

Costusigneus

Costusigneus, commonly known as the Insulin plant, is a species of herbaceous plant belonging to the Costaceae family. It is native to Southeast Asia, particularly found in India, and is cultivated in tropical regions worldwide for its medicinal properties. The Insulin plant is named for its traditional use in Ayurvedic medicine as a natural remedy for managing diabetes and blood sugar levels.



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



Indian names for Costusigneus

Hindi: Insulin plant (इन्सुलिनप्लांट)

Bengali: Sita Lata (সীতালতা)

Tamil: Vedi Ver (வேடிவேர்)

Telugu: Chebulakaya (చేబులకాయ)

Kannada: Insulin soppu (ಇನ್ಸುಲಿನ್‌ಸೊಪ್ಪು)

Malayalam: Chekoli (ചേക്കോലി)

Marathi: Insulin (इन्सुलिन)


Gujarati: Insulin (ઇન્સુલિન)

Odia: Insulin (ଇନ୍ସୁଲିନ)

Punjabi: Insulin (ਇੰਸੁਲਿਨ)

Medicinal Properties of Costusigneus (Insulin Plant)

1. **Antidiabetic Activity:** The Insulin plant is primarily valued for its antidiabetic properties. It contains bioactive compounds such as corosolic acid and flavonoids, which are believed to help lower blood sugar levels by enhancing insulin sensitivity and promoting glucose uptake by cells. As a result, it is used as a natural remedy for managing diabetes and may help regulate blood glucose levels in individuals with diabetes.



2. **Hypolipidemic Effects:** Some studies suggest that *Costus igneus* may have hypolipidemic effects, meaning it can help lower blood lipid levels such as cholesterol and triglycerides. By reducing lipid levels, it may contribute to cardiovascular health and reduce the risk of heart disease, which is often associated with diabetes.

3. **Antioxidant Activity:** *Costus igneus* contains antioxidants such as flavonoids, phenolic compounds, and vitamin C, which help neutralize free radicals in the body and protect cells from oxidative damage. Antioxidants play a role in reducing inflammation, supporting immune function, and preventing chronic diseases.

4. **Anti-inflammatory Properties:** *Costus igneus* may possess anti-inflammatory properties, which can help reduce inflammation in the body. Chronic inflammation is linked to various health conditions, including diabetes, cardiovascular disease, and arthritis. By reducing inflammation, the *Costus igneus* plant may contribute to overall health and well-being.

5. **Digestive Support:** In traditional medicine, *Costus igneus* is also used to support digestive health. It may help improve digestion, alleviate gastrointestinal discomfort, and promote the overall well-being of the digestive system.

6. **Wound Healing:** Some traditional uses of *Costus igneus* include its application on wounds and cuts for promoting healing. Its antimicrobial and anti-inflammatory properties may help prevent infections and reduce inflammation in wounds, facilitating the healing process.

