

Publications

Journal

“**Journal of Traditional and Folk Practices**”, as Co Investigator and **Associate Editor**, published by KSCSTE and JNTBGRI (ISSN 2278-5906) since 2013. So far 8 volumes published.

Papers Published

1. E S Anilkumar, Mathew Dan, **M Navas**, S Rajasekharan and P Pushpangadan (2002); Pharmacognostic studies on *Trichopus zeylanicus* ssp. *travancoricus*. Journal of Tropical Medicinal Plants. Vol. 3(2). Pp. 239-245.
2. J Ushakumari, **M Navas**, Mathew Dan, S Rajasekharan & G M Nair (2004). Pharmacognostic studies on *Pellionia heyneana* Wedd. (Urticaceae): Journal of Tropical Medicinal Plants, Malaysia. Vol. 5 (2). Pp. 259-263.
3. J Ushakumari, **M Navas**, Mathew Dan, & S Rajasekharan (2009). Pharmacognostic studies on *Acrotrema arnottianum* Wight.-A promising ethnomedicinal plant. Indian Journal of Traditional Knowledge, Vol. 8 (3) 2009, pp. 334-337
4. N P Rajith, **M Navas**, N L Asha, A Muhammad Thaha, C S VimalKumar, N Anish, S Rajasekharan, V George & P Pushpangadan (2009). Ethnobotanical Studies on Coconut Palm (*Cocos nucifera* L.) with Special Reference to South Kerala. Ethnobotany (International Journal of the Society of Ethnobotanists). 21(1&2) pp.32-40.
5. N P Rajith, **M Navas**, A Muhammad Thaha, M J Manju, N Anish, S Rajasekharan & V George (2010). A Study on Traditional Mother Care Plants of Rural Communities of South Kerala. Indian Journal of Traditional Knowledge. 9 (1) 2010, pp. 203-208
6. A Hussain, A G Pandurangan, **M Navas** and P A Jose (2012). Beautifying through a new mutant. Indian Horticulture. 57(5). pp. 19-20.
7. S Rajasekharan, Vinodkumar T G Nair, **M Navas** and P G Latha (2013). Traditional and Folk Practices of Kerala- case studies. Journal of Traditional Folk Practices.1(1) :50- 68.
8. **M Navas**, Mathew Dan and P G Latha (2013). Comparative root anatomy of the species under *Sida rhombifolia* complex (Malvaceae). Pharmacognosy Journal. 5: 269-274.

9. S Rajasekharan, Vinodkumar T G Nair, **M Navas** and P G Latha 2016. Traditional and Folk Practices of Kerala- case studies- Part 2. Journal of Traditional Folk Practices. Vol.2,3,4(01): 54-64.
10. N P Rajith, **M Navas**, M M Swapna and N Mohanan 2016. Traditional wound healing plants of Kasaragod District, Kerala State, India. Journal of Traditional Folk Practices. Vol.2,3,4(01): 164-173.
11. K. Radhakrishnan, **M Navas**, Vinodkumar T G Nair, S. Rajasekharan, P K Suresh and Smith Simon 2016. Ethnobotanical survey in the coastal areas of Kerala. Journal of Traditional Folk Practices. Vol.2,3,4(01): 193-196.
12. N M Krishnakumar, P G Latha, S Rajasekharan, S R Suja, Mathew Dan, B Sabulal and **M Navas** 2016. Pre-clinical Studies of a Medicinal Plant (Coded) Based on Traditional Knowledge with Special Reference to Access and Benefit Sharing- Part I. Journal of Traditional Folk Practices. Vol.2,3,4(01): 151-159.
13. N M Krishnakumar, P G Latha, S Rajasekharan, S R Suja, Mathew Dan, B Sabulal and **M Navas** 2016. Protective effect of coded plant (222) leaf extract against streptozotocin-induced diabetes in Wistar albino rats – Part II. Journal of Traditional Folk Practices. Vol. 4(02): 37-47.
14. S Rajasekharan, T G Vinodkumar, **M Navas** and P G Latha 2016. Traditional/Folk Practices of Kerala- case studies- Part 3: Kalaripayattu. Journal of Traditional Folk Practices. Vol. 4(02): 48-53.
15. N M Krishnakumar, P G Latha, S Rajasekharan, S R Suja, Mathew Dan and **M Navas** 2017. Evaluation of the protective effect of coded plant leaf ethanolic extract (222) against paracetamol-induced hepatotoxicity and oxidative stress in Wistar albino rats - Part III. Journal of Traditional Folk Practices. Vol. 5(01): 8-15.
16. RH Amina, Jollykutty Eapen, M S Deepa, M Navas 2017. Pharmacognostic standardisation of Vanya (wild) and Gramya (cultivated) forms of Amalaki fruit (*Emblica officinalis* Gaertn.). Journal of Traditional Folk Practices. Vol. 5(01): 24-36.
17. S Rajasekharan, T G Vinodkumar and **M Navas** 2017. Traditional/Folk Practices of Kerala- case studies- Part 4: Traditional food articles. Journal of Traditional Folk Practices. Vol. 5(01): 37-42.
18. S Rajasekharan, T G Vinodkumar, **M Navas** and P G Latha 2017. Traditional/Folk Practices of Kerala- case studies- Part V: Healing art of tribal communities of Kerala. Journal of Traditional Folk Practices. Vol. 5(02): 94-103.

