

Hibiscus rosasinensis



Common Name

Marathi: Jaswand

Tamil: Sembaruthi

Telugu: Mandaram

Malayalam: Chembarathi

Kannada: Dasavala

Bengali: Javaor Java Phul

Gujarati: Jasud

Punjabi: Jaswan

Kingdom: *Plantae*
Phylum: *Tracheophyta*
Class: *Magnoliopsida*
Order: *Malvales*
Family: *Malvaceae*
Genus: *Hibiscus*

The hibiscus is a genus of flowering plants in the mallow family, Malvaceae. There are several hundred species of hibiscus, native to warm temperate, subtropical and tropical regions throughout the world.

The genus includes both annual and perennial herbaceous plants, as well as woody shrubs and small trees.

General Features

Large, showy flowers in a wide range of colors (red, orange, yellow, pink, white, purple)

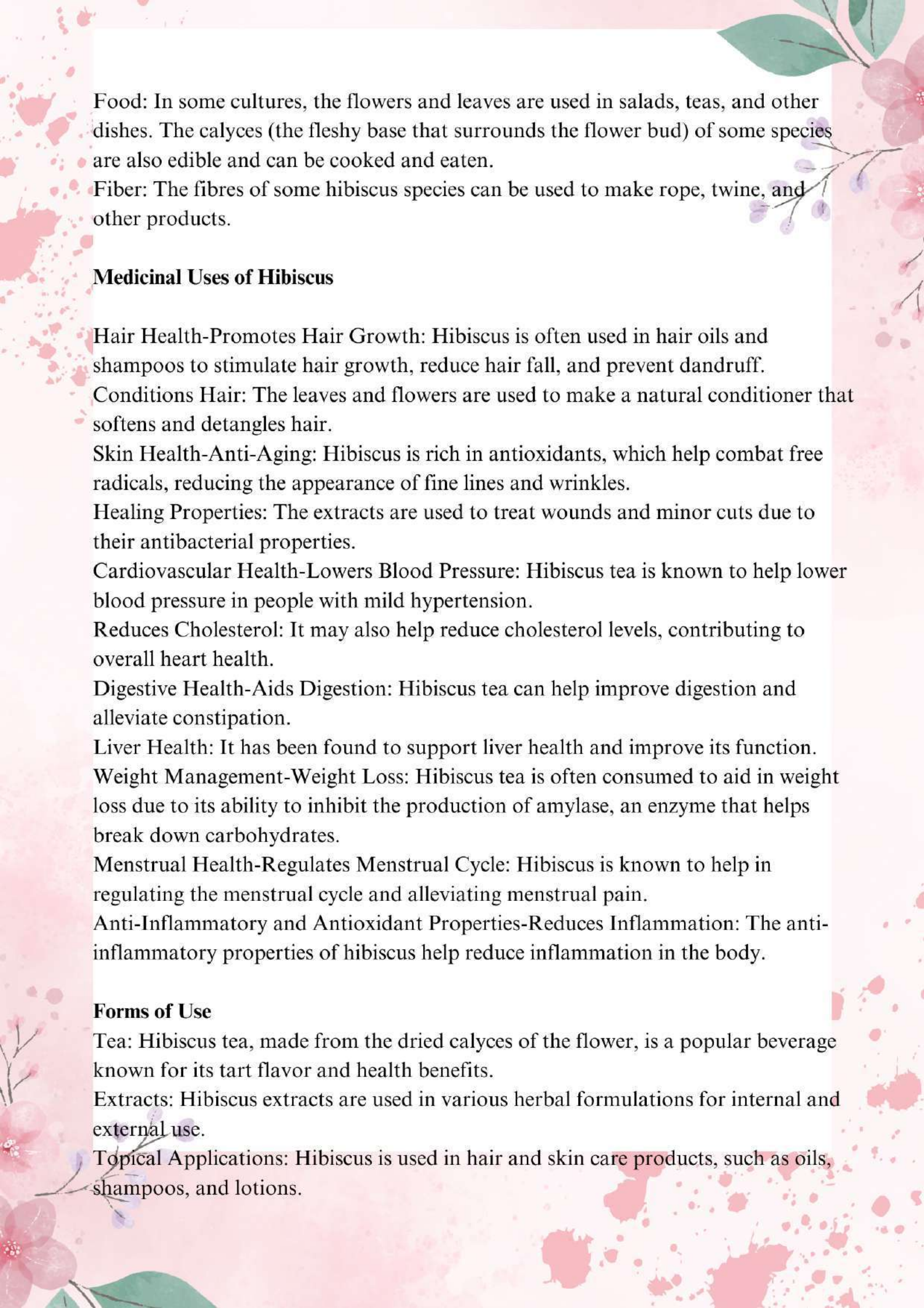
Flowers can be single or double

Leaves are lobed or palmately veined

Can grow as shrubs, trees, or perennial herbs

Uses

Ornamental plants: Most popular for their beautiful flowers and are widely cultivated in gardens and landscapes.



Food: In some cultures, the flowers and leaves are used in salads, teas, and other dishes. The calyces (the fleshy base that surrounds the flower bud) of some species are also edible and can be cooked and eaten.

Fiber: The fibres of some hibiscus species can be used to make rope, twine, and other products.

Medicinal Uses of Hibiscus

Hair Health-Promotes Hair Growth: Hibiscus is often used in hair oils and shampoos to stimulate hair growth, reduce hair fall, and prevent dandruff.

Conditions Hair: The leaves and flowers are used to make a natural conditioner that softens and detangles hair.

Skin Health-Anti-Aging: Hibiscus is rich in antioxidants, which help combat free radicals, reducing the appearance of fine lines and wrinkles.

Healing Properties: The extracts are used to treat wounds and minor cuts due to their antibacterial properties.

Cardiovascular Health-Lowers Blood Pressure: Hibiscus tea is known to help lower blood pressure in people with mild hypertension.

Reduces Cholesterol: It may also help reduce cholesterol levels, contributing to overall heart health.

Digestive Health-Aids Digestion: Hibiscus tea can help improve digestion and alleviate constipation.

Liver Health: It has been found to support liver health and improve its function.

Weight Management-Weight Loss: Hibiscus tea is often consumed to aid in weight loss due to its ability to inhibit the production of amylase, an enzyme that helps break down carbohydrates.

Menstrual Health-Regulates Menstrual Cycle: Hibiscus is known to help in regulating the menstrual cycle and alleviating menstrual pain.

Anti-Inflammatory and Antioxidant Properties-Reduces Inflammation: The anti-inflammatory properties of hibiscus help reduce inflammation in the body.

Forms of Use

Tea: Hibiscus tea, made from the dried calyces of the flower, is a popular beverage known for its tart flavor and health benefits.

Extracts: Hibiscus extracts are used in various herbal formulations for internal and external use.

Topical Applications: Hibiscus is used in hair and skin care products, such as oils, shampoos, and lotions.