

## *Coleus amboinicus*

*Coleus amboinicus*, commonly known as Indian borage, Cuban oregano, or Karpooravalli in Tamil, is a perennial herb belonging to the Lamiaceae family. It is native to Southern and Eastern Africa, but it is also cultivated in many other tropical and subtropical regions for its culinary, medicinal, and ornamental uses. Here's an overview:



**Kingdom:** Plantae  
**Order:** Lamiales  
**Family:** Lamiaceae  
**Genus:** Coleus  
**Species:** *C. amboinicus*



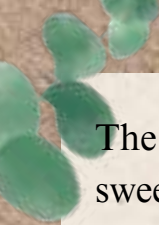
### Indian Language Names for *Coleus amboinicus*

Hindi: Patharchur (पथरचूर)  
Bengali: Pashan Bida (পাথরচূর)  
Tamil: Karpooravalli (கற்பூரவள்ளி)  
Telugu: Vaamu (వాము)  
Kannada: Doddapatre (ದೊಡ್ಡಪತ್ರೆ)  
Malayalam: Panikoorka (പനിക്കൂർക്ക)  
Marathi: Sugandhi Varsa (सुगंधी वर्षा)  
Gujarati: Sugandhi Varsad (સુગંધી વર્ષદ)  
Odia: Sambraja patta (ସମ୍ରାଜପତ୍ତା)  
Punjabi: Panichai (ਪਨੀਚਈ)

### Culinary Uses of *Coleus amboinicus* (Karpooravalli):

- Flavoring Agent:** The leaves of *Coleus amboinicus* have a strong, aromatic flavor that is reminiscent of oregano and thyme. They are used as a culinary herb to flavor various dishes, including soups, stews, curries, and salads. The leaves can be used fresh or dried and are often added towards the end of cooking to preserve their flavor.
- Tea:** Infusions or teas made from *Coleus amboinicus* leaves are consumed for their aromatic flavor and potential health benefits.





The leaves are steeped in hot water to make a soothing herbal tea, which is sometimes sweetened with honey or flavored with other herbs or spices.

### **Medicinal Properties of Coleus amboinicus (Karpooravalli):**

1. **Respiratory Health:** Coleus amboinicus is traditionally used in herbal medicine to alleviate respiratory symptoms such as coughs, colds, asthma, and bronchitis. It has expectorant properties, helping to loosen mucus and phlegm from the respiratory tract, making it easier to expel.
  2. **Digestive Aid:** The leaves of Coleus amboinicus are used to promote digestion and alleviate digestive discomfort. They may help relieve indigestion, bloating, gas, and stomach cramps. Consuming a tea made from the leaves after meals is believed to aid digestion.
  3. **Antimicrobial and Antibacterial:** Coleus amboinicus exhibits antimicrobial and antibacterial properties, which can help inhibit the growth of harmful microorganisms and prevent infections. It may be used topically to clean and disinfect wounds, cuts, and insect bites.
  4. **Anti-inflammatory Effects:** Some studies suggest that Coleus amboinicus has anti-inflammatory properties, which can help reduce inflammation and alleviate symptoms of inflammatory conditions such as arthritis and skin irritations.
  5. **Antioxidant Activity:** Coleus amboinicus contains antioxidants such as flavonoids and phenolic compounds, which help neutralize free radicals in the body and protect cells from oxidative damage. Antioxidants contribute to overall health and may help prevent chronic diseases.
  6. **Fever Reduction:** In traditional medicine, Coleus amboinicus is used to lower fever and relieve symptoms of feverish conditions. It may help reduce body temperature and promote sweating, aiding in the body's natural cooling mechanisms.
  7. **Wound Healing:** The leaves of Coleus amboinicus are sometimes used topically to promote wound healing. They may help cleanse wounds, reduce inflammation, and accelerate the healing process.
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