

## *Plectranthus amboinicus* (Lour.) Spreng.

Common name: Indian borage

Sanskrit name: Karpuravalli

Malayalam Names: Chempalaka, Njavara, Panikoorka, Kanjikoorka

Tamil Name: Karpuravalli

### Description:

Branched, pubescent herbs. Leaves to 5.6 x 3.1 cm, ovate or suborbicular, base cordate, margins finely serrate, apex obtuse or acute, fleshy; petiole to 2 cm long. Flowers shortly pedicelled, in dense thyrsoid panicle. Calyx hispid, small, the upper lip ovate, acute, lower of 4 acuminate lobes, throat glabrous within. Corolla purple, 2-lipped, tube decurved. Stamens 4, didynamous; anther cells confluent. Ovary 4-partite; stigma 2-fid. Nutlets smooth.

Distribution: The native range is India, Kenya to S. Africa, and Arabian Peninsula

### Medicinal uses

*P. amboinicus* is frequently used in the treatment of chronic coughs, asthma, bronchitis and sore throat in India and the Caribbean Islands. Decoction or juice made from leaves together with other herbs is taken orally to control asthma. This decoction is also used to treat catarrhal infections where it clears the excessive build-up of thick phlegm or mucus in an airway or cavity of the body. Carvacrol and Thymol found in the essential oil of the plant are an excellent expectorant and used to treat various respiratory disorders. It is suggested that a drink or a bath of *P. amboinicus* juice/decoction can be a worthy treatment for influenza, cough, bronchitis and throat problems.

The juice of the leaves is used to treat skin allergies. It is also used to treat burns in Asian regions. When the leaf paste is baked on a flame and applied to cuts or burns, it acts as an antiseptic and promotes healing. Essential oil of *P. amboinicus* also inhibits the growth of dandruff-causing fungus *Malassezia furfur*.

### Cultivation:

#### Vegetative propagation:

Root/Shoot system develop in nodular part of the stem and further it converts in to new plant with presence of aroma. Stem cutting 5-10 cm with 2-4 nodes can be cut from mother plant for planting.

