

Lam-yensil



Common Name

English :Wood sorrel

Hindi :Amrulsak

Manipuri :Lam-yensil

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Oxalidaceae

Genus :Oxalis

Species :corniculata Linn.

Habit :Profused straggling herb

Parts Used :Whole plant

Mode of Preparation :Whole plant used for preparation of traditional hair lotion (Chenghi). Whole plant crushed for decoction. Leafy part crushed for juice. Leaves crushed & soaked in water for infusion. Whole plant occasionally cooked with pea and eaten with meal.

Mode of use :Fresh and Decoction

Ingredients :Leaves, good sources of vitamin C (125 mg/100 g) and carotene (3.6 mg/100g) but the entire amount is unavailable to the system because of high oxalate content. Malic acid, Tartaric acid, Citric acid, etc are reported in stem.

Ailment Treated:Fresh juice of plant given in dyspepsia, piles, scalp related problems and anaemia. Infusion of leaves

used to cure opacity of the cornea. Whole plant is used in scurvy. Leaf juice is cooling, stomachic, diuretic. Leaves, antidote to Datura intoxication. Decoction with rice water is a good hair lotion.

Source:Very common in the valley and hills in wild form.