

KAMAL PHOOL



- 1. Name:** Lotus
- 2. Scientific Name:** Saussurea Obvallata
- 3. Vernacular Names:** Kamal, Sacred Lotus, Padma, Kamala, Taavare, Tamara, Kati Sunnail.
- 4. Age:** 3 days
- 5. Season:** July - August
- 6. Medicinal Uses:** It is helpful to treat fevers. The flowers, leaves are used for the treatment of cough, cold, bone ache and intestinal ailments. The rhizomes are used as antiseptic and for healing. The plant is used in the paralysis treatment.
- 7. Chemical Compounds:** Flower – Robinin (a glucoside), Leaves – Nuciferine (alkaloid); Asmilobine & Lirinidine, Flavanoids.
- 8. Description:** It has broad floating leaves and bright fragrant flowers. The leaves and flowers float and have long stems that contain air spaces. It has many petals overlapping in the symmetrical pattern.
- 9. Most Favorable Location:** Mostly Southern Asia and Australia, also flourishes in a wide range of climate from India to China.
- 10. Therapeutic Uses:**
- 11. Nutritious Value:** The following nutrition information is provided by the USDA for 1/2 cup (60g) of boiled lotus root.
 - **Calories:** 40
 - **Carbohydrates:** 10g
 - **Sugars:** 0.3g
 - **Protein:** 1g
- 12. Religious and Cultural Context:** The Lotus flower is as a symbol of purity, enlightenment, self-regeneration and rebirth.

THANK YOU FOR READING

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