

## *Strobilanthes ciliata* Nees

**Synonyms** : Nilgiranthus ciliatus (Nees) Bremek.

**Family** : Acanthaceae

**Group** : Anti-arthritic/anti-rheumatic/anti-inflammatory

**Parts Used** : Root , Leaf, Bark

### **Vernacular Names**

English : Nilgiranthus

Malayalam : Karimkurinji

Hindi : Karvi, Kara

Sanskrit : Sahacarah, Sairyakah

Tamil : Kurunji, Sinnakkurunji



**Distribution and habitat:** Found throughout the ever green forests of Western Ghats.

**Botany:** A slender shrub with sub-quadrangular white dotted dark green or purple stems and branches.

• **Leaves:** Dark green, elliptic, acuminate at both ends, serrate, glabrous and main nerves 6-7 pairs, raised above.

• **Flowers:** White to lilac in axillary slender glabrous spikes.

• **Fruits:** Very rarely formed.

• **Roots:** Adventitious roots arise from a few basal nodes also. The main roots as well as these nodal roots are used as raw materials.

**Chemical constituents:** Squalene, phytol, Vitamin E, campesterol,  $\beta$ -amyrin, stigmasterol, lupeol and  $\beta$ -tocopherol

**Properties:** Antioxidant and anti inflammatory property.

**Uses:** It is used in lumbago, limping, inflammations, bronchitis, rheumatalgia, leucoderma, whooping cough, fever, bronchitis, pruritus, scrofula and fever.

**Preparations:** Sahacara, varanathi thailam, sahacharadi thailam

**Propagation:** Stem cuttings

