

LEMON GRASS (*Cymbopogon citratus*)

Family: Poaceae / Gramineae

Vernacular Names: Hindi: Gandhatrina, Bhustrina | English: Lemon Grass | Sanskrit: Bhutika, Guchchapatra

Synonyms: Andropogon citratus, West Indian Lemon Grass

Botanical Description: 34 feet unchi sugandhit ghaas. Patte lambe, tapering, kinare tez. Neeche se patte chodi aur ek dusre ko kas kar pakde hue. Phool 3060 cm lambi spike me

Habitat: Garam aur nam jagah me ugti hai. India me Kerala, Karnataka, Assam, Maharashtra me kheti hoti hai. Pani bharav pasand nahi

Ras Panchak:

Rasa: Tikta, Katu

Guna: Laghu, Ruksha, Teekshna

Virya: Ushna

Vipaka: Katu

Doshagnata: Kapha Vata shamak, Pitta vardhak

Amayik Prayog: Jwar, Pratishtyay, Ajeerna, Aadhmana, Twakroga, Mutrakrichhra, Anxiety

Part Used: Patte, Tana, Mool, Tail

Matra: Swaras 10 - 20 ml | Churna 1 - 3 gm | Tail 2 - 5 boond

Specific Yoga: Panchakarma me swedan ke liye, Balatail, Mahanarayan tail me

Chemical Composition: Essential oil 0.20.5%. Mukhya tatva Citral 7080%. Iske alawa Geraniol, Limonene, Myrcene, Flavonoids, Phenols, Saponins, Tannins

