

Thoiding



Common Name

English :Sesame

Hindi :Til

Manipuri :Thoiding

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Lamiaceae

Genus :Arisomales

Species :indica (Linn.) O. kuntze

Habit :Aromatic tall undershrub

Parts Used :Root, Leaf and Seed

Mode of Preparation :Dried seed ground for powder.

Mode of use :Decoction, Fresh

Ingredients :Seeds yield a fatty oil called sesame oil. Seeds are rich in thiamine and niacin. Seeds contain a fixed oil and leaves contain a gummy matter. A flavonoid glucoside pedalin is isolated from leaves.

Ailment Treated:Seed powder is eaten with salad as an appetizer. Leaf is used as a constituent in the preparation of traditional hair lotion. A plaster made from the seed is applied to burns and scalds. Fresh leaves are used in affections of kidney and bladder. Seed oil is used in ophthalmopathy, burning sensation of legs and leucoderma.

Source:Cultivated in the valley areas.