

EPHEDRA

BOTANICAL NAME	:-	Ephedra gerardiana
FAMILY	:-	Ephedraceae
LOCAL NAME	:-	Ephedra
HINDI NAME	:-	Soma, soma-valli.



HABITS AND HABITATS :-

Evergreen shrubs, found in temperate drier part of India. Also in alpine Himalayas from Kashmir to Sikkim.

PLANTS DESCRIPTION :-

Ephedra are evergreen, thick, stemmed shrubs. The twigs are with fine longitudinal ridges or rib. Leaves are small. Flower occurs as a catkin. Fruits are red to yellow colours, globular shaped. Plant is about 45 to 60 cm tall.

PARTS USED :-

Whole plant.

MEDICINAL PROPERTIES AND USES :-

Plant is administered for treating rhinitis Asthma, Hay fever and Emphysema. It is given orally for treating epilepsy, nocturnal enuresis and as spray for relieving congestion and swelling.

CHEMICAL COMPOSITION:-

Ephedrine (toxic in taken more than 300mg a day) is the key chemicals from the plant. Other chemicals include ephedroxane, ephedrine hydrochloride and pseudo ephedrine.

PRODUCTION TECHNOLOGY :-

Cultivated in sharply drained to dry soil in sun. Tolerates poor soil. Propagation by seed sown in autumn, by division in autumn or spring. Stems are collected at any time and dried for use in powders, decoctions, tinctures or liquid extracts.