

Torbot



Common Name

English :Ash gourd

Hindi :Petha

Manipuri :Torbot

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Cucurbitaceae

Genus :Benincasa

Species :hispida (Thunb.) Cogn.

Habit :Robust climber

Parts Used :Seed and Fruit

Mode of Preparation :Fruit is boiled for extract. Fruit is boiled for consumption. Fresh fruit pulp crushed for consumption & paste. Seeds roasted and crushed for consumption. Fruit is boiled for consumption. Fruits used as vegetable.

Mode of use :Decoction and Fresh

Ingredients :Seeds yield a type of fatty oil. Seeds also contain pure protein and arginine, histidine, lysine, tryptophane, phenylalanin and cystine.

Ailment Treated:Boiled fruit is used in stomach ulcers and jaundice. Cooked fruit is eaten for stomach & liver problems. Fresh fruit paste is good for local application on eyes against blackening of skin and eye-itching. Seed oil is

anthelmintic. Fruit is good for diabetes and diuretic.

Source:Extensively cultivated in valley areas.