19. N P Rajith, V. Vilash, M M Swapna and **M Navas** 2017. Traditional herbal remedies of Malakkudiya tribe of Kasaragod District of Kerala State. *Journal of Traditional Folk Practices*. Vol. 5(02): 104-110.
20. N M Krishnakumar, P G Latha, S Rajasekharan, S R Suja, Mathew Danand **M Navas** 2017. Assessment of hepatoprotective activity of coded plant leaf ethanolic extract (222) against carbon tetrachloride-induced hepatotoxicity in Wistar rats - Part IV. *Journal of Traditional Folk Practices*. Vol. 5(02): 111-120.
21. N M Krishnakumar, P G Latha, S Rajasekharan, S R Suja, Mathew Dan and **M Navas** 2018. Coded plant (222) leaf ethanolic extract ameliorates ethanol-induced liver damage and oxidative stress in Wistar albino rats – Part V. *Journal of Traditional Folk Practices*. Vol. 06(1): 39 – 48.
22. N M Krishnakumar, P G Latha, S Rajasekharan, S R Suja, Mathew Dan and **M Navas** 2018. Hepatoprotective activity of coded plant (222) leaf extract in D-Galactosamine induced hepatotoxicity: Biochemical and histopathological analysis in experimental animals – Part VI. *Journal of Traditional Folk Practices*. Vol. 06(2): 39 – 48.
23. S Rajasekharan, T G Vinodkumar and **M Navas** 2018. Traditional/Folk practices of Kerala Case studies - Part VI: Healing art of tribal/folk communities of Kerala. *Journal of Traditional Folk Practices*. Vol. 6(01): 98-102.
24. S Rajasekharan, T G Vinodkumar and **M Navas** 2018 Traditional/Folk practices of Kerala Case studies - Part VII: Healing art of tribal/folkcommunities of Kerala. *Journal of Traditional Folk Practices*. Vol. 6(02): 67-72.
25. Anu S, **Navas M** and M Dan 2020. Morpho-anatomical characterization of the rhizomes of ten species of *Curcuma* L. (Zingiberaceae) from South India. *Journal of Spices and Aromatic Crops*. Vol. 29 (1) : 38-47 (2020).
26. N M Krishnakumar, P G Latha, S Rajasekharan, S R Suja, Mathew Dan and **M Navas** 2020. Phytochemical analysis and estimation of phytoconstituents in coded plant (222) leaves – Part VII. *Journal of Traditional Folk Practices*. Vol. 07(1&2)& 8(1): 55 – 63.
27. Sreedevi S Kumar, Vinodkumar T G Nair, M Navas, S R Suja and S Rajasekharan 2020. Ethnobiological survey and documentation of traditional knowledge from the coastal areas of Thrissur district, Kerala. *Journal of Traditional Folk Practices* .Vol. 07 (1&2) and 08 (1): 80-88.
28. Ijini T P, Rajith N P, **Navas M**, Anish N, George V and Pushpangadan P 2022. Hepatoprotective ethnomedicinal Plants of Mavilan and Koraga tribes of the Western Ghats region of Kerala, India. *Indian Journal of Traditional Knowledge*. (Accepted).

