

Palangsak



Common Name

English :GardensSpinach

Hindi :Palak

Manipuri :Palangsak

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Chenopodiaceae

Genus :Spinacia

Species :oleracea Linn.

Habit :Succulent herb

Parts Used :Root

Mode of Preparation :Root crushed for decoction. Leaves/shoot is edible.

Mode of use :Decoction

Ingredients :The tuberous root contains triterpenoid saponins (Saponins A, B, C, D), oleanolic acid, amino acids, leucine, valine, proline etc. Fe, Ca, etc. are also found.

Ailment Treated:Tuber decoction is aphrodisiac, stimulant and used in dyspepsia, vomiting, expectorant and antipyretic. Root is also used to cure many diseases like headache, blood pressure, etc.

Source:Generally cultivated in valley areas.