

COIX (JOB'S TEARS)

BOTANICAL NAME	:-	Coix lachrymal
FAMILY	:-	Gramineae
LOCAL NAME	:-	Gavedhukaa
HINDI NAME	:-	Sohkpieng



HABITS AND HABITATS :-

A graminaceous herb, found in war, and damp areas upto 2,000m, both wild and cultivated.

PLANTS DESCRIPTION :-

The plant is a herb or small shrub about 1 to 1.5m. the stem is jointed, erect and hollow inside. The leaves are simple, alternate, pubescent. Flowers are whitish blue, small shaped. Fruit is semi-oval to heart shaped, stalked, whitish in colour.

PARTS USED :-

Fruits, roots, leaves

MEDICINAL PROPERTIES AND USES :-

The decoction of the leaves is used for catarrhal infection of air passage and urinary tract inflammation. Seed is diuretic. Root is used in menstrual disorder. Leaves is used as drunk for inducing fertility.

CHEMICAL COMPOSITION:-

Seed contains trans-ferulyl stigmastanol and trans- ferulyl compestanol. Also contain coixenolides, palmitoleic and vaccenic acid.

PRODUCTION TECHNOLOGY :-

Cultivated in moist soil in sun. May be affected by powdery mildew. Propagation by seed sown in spring at 13- 16 °C (55-61°F). Fruits are collected when ripe in autumn, and the husks are removed before using fresh, roasted, or fermented