

# Lemongrass

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Lemongrass treats exhaustion and the oil's aroma relieves muscle pain

## GEEK TALK

*Cymbopogon citratus* (DC.) STAPF.

## BUT WE TALK

Lemongrass, barbed wire grass, silky heads, citronella grass, fever grass, tanglad, hierba Luisa, gavati chaha

## GOEGRAPHICAL DISTRIBUTION

This species is globally distributed in the Pantropics. It is cultivated in Java, Straits Settlements, Ceylon, Burma, Madagascar, Mauritius, West Indies and parts of South America.

Within India, it is grown in gardens in the Punjab, Maharashtra and Baroda and Tamil Nadu. Karnataka (Mysore) reports it to grow wild.

## DID YOU KNOW?

Native to both India and tropical Asia, Lemongrass has become very popular as an herb in Thai cuisine. Lemongrass is known for its lemony scent and flavor. It is used as a substitute for lemon flavoring in many teas and soups.

It is a stalky plant that intensifies from white to green and is somewhat stringy when eaten. Typically boiled, the leaves and oil of lemongrass are also used to make medicine and soaps.

## CULINARY USES

Lemongrass is used fresh and dried to flavor curries soups, pickles, tea, etc.

## KITCHEN PHARMACY

- Lemongrass has proven to have immense uses as a medicine. Just the aroma of lemongrass oil is said to help relieve muscle pain.
- Lemongrass has proven beneficial in helping numerous digestive problems such as stomachaches and nausea.
- In addition, Lemongrass is believed to help treat the

common cold as well exhaustion.

- Lemongrass is good for weight loss, arthritic problems, stomach aches, and indigestion.

