

Botanic name : *Coix lacryma-jobi* L. -- Sp. Pl. 2: 972. 1753 [1 May 1753] (IK)

Common name : Job's tears

Family : Poaceae (Gramineae)

Habitat : Terrestrial

Distribution : Indian subcontinent (up to 1500 ft), China, Myanmar, Laos, Vietnam, Thailand, Malaysia, Indonesia, The Philippines, New Guinea

Description : A tall grain-bearing coarse annual herb/undershrub, attain a height of 1-2m; stems erect, branched, coarse, with brace roots from the lower nodes; leaves coarse with broad base to cordate, linear-lanceolate, Inflorescence spikelet with flowers arranged in racemose gramineaceous manner; fruit caryopsis; seeds yellow, purple, white or brown, shiny. The grass is monoecious with separate male and female flowers

Phytochemicals: Coixenolide and coixol (antitumor bioactive), phenols, flavonoids, alkaloids, tannins, phytosterols- beta-sitosterol, gamma.-sitosterol, stigmatosterols

Medicinal/Economic uses : Anodyne, antibacterial, anti-inflammatory, anti-tumor, anticancer, antipyretic, anti-ulcer, antiseptic, antidiabetic, antispasmodic, hypoglycaemic, hypotensive, sedative and vermifuge (fruits), pectoral, antirheumatic, diuretic, refrigerant and tonic (seed with husk removed). Fruits are used in folk remedies oesophageal, gastrointestinal, and lung cancers, excrescences, warts, and whitlows. Tea made from the boiled seeds is taken as part of a treatment to cure warts, lung abscess, rheumatoid arthritis, beriberi, diarrhoea, lobar pneumonia, appendicitis, oedema and congested urination whereas decoction of roots is useful in treating menstrual disorder and an anthelmintic. Grain is used in Chinese herbal medicine in treatment of spleen and kidney problems, TB, a syndrome of "thoracic paralysis and utilized in a traditional formula for treating fluid problems, and in damp heat. Women in South-East Asia and Japan use the plants for beautifying skin. In Liberia (Africa), stem juice is squeezed into eye to relieve irritation caused by injury. As edible- pounded kernel is made into a sweet dish by frying and coating with sugar. Seeds- cooked. Due to pleasant mild flavor, it can be used in soups and broths, also ground into a flour and used to make bread or used as rice supplements. A tea and coffee can be made from the parched and roasted seeds, respectively, while beers and wines are prepared from the fermented grain. Ornamental-seeds are used as decorative beads, used by Indian tribes as leg ornament