Pharmacopoeial monographs

1. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Acacia pennata* (L.) Willd (Adari) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 1-2.
2. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Maranta arundinacea* L. (Ararota) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 7-8.
3. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Alpinia calcarata* Rosc. (Granthimula) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 59-60.
4. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Acalypha indica* Linn. (Haritamanjari) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 63-65.
5. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Toddalia asiatica* (Linn.) Lam. (kadugulma) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 80-82.
6. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Merremia tridentata* (L.) Hall f. (Matsyapatrika) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 108 110.
7. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Gardenia gummifera* L.f. (Nadihingu) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 113-114.
8. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Amomum subulatum* Roxb. (Sthulaila) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 165-166.

9. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Gisekia pharnaceoides* L. (Valuka-saka) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 187-188.
10. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Calamus rotang* Linn. (Betra) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 191-192.
11. S Rajasekharan, V George, Mathew Dan, **M Navas**, J Ushakumari and S R Rajanikurup (2008). Monograph on *Pergularia daemia* (Forsskal) Choiv. (Visanika) In: The Ayurvedic Pharmacopoeia of India. Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Part-I, Vol.VI: pp 193-195.

Chapters in Books

1. **M Navas**, J Ushakumari and S Rajasekharan (2005). Anatomical characterisation of the medicinal plant *Alangium salviifolium* (L.f) Wang. Proceedings of the 17th Kerala Science Congress. KFRI, Peechi. pp. 192-193.
2. S Rajasekharan, V George, **M Navas** and Mathew Dan (2007). Forest wealth for people's welfare, Pilot participatory programme on conservation and sustainable utilization of medicinal and aromatic plants- a case study. Proceedings of the one day seminar to Commemorate 50 Years of first Kerala Government, held at Kanakakkunnu Palace, Thiruvananthapuram on 25th April 2007. pp. 59-71
3. P G Latha, S Rajasekharan, P Pushpangadan, Vinodkumar T G Nair and **M Navas** (2015). Protection and Promotion of Traditional Knowledge. In: Biocultural Heritage and Sustainability. Edts: K P Laladhas and Oommen V. Oommen. Kerala State Biodiversity Board, Thiruvananthapuram, Kerala, India. pp. 180-200.
4. Rajasekharan, S., Nair, V.T.G., **Navas, M.**, James, T.C., Murugan, K. (2023). Traditional Knowledge and Its Sustainable Utilization. In: Sukumaran, S.T., T R, K. (eds) Conservation and Sustainable Utilization of Bioresources. Sustainable Development and Biodiversity. Springer, Singapore. https://doi.org/10.1007/978-981-19-5841-0_25

Books

1. S Rajasekharan, V George, A E Shanavas Khan, T G Vinod Kumar, K Sabarish, Mathew Dan and **M Navas** (2001). Conservation and Sustainable use of Medicinal and Aromatic Plants with people's participation(in Malayalam). Tropical Botanic Garden and Research Institute, Thiruvananthapuram. pp.1-73.
2. S Rajasekharan, V George, A E Shanavas Khan, K Sabarish, Mathew Dan, **M. Navas**, E S Anil Kumar and P N Shaiju (2001). Cultivation and Trade prospects of Medicinal and Aromatic Plants. Tropical Botanic Garden and Research Institute, Thiruvananthapuram. pp. 1-64.
3. S Rajasekharan, V George, Mathew Dan, **M Navas**, P N Shaiju, C K Subhash Baby, S Santhosh Raj and E S Anilkumar (2002). Conservation and Sustainable use of Medicinal and Aromatic Plants with people's participation-Herbs for all and Health for all (in Malayalam); Tropical Botanic Garden and Research Institute, Thiruvananthapuram. pp.1-77
4. S Rajasekharan, M Navas, C K Subhash Baby, S Binu (2008). Herbs for all and Health for all (in Malayalam); Tropical Botanic Garden and Research Institute, Thiruvananthapuram. pp. 1-87.
5. S Rajasekharan, P G Latha, N Mohanan, Mathew Dan, Vinod kumar T G Nair, **M. Navas** and C SVimalkumar (2013). Students Handbook on Medicinal and Food plants. KSCSTE and JNTBGRI, Palode, Thiruvananthapuram. (ISBN No. 978-81-920098-4-1). pp.1-131
6. P G Latha, S Rajasekharan, S R Suja, Mathew Dan, B Sabulal, **M Navas**, N M Krishnakumar and T M Shahul Hameed Vaidyar (2015). Ethnopharmacological evaluation of antidiabetic, hepatoprotective, antioxdant, antifatigue potential of selected coded drugs based on Traditional Knowledge. JNTBGRI, Palode, Thiruvananthapuram. (ISBN – 978-81-924674-4-3.) pp.1-106

Abstracts in Proceedings

International

1. E S Anil Kumar, Mathew Dan, **M. Navas**, S. Rajasekharan and P. Pushpangadan; Comparative Studies of Root of *Rubia cordifolia*, Linn. with its market sample; Vth International Congress on Ethnopharmacology; NBRI, Lucknow. Nov. 17-21, 1999. Abstracts, P. 58.

