

Leucas aspera

Leucas aspera, commonly known as Thumba or Thumbai, White Dandelion, Thumbaa is a medicinal plant belonging to the Lamiaceae family. It is widely distributed in tropical and subtropical regions, particularly in South Asia, including India, Sri Lanka, and Bangladesh. This herbaceous plant is known for its distinctive white, tubular flowers and its strong, aromatic properties.

Leucas aspera is a small, annual herb that typically grows to a height of 1550 cm. It has a square stem, characteristic of plants in the mint family, and its leaves are linear to lanceolate, with a rough texture. The flowers are white and appear in dense clusters, usually at the axils of the leaves or at the top of the stem.

This plant thrives in a variety of habitats, including grasslands, roadsides, and open fields. It is a hardy species that can grow in poor, dry soils, making it an important component of the natural flora in many regions.



Name of *Leucas aspera* in Indian languages:

1. Hindi: Gumma
2. Tamil: Thumbai
3. Telugu: Thummi
4. Kannada: Thumbe
5. Malayalam: Thumba
6. Marathi: Tumb
7. Bengali: Dondokolosh

Taxonomy:

Kingdom: Plantae
Order: Lamiales
Family: Lamiaceae
Genus: *Leucas*
Species: *L. aspera*



Medicinal Properties of *Leucas aspera*

1. Antimicrobial:

Exhibits strong antimicrobial properties, effective against a variety of bacteria and fungi.

2. Anti inflammatory:

Known for its ability to reduce inflammation and treat related conditions.

3. Antipyretic:

Traditionally used to reduce fever.

4. Analgesic:

Helps in alleviating pain, used for headaches, joint pain, and muscle pain.

5. Antioxidant:

Contains antioxidants that protect against cellular damage caused by free radicals.

6. Respiratory Health:

Effective in treating respiratory ailments such as coughs, colds, asthma, and bronchitis.

7. Insect Repellent:

Leaves and extracts are used as a natural insect repellent.

8. Wound Healing:

Promotes faster healing of wounds and cuts when applied topically.

9. Digestive Aid:

Helps in treating digestive issues like indigestion, gas, and stomach pain.

10. Antidiabetic:

Some studies suggest it may help in managing blood sugar levels.

Traditional Uses

Leaves: Often used to make poultices for wounds, skin infections, and insect bites.

Flowers: Used in decoctions for treating coughs, colds, and fever.

Whole Plant: Utilized in various traditional remedies for its antiinflammatory, antipyretic, and analgesic properties.

