

Haa



Common Name

English : Asiatic yam

Hindi : Khamalu

Manipuri : Haa

Scientific Name

Group : Angiosperm (Monocotyledon)

Family : Dioscoreaceae

Genus : Dioscorea

Species : alata Linn.

Habit : Robust climber

Parts Used : Stem, Leaf, Tuber

Mode of Preparation : Leaves crushed & squeezed for juice. Tubers crushed for decoction/solid consumption. Tuber is edible

Mode of use : Decoction, Fresh

Ingredients : Tubers contains starch (21%). Leaf contains large quantities of D-fructose, D-glucose and the polyols, 2-deoxyribose, 6-deoxysorbitol and glycerol.

Ailment Treated: Tuber is diuretic, anthelmintic used in diabetes, leprosy, gonorrhoea, piles. Leaf extract is taken in gonorrhoea. Fresh tubers chewed to normalize blood pressure.

Source: Cultivated in home gardens and growing at foothills as escape.