



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

Botanical name - *Althaea officinalis* L.

Family -Malvaceae (Mallow family)

Vernacular names –

English: Marshmallow

Arabic: Khitmi

German: Eibisch

Hindi: Khatmi

French: Guimauve officinale

Persian: TukhmeKhitmi

Morphology –

Growth Habit:

- A perennial herb or shrub-like plant, growing to a height of 1-1.5 meters.

Leaves:

- Alternate, soft, velvety, ovate to triangular, and lobed.
- Leaves are covered with fine hairs, giving a silvery appearance.

Flowers:

- Pale pink to white, 2-3 cm in diameter, with five petals.
- Flowers are arranged in clusters or solitary in the axils of leaves.

Roots:

- Thick, fleshy, cylindrical, and tapering.
- Creamy white with a fibrous surface and mucilaginous texture.

Fruits:

- Disc-shaped schizocarps with numerous seeds.

Habitat –

- NativeRange: Europe, Western Asia, and North Africa.



• Preferred Environment: Thrives in marshy areas, wet meadows, riverbanks, and coastal regions. It prefers moist, well-drained soils and sunny conditions.



Chemical composition –



• Mucilage (20–30%):



Composed of polysaccharides (arabinogalactan, glucans, and rhamnogalacturonans).



• Flavonoids:



Quercetin, kaempferol, and their glycosides.



• Phenolic Acids:



Ferulic acid, caffeic acid, and p-coumaric acid.



• Pectin



• Starch



• Tannins



• Fatty acids:



Linoleic and oleic acids.



Pharmacological actions –



- Demulcent: Soothes and protects irritated mucous membranes.
- Anti-inflammatory: Reduces inflammation in respiratory and gastrointestinal tracts.
- Expectorant: Aids in loosening and expelling mucus.
- Emollient: Softens and moisturizes the skin.
- Antioxidant: Neutralizes free radicals.
- Immunomodulatory: Supports immune system functions.
- Antitussive: Relieves cough.



Uses –



1. Respiratory Disorders:
 - Used in bronchitis, cough, asthma, and sore throat.
2. Digestive Health:
 - Effective for gastritis, ulcers, and colitis due to its soothing properties.
3. Skin Care:
 - Treats wounds, burns, insect bites, and skin irritations.
4. Urinary Health:
 - Alleviates urinary tract infections and bladder irritation.





Part used – Flowers, seeds, roots

Dose – 3-6 gm