2. E S Anil kumar, **Navas M**, Mathew Dan and S Rajasekharan 2002. Pharmacognostic studies on *Piper trioicum* (Roxb.) roots. World Ayurveda Congress, held at Kochi from 1-4 Nov. P. 13.
3. **M Navas**, Mathew Dan, P G Latha and S Rajasekharan (2009). Anatomical Studies on the Root of *Sida rhombifolia* complex (Malvaceae): Abstract of the XIX Annual +Conference of Indian Association for Angiosperm Taxonomy (IAAT) & International Symposium on Angiopserm Systematics & Phylogeny: Retrospects & Prospects. NBRI, Lucknow.pp.139
4. **M Navas**, Mathew Dan, P G Latha and S Rajasekharan (2010). Traditional and Folk Uses of *Sida* spp. (Malvaceae) in India with special reference to Kerala. Annual Conference of India Association of Angiosperm Taxonomy and International Conference on Taxonomy, plant Diversity and Conservation, November 26 to 28th, held at Department of Botany, Bharathiar University, Coimbatore. Abstracts p. 168.
5. **M Navas**, Mathew Dan, P G Latha and S Rajasekharan (2012).Characterisation of *Sida* species ('Kurunthotti') Traditionally Used For Non Communicable Diseases. International Seminar on Ayurveda for Non Communicable Diseases-As part of Global Ayurveda Festival 2012, 9-14 February, held at Thiruvananthapuram. Abstracts p. 146.
6. Vinodkumar T G Nair, S Rajasekharan, P G Latha, **M Navas** and K Radhakrishnan (2012). Systematic Documentation of Traditional Knowledge Related to Plants used for Food Medicine in Kerala and selected case studies. International Congress of Ethnopharmacology. School of Natural Product Studies, Jadavpur University, Kolkata, February 17-19. Abstracts: p. 206.
7. S Rajasekharan, Vinodkumar T G Nair, **M Navas** and P G Latha 2012. Systematic Documentation of Traditional Knowledge Related to Plants used for Food Medicine in Kerala and selected case studies. International Congress of Ethnopharmacology. Amity University, Noida UP, November 15 -17. Abstracts: p.35
8. Mathew Dan, **M. Navas**, and P. G. Latha 2015. Characterisation of the Raw Drug 'Bala' from South Indian Market and Comparison With Genuine Drug. International Seminar on Advancements in Angiosperm Systematics and Conservation.Organised by Department of Botany, University of Calicut, Indian Association for Angiosperm Taxonomy and International Association for Plant Taxonomy, Calicut, Kerala. Abstracts: pp. 188-189.

9. Vinodkumar T G Nair, **M Navas**, Angala Mathew and Ajitha J. Chandrapal 2016. Traditional food habits of tribal communities of Idukki district in Kerala. XXVI Annual Conference of India Association of Angiosperm Taxonomy and International Seminar Conservation and Sustainable Utilisation of Biodiversity. November 7 to 9, 2016 held at Department of Botany, Shivaji University Kolhapur, Maharashtra. Abstracts p. 123-124.
10. **M Navas**, Mathew Dan and P G Latha (2016). Sources of the drug *Bala* and its availability in Kerala. XXVI Annual Conference of India Association of Angiosperm Taxonomy and International Seminar Conservation and Sustainable Utilisation of Biodiversity. November 7 to 9, 2016 held at Department of Botany, Shivaji University Kolhapur, Maharashtra. Abstracts p. 162.
11. Vinodkumar T G Nair, **M Navas**, Angala Mathew, Ajitha J Chandrapal and S Rajasekharan 2017. Deterioration of Cultural Traditions among Tribal Communities and Its Impact on Traditional Knowledge- Case Studies. 4th International Congress of Society of Ethnopharmacology held on February 23-25, at Uka Tarsadia University Bardoli, Surat, Gujarat. Abstracts:150.
12. Vinodkumar T G Nair, **M Navas**, G U Chesgaga, S R Suja and S Rajasekharan 2017. Systematic Documentation and Dissemination of Traditional Knowledge and Folk Practices. 4th International Congress of Society of Ethnopharmacology held on February 23-25, at Uka Tarsadia University Bardoli, Surat, Gujarat. Abstracts:191.
13. **M Navas**, Mathew Dan and P G Latha (2017). Role of root anatomy in systematics of the genus *Sida* L. in India: A case study. XXVII Annual Conference of India Association of Angiosperm Taxonomy and International Symposium Plant Systematics: Priorities and Challenges. November 10 to 12, 2017 held at Department of Botany, University of Delhi, Delhi. Abstracts p. 65.
14. Angala Mathew, Anto Mathew, **Navas M** and Anilkumar C 2018. Studies on morpho-variants and phonological observations of *Trichopus zeylanicus* subsp. *travancoricus* (Bedd.) Burkill ex K. Narayanan-A high value medicinal plant from Western Ghats, India. Indo-Mexican Seminar on Emerging Trends in Bio-Resource Utilisation & Enzyme Technology. 13th April 2018, JNTBGRI, Kerala. Book of Abstracts, p.48.
15. **M. Navas**, Vinodkumar T. G. Nair, Angala Mathew, Sreedevi S. Kumar, S. R. Suja and S. Rajasekharan 2018. Strategic approach for documentation and dissemination of Traditional Knowledge related to medicinal and food plants. XXVIII Annual

