

# *Alpinia nigra* (Gaertn.) Burt

**Synonyms** : *Alpinia allughas* (Retz.) Roscoe

**Family** : Zingiberaceae

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

**Parts Used** : Rhizome

## **Vernacular Names**

English : Alpinia

Malayalam : Malayinjikkoova

Hindi : Taro

Sanskrit : Takara

Bengali : Taro, Taruko

Kannada : Toroka



**Distribution and habitat:** Western ghats, Sri Lanka, Malaya, China, India

**Botany:** A stout perennial herb 0.9-1.8 m high, root tuberous, aromatic.

• **Leaves:** 20-45 X 4.5-10 cm; sessile or nearly so, linear - oblong or oblong-lanceolate, acuminate, cuspidate, glabrous, base acute; sheaths long, glabrous, striate, compressed.

• **Flowers:** Odourous, pink, in erect, decompound, lax or dense flowered panicles 15-30 cm long, the branches short, ascending, with large narrowly linear deciduous floral leaves sometimes reaching 23 cm long, at the lower fork; rachis pubescent or tomentose; pedicels short; bracts small, ovate, cupular. Calyx subcampanulate, 10-13 cm long, pubescent, corolla tube about as long as the calyx. Lip pink, bifid and the margins waved and erose; claw as long as the limb. Stamen arcuate, shorter than the lip. Style glabrous; stigma small.

• **Fruit:** Black, thin, globose, 17 mm diameter, irregularly rupturing. Seeds many, small, black and angular.

**Uses:** Neuro tonic, diuretic, hypothermic, antiulcerative. It can improve appetite, taste and voice and is useful in bronchitis and diseases of heart, diseases of kidney, rheumatic fever, dyspepsia, cough and asthma

**Formulations:** Rasnadi Kashayam, Rasnadi churnum

**Propagation:** Rhizome

