



Herbal Garden (Muligai Vanam)

Pappan poondu/ Parppatakam



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| Botanical Name | : | <i>Oldenlandia corymbosa</i> L. |
| Tamil Name | : | Pappan poondu, Parppatakam, Kattucayaver |
| Sanskrit Name | : | Parpata, Parpataka |
| English Name | : | Diamond flower |

Distribution and Habitat

Oldenlandia corymbosa Linn, belongs to the family of *Rubiaceae*. It is widely distributed in the tropical and temperate parts of both the hemispheres. It is also found in the Himalayas at an altitude up to 2000 meters. *Oldenlandia* genus has about 240 different species worldwide. *O. Corymbosa* is an annual herbaceous medicinal weed, found during monsoon in fields, waste places, and lawns. This



plant is a slender ascending herb growing up to 50 cm. The leaves are 1.3-2 cm by 0.8-3 mm; the lower leaves are often broader than upper ones, linear, acute, glabrous, usually with recurved margins. Flowers are white in pairs or in threes, usually on solitary axillary peduncles longer than the calyx. Fruits are loculicidal capsules, globose and the seeds are minute, pale brown, angular

Parts used

Whole plant

Uses

Traditionally, the plant leaves and stems are used as leafy vegetables. The root of the plant yields a green dye known as 'gerancine' after mixing with a mordant.

Medicinal uses



From ancient time this plant has been used for the treatment of variety of ailments. The plant possesses secondary metabolite substances like flavones, polyphenols, anthocyanidins, iridoids, tannins, and alkaloids. Juice from this plant is used in gall bladder disease and gonorrhoea. Daily use of its juice prevents stomach problems arising due to gastric, vitiated conditions of pitta, giddiness, indigestion, and necrosis. It acts as a blood purifier and helps in normal blood circulation process and effective medicine for jaundice and liver diseases. It can kill intestinal worms (Das *et al.*, 2011). The plant is known to clear heat and toxins. It is also active against appendicitis, hepatitis, pneumonia, urinary infection, cellulites and snake bite. The plant is reported to have immunopotential activity and it has been used to treat some tumors.

Conclusion

Oldenlandia corymbosa Linn, is an annual herbaceous medicinal weed along roadsides, wastelands and other degraded areas in various warmer parts of the world. The whole plant is widely used in traditional and folkloric systems of medicine. It is also used for its remarkable nutritional, antioxidant and free radical scavenging properties. It is an important medicinal herb that can be used as an anti-tumor, anti-helminthic, hepatoprotective, anti-fungal and anti-microbial, anti-inflammatory, anti-pyretic, antioxidant, and anti-hyperlipidemic activity.