- Conference of Indian Association for Angiosperm Taxonomy and International Symposium on Conservation of Angiosperm Diversity: Hidden Treasure of Today and Tomorrow. October 29-31, 2018, held at M S University, Vadodara. Abstracts p. 159.
16. Vinodkumar T G Nair, **M Navas**, Sreedevi S Kumar, Vinodkumar and S R Suja 2019. Ethnobotanical investigation on environment friendly materials utilized by the coastal inhabitants of Thrissur district, Kerala. International Conference on Energy and Environment (ICEE 2K19). TKM Arts and Science College, Kollam, Kerala.

National

1. **M Navas** (2000). Hallucinating and Intoxicating Plants. Intercollegiate Student's seminar on Life Science, C.N. College, Erode. Abstracts P. 29.
2. **M Navas**, A Sadhu and A K Aniyan; Survey and Documentation of the Flora and vegetation of Chunkankadai Hills, Kanyakumari District, Tamil Nadu. Intercollegiate Students seminar on Modern Approaches in Life Sciences organized by Flora (people of Biology) on 6th January 2001, at Erode, Tamil Nadu. Abstracts P. 69.
3. N Vijayakumar, M Sukumaran and **M Navas** (2001). A Preliminary Survey on the Angiosperm Flora of Chunkankadai Hills, Kanyakumari Dist. Tamil Nadu; Mano Research Forum second seminar of 2000-2001 and a special seminar on Environmental Biology, Nagercoil, 10th March. Abstracts P. 16.
4. S Rajasekharan, V George, **M Navas**, Mathew Dan, E S Anilkumar, C K Subhash Baby and G M Nair (2003). Pilot Participatory Programme on Conservation and Sustainable Utilization of Medicinal and Aromatic Plants- Empowering the tribal people for self reliance with a view to improve the quality of their lives- a success story. XIII Swadeshi Science Congress held at M.S. Swaminathan Research Foundation, Wyanad from 6th to 8th November. Abstracts P.83-84.
5. S Rajasekharan, V George, **M Navas**, Mathew Dan, E S Anilkumar, C K Subhash Baby and G M Nair (2003). Biodiversity and sustainable utilization of medicinal and aromatic plants through Participatory Programme. National seminar on New Millennium strategies for Quality, safety and GMPs of herbal drugs/ products held at NBRI, Lucknow from November 11th to 13th. Abstracts P.49.
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Sudanese workshop on Medicinal and Aromatic Plants, sponsored by Dept. of Science and Technology, Govt. of India from November 11th to 14th,organised by NBRI,(CSIR), Lucknow.

