

Numit lei



Common Name

English :Sunflower

Hindi :Surajmukhi/Suryamukhi

Manipuri :Numit lei

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Asteraceae

Genus :Helianthus

Species :annus Linn.

Habit :Hispid undershrub

Parts Used :Fruit, Seed, Leaf

Mode of Preparation :Fresh leaves crushed and squeezed for juice. Leaves and flowers crushed for decoction. Raw seeds crushed & squeezed for oil. Cultivated as decorative plant.

Mode of use :Decoction, Fresh

Ingredients :The seed kernel contains albumin, globuline, glutelin and insoluble protien. Different types of amino acids are reported.

Ailment Treated:Fresh leaf juice is used in urinary stone case and diseases of kidney. Decoction of the leaves and flowers along with honey is prescribed in malarial fevers and bronchitis. Raw seed oil is recommended for chest diseases in dose of 10 to 15 drops, two to three times a day. Seeds are diuretic and expectorant.

Source: Generally cultivated in the valley areas.