



## Herbal Garden (Muligai Vanam)

### Lemon Grass



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<b>Botanical Name</b>	:	<i>Cymbopogon citratus</i> (L.)
<b>Tamil Name</b>	:	Vasanaippul; karppurappul; elumitchaipul
<b>Sanskrit Name</b>	:	Bhustrina
<b>English Name</b>	:	Lemon grass

### Distribution and Habitat

*Cymbopogon citratus* (L.) is a fragrant herb belonging to the Poaceae family. It is native to India, Sri Lanka and South-East Asia. It is found growing naturally in tropical grasslands. It is extensively cultivated throughout tropical Asia. It is a tufted perennial grass growing to a height of 2.5 meter with numerous stiff leafy stems arising from short rhizomatous roots. Leaves are not basally aggregated; non-articulate. The leaf-blade is linear, tapered at both ends and can grow to a length of 50 cm, width 1.5 cm. The leaf-sheath is tubular in shape and acts as a pseudo stem. Leaves are long glaucous, green, linear tapering upwards and along the margins.



<https://pangeaorganics.com/blogs/pangea-blog/lemongrass-cymbopogon-schoenanthus>

### Parts used

Leaves, root and stem

### Phyto-chemical constituents

Alkaloids, volatile and non-volatile terpenoids, flavonoids, carotenoids and tannins.

### Uses

Lemon grass is a fragrant herb which is increasingly used in teas, beverages, herbal medicines, and Eastern inspired soups and other dishes. Leaves are steam distilled to extract lemongrass oil.

### Medicinal uses

*C. citratus* is traditionally used for treating intestinal spasms as well as for treating anorexia. Its medicinal properties were considered helpful in the treatment of gout, prostate inflammation, kidney disorders, stomach pain, fever and rheumatism (Avoseh et al., 2015). The plant is used for treating stomach ache, high blood pressure, vomiting, cough, common cold and exhaustion. It is also used to kill germs and a mild astringent. By inhalation, the essential oil of lemongrass is used as aromatherapy for muscle pain (Shah et al., 2011). The lemon grass is a good cleanser that helps to detoxify the liver, pancreas, kidney, bladder and the digestive tract. It cuts down uric acid, cholesterol, excess fats and other toxins in the body while stimulating digestion, blood circulation and lactation (Mirghani et al., 2012).

### Conclusion

*C. citratus* (L.) is one of the popular and important medicinal plant of tropical and sub tropical regions. The lemongrass has been reported for its biochemical and pharmacological activities such as anti-diarrheal, anti-malarial, anti-hypertensive, anti-hyper-lipidemic, cardio-protective, anti-diabetic, anti-cancer, hepato-protective, anthelmintic, anti-bacterial, analgesic, anti-inflammatory, and anti-oxidant.