7. J Ushakumari, **M Navas**, Mathew Dan, S Rajasekharan and G M Nair (2004). Pharmacognostic studies on the leaf of *Acrotrema arnottianum* Wight. (Dilleniaceae) -A Promising Ethnomedicinal Plant. National Seminar on Recent Trends in Isolation, Charecterisation, Synthesis and Biological Studies of Organic Compounds, held at Gandhigram Rural Institute from 5th -6th- March. Abstracts:p.
8. V N Saritha, **M Navas** and R Hymavathy kunjamma (2004). Traditional Solutions for gynecological problems: A case study from Thiruvananthapuram District of Kerala, India. (Poster): Proceedings of the National Seminar on Indian Medicinal Plants (Food, Medicine, IK& IPR), held at Pakajakasturi Ayurveda Medical College, Kattakkada, Thiruvananthapuram from 12-13 March.
9. **M Navas**, Mathew Dan and M Abdul Jabbar (2004). Comparative anatomical studies on south Indian species of *Hydrocotyle* L. Proceedings of the Annual conference of IAAT held at TBGRI, Thiruvananthapuram from 29th 31st Dec.
10. J Ushakumari, **M Navas**, Mathew Dan, S Rajasekharan and G M Nair (2005). Nilampunna- A promising ethnomedicinal plant and its Pharmacognosy. National Seminar Medicinal plants organized by ARI Poojappura on 15th&16th- March.
11. **M. Navas**, Mathew Dan, J.Ushakumari and S. Rajasekharan (2007). Anatomical studies on the medicinal plant *Hygrophila auriculata*.UGC National Seminar on Recent Advances in Medicinal Plant Research organised by Department of Botany, Annamalai University, from 3rd 4th March. Abstracts p:96
12. S Rajasekharan, S Ganeshan, P G Latha, **M Navas**, N Anish, N P Rajith, T P Bijeesh and C S Vimalkumar (2008). Traditional Knowledge Associated with plants Used for Food and Medicine with special Reference to Selected case studies (Disclosed) From Kerala State. National conference-DISHANA- 2008, “Streamlining India’s Traditional Knowledge Towards formulating a *Sui generis* Regime” jointly organized by Amity Institute for Herbal & Biotech Products Development (AIHBPD) and The Ministry of Environment and Forests (MoEF) held at Thiruvananthapuram from 23-25 May. Abstracts: p.89
13. G R Seena, **M Navas** and K Saralakumari (2010) “Folk Veterinary medicine practices at Thiruvananthapuram (Dist.), Kerala, India”. National seminar on

Nutritional phytochemicals” organized by P.G Department of Botany, Christian College, Kattakada, Thiruvananthapuram from 17 to 18 June.

14. **M Navas**, Mathew Dan and P G Latha (2011). “Taxonomic Significance of Root Anatomy in the Genus *Sida* L. (Malvaceae) of South India”. Annual Conference of India Association of Angiosperm Taxonomy and National Conference on Biodiversity Conservation and Climate change, held at Institute of Minerals and Materials Technology, Bhubaneswar, Orissa from December 2 to 4. Abstracts p. 61.
15. G R Seena, **MNavas**, and A K Asharf (2012). Documentation of Ethnoveterinary Medicine in Nedumangad Taluk, Kerala State, India. Biofest 2012- National Seminar on Recent Trends and Future Prospects of Biodiversity and Conservation held at S N College, Punalur, Kollam, Kerala from 15-16 March. Abstracts p.29
16. S Rajasekharan, Vinodkumar T G Nair, **M Navas** and P G Latha (2012). Systematic Documentation of Traditional Knowledge. National Seminar cum Workshop on Action anthropology, Traditional knowledge, Tribal Medicine & Development held at Muddha Mooppan Centre for Tribal Medicine Development, Palakkad from 8-9 September.
17. S Rajasekharan, **M Navas**, Vinodkumar T G Nair, Subashbaby C K, Asharf A K and Seena G R (2012). Herbs for All and Health for All-empowering Rural Women in Primary Health Care Using Local Biodiversity. 2nd Indian Biodiversity Congress, Bangalore. 9-11 December. Abstracts: P. 285.
18. S Rajasekharan, **M Navas**, Vinodkumar T G Nair, A K Asharf and P G Latha (2013). Community oriented conservation programme on Medicinal plants for primary health care: A case study from Thiruvananthapuram District, Kerala . 8th National Seminar on Medicinal plants, organised by Department of Pharmacognosy, Ayurveda Research Institute, Poojappura, Thiruvananthapuram held at Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram from 1-2 March.
19. P G Latha, S Rajasekharan, Vinodkumar T G Nair and **M Navas** (2015). Necessity for introducing multi-disciplinary scientific approach for the implementation of new projects/programmes for improving the livelihood of tribal and other forest dependent communities. National Seminar on ‘Conservation for Livelihood’ in connection with Kanasangamam 2015, the Mega Meet organized by Kerala Forest Department held at Kanakakunnu Palace, Thiruvananthapuram on 18th April.

