

Peruk



Common Name

English : Indian pennywort

Hindi : Brahmi

Manipuri : Peruk

Scientific Name

Group : Angiosperm (Dicotyledon)

Family : Apiaceae

Genus : Hydrocotyle

Species : asiatica Linn

Habit : Profuse straggling herb

Parts Used : Whole plant

Mode of Preparation : Whole plant is chopped and simmered for decoction. Fresh leafy part crushed for juice. Leaves dried & powdered for consumption. Whole plant boiled with rice water for hair lotion. Leaves crushed for paste. Liquid made out of boiled the whole plant in water is used as hair lotion.

Mode of use : Decoction, Fresh & Local Application

Ingredients : A glycoside, asiaticoside, shown to be active in the treatment of leprosy, has been reported.

Ailment Treated : Plant decoction is good for leprosy, skin disease, chronic inflammation of the skin, chronic ulcers etc. Plant juice is applied externally on abnormal swellings and inflammations. Juice is also good to check fever. Dried leaf powder is good for tuberculosis. Boiled plant soup is used as

hair lotion.

Source: Gregarious in waste lands and fields of valley areas.