

QUICK REFERENCE SHEET

LEMONGRASS

Cymbopogon citratus



Part Utilized:
Lower portion of stalk



PROPERTIES:

Analgesic, Anti-inflammatory, Antidepressant, Diuretic, Sedative, Sudorific, Antibacterial, Antifungal, Astringent, Carminative, Galactagogue

SYSTEMS AFFECTED:

Digestive, Cardiovascular, Skeletal

POSSIBLE USES:

arthritis pain, relief from colds and flu, cleansing programs, controlling cholesterol

GENERAL INFORMATION:

Lemongrass is used in Asian countries because of its potent lemony flavor and for the long list of nutrients that it contains. Lemongrass is a good source of vitamins A and C, folate, folic acid, magnesium, zinc, copper, iron, potassium, phosphorus, calcium, and manganese. It also has minute traces of B vitamins.

Along with its culinary uses, Lemongrass has many beneficial medicinal properties. The main constituent of Lemongrass is citral, a compound that is used in the synthesis of vitamin A. Lemongrass is helpful in relieving colitis, indigestion, and gastroenteritis ailments. As a tea, Lemongrass is used to relieve sore throats, laryngitis, and bronchitis.