

HELIANTHUS (SUNFLOWER)

BOTANICAL NAME	:- Helianthus strumosus
FAMILY	:- Compositae
LOCAL NAME	:- Syntiew sngi
HINDI NAME	:-



HABITS AND HABITATS :-

An annual shrub which is a native to America. In India it is cultivated through out the country for its oil and ornamental uses.

PLANTS DESCRIPTION :-

The plant is a shrub of about 4 m tall. The leaves are rough, simple, large and pale green in colours. The flowers is compound, consist of disc florets and ray florets, the petals are yellow in colours. The seeds are small black in colour. The plant is very light sensitive.

PARTS USED :-

Seeds and roots.

MEDICINAL PROPERTIES AND USES :-

Crushed roots are applied to bruises. The seeds are used to clear phlegm and increased urine flow. It is also used for diabetic patients.

PRODUCTION TECHNOLOGY :-

Plant can grow most soils in a sunny position. It requires a rich soil but not shady places. Moist soil is preferred. The young growth is extremely attractive to slugs; plants can be totally destroyed by them. Plants have a running root system and can be invasive .Seed are sown spring in a cold frame then when they are large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse for their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. Division in spring or autumn. Very easy, larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.