

# Namra



## Common Name

**English** :Bengal cardamom

**Hindi** :Morang elaichi

**Manipuri** :Namra

## Scientific Name

**Group** :Angiosperm (Monocotyledon)

**Family** :Zingiberaceae

**Genus** :Amomum

**Species** :aromaticum Roxb.

**Habit** :Tall aromatic herb

**Parts Used** :Rhizome and Seed

**Mode of Preparation** :Seeds dried and crushed for powder. Tender rhizome crushed for decoction. Rhizome and tender stem used in preparation of traditional chutney called as 'Eronba'.

**Mode of use** :Decoction and fresh

**Ingredients** :Seed contains essential oil (1-15%).

**Ailment Treated**:Seed powder is taken against high blood pressure and as blood purifier. Boiled rhizome (decoction) is also a good blood purifier.

**Source**:Common in wetlands and moist areas; Found in local markets.