

Strobilanthes ciliata Nees

Synonyms : Nilgirianthus 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, β -amyirin, stigmasterol, lupeol and β -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

