

Leibak kundo



Common Name

English :Common purslane

Hindi :khursa

Manipuri :Leibak kundo

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Portulacaceae

Genus :Portulaca

Species :oleracea Linn.

Habit :Succulent spreading herb

Parts Used :Whole plant

Mode of Preparation :Fresh leaves crushed with water for juice. Leaves are eaten as salad or chewed as a digestive.

Mode of use :Fresh and Local application

Ingredients :Whole plant contains carotene, viamines C, B1, B12, Ca, Mg, Na, K salts, organic acids, nicotinic acids, oxalic acid and biflavonoid.

Ailment Treated:Leaf juice is applied for relieving burning sensation of hand and feet, urination, relieves cough and enhance lactation in nursing mothers. Plant is used as an antibacterial, anti-inflammatory and anthelmintic. Leaves and stems applied externally over burns, relieve pains and healing of wound. Seeds promote flow of urine, menstrual flow and expulsion of intestinal worms.

Source:Extensively cultivated in the valley areas.