

Cymbopogon nardus

Cymbopogon nardus, commonly known as Citronella grass or simply Lemongrass, is a tropical plant belonging to the Poaceae family. It is native to Southeast Asia but is now cultivated in many regions around the world for its culinary, medicinal, and aromatic properties. Lemongrass is well-known for its lemony flavor and fragrance and is used in various cuisines, herbal teas, and traditional medicines.

Indian names of Costusigneus

Hindi: जावासाली (Java Sali) or लेमोग्रास (Lemongrass)

Bengali: মালবাসা (Malbasa)

Tamil: சீமைச்சாம்பங்கால் (SeemaiChampaangal) or நார்த்தைபுல் (Nardhai Pul)

Telugu: సొలంగిచెట్టు (SolangiChettu) or నారిచెట్టు (Nari Chettu)

Kannada: ಕರಿಪಟ್ಟಿ (Karipatte) or

ನಾರ್ದಾಸ್‌ಅಲಾವಾ (NardasAlaava)

Malayalam: ഞാവറ (Nyavara) or

നാർദസ്‌പൂല് (Nardas Pul)

Marathi: सित्रोनेलागवत (Citronella Gavat)

Gujarati: સિટ્રોનેલાઘાસ (Citronella Ghaas)

Odia: ନାରଦଘଗୋଇ (NardasGhoi) or ନାରଦଘଗାଞ୍ଜି (NardasGaacha)

Punjabi: ਨਾਰਦਸਘਾਸ (NardasGhaas)




Culinary Uses of Cymbopogon nardus (Lemongrass)

1. Flavoring Agent: Lemongrass is widely used as a flavoring agent in culinary dishes, particularly in Southeast Asian cuisines such as Thai, Vietnamese, and Indonesian cuisine. It adds a citrusy, lemon-like flavor and aroma to soups, curries, stir-fries, marinades, and teas.

2. Herbal Teas: Lemongrass leaves are often used to make herbal teas, which are enjoyed for their refreshing taste and potential health benefits. Lemongrass tea is caffeine-free and may help promote relaxation, aid digestion, and relieve stress.

3. Condiment: Lemongrass can be used fresh, dried, or powdered as a condiment to enhance the flavor of various dishes. It is commonly used in spice blends, sauces, salad dressings, and marinades.



4. Aromatherapy: The essential oil extracted from Lemongrass is used in aromatherapy for its invigorating and uplifting aroma. It is often diffused or added to massage oils, bath products, and candles to promote relaxation, relieve stress, and improve mood.

Medicinal Properties of *Cymbopogon nardus*

1. Digestive Health: Lemongrass is used in traditional medicine to aid digestion and alleviate digestive discomfort. It may help relieve indigestion, bloating, and stomach cramps. Lemongrass tea is often consumed after meals for its digestive properties.

2. Antimicrobial Activity: Lemongrass contains compounds such as citral, geraniol, and limonene, which exhibit antimicrobial properties. It may help inhibit the growth of bacteria, fungi, and other microorganisms, making it useful for preventing infections and promoting overall health.

3. Anti-inflammatory Effects: Lemongrass has anti-inflammatory properties that can help reduce inflammation in the body. It may be used to alleviate symptoms of inflammatory conditions such as arthritis, rheumatism, and inflammatory bowel diseases.

4. Antioxidant Activity: Lemongrass 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.

5. Relief from Pain: The analgesic properties of lemongrass may help relieve pain associated with headaches, migraines, muscle aches, and menstrual cramps. It is often used topically in the form of essential oil or applied as a poultice to alleviate pain and inflammation.

6. Fever Reduction: Lemongrass is traditionally used to reduce fever and relieve symptoms of feverish conditions. It may help lower body temperature and induce sweating, promoting the body's natural cooling mechanisms.

7. Respiratory Support: Lemongrass is sometimes used to relieve respiratory symptoms such as coughs, congestion, and sore throat. Its expectorant properties help loosen mucus and phlegm, making it easier to expel from the respiratory tract.

8. Stress Relief: The aroma of lemongrass has calming and relaxing effects on the mind and body. It may help reduce stress, anxiety, and tension when used in aromatherapy or as a herbal tea.

