



## Herbal Garden (Muligai Vanam)

### Country Mallow (Thuthi)



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Botanical Name: *Abutilon indicum* (L.) Sweet  
Tamil Name: Thuthi  
Sanskrit Name: Atibalaa  
English Name: Country Mallow

#### Habitat

Herbs (Shrubs), ca. 3 m in height; branches terete, downly tomentose; stem covered with soft velvety tomentum. Leaves simple, alternate, spiral; stipules linear ca. 2-5 mm long, petioles ca. 2-18 cm long, stellate pubescent mixed with sparse, simple, spreading hairs; lamina ca. 1.7-15 x 1-12 cm, cordate at base, acute or acuminate at apex, irregularly dentate, stellate pubescent above, grey felted beneath; palmately 5-9 nerved at base; secondary nerves 2-3 pairs. Flowers axillary, solitary, ca. 2.5 cm in diam., golden-yellow; pedicel ca. 4 cm, articulate near apex, grey stellate puberulent; calyx ca. 6-10 mm in diam., green, disk-shaped, densely grey puberulent, lobes 5, broadly ovate, apex acute, corolla uniformly yellow; petals obovate, 1-1.5 cm long and broad, claw hairy on the margin; staminal column 5-7 mm long, stellate pubescent; Schizocarps ca. 1.5-2.5 cm in diam., globular, flat or slightly indented at apex; mericarps 15-27, blackish, reniform, upper part with a short acute mucro, dorsally and ventrally stellate-hairy, laterally glabrous, smooth. Seeds 2-3, ca. 1.5-2 mm in diam., black brownish, reni-form, minutely stellate-hairy or glabrescent. (<https://indiabiodiversity.org>).



Photo Source: [www.picswe.com](http://www.picswe.com)

## Importance of Country Mallow species

Since ancient times, plants have been used in traditional medicine. There are many sources that give information about the use of plants and plant parts as medicine. The indigenous medical practitioners have practiced this traditional medicine for thousands of years. There have been three systems of medicine, namely, Ayurveda, Unani, and Siddha which use over 7,500 plant species in our country.



Photo source: <http://senthuerbals.blogspot.com>

## Medicinal uses and other benefits

*Abutilon indicum* are useful in treatment of gout, tuberculosis, ulcers, bleeding and worms. It can also be used as a digestive, laxative, expectorant, diuretic, astringent, analgesic, anti-inflammatory, anthelmintic and demulcent and aphrodisiac. The root and bark can be used as an aphrodisiac.

Leaves are roasted in castor oil and applied to cure piles, itching of anus and fistula. The leaf decoction is used as mouth wash in the treatment of tooth ache and tender gums. Decoction of the root is used in the treatment of diabetes. The seeds can be used in the treatment of urinary disorders. The seeds are used as a laxative in piles and in the treatment of cough (Rajeshwari and S. P. Sevarkodiyone 2018).

## Conclusion

*Abutilon indicum* contains many chemical constituents being carbohydrates, steroids, glycosides, flavonoids, tannins and phenolic compounds (Rajagopal Ramasubramania Raja, 2015). This plant grows naturally and hence it not necessary to use any pesticide. The seeds fall by themselves and grow in the natural environment. We should live in harmony with the environment and nature so that we can lead healthy and productive lives.

