

Ishing kambong



Common Name

English :

Hindi :

Manipuri : Ishing kambong

Scientific Name

Group : Angiosperm (Monocotyledon)

Family : Poaceae

Genus : Zizania

Species : latifolia Turcz ex. Stapf

Habit : Aquatic graminaceous herb

Parts Used : Fruit, Rhizome

Mode of Preparation : Rhizome crushed for paste.

Mode of use : Fresh, Local Application

Ingredients : Leaves contain Vitamin C. Infected fruit (with fungus) is rich in protein and a number of amino acids. Infection by *Ustilago esculenta* P. Henn and the cells are hypertrophied to form small maize – like galls. The gall is filled up with innumerable spores like cocopowder.

Ailment Treated: Rhizome paste applied to burns. Infected fruit is rich in protein. In china the culms, rhizomes and grains are used against anaemia, fever and as a diuretic. Also used for heart, kidney and liver problems.

Source: Generally grown wild in the wetlands of valley areas particularly in Loktak lake catchments. Occasionally

cultivated in ponds.