

Sri Satya Sai Murlidhar Ayurvedic College & Hospital Moga (Punjab) -142001

BHADRAILA

Botanical Name: *Amomum subulatum* Roxb.

Family : Zingiberaceae

Introduction :

Cultivated in swampy places in Bengal, Sikkim, Assam, kerala and Tamil Nadu. This plant need humidity for well growth.

Names in different Indian languages :

English : Greater or Nepal Cardamom

Hindi : Badi Ilayaci, bari Ilayaci

Kannada : Doddayelakki

Malayalam : perelam

Sanskrit : Sthula-elaa, Bhadraila

Tamil : Periya elam, kattelam, perelam

Telugu : Pedda elakkaya, adavielakkaya

Unani : Heel Kalaan, Qaaqule Kubaar.

Synonyms :

Sthula-elaa, Bhadraa, Bhadrailaa, Bahulaa, Prithivikaa, Triputaa, Truti.

Morphology :

It is a herb grows up to 1 m. height,

Leaves are oblong –lanceolate, glabrous and aromatic

Flower- greenish white, spike

Fruits – reddish brown, globose capsule. Greenish colored capsule are important in market (by preparative method)

Seed- small, many, aromatic

Distribution & Habitat :

Cultivated in swampy places in Bengal, Sikkim, Assam, kerala and Tamil Nadu.

Chemical constituents :

cardamonin, alpinetin, petunidin, diglucoside, leucocyanidin, glucocide, aurone , glycoside, subulin, cineole.

Karma : kasaghna, amlapitha hara, kushtaghna, vrana ropana, hridya

Indication :

astringent, alexipharmic; used for the treatment of indigestion, biliousness, abdominal pains, vomiting, in congestion of liver. Hyperacidity, skin disease, neuralgia, vomiting

Pericarp—in headache and stomatitis.

Part used : Seed and pericarp

Dosage : 0.5 to 1 g.