

Coleus

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Coleus is grown for its ornamental value and it is used in alternative medicines

GEEK TALK

Coleus aromaticus

BUT WE TALK

Coleus, Patharcur (Hindi), Dodda pathre (Kannada), Karpuravalli (Tamil)

GOEGRAPHICAL DISTRIBUTION

This species is present in the tropical regions of the world extending to subtropical zones. It is cultivated in many regions. This species is probably native to East Indies, globally distributed in tropical Asia and Africa. Within India, it is cultivated as an ornament.

DID YOU KNOW?

Coleus is grown in tropical and subtropical regions of the world, mostly in Asia and Africa, areas bordering the equator. This plant gives us all-season color in full sun and in shade. There are more than 300 varieties of coleus. In India, the plant is grown for its ornamental value because of its brightly colored leaves. There are 90 varieties in India.

CULINARY USES

Leaves are used as a flavor in food like for example in tea.

KITCHEN PHARMACY

- The plant is used in Ayurveda and other alternative medicines.
- It is used in different forms in treating some health conditions like Asthama, erectile dysfunction, high blood pressure, urinary tract infections, and glaucoma.
- Used as a home remedy for fever, cough, and common cold in children.
- It can also help to improve digestion.
- Abdominal disorders e.g Colic: Crush leaves to extract the juice and take in a dose of 5-10 ml twice a day.
- As carminative: Crush leaves to obtain the juice. Mix it with sugar and take in a dose of 5-10 ml.

CONTENT PARTNER

