PLANT FACT SHEET

Plantago indica L.

GENUS *Plantago* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

DESCRIPTION

A herb. It grows each year from seed. The stems are 20-30 cm tall. They have soft hairs. The leaves are opposite and 6-8 cm long by 3-4 mm wide. The flowering shoots are opposite in the axils of the upper leaves. The spikes are 1-1.5 long and have many flowers. The seeds are 2.5-2.8 mm long and narrowly oval. They are reddish-brown and shiny.

HABITAT

It is a tropical plant.

REFERENCES

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 (As Plantago psyllium)

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 117

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d3b63758-0924-49f1-80c3-3fe6d983399f