

Aerva lanata (Linn) Juss.

Synonyms : *Achyranthes lanata* Linn., *Aerva floribunda* Wight

Family : Amaranthaceae

Group : 2. Dasapushpam, Diuretic/renal protectant

Parts Used : Whole plant

Vernacular Names

English : Aerva

Malayalam : Cherula/polpala

Hindi : Chaya

Sanskrit : Bhadra



Distribution and Habitat: It is distributed in tropics, sub-tropics, Africa and Asia

Botany: An erect or prostrate, many-branched undershrub, 30-60 cm in height, woolly, tomentose throughout.

• **Leaves:** Simple, alternate, ovate to orbicular, 2-2.5 by 1-1.6 cm on the main stem, obtuse or acute, entire, pubescent more or less white with cottony hairs beneath, short petioled, petioles 3-6 mm long, densely tomentose, usually smaller in the flowering branches.

• **Flowers:** Very small, often crowded, sessile, bisexual, greenish or white often clustered in spikes; bractioles 1.25 mm long, membranous, broadly ovate, apiculate. Perianth 1.5-1.25 mm long, sepals oblong, obtuse, silky hairy on the back. Stamens 5, filaments connate at the base with alternating linear staminodes; stigmas 2.

• **Fruits:** Greenish, roundish, compressed utricle; seeds kidney shaped, 0.85 mm diameter, smooth and polished, with shining black.

Properties: Anthelmintic, diuretic, anti-inflammatory, anti-bacterial

Chemical constituents: β -sitosteryl palmitate, α -amyrin and β -sitosterol

Uses: It is a diuretic. Used in the treatment of diabetes, lithiasis, headache and pregnancy-associated hemorrhage. The flowers are used to treat [gonorrhea](#) and [kidney stones](#). It is used as a vermifuge for children.

Propagation: Seeds

