

Pakhon



Common Name

English : Fennel

Hindi : Saunp

Manipuri : Pakhon

Scientific Name

Group : Angiosperm (Dicotyledon)

Family : Apiaceae

Genus : Foeniculum

Species : vulgare Mill.

Habit : Aromatic delicate herb

Parts Used : Seed, Leaf, Shoot

Mode of Preparation : Seeds powdered for consumption. Seeds boiled for tea. Leafy shoot crushed for juice and diluted with water and boiled for soup. Leaf/shoot edible.

Mode of use : Decoction & Local Application

Ingredients : The plant yields an essential oil. Fennel oil consists of trans-anthole, fenchone, limonene, methyl chavicol, α -pinene, α -phellandrene, myrecene and cisocimene.

Ailment Treated: Leafy shoot decoction is used as ear and eye-drops. Consumption of seed powder promotes urine flow, expels flatulence and griping pains from the stomach and bowels. Seed tea regulates menstrual problems.

Source: Cultivated in the plain areas.