



# 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/soild 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-deoxyribitol, 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.