

## KALMEGH

<b>BOTANICAL NAME</b>	<b>:-</b>	<b>Andrographis paniculata</b>
<b>FAMILY</b>	<b>:-</b>	<b>Acantheceae</b>
<b>LOCAL NAME</b>	<b>:-</b>	<b>Kalmegh</b>
<b>HINDI NAME</b>	<b>:-</b>	<b>Kalmegh</b>



### HABITS AND HABITATS :-

It is a principal herb in the domestic medicine called 'Alui', which is given to infants. Both in Ayurveda and Unani, it is confused with 'Chitetta' (Swertia chirata), but both are different plants. It is widely available in Arabia. It was advertised in England as a substitute for quinine. It grows throughout India from Assam and Himachal Pradesh to all over south India. Grows well in moist and shaded places, but it prefers sunny situations.

### PLANTS DESCRIPTION :-

It grows erect to a height of 30-110 cm in moist shady places with glabrous leaves and white flowers with rose-purple spots on the petals. Stem dark green, 0.3 - 1.0 m in height, 2 - 6 mm in diameter, quadrangular with longitudinal furrows and wings on the angles of the younger parts, slightly enlarged at the nodes; leaves glabrous, up to 8.0 cm long and 2.5 cm broad, lanceolate, pinnate; flowers small, in lax spreading axillary and terminal racemes or panicles; capsules linear-oblong, acute at both ends, 1.9 cm x 0.3 cm; seeds numerous, sub quadrate, yellowish brown.

### PARTS USED :-

The whole plant.

### MEDICINAL PROPERTIES AND USES :-

Digestive: Promotes digestion Hepatoprotective: Protects the liver and gall bladder. Vermicidal: Kills intestinal worms & support intestine Anti-acne: Protect skin from pimples, Analgesic: Pain killer, Anti-inflammatory: Reduces swelling and cuts down exudation from capillaries, Antibacterial: Fights bacterial activity. Although Andrographis appears to have weak direct antibacterial action, it has remarkably beneficial effect in reducing diarrhea and symptoms arising from bacterial infections. Expectorant: Promotes mucus discharge from the respiratory system. Hypoglycemic: Blood sugar reducer.

### CHEMICAL COMPOSITION:-

Bitter diterpenoid lactones, especially deoxy-andrographolide, andrographolide and ncoandrographolide have been isolated from the whole plant and leaves. Flavonoids available in the roots. The main active constituents and marker compounds are considered to be the andrographolides and andrographis extracts are often standardized to these compounds.

### PRODUCTION TECHNOLOGY :-

Crop duration 90-100 days. Harvesting is done in end of October and 1<sup>st</sup> week of November. Harvest should be spread over on the floor and it should be covered at night to protect from dew. One week drying under shade is required. Average yield 2-2.5 t/ha dry herb.