

## GLYCINE SOJA

<b>BOTANICAL NAME</b>	<b>:-</b>	<b>Glycine soja</b>
<b>FAMILY</b>	<b>:-</b>	<b>Leguminosae</b>
<b>LOCAL NAME</b>	<b>:-</b>	
<b>HINDI NAME</b>	<b>:-</b>	<b>Garikalai</b>



### HABITS AND HABITATS :-

A Shrub found in the Himalayas, tropical region; Kumaon to Sikkim, Khasia and Ava

### PLANTS DESCRIPTION :-

It is an annual shrub, densely clothed with fine ferruginous hairs. Leaves long petioled, leaflets membranous, reddish, little exerted. Pods are linear-oblong, re-curved, densely pubescent

### PARTS USED :-

Root

### MEDICINAL PROPERTIES AND USES :-

Decoction of the root possesses astringent properties

### CHEMICAL COMPOSITION:-

Chemicals called iso-flavones, which belong to a larger class of plant chemicals known as phytoestrogens. Two of the main iso-flavones in soy are known as genistein and daidzein are found in the plant.

### PRODUCTION TECHNOLOGY :-

Cultivated in moist, rich, well-drained soil in sun. Propagation by seed sown in spring. Seeds are harvested when unripe and used fresh, or ripe and soaked or cooked before using whole, ground, fermented, or processed further.