

Kalmegha



Latin name- *Andrographis paniculata*

Family- Acanthaceae

Vernacular names-

Hindi name- Kalamegha, Kalpanath

Bengali name- Kalamegh

Gujarathi name- Kariyathu, Litu Kariyat

Kannada name- Nelabevu

Marathi name- Kiriath

Malayalam name- Nelavepu, Nelavemu,

Tamil name- Nelavemu, Nilavembu, Nilavempu, Nilavembu, kudineer

Telugu name- Nelavemu

Urdu name- Bhooinimo

Morphology-

small, erect, annual herb with a quadrangular stem, opposite lanceolate leaves, small white or purplish flowers in panicles, and linear-oblong capsules containing numerous yellowish-brown, sub-quadrate seeds.

Distribution-

Plant is found throughout India, especially in West Bengal. Generally it is found in gardens, rural areas & waste places.

It is also found in Central India, Kerala, Assam, Andhra Pradesh, Bihar, West Bengal & other provinces in India.

Properties:

Rasa - Tikta

Guna - Laghu , Ruksha

Vipaka -Katu

Veerya - Ushna (Hot)

Karma - Kaphapitta shamaka

(reduces vitiated kapha and pitta dosha)

Part used- Whole plant

Dosage-

Juice-5 to 10 ml

Powder- 1 to 3 g

Decoction-20-30 ml

Uses of Kalamegha as per Ayurveda:

Yakrut uttejaka - stimulates liver

Pittasaraka - lets out Pitta from the body

Recana useful in expelling vitiated Pitta

Krimighna useful in worm infestation

Svedajanana stimulates sweating, useful in fever

Kusthaghna useful in skin disorders

Jvaraghna - useful in fever

Katupaustika - bitter pungent, yet nourishing.