



MALABAR NUT

General Details	
Reference	https://www.biophilia.company/database/plant/malabar-nut
Scientific Name	<i>Justicia adhatoda</i>
Sinhala Name	????? (ADATHODA), ???????? (PAWATTA), ???? ??? (AGAL ADARA), ?????? (WANEPALA), ?????? (WETAHERA), ??? ????? (DATH ANODA)
Tamil Name	???????? (ADATODAI), ???? (VACHI)
Other Common Names	Common Cough Cure
Synonyms	
Plant Family	Acanthaceae
Plant Group	Angiosperms (Enclosed Seed)
Plant Types	Shrubs
Morphologies / Crown Architecture	Vase Canopy

Categories	Agricultural plants
	Aromatic Plants
	Border Plants
	Colorful Plants
	Common Landscaping Plants
	Dark Green Plants
	Dry Zone Plants
	Edible Plants
	Flowering Plants
	Fruiting Plants
	Ground Covers
	Hedging Plants
	Herbal Plants
	High Leaves Density Plants
	Home Garden Plants
	Intermediate Zone Plants
	Kitchen Garden Plants
	Low Maintenance Plants
	Ornamental Plants
	Small Shrubs
	Fast Growing Plants
	Vertical Landscape Plants
	Wet Zone Plants
	Wild Plants
	Cultivating plants
	Evergreen Plants
	Shade Loving Plants
	Bushy Plant
	Decorative plants

Native Regions	Afghanistan to Indo-China
Distributions	India Sri Lanka Malaysia Vietnam
Habitat	The plant grows in plains and in lower Himalayan ranges up to 1000m above sea level.
Elevation	Above sea level up to 1,300 m
Average Height	2 - 3m
Maximum Height	5m
Average Width	3m
Maximum Width	5m
Root Systems	Tap Root
Propagations	By Seeds By Cutting
Average Longevity	Perennial
Indoor	N/A
Medicinal Use	Yes

Medicinal Value	A decoction of the boiled leaves together with other plant elements is commonly taken as an effective remedy against coughs, asthma, phlegm and fever. The whole plant is anti-inflammatory, antispasmodic, febrifuge, pectoral. It is used to remove phlegm and as a treatment for excessive menses. The roots and leaves are widely used in the Ayurvedic and Unani systems of medicine in India and Thailand for treating bronchitis, asthma, fever and jaundice. A medicine for setting broken bones, relieving pain, resolving phlegm. About 50 g of the freshly collected root is boiled and mixed with cow milk (125 ml), then given orally once a day as a treatment for diabetes. The plant is potential anti-diabetic due to the presence of the compounds vasicine and vasicinol. The plant is said to have definite expectorant activity and is used in the treatment of bronchitis.
Benefits & Uses	The young tender shoots are boiled and eaten with salt. The plant is often used in hedges. The plant is traditionally grown in living fences in the northwestern Himalayas, where it helps to exclude livestock and other animals; mark out land boundaries; whilst also providing a range of medicinal and other uses. The plant is used for reclaiming waste land. The leaves, when boiled with the sawdust of Jack wood (<i>Artocarpus integrifolia</i>), yield a yellow dye. Extracts of the leaves are used as insecticides and fungicides. The wood is made into beads. The wood is used for fuel and a good quality charcoal is made from it.
Special Features	Every part of plant has medicinal value
Plant Diseases	Leaf Spot
Foliage	
Leaf / Habit	Evergreen
Leaf Shape	Lanceolate shape
Arrangements	Simple

Leaf Arrangement	Opposite leaf arrangement
Leaves	Leaf: 11-28.2 X 4.2-9.4 cm up to 25 cm (10 in) long, on top bright green and prominently ribbed, underneath pale green smooth-edged, and borne on short petioles
Flowering	
Is Flowering ?	Yes
Blossoms	White, inflorescence shows large, dense, axillary spikes
Blooming Season	January; February; March; April; May; June; December
Fruiting	
Bears Fruits ?	Yes
Fruit	Capsule, pubescent, and are with club-shaped capsules
Fruiting Season	January; February; March; April; May; June; December
Seeds	Large, non-endospermic and provided with hooks (Jaculators).
Maintenance	
Level	Low
Soil Types	Sandy Soil Loam Soil Neutral Soil (pH 6.6-7.3) Well Drained Soil
Water	Medium/Moderate

Sunlight	Full Semi Shade
Humidity	High Average
Edibility	
Is Edible ?	N/A
Legal Status	
Flora Fauna Protection Ordinance 2009 Amendment, Sri Lanka	Not Evaluated