PLANT FACT SHEET

Phyllanthus amarus Schum. & Thonn.

GENUS *Phyllanthus* **FAMILY** Phyllanthaceae

COMMON NAMES Fly roost

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

DESCRIPTION

An annual herb. It grows 10-40 cm high. It almost lies along the ground. It is woody near the base. The leaves are in one plain. The flowers hang from one side of the branch. Flowers are separately male and female. The fruit is round and flattened. It splits into three. The seeds have ribs.

HABITAT

A tropical plant. It grows in sunny places. In Fiji it grows near sea level and up to 50 m altitude. It grows in flooded rice fields. In southern China it grows between 100-600 m above sea level. In Yunnan.

PRODUCTION

Harvesting and Seed Production

In Central African Republic plants fruit in March.

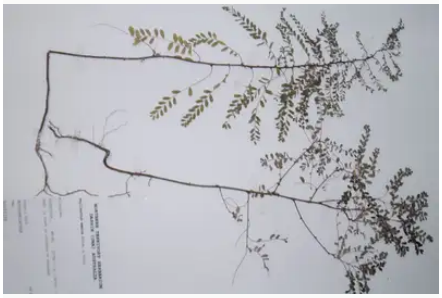
NOTES

There are about 750 Phyllanthus species. They are mostly in the tropics. It is used as a medicine to stimulate milk production. It has anticancer properties.

PICTURES



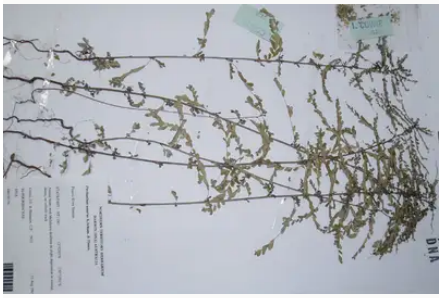
Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science.

Batawila, K., et al, 2007, Diversite et gestion des legumes de cueillete au Togo. African Journal of Food, Agriculture, Nutrition and Development 7(3& 4): 65

Bonou, A., et al, 2013, Valeur economique des Produits Forestiers Non Ligneux (PFNL) au Benin. Editions Universitaires Europeennes p 97

Cowie, I, 2006, A Survey of Flora and vegetation of the proposed Jaco-Tutuala-Lore National Park. Timor-Lests (East Timor) www.territorystories.nt/gov.au p 47

Dansi, A., et al, 2008, Traditional leafy vegetables and their use in the Benin Republic. Genet Resour Crop Evol (2008) 55:1239–1256

Dansi, A., et al, 2009, Traditional leafy vegetables in Benin: folk nomenclature, species under threat and domestication. Acta Bot. Gallica 156(2), 183-199

Franklin, J., Keppel, G., & Whistler, W., 2008, The vegetation and flora of Lakeba, Nayau and Aiwa Islands, Central Lau Group, Fiji. Micronesica 40(1/2): 169–225, 2008

Harris, D. J., 2002, The vascular plants of the Dzanga-Sangha Reserve, Central African Republic. National Botanic Garden of Belgium, 2002. – 274 pages p 89

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 146

Jackes, B.R., 2001, Plants of the Tropics. Rainforest to Heath. An Identification Guide. James Cook University. p 53

Jiwajinda, S., et al, 2002, Suppressive Effects of Edible Thai Plants on Superoxide and Nitric Oxide Generation. Asian Pacific Journal of Cancer Prevention, Vol 3, 2002

Kintzios, S. E., 2006, Terrestrial Plant-Derived Anticancer Agents and Plant Species Used in Anticancer research. Critical Reviews in Plant Sciences. 25: pp 79-113

Kiran, K. C., et al, 2019, Diversity and Seasonal Availability of Potential Wild Edible Plants from Vidarbha Region of Maharashtra State, India. Int.J.Curr.Microbiol.App.Sci (2019) 8(2): 1434-1446

Latham, P & Mbuta, A., 2017, Useful Plants of Central Province, Democratic Republic of Congo. Volume 2. Salvation Army p 102

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 359

Pandy, R. K. & Saini, S. K., 2007, Edible plants of tropical forests among tribal communities of Madhya Pradesh. Indian Journal of Traditional Knowledge. 6(1), pp 185-190

Peduruhewa, P. S., et al, 2021, Potential of Underutilized Wild Edible Plants as the Food for the Future – A Review. Journal of Food Security, Vol. 9, No. 4, 136-147

Phon, P., 2000, Plants used in Cambodia. © Pauline Dy Phon, Phnom Penh, Cambodia. p 497

Plants of Haiti Smithsonian Institute http://botany.si.edu/antilles/West Indies

C. F. Schumacher, Beskr. Guin. pl. 421. 1827

Sujanapal, P., & Sankaran, K. V., 2016, Common Plants of Maldives. FAO & Kerala FRI, p 205

Thaman, R. R., 1987, Plants of Kiribati: A listing and analysis of vernacular names. Atoll Research Bulletin No. 296

Thaman, R. R, 2016, The flora of Tuvalu. Atoll Research Bulletin No. 611. Smithsonian Institute p 84

Topp, J. M. W., 1988, An Annotated Check List of the Flora of Diego Garcia, British Ocean Territory. Atoll Research Bulletin No. 313

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 520

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7d6065a5-da40-45a2-be6c-481b4fba26dc