

Lajjalu

Botanical Name – *Mimosa pudica* Linn.

Family- Mimosaceae

Classical Names/ Synonyms- *shamipatra, samnga, jalkarika, raktapaadi, namaskaari, khadarika*

Botanical synonym-

Mimosa hispidula Kunth

Vernacular names-

Assamese - *Adori-bon, Nilaji-bon, Lajuki-lata*

English - Touch Me Not, Humble plant, Sensitive plant

Hin - *Chuimui*

Hindi - *Chui Mui, Lajvanti*

Irula - *Thotta sinungi*

Kannada - *Lajja*

Malayalam- *Thottavadi, Theendarmani, Thottalvadi*

Others - Humble Plant, Virgin Plant, *Thottaccurungi (Tamil), Kangphal Ikaithabi} (Manipuri),*

Nilajban (Assamese), Shameful Plant, Modest Plant, Lajwanti (Hindi), *Tintarmani* (Malayalam),

Sensitive Plant, {kangphal, Shrinking Plant, Touch Me Not, Lajjabati (Bengali), Sleeping Grass,

Thotta Surangi, Chui-mui (Hindi), Shy Plant

Tamil - *Thottar sinungi,*

Different Species-

Var. hispida Brenan

Var. tetrandia DC

Var. unijuga Griseb

Habitat and Distribution-

Common on moist and ungrazed places. Near riverbanks, bunds of arable lands, fallow lands and water courses. Found in plains from the coast to 1300m. Native of South America, now pantropical.

India: Assam, Bihar, Kerala, Madhya Pradesh, Maharashtra, Manipur, Mysore, Odisha, Rajasthan, Tamil Nadu, West Bengal; Brazil

Botanical Description-

Straggling subshrubs; stem 4-angular, without prickles. Leaves alternate to 12 cm long; rachis, tomentose; pinnae 5-10 pairs; leaflets c.20 pairs, oblong, 3-7 by 0.75-1 mm, overlapping, base oblique-truncate, apex acute-mucronate. Flowers pink. Lomentum flat, margin with recurved prickles; seeds 3-5, subrhombic.

Flower-In axillary heads; pink. Flowering from November-March.

Fruit- A flat pod, slightly undulate, jointed, bristly along margin, horned; seeds 2-5, ovoid, compressed. Fruiting from January-May.

Field tips- Stem well branched with highly sensitive leaves. Prickles short, curved.

Leaf Arrangement- Alternate-distichous

Leaf Type-Bipinnate

Leaf Shape-Elliptic-oblong

Leaf Apex-Acute

Leaf Base- Truncate-obtuse

Leaf Margin-Entire-ciliate





Ayurvedic Properties-

- **Rasa-** Tikta, kashaaya
- **Guna-** laghu, ruksha
- **Virya-** Sheet
- **Vipaka-** katu
- **Dosha Karma-** kaphapittanashak

Karma- sandhaaniya, purishsangrahiya

Prayoga-

Yoniroga – useful in female reproductive system related disorders such as heavy periods

Atisara – diarrhoea, dysentery

Raktapitta – Bleeding disorders such as nasal bleeding, heavy periods, etc

Pittatisara – diarrhea due to excess Pitta, ulcerative colitis

Shopha – inflammation

Daha – burning sensation, as in gastritis, neuropathy, burning sensation in eyes etc

Shrama – tiredness, fatigue

Shwasa – asthma and chronic respiratory disorders

Vrana – Ulcers, wounds

Kushta – skin diseases

Asra – blood disorders such as abscess, skin disorders, bleeding disorders such as menorrhagia, nasal bleeding etc

Part Used- Root and leaves

Dose- *swaras* - 10-20ml

Important Formulations-

Kutaja avaleha

Lakshadi churna

References from Brihatrayee-

Charaka Samhita –

Sandhaniya – Group of herbs useful in quick wound / fracture healing

Purisha sangrahaneeya – Group of herbs that increase the bulk of feces

Sushruta- *Priyangvadi gana, Ambashtadi gana*

Vagbhata- *Priyangvadi gana*

Bibilography-

1)<https://indiabiodiversity.org/species/show/33177>

2)<https://sites.google.com/site/efloraofindia/species/a---/f/fabaceae/mimosa/mimosa-pudica>