20. **M Navas**, Mathew Dan and P G Latha (2015).Diversity, distribution and status of the genus *Sida* L. (Malvaceae) in south India. National Seminar on Flowering Plant Diversity and Reproductive Biology held at FMN College, Kollam on 7th August. Abstracts: P.23-24.
21. Vinodkumar T G Nair, **M Navas**, V S Renju, M Midhun Krishna K. Radhakrishnan, P K Suresh and Smith Simon (2016). Ethnobotanical survey in the coastal areas of Thiruvananthapuram District, Kerala. Proceedings of the 9th National Seminar on Medicinal plants, organised by Department of Pharmacognosy, Ayurveda Research Institute, Poojappura, Thiruvananthapuram held at Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram from 14-15January 2016. pp.220
22. Vinodkumar T G Nair, **M Navas**, G U Cheshaga, G Jinukrishnan Unnithan (2016). Digitisation of the Ethnomedical information by different Tribal communities of Idukki District, Kerala. Proceedings of the 9th National Seminar on Medicinal plants, organised by Department of Pharmacognosy, Ayurveda Research Institute, Poojappura, Thiruvananthapuram held at Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram from 14-15 January 2015. Pp. 221
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25. Sreedevi S Kumar, Vinodkumar T G Nair, **M Navas** and S R Suja 2019. Ethnobiological survey on Prenatal and Postnatal care practiced in the coastal areas of Thrissur District, Kerala. Proceedings of the 11th NABS National Conference on Climate Changes Driven Challenges on Indian Biodiversity: Innovative Solutions for Sustainable Development, Pondicherry University, Pondicherry. Book of Abstracts. P.112.
26. Anu S, **Navas M** and Mathew Dan 2019. Morphological, Anatomical and Histochemical Charecterisation of rhizomes from ten species of Curcuma

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27. **M Navas**, T K Hrideek, O L Pius and K J Dantas 2022. Progressive approaches for livelihood enhancement through conservation and cultivation of Medicinal and Aromatic Plants. 32nd Annual Conference of Indian Association for Angiosperm Taxonomy (IAAT) & National Symposium on The Contribution of Angiosperm Diversity to Human Wellbeing and the Risks Associated with its Decline. Dept. of UG, PG and Research in Botany, Karnatak University's Karnatak Science College, Dharward, Karnataka. Book of Abstracts, pp.112.
28. **M Navas**, O L Pius, K J Dantas and T K Hrideek 2022. Indications on Medicinal Use of Invasive Species. National Conference on Bioinvasions, Trends, Threats and Management. Kerala State Biodiversity Board, Thiruvananthapuram. Book of Abstracts, pp.75.
29. O L Pius, K J Dantas, **M Navas**, and T K Hrideek 2022. Major Exotic Medicinal Plants used in Indian Systems of Medicine. National Conference on Bioinvasions, Trends, Threats and Management. Kerala State Biodiversity Board, Thiruvananthapuram. Book of Abstracts, pp.76.
30. T Sabu, **M Navas**, and C S Vimalkumar 2022. Invasive Alien Flowering Plants of Selected Sacred Groves Vegetation in Kattakkada Assembly Constituency Thiruvanthapuram District, Kerala, South India. National Conference on Bioinvasions, Trends, Threats and Management. Kerala State Biodiversity Board, Thiruvananthapuram. Book of Abstracts, pp.77.
31. T P Ijinu, V Vilash, C S Vimal Kumar, M Navas, S Rajasekharan, V George and P Pushpangadan 2022. Protection of Traditional Knowledge, Bioresources and Folklore Under the Trips Agreement: Recent Developments in Light of Nagoya Protocol. National Seminar on Biodiversity Challenges and Threats: Current Scenario, organized by SN College, Kollam, on 21-22 December 2022. Book of abstracts,p.14.
32. M Navas, T K Hrideek, O L Pius and K J Dantas 2023. Women empowerment through conservation and popularisation of medicinal plants. 35th Kerala Science Congress, 10-14 February 2023, organized by Govt. of Kerala. Book of Abstracts. PP.345-346.

