

Nymphaea rubra Roxb. ex Salisb.

Family : Nymphaeaceae
Group : Antidiabetic
Parts Used : Flower, Root stalk
Vernacular Names
English : Water lily
Malayalam : Aambal
Hindi : Chhota kamal
Sanskrit : Aruna kamala.
Bengali : Rakta kamal
Tamil : Allitamarai
Telugu : Allitamara



Distribution and habitat: Common throughout India in the warmer parts

Botany: Aquatic herbs. Root stock tuberous, short, erect, and roundish.

• **Leaves:** Peltate, 15-25 cm diameter, sharply toothed, downy but not spotted beneath. Lobes diverging; connectivum not prolonged. Petioles very long, cylindric, submerged, glabrous or puberulous, inserted 12-18 mm within very near the margin of the leaf.

• **Flowers:** Solitary, 7.5-20 cm across, deep red, pale rose or white, open in the mornings only; peduncles very long, usually pubescent; torus bottle shaped. Sepals 4, oblong, obtuse, 5-10 ribbed. Petals numerous, about 12, oblong, obtuse, about thrice as long as broad. Stamens about 40; anthers without appendages; filaments much dilated at the base; pollen smooth. Stigma 10-20, rayed, with clavate appendages.

• **Fruits:** 3 cm diameter, fleshy, globose, green, ripening beneath the water. Seeds ovoid, rough, aril white, transparent.

Properties: Stomachic, antidiarrhoeal, antidiabetic, antiinflammatory,

Chemical constituents: Flower contains nuciferine, and apomorphine, virganin, [lactucopicrin](#) methylester, and epitheflavic acid.

Uses: Flower is used in removing impurities from the blood, thirst, cough and vomiting. Powdered rootstock is used in dyspepsia, diarrhoea, piles

Propagation: Tuber

