

Helicteres isora Linn.

Family : Malvaceae

Parts Used : Root , Fruit , Bark

Vernacular Names

English : East Indian screw tree

Malayalam : Etampiri - valampiri

Hindi : Marodphali

Sanskrit : Avarttani

Bengali : Atmora

Kannada : Kempukaveri

Tamil : Valampiri

Telugu : Davi-camanti



Distribution and habitat: Found throughout India

Botany: A large shrub or small tree up to 5 m in height with grey bark and young shoots clothed with stellate hairs.

• **Leaves:** Simple, alternate, bifarious, obovate, serrate, scabrous above and pubescent beneath.

• **Flowers:** Red, fading to lead colour, distinctly bilabiate, in axillary clusters of 2-6 together, staminal column fused with the gynophore, much exserted, suddenly deflexed. Calyx tubular, 2 cm long, some what 2 lipped, curved mouths wide. Petals red at first, fading to lead colour, separate but with the claws closely hooked together.

• **Fruits:** Greenish brown beaked, cork screw like 5 follicles, seeds numerous, angular, testa wrinkled.

Properties: Demulcent, lactifuge, astringent, aphrodisiac, diuretic and expectorant.

Chemical constituents: Root-cucurbitacin, isocucurbitacin; Leaf-tetratriacontanol, tetratriacontanoic acid and its tetratriacontanyl ester; α - and β - amyrin, friedelin, lupeol, taraxerone; Seed-diosgenin.

Uses: It is used in colic, scabies, empyema, gastropathy, diabetes, dysentery, diarrhoea, verminosis, ulcers, epistaxis and flatulence

Propagation: By seeds

