

Plant Species**Accepted Name:** *Plectranthus barbatus* ANDR.**Family:** LAMIACEAE**Synonyms:**

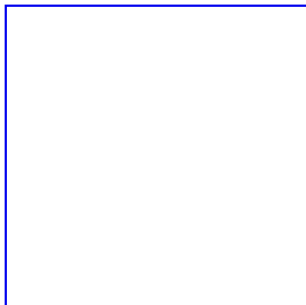
- *Coleus barbatus* (ANDR.) BENTH.
- ***Coleus forskohlii* (POIR.) BRIQ**

Used in: Ayurveda, Folk**Habit:** Herb

Distribution: This species is distributed in Tropical East Africa, Madagascar, West Asia, India, Sri Lanka, Bhutan and Nepal. In India it is reported from Uttar Pradesh, Sikkim, Gujarat, Western Ghats and Bihar. This species is distributed in subtropical Himalayas of Kumaon ascending to 2500 m. and in the Deccan Peninsula, Gujarat and Bihar. It is common on dry, barren hills, and is cultivated in Bombay and other regions for the roots which are pickled and eaten.

**Common Uses**

The whole plant of Valakah is used to treat dyspepsia, indigestion, dysentery, vomiting, thirst fever, dermatitis, ulcer and bleeding diseases. Paediatric disorders. Water processed with hribiera and sunthi (*zingiber officinale*) should be given to drink (CS.Ci.19.22) in Paediatric disorders like diarrhoea, thirst, vomiting and fever in children Hribiera mixed with sugar and honey and taken with rice-water (BS.balaraga.47).

Herbarium**Geographical Distribution Map****Conservation Concern Details**

State	Threat States ^{With Assessment year}	Trade
Andhra Pradesh	EN ²⁰⁰¹	High

Languages (No. of Names) :	Vernacular Names
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Marathi (4) : garmalu, gurmali, mainmul, karmelo**Sanskrit (1) :** gandira

Hindi (1) : fiwain

Parts Used (No.
of Names) :

Trade Name

ROOTS (2) : COLEUS FEROSHKOLLI, GANDHIRA



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Kew

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