



Green Health

Herbal Garden (Muligai Vanam)

Peanut



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Botanical Name	:	<i>Arachis hypogaea</i> L.
Tamil Name	:	Nilakkadalai; Verkkadalai
Sanskrit Name	:	Bhūchāṇaka
English Name	:	Peanut; Groundnut

Distribution and Habitat

Peanut (*Arachis hypogaea* L.), also known as groundnut, belonging to legume family Fabaceae is found all over the world and it is cultivated in all tropical and sub-tropical regions. It is an annual herbaceous plant growing 20 to 90 cm tall.



The leaves are opposite, pinnate with four leaflets (two opposite pairs; no terminal leaflet), each leaflet is 1 to 7 cm long and 1 to 3 cm broad. The root system is taproot and allows the exploration of a large volume of soil. The taproot is well developed and the numerous lateral roots can penetrate up to 135 cm deep. The flowers are a typical pea flower in shape, 2 to 4 cm across, yellow with reddish veining. Hypogaea means "under the earth", after pollination, the flower stalk elongates causing it to bend until the ovary touches the ground. Continued stalk growth then pushes the ovary underground where the mature fruit develops into a legume pod; the peanut is a classic example of geocarpy. Pods are 3 to 7 cm (1.2 to 2.8 in) long, containing 1 to 4 seeds.

Parts used: Leaves, roots and seeds

Phyto-chemical constituents: Niacin, protein, lipids, fatty acids, folate, fiber, magnesium, vitamin E, manganese, phosphorus, stilbenephytoalexins, stilbenoids, p-coumaric acid, phyto-sterols, β -Sitosterol, stigmesterol and campesterol.

Uses: *A. hypogaea* is a good example of symbiotic association for nitrogen fixation which can help to enrich the soil. Peanut oil used as ointments, plasters, soap and lubricant. Roots are used as alternative fuel and cosmetic purpose. Seeds are eaten raw, boiled, roasted, salted, steamed, used in confectionary, made into peanut butter, or ground into meals of flours for breadstuffs. The oil cakes obtained from pressing the seeds are used as animal feed.

Medicinal uses:

The presence of bioactive compounds in peanut confers it with medicinal properties that help in the prevention of diseases and health promotion. Peanut is the largest source of the protein arginine, and peanut proteins are said to be equivalent to meat and eggs based on nutritional value. The fibre in peanuts contains sucrose and starch as well as other reducing sugars, and this is why peanuts have a low glycaemic index, the carbohydrate in peanuts leads to a slower rise in blood sugar. Peanut is an excellent source of vitamins that include vitamin A, E, niacin, riboflavin, thiamin, folate, pyridoxine and pantothenic acid. It also supplies minerals such as copper, manganese, iron, phosphorus, magnesium, selenium, and zinc (Arya et al. 2016).

Peanut oil is free from trans-fat, low in saturated fats, high in unsaturated fatty acids, and has no cholesterol. The health benefits of peanuts are numerous and include improving serum lipids profile as well as the reduction in the risk of cardiovascular disease leading to protection of the heart. It has also been suggested that peanut intake reduces the risk of colorectal cancer. Consumption of peanuts, especially with its skin, has been reported to provide an antioxidant activity that leads to long-term health benefits (Win et al. 2011).



It has varied pharmacological activities like antimicrobial, antifungal, antiviral, antioxidant, anticancer, antihypertensive, neuro-protective, anti-mutagenic, anti-proliferative, anti-inflammatory. Peanut oil is used in dermatology for crusting and scaling of the scalp (with hair), baby care and dry skin. Other applications include use as a bath additive for sub-acute and chronic eczema. Plant emollient and demulcent, used to relieve cough. Leaf macerations are drunk as a diuretic; leaf infusions drunk against female infertility and as eye drops to treat cataract. Pod extracts taken as a galactagogue and as eye drops to treat conjunctivitis.

Photo link: <https://www.inaturalist.org/photos/105026294>;
<https://www.inaturalist.org/photos/729796>

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Free Siddha Medical Camp

In the month of November 2025, a Free Siddha Medical Camp was successfully conducted at the Green Rameswaram Office from 25th to 28th November 2025. Despite the heavy rains during the programme, patients attended with great dedication. A total of 100 patients benefitted from the consultations, treatments, and therapeutic services offered through this camp.

The inaugural ceremony began with the lighting of the traditional lamp by **Shri Nagalingaraja**, Siddha Doctor. The camp was efficiently organised with the support of the Green Rameswaram staff members—Sis. Bhuvaneshwari, Sis. Janani, Sis. Rekha, Shri. Balaguru, Shri. Bharathkumar, and Sis. Sakunthala.

Medical Services:

- Comprehensive Siddha medical consultations and treatments were provided.

- Several patients with complicated health issues received special attention, and customized Siddha medicines were prepared on the spot to address their specific needs.
- Each patient received Siddha *choornams* and oils worth approximately ₹500, free of cost.
- Two masseurs and one masseuse offered therapeutic massage services, helping patients relieve pain and various muscular ailments.
- The positive feedback from the public was encouraging and has strengthened the resolve to continue organising such camps in the future.



Vai. Nagalingaraja examining the patients



Siddha team preparing medicine for patients

