

Leibak hawai



Common Name

English :Groundnut

Hindi :Mung-phali

Manipuri :Leibak hawai

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Fabaceae

Genus :Arachis

Species :hypogaea Linn.

Habit :Herb

Parts Used :Seed

Mode of Preparation :Seeds can be crushed after dry fry for powder consumption. Seeds can be crushed for decoction. Seeds can be eaten raw or crushed & squeezed for oil.

Mode of use :Decoction, Fresh

Ingredients :Kernels – rich sources of protien and oil. The seed is rich in vitamin – B, nicotinic acid and riboflavin. The nuts contain protien, fat, carbohydrates, calcium, phosphorus, chlorine, magnesium, etc.

Ailment Treated:The seeds are sweet, aphrodisiac, tonic and are useful in general debility. The oil is sweet, purgative and emollient and is used in nephropathy and dislocated joints.

Source:Cultivated in both hill and valley areas .