

Botanic name: *Fagopyrum cymosum* (Trevir.) Meisn. -- Pl. Asiat. Rar. (Wallich). 3(12): 63. 1832 [15 Aug 1832] (IK)

Common name: Buckwheat

Family: Polygonaceae

Habitat: Terrestrial

Distribution: Buckwheat is found in the Indian Himalayas, NE Indian states and Kashmir, Sikkim (India), Nepal, Bhutan, Vietnam, at altitudes of 1500-3400 m, msl

Description: An annual herb, growing up to 1 m tall, glabrous or young parts rarely minutely pubescent. Stem is ribbed, reddish. Leaves are stalked, stalk 0.5-2 cm long. Lower leaves have long stalks, upper ones are sub-sessile. Leaves are triangular or sagittate, heart-shaped, basal lobes rounded to long-pointed, 1.5-10 x 1-8 cm. Flowers are pedicellate many-flowered corymb-like clusters, in leaf axils and the end of branches. Flowers are pink or white, stalked. Petals are 5, ovate or oblong-ovate. Stamens are 8, unequal, about 1.5 mm long. Ovary is 3-angled, styles 3, as long as ovary. Nuts are deeply 3-angled, angles acute, brown, smooth, narrowed at both the ends,

Phytochemicals: Flavonoids, steroid and other organic acids.

Medicinal/Economic uses: Antimicrobial, anti-tumor, anti-hypoglycemic, anti-inflammatory, analgesic and anti-oxidant. Used to treat high blood pressure associated with fragile capillaries, and for frostbite, lung injury, chilblains, retinal haemorrhages, and radiation damage. In Chinese medicine, it is prescribed for traumatic injuries, lumbago, period pains, bites, and stings. Traditionally, the plant are used for anemia, constipation, hemorrhagic complaints, hypotension patients, lumbago, dysentery, abdominal pain due to menstruation, postpartum pain due to blood stasis and pulmonary sepsis.