

Costus igneus Nak (insulin plant)



Botanical name

Costus igneus Nak

Family

Zingiberaceae

Chemical constituents

Protein, iron, ascorbic acid, a-tocopherol, b-karotene, terpinoids, steroids, Flavonoids, fibres,

Plant parts used

Leaves, Rhizomes

Uses

Anti diabetic, hypolipidemic, diuretic,