PLANT FACT SHEET

Pogostemon parviflorus Benth.

GENUS *Pogostemon* **FAMILY** Lamiaceae

COMMON NAMES Phangla, Pangli, Small flowered shrub mint

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten in times of scarcity. They are fried or boiled.

DESCRIPTION

A woody herb. The stems and branches have velvety hairs. The leaves are oval to sword shaped and 6-8 cm long by 3-4 cm wide. The edges have double rounded teeth. The flowers are in oval spikes 1.5-3.5 cm long by 1 cm wide. They are purple.

HABITAT

A tropical plant. It grows on the Deccan in India. It grows in high rainfall locations. It suits the seasonally dry tropics.

NOTES

There are about 60 Pogostemon species.
Medicine.

REFERENCES

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