

Thoiding angouba



Common Name

English :Linseed

Hindi :Tisi

Manipuri :Thoiding angouba

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Linaceae

Genus :Linum

Species :usitatissimum Linn.

Habit :Aromatic herb

Parts Used :Whole plant

Mode of Preparation :Whole plant is crushed/smashed and oil can be extracted from the seeds.

Mode of use :Fresh

Ingredients :Seed contains protein, fatty oil, carbohydrate, fibre, calcium, phosphorous, thiamine, riboflavin, niacin and vitamin E.

Ailment Treated:Seeds are emollient, thermogenic, expectorant and diuretic. Dry seeds are demulcent, rheumatism and gout. Flowers are used in cardiogenic. Crushed seed is used as a poultice.

Source:Cultivated in vegetable gardens.