Popular Articles

1. **M Navas** and Mathew Dan (2017). Kurunthottiyenna vathasamini (in Malayalam). *KERALAKARSHAKAN*, July 2017: 20-23
2. **M. Navas and T K Hrideek** (2023). Oushadha vrikshangal (Medicinal Trees)- (in Malayalam). *ARANYAM*. Vol. 43 (05) Jan 2023. Pp.38-40.
3. **M. Navas and T K Hrideek** (2023). Oushadha vrikshangal (Medicinal Trees)- (in Malayalam). *ARANYAM*. Vol. 43 (06) Feb. 2023. Pp.42-44

Invited Talks

1. M. Navas delivered an invited talk titled 'Traditional Knowledge and Medicinal Plant Diversity' at Govt. Higher Secondary School, Puthiyakavu, Ernakulam Dist. In connection with the Mendel Birth Day Celebrations on 22 July 2015.
2. M. Navas delivered an invited talk titled "Biodiversity & Medicinal Plant Wealth of Kerala and It's Conservation at Govt. BVHSS, Nedumangad on 12-07-2017,
3. M. Navas delivered an invited talk titled "Traditional Knowledge and Conservation of Medicinal Plants with Special Reference to *Bala*(Kurunthotti)" as part of One Day Workshop on Medicinal Plants organised in association with State Medicinal Plants Board, Kerala at Vinobaniketan, Aryanad Thiruvananthapuram on 23/12/2017.
4. M. Navas delivered an invited talk titled "Traditional Knowledge and Conservation of Medicinal Plants" at ST Hindu College, Nagercoil, Tamilnadu 29/02/2018.
5. Delivered an invited talk entitled Ethnobotany of Kani Tribe Leading to Access and Benefit Sharing in connection with the Webinar on E K Janaki Ammal on 05/11/2020 organised by Centre for Intangible Heritage Studies, Sree Sankaracharya University, Kaladi, Kerala.
6. M. Navas delivered an invited talk titled "Diversity and Conservation of Medicinal Plant Wealth of Kerala" at SN College, Kollam, on 15/12/2021.
7. M. Navas delivered an invited talk titled " Medicinal Plant Cultivation: Prospects and Opportunities" at Rajeev Gandhi Centre for Rural Development Studies, Neyyar Dam as part AYURVEDA PARV, on 05/06/2022.
8. M. Navas delivered an invited talk titled "Medicinal plants for Human and Environmental Health" at AJ College, Thonnakkal, Thiruvananthapuram, on 09/06/2022 as part of Environmental Day Celebrations.

9. M. Navas delivered an invited talk titled "Role of SMPB in the Development of Medicinal Plants sector" at JNTBGRI, Palode, Thiruvananthapuram, on 27/07/2022 as part of Three Days Training on Medicinal Plants Cultivation.
10. M. Navas delivered an invited talk titled "Role of medicinal plants in human and environmental health" at Govt. Vocational Higher Secondary School, Kallara, Thiruvananthapuram, on 29/07/2022 as part of Science Club inauguration.
11. M. Navas delivered an invited talk entitled " Cultivation and conservation of medicinal plants: Prospects and Opportunities " at Govt. Higher Secondary School, Tholicode, Thiruvananthapuram, on 17/08/2022 as part of NSS camp.
12. M. Navas delivered an invited talk entitled "Diversity and Conservation of Medicinal Plants "at Govt. Higher Secondary School, at GVHSS Kadakkal, Kollam, on 02/11/2022 as part One Day Seminar on Conservation and Sustainable Utilization of Local Bio-Resources.
13. M. Navas delivered an invited talk entitled "Medicinal Plants Diversity of Kerala" in connection with the National Seminar on Biodiversity Challenges and Threats: Current Scenario, organized by SN College, Kollam, on 21-22 December 2022.
14. M. Navas delivered an invited talk entitled **Pharmacognosy: A tool for Quality Control & Standardization of Herbal Drugs**, in connection with R. Sankar Memorial Spectrum Seminar Series organized by SN College, Chempazhanthy, Thiruvananthapuram, on 08 February 2023.
15. M. Navas delivered an invited talk entitled "Campus Biodiversity, its Conservation and preparation of Biodiversity Register" at Govt. Higher Secondary School, at GVHSS Kadakkal, Kollam, on 24/02/2023 as part Seminar on Biodiversity Education: Present Trends supported by Kerala State Biodiversity Board.

Media Interactions

Delivered a short talk on 'Nattarivukal' (Traditional Knowledge) in All India Radio Thiruvananthapuram on 16-03-2015.

08-03-2023
Nedumangad

Dr. M Navas, FNSE, FIAT

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