



Indigofera tinctoria L.

Family: Fabaceae

Vernacular names: Neelayamari, Nilam, നീലയമരി, നീലം (Malayalam), Indian indigo (English), Nili (Sanskrit), Averī (Tamil)

Distribution: Paleotropics, widely cultivated

Description: Undershrubs. Leaves pinnately 5-13 foliolate; leaflets opposite. Inflorescence axillary, spicate-racemose, many-flowered. Flowers red. Pods 2-3 cm long, linear, straight or slightly curved, 8-12 seeded.

Habit: Shrub

Habitat: Degraded forest areas, also in the plains

Flowering & Fruiting: August-December

Parts used: Whole plant

Properties & Uses: Febrifuge, sedative and expectorant. Roots are used in syphilis, gonorrhea, kidney stones, bronchitis and nervous breakdown. Root crushed with black pepper taken to cure asthma. Leaves are used in cough, bronchitis, fever, nervous disorders, stomach complaints and kidney and spleen disorders. Leaves are used for the preparation of hair tonic. Whole plant is used in constipation, urinary calculi, dog-bite poisoning and epilepsy.

Systems of Medicines: Ayurveda, Folk, Unani, Homeo,

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