

Thangjing



Common Name

English :Fox nut

Hindi :Makhana

Manipuri :Thangjing

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Nymphaeaceae

Genus :Euryale

Species :ferox Salisb.

Habit :Aquatic rooted spiny herb

Parts Used :Fruit, Leaf and Seed

Mode of Preparation :Leaf petiole crushed with water for paste preparation. The fruit has a special taste and aromatic flavour. The tender leaves and petioles after removing spiny skin may be served as vegetable in curries and salads. The immature fruit (lolang) is used after boiling and mature fruit (aroba) is used fresh. Stalk of leaves and fruits are edible. Petiole edible, fruit is eaten both raw and cooked.

Mode of use :Fresh

Ingredients :Fruit contains food values per 100 gm of edible portion : Protein-12.8g, Fat-0.1gm, Minerals-0.5gm, Carbohydrate-76.9gm, Calcium-20mg, Phosphorus-90mg and Iron-1.4mg. The antioxidants mainly a-, b-, g- and s-tocopherol have been extracted with organic solvents from the seed.

Ailment Treated:Raw fruit is used for diabetes, leaf petiole paste is applied on burns and boils. Seeds are spernatorrhoea, tonic, astringent and deobstruent. Seed flour is used as a substitute for arrowroot and easily digestible.

Source:Extensively cultivated in ponds and other water bodies.