

Yempat



Common Name

English : Wild Ispaghula

Hindi :

Manipuri : Yempat

Scientific Name

Group : Angiosperm (Dicotyledon)

Family : Plantaginaceae

Genus : Plantago

Species : major Linn.

Habit : Gregarious delicate herb

Parts Used : Seed and Leaf

Mode of Preparation : Leaves are roasted into burning charcoal for local application. Leaves are crushed for extract. Seeds soaked for into water consumption. Leaves boiled with water for extract use.

Mode of use : Decoction, Fresh and Local Application

Ingredients : Seed contains mucilaginous matter, plantagic acid. Leaves contain aucuboside, vitamins A, C, K, presence of compounds like campesterol, b-sitosterol, stignasterol, oleanolic acid are reported. Organic acids namely tartaric acids, malic acid, malonic acid, succinic acid and ursolic acid are found in the plant.

Ailment Treated: Roasted leaf paste is useful for boils, muscular sprain and gout. Leaf extract is cooling and used as

diuretic and astringent. Leaf decoction is useful for eye wash in eye ache.

Source: Very common in wild habitat nearby grazing grounds and forest edge.