

Yai-pal



Common Name

English : East indian arrow-root

Hindi : Tikhur

Manipuri : Yai-pal

Scientific Name

Group : Angiosperm (Monocotyledon)

Family : Zingiberaceae

Genus : Curcuma

Species : angustifolia Roxb.

Habit : Rhizomatous herb

Parts Used : Rhizome, Flower

Mode of Preparation : Fresh rhizome crushed for consumption. Rhizome crushed with water for decoction/ consumption. Rhizomes and flowers are edible.

Mode of use : Fresh, Decoction

Ingredients : Rhizome yields starch resembling arrowroot which is easily digestible.

Ailment Treated: Crushed rhizome taken to cure cough and dysentery. Boiled rhizome is easily digestive.

Source: Generally grown in low altitude hills. Sold in the market. Not cultivated.