

LEMONGRASS (BARBED WIRE GRASS)



Botanical name : *Cymbopogon citratus*

Family : Poaceae

Description

Lemongrass, is a perennial grass in the family Poaceae grown for its fragrant leaves and stalks which are used as a flavoring. The grass grows in dense clumps and has several stiff stems and slender blade-like leaves which droop towards the tips. The leaves are blue-green in color, turning red in the Fall and emit a strong lemon fragrance when damaged.

- Calories: 30
- Protein: 1 gram
- Fat: 0 grams
- Carbohydrates: 7 grams
- Fiber: 0 grams
- Sugar: 0 grams

Lemongrass also contains iron, calcium, and vitamin C. Iron is an essential component of hemoglobin, a vital substance that transfers oxygen from your lungs to your blood.

Properties :

In Ayurveda, Lemongrass is considered bitter, pungent in taste (Rasa), and is cool in effect (Virya). It reduces Vata, Pitta, and Kapha, but increases Vata when taken in excess. Due to its pungent and bitter taste, it stimulates digestion. Its light and drying properties makes it a good expectorant and helps to cure Kapha. Its cooling nature helps to reduce high body temperature. It is also a great detoxifier that removes toxins from the body. Lemongrass essential oil is known to deeply purify and heal, hence it helps to treat acne and wounds. It is widely used in antibiotic medicines to treat skin infections. Due to its refreshing and uplifting aroma, Lemongrass essential oil is a staple in aromatherapy and is also used as diffuser oils. It is an excellent mood-elevating oil that helps alleviate stress, fatigue, anxiety, and emotional distress. It can be used in vaporizer, burner, or diffuser to help drive away negative emotions. It also works as insect repellent and serve as a natural air freshener.

Benefits :**1.Potential Health Benefits of Lemongrass**

Research has found several potential health benefits of lemongrass. Lemongrass is a rich source of flavonoids and phenolic compounds, which contain antioxidants. It's also an effective antibacterial and antifungal

rats, which resulted in elevated cholesterol levels decreasing significantly.

4.Topical Antifungal

Lemongrass essential oil has shown antifungal and anti-inflammatory effects when applied topically. Researchers tested the topical application of lemongrass oil on fungal infections and inflammatory skin conditions in mice. Although it showed promise as an effective treatment for skin conditions, more research needs to be conducted.

5.E. Coli Infection

E. coli bacterial infections can cause food poisoning if you eat contaminated foods. It can also cause urinary tract infections and pneumonia. One study found that lemongrass extract effectively reduces the toxicity of E. coli cultures and can help treat bacterial infections in the digestive tract.

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