

# Yai-heinou nambi



## Common Name

**English** :Mango-ginger

**Hindi** :Am-haldi

**Manipuri** :Yai-heinou nambi

## Scientific Name

**Group** :Angiosperm (Monocotyledon)

**Family** :Zingiberaceae

**Genus** :Curcuma

**Species** :amada Roxb.

**Habit** :Rhizomatous herb

**Parts Used** :Rhizome

**Mode of Preparation** :Fresh rhizome is crushed for fresh consumption.

**Mode of use** :Fresh

**Ingredients** :Rhizome contains an essential oils (1,8-eineole, myrcene), Curcumene, Pinene, Camphor, b- and a-Curcumene, etc.

**Ailment Treated**:Fresh rhizome is useful for intestinal worm infection. Rhizomes are carminative, stomachic and are used on contusions and sprains.

**Source**:Generally found growing in the wild habitat of low altitude hills. Extensive cultivation in the valley area can be possible. Not so common.