



Herbal Garden (Muligai Vanam)



Nannari

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| Botanical Name | : | <i>Hemidesmus indicus</i> (L.) R. Br., |
| Tamil Name | : | Nannari |
| Sanskrit Name | : | Anantamool |
| English Name | : | Indian Sarsaparilla |

Distribution and Habitat

H. indicus is a perennial, slender, straggling or twining herb, lactiferous that belongs to the family Apocynaceae. It is native to India, primarily found in South Asian countries such as India, Pakistan, Sri Lanka, Bangladesh, Maldives, Iran and Moluccas. It commonly grows in deciduous forests, uncultivated lands and moist hedges.



It has long, cylindrical, slightly twisted aromatic roots and brown-coloured bark. Stems numerous, slender, having thickened nodes. Leaves simple, opposite, linear to elliptic, 2.5-4 x 0.5-2 cm, glabrous above, glaucous below, often whitish along veins. Flowers c. 8 mm across, pale yellow. Follicles c. 9 x 0.6 cm. Fruits are cylindrical and long up to 10 cm. seeds are flat, oblong with a long tuft of white silky hair. Seeds are black, 6-8 cm long.

Parts used: Whole plant

Phytochemical constituents

Alkaloids, steroids, terpenoids, flavonoids, saponins, phenolic compounds, tannins, lignin, cardiac glycosides, volatile oils, hemidesmol, and coumarin.

Uses

Roots immersed in water overnight and this water is consumed for indigestion. Essence obtained from the roots mixed in *sherbeth*, very cooling.

Medicinal uses



H. indicus is used directly as an herb or as a main component for production of a number of medicines and food supplements for physical rejuvenation, therapy for the conditions affecting liver, kidney, cardiovascular and immune systems. It is widely used as tonic, to cure irritation, diuretic and blood

purifier. The plant is traditionally used for various ailments such as diabetes, leprosy, skin diseases, urinary diseases, syphilis, snakebites, scorpion stings, inflammation, rheumatism, dysentery, anorexia, respiratory disorders, fever, cough, bronchitis and cancer (Chakraborty and Choudhary, 2014). The plant has cooling effect and used in venereal diseases including gonorrhoea, stomach ulcer, diabetes and fever, increases lactation in mothers. Root decoction is useful for curing high fever and skin diseases. The rind of the root is chewed for sore mouth. The root is used to make sweet aromatic drink, and consumed instead of coffee and tea. The dried entire plant is used to cure skin problem. The fresh roots are used to make a soft, nourishing beverage to promote youthfulness, health and vitality (Anoop, 2008).

Conclusion

H. indicus is a potential source of several active principles of therapeutic value. It is an important medicinal herb used in the traditional system of medicine in India. Many reported studies highlighted the potential pharmacological properties of this plant like anti-diarrhoeal, anti-cancerous, anti-diabetics, anti-malarial, anti-microbial, anti-venom and anti-inflammatory.

Photo link: <https://junglifood.wordpress.com/2020/01/21/indian-sarsaparilla-nannari-ananthmool/> <https://www.desertcart.in/products/520539813>

