



**Hon. Nishikant Bhosale-Patil
(Dada)**

Founder, Prakash Shikshan
Mandal, Islampur



Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

P.G.INSTITUTE AND RESEARCH CENTER, ISLAMPUR

DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



BHUSTRINA

Marathi Name:

Botanical Name:

Synonyms:

Family:

Common Name:

Description:

Olecha ,Gavatichaha
Cymbopogon citratus
Andropogon sect. Cymbopogon (Spreng.)
Steud.Andropogon subg.Cymbopogon (Spreng.) Nees;
Gymnanthelia Andersson.
Poaceae (Grass family)
Lemon Grass, Oil grass,
Lemon Grass is a fragrant herb which is increasingly being used in teas, beverages, herbal medicines, and Eastern inspired soups and other dishes. This grass grows in dense clumps that can grow to 6 ft in height and about 4 ft in width, although it commonly seen much smaller. Leaves are strap-like, 1.3-2.5 cm wide, to 3 ft long, and have gracefully drooping tips. The evergreen leaves are bright bluish-green and release a citrus aroma when crushed. The fragrant leaves are the part that is used as flavoring. Leaves are steam distilled to extract lemongrass oil. The lemon grass plants rarely produce flowers. In fact, there are many cultivars which never flower. Lemon grass is native to India, Sri Lanka and South-East Asia. It is found growing naturally in tropical grasslands. It is also extensively cultivated throughout tropical Asia.

Attributes:

Medicinal uses:

Rasa-Katu, Tikta ,Amla, Veerya-Sheeta, Vipak-Katu, Guna-Laghu , Tikshna, Ruksha
The leaves and the oil are used to make medicine. Lemongrass is used for treating digestive tract spasms, stomachache, high blood pressure, convulsions, pain, vomiting, cough, achy joints (rheumatism), fever, the common cold, and exhaustion. It is also used to kill germs and as a mild astringent.