



Locally Available Leafy Vegetables & their Medicinal Values



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Palang shak -*Spinacia oleracea* L.



Effective against urinary calculi. Used as laxative, emollient, diuretic, astringent. Also useful against fever and inflammation

Methi shak-*Trigonella foenum*



Leaves are useful as mild aperients; plant shows anti-tumour, anti-fungal and anti-viral activity

Sorse shak-*Brassica Juncea* (L.)



Useful in dengue, dyspepsia, abdominal colic, and worms.

Motor shak -*Pisum Sativum* L.



Useful in preventing pregnancy

Bathua shak-*Cheno podiumalbum* (L.)



Useful against indigestion, intestinal ulcers, piles, eye and throat trouble, hepatic disorder, spleen enlargement

Cholar shak -*Cicer Arientum* L.



Useful against sprains, dislocated joint, bronchitis

Sajna shak -*Moringa oleifera* Lam



Useful against verminosis, diarrhoea, paralysis, inflammations, fever, strangury, renal calculi, ascites, ophthalmopathy, cough, asthma, bronchitis, epilepsy and hysteria

Kachu shak -*Colocasia esculenta* (L.)



Useful against internal haemorrhages, otalgia, otorrhoea, adenitis and buboes.

Lau shak-*Lagenariasiceraria*



Useful against cough, bronchitis, inflammations, skin disease, leprosy and fever

Kumro shak-*Cucurbitamaxima* Duchesne



Useful against inflammations, abscesses, migraine and neuralgia.

Pui shak -*Basella rubra* L.



Useful against leprosy, skin disease, leucoderma, ophthalmopathy, intestinal worms, dyspepsia, ulcers, tuberculosis, eczema and malarial fever.

Thankuni pata shak -*Centella asiatica*



Useful against dermatosis, anaemia, diabetes, cough, dysphonia, insanity, skin diseases and leprosy.

Kalmi shak -*Ipomoea aquatica* Forsk



Beneficial for nervous and general debility in females. Juice is remedy for liver complaints, also used as emetic, purgative and antidote to Opium and arsenic poisoning.

Mula -*Raphanus Sativus*



Used as diuretic, carminative and digestive.

Aloo shak -*Solanum tuberosum*



Used as antispasmodic in chronic cough. Also used as aperients, diuretic, nervously sedative and stimulant in gout.

Shushni shak -*Marsilea Quadrifolia*



Useful in psychopathy, ophthalmia, diarrhoea, cough, bronchitis, leprosy, skin diseases, dyspepsia, fever and insomnia

Note shak -*Amaranthus viridis*



Rich in protein, calcium, iron, copper, vitamins, magnesium, zinc and manganese. Copper is essential to produce red blood cells. Zinc helps for growth and maintenance, digestion and the development of the human body.

Dhoney pata -*Coriandrum Sativum* L



Leaves are astringent, aromatic, analgesic, anti-inflammatory, and antispasmodic. Used in pharyngopathy, epistaxis, chronic conjunctivitis, jaundice, and inflammation.

Kulekhara shak -*Hygrophila Auriculata*



Useful against arthritis, thirst, bladder stones, eye diseases, dysentery, jaundice, dropsy and rheumatism

Gima shak -*Glinus oppositifolius*



Given for cough and fever, particularly after measles.

Neem pata -*Azadirachta indica*



Useful against leprosy, skin disease, leucoderma, ophthalmopathy, intestinal worms, dyspepsia, ulcers, tuberculosis, eczema and malarial fever.

Pudina pata -*Mentha arvensis* L.



Useful against conyza, diaphoretic fever, headache, rhinitis, arthralgia, neuralgia, colic, vomiting, dyspepsia, diarrhoea and prurigo.

Pat shak -*Corchorus olitorius*



Used as a remedy in pain, dysentery, enteritis, fever and tumors. Its leaves are unctuous and diuretic. It relieves burning sensation and promotes the strength.

Data shak -*Amaranthus gangeticus*



Is a good source of iron, making them an excellent dietary supplement for preventing anaemia. Rich in unsaturated fatty acids, tocopherols, and polyphenols, making it a valuable source of antioxidants.