PLANT FACT SHEET

# *Strobilanthes helicta* T. Anderson

**GENUS** *Strobilanthes* **FAMILY** Acanthaceae

**COMMON NAMES** Thaning-hamang

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

It is also used for making salt.

## DESCRIPTION

A small shrub. It grows 50-100 cm tall. The stems are 4 angled. The leaves are in opposite pairs and almost equal in size. The leaves are oval to sword shaped and 5-12 cm long by 1-6 cm wide. They are more pale underneath. The flowers are in spikes in the axils of leaves. These are 2-12 cm long. The fruit is an oblong capsule 2 cm long with 4 seeds.

## HABITAT

It is a subtropical plant. In south China it grows in evergreen broad-leaved forests between 1,700-2,200 m above sea level. In Yunnan.

## REFERENCES

Gangwar, A. K. & Ramakrishnan, P. S., 1990, Ethnobotanical Notes on Some Tribes of Arunachal Pradesh, Northeastern India. Economic Botany, Vol. 44, No. 1 pp. 94-105

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/9768c8ec-c73e-42e9-ad1d-70237228feb9