

# Sang-brei



## Common Name

**English :**

**Hindi :**

**Manipuri :** Sang-brei

## Scientific Name

**Group :** Angiosperm (Dicotyledon)

**Family :** Lamiaceae

**Genus :** Pogostemon

**Species :** parviflorus Benth.

**Habit :** Aromatic undershrub

**Parts Used :** Leaf

**Mode of Preparation :** Fresh leaves chopped & soaked in water for infusion. Fresh leaves boiled for extract. Leaves boiled with rice water for hair lotion. Leaf & shoot used in the preparation of traditional hair shampoo.

**Mode of use :** Decoction and Fresh

**Ingredients :** Leaves contain an essential oil.

**Ailment Treated:** Leaf juice/ infusion is used for menstrual disorder. Leaf extract is used as hair lotion ( conditioning of hairs & eradication of lice). Dried leaves & flowers are used as insect repellent.

**Source:** Generally cultivated in the valley areas.