which helps prevent constipation. Guava acts as a prebiotic, meaning it provide nourishment for the beneficial bacteria in the gut. A balanced gut microbiome is essential for healthy digestion and can reduce the risk of digestion disorders like Irritable Bowel Syndrome (IBS).

Both the fruit and especially the leaves of guava posses natural anti microbial properties. These properties can inhibit the growth of harmful bacteria in the intestine, helping to maintain a balanced gut and reduce the likelihood of infection that can lead to digestive issues. The high water content in guava helps keep the body hydrated. Proper hydration is vital for overall digestive function, ensuring that waste moves smoothly through the digestive tract and preventing digestive problems (Naseer *et al*., 2018).

14. **Zingiber officinale**

Common name: Ginger
Malayalam name: Inji
Family: Zingiberaceae

Ginger prevents digestive disorder through its active compounds. Particularly gingerols and shogaols, which have anti-inflammatory, antioxidant and motility-boosting effects. By influencing multiple stages of digestion, ginger can alleviate common issues like nausea, indigestion, bloating and stomach pain. Ginger can support digestive health in people with irritable bowel syndrome and inflammatory bowel disease by promoting gastric motility, or easing the movement of food through the gastrointestinal (GI) tract, stimulating digestive juices and relieving GI discomfort.2000 mg of ginger daily could help to reduce inflammation, manage dyspepsia or indigestion, protect against colorectal cancer and prevent ulceration in the digestive tract (Leech 2025).

Ginger stimulates the movements of food from the stomach into the small intestine, which helps relieve post meal fullness and discomfort. By promoting the efficient movement of food through the digestive tract, ginger can prevent bloating, gas and cramping. Ginger's active compounds gingerols and shogaols are believed to modulate serotonin receptors that play a role in the nausea and vomiting reflex. Ginger can help protect against gastric ulcers by increasing the production of mucin, a protective buffer in the stomach. It also helps prevent potential gastric injury by decreasing the time that acidic stomach content are in contact with the lining .

Many plants that are easily available in Moonnilavu Panchayath which can prevent digestive disorders. Digestive problems are very common today. Although many medicines are available in pharmacies for digestive problems, cause many side effects. Therefore, the use of medicinal plants helps to remove digestive disorders without any other side effects. Medicinal plants can help prevent digestive disorders by reducing symptoms such as indigestion, gas, and bloating. Medicinal plants contain compounds like phenolic compounds, flavonoids, and terpenoids that help prevent digestive diseases by providing anti-inflammatory, antibacterial, and antioxidant effects. Traditional use of the medicinal plant in the treatment of digestive system disorders by examining the biological activity of various plant extracts, which have carminative effects, antispasmodic effects, delay intestinal transit, effects on gut motility, stimulate adsorption or reduce electrolyte secretion (Cheema and Singh 2021*).*

From ancient times, Cinnamon has been used to treat digestive discomfort. It has proven beneficial in helping with gastrointestinal problems due to the digestive, anti-inflammatory, and antimicrobial properties it possesses. Anti-inflammatory, antioxidant, antitumor, and antiulcer effects of ginger have been proven in many scientific studies, and some of the ancient applications of ginger as a home remedy has been confirmed in human (Griffin and Rope 2025). Nutmeg contains several bioactive compounds including myristicin, elemicin, safrole, eugenol, and macelignan, along with essential oils, fixed oils, and tannins. These compounds are responsible for its digestive stimulant and gastroprotective activities. Pineapples are also a good source of fiber, which aids digestive health. Turmeric helps prevent digestive disorders by leveraging its anti-inflammatory, antioxidant, and antimicrobial properties, primarily through its active compound, curcumin. It can protect against issues like ulcers, inflammatory bowel disease, irritable bowel syndrome and damage from NSAIDs, partly by improving gut microbiota and strengthening the intestinal barrier (Prasad and Aggarwal, 2011). Literature reviews and studies suggest that *Moringa oleifera* may aid digestion and treat various gastrointestinal issues primarily through its high fiber content, rich phytochemical profile, and subsequent effects on the gut microbiome and inflammation (Gao *et al*., 2023). Black pepper, particularly its constituent piperine, is reported to act as a potent digestive stimulant favorably stimulate the activities (Platel & Srinivasan, 2000).

Fourteen medicinal plants were selected for this study. These medicinal plants were found in 9th ward of Moonnilavu panchayath in Kottayam district. Moonnilavu is a place with a large number of medicinal plants and climate that is neither too hot nor too cold. The locals there have been protecting them despite the changing climate. The 14 selected plants are adapted to this climate. All of them were found to contain phenolic compounds, flavonoids, and terpenoids that have anti-inflammatory, antibacterial, and antioxidant effects.

Aloe barbadensis, Ananas comosus, Carica papaya, Cinnamomum zeylanicum, Curcuma longa, Elettaria cardamomum, Mangifera indica, Mentha piperita, Moringa oleifera, Myristica fragrans, Phyllanthus emblica, Piper nigrum, Psidium guajava, and *Zingiber officinale* were studied and all of them were found to contain substances that pre-

vent digestive disorders. Medicinal plants play a vital role in the prevention and treatment of digestive disorders due to their natural healing properties, minimal side effects, and accessibility. The study of these plants not only highlights their therapeutic importance but also emphasizes the need to preserve traditional knowledge and biodiversity. Encouraging scientific validation and sustainable use of medicinal plants can lead to safer, more affordable, and eco-friendly healthcare solutions for digestive ailments.

Conclusion

The present study reveals "Medicinal Plants for Digestive Disorders" was to study and understand how various medicinal plants help in treating and preventing digestive problems. Through this study, it is concluded that many commonly available plants possess natural healing properties that improve digestion, reduce stomach discomfort, and promote overall gastrointestinal health. Plants that selected from 9th ward of Moonnilavu Panchayath (*Aloe barbadensis, Ananas comosus, Carica papaya, Cinnamomum zeylanicum, Curcuma longa, Elettaria cardamomum, Mangifera indica, Mentha piperita, Moringa oleifera, Myristica fragrans, Phyllanthus emblica, Piper nigrum, Psidium guajava, Zingiber officinale*) provide safe, effective, and affordable alternatives to chemical medicines. This study successfully highlights the importance of traditional herbal knowledge and encourages further scientific research to validate and utilize these plants for better digestive health and sustainable medical practices.

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