

# Thoiding



## Common Name

**English :**

**Hindi :**

**Manipuri :** Thoiding

## Scientific Name

**Group :** Angiosperm (Dicotyledon)

**Family :** Lamiaceae

**Genus :** Anisomales

**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 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 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.