



**ISHAN AYURVEDIC**  
MEDICAL COLLEGE AND RESEARCH CENTRE

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# INSULIN PLANT



**Scientific name**–*Costus igneus*

**Family name** – Costaceae

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## Description

It is a perennial, upright, spreading plant reaching about two feet tall, with the tallest stems falling over and lying on the ground.

Leaves are simple, alternate, entire, oblong, evergreen, 4-8 inches in length with parallel venation.

The large, smooth, dark green leaves of this tropical evergreen have light purple undersides and are spirally arranged around stems, forming attractive, arching clumps arising from underground rootstocks.

Beautiful, 1.5-inch diameter, orange flowers are produced in the warm months, appearing on cone-like heads at the tips of branches

### **Chemical constituents:**

Phytochemical screening showed the presence of steroids, triterpenoids, alkaloids, tannins, flavonoids, glycosides, saponins, carbohydrates, and proteins. The methanol extract was found to contain the highest number of phytochemicals. Wild plant and callus (MS and LS medium) extracted with different solvents in preliminary screening indicated the presence of high content of phytochemicals like phenols, alkaloids, flavonoids, and terpenoids in methanolic extracts. And the sequential screening for phytochemicals of *Costus* leaves revealed that it is rich in protein, iron, and antioxidant components such as ascorbic acid,  $\alpha$ -tocopherol,  $\beta$ -carotene, terpenoids, steroids, and flavonoids<sup>2</sup>,

### **Properties:**

Leaves of insulin plants are hypolipidemic, diuretic, antioxidant, anti-microbial, anti-cancerous in nature.

### **Benefits:**

#### **1-Anti-Diabetic Effects**

*Costus igneus* is a traditionally used medicinal plant and a common member of ornamental plants in south Indian gardens. Leaves are the important part which produces significant anti diabetic activity. It reduces fasting as well as postprandial blood glucose levels. But the exact mechanism of action behind the anti-diabetic activity is not known yet. Along with the anti-diabetic activity, insulin plant also reduces the diabetic associated complications ;decreases the amount of glycosylated haemoglobin,corrects the lipid profile, increases body weight as well as insulin level bring renal, hepatic parameters to a controlled level, and shows marked improvement in the histopathological examination.

## 2-Reduce Cholesterol Level

The insulin plant leaves not only reduce the blood sugar level but also make a great impact on the blood sugar level. When the diabetic patient intakes these leaves, it induces the cholesterol level down. This is because the insulin plant has a high amount of water and water-soluble content that slows down the glucose absorption into the blood from the digestive system. It will give better assimilation and fat absorption for reducing the blood cholesterol level in the body.

High blood cholesterol levels may lead to the risk of stroke, heart attack, or cancer. Cholesterol is a major problem for human health and the best way to avoid cholesterol is in taking the insulin plant. Regular consumption of insulin plant leaves will break down the food cholesterol level.

## 3-Insulin Plant has Antibacterial Property

The insulin plant has a good level of anti-bacterial properties that can effectively fight against several gram-positive species. People who have a problem with their urination process can regularly consume these leaves for positive results. The insulin leaves extract will effectively kill the bad bacteria in the urinary pipe. Furthermore, it automatically smoothens the excretory function and gives better relief, but you have to drink a lot of water to extract it.

## 4-Maintains Bladder Health

The problems in the bladder may be caused due to many reasons, such as lack of water or virus infection in the urinary tract. The diuretic compounds in the insulin plant help to improve bladder health. Keeping the bladder healthy is very important; otherwise, it causes some serious infections.

The leafy extract of an insulin plant regulates the urination process.

## 5-Boosts Immunity

Insulin plant leaves naturally have antioxidant property, which automatically encourages the immune system by eliminating the free radicals from the body. By having a well-maintained immune system, you can live a healthy lifestyle.

## 6-Reduces Blood Pressure

Consuming the leaves of this herb will reduce blood pressure levels. Drinking the insulin leaves potion is good therapy for high blood pressure. Drinking insulin leaves potion is good therapy for high blood pressure

### **Contraindication:**

This floral plant can also lead to side effects like dizziness, diarrhea, nausea – even dangerously low blood sugars if it interacts with your other diabetes medications.

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### Our Address

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Ishan Ayurvedic Medical College and Research Centre  
Address: Plot No. 1A/1, Knowledge Park-1, Greater Noida, Uttar Pradesh – 201310  
Phone: 9818180933  
Landline: +91-120-2334400  
Email: info@ishanayurved.com

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