

**Botanic Name** : *Inula cappa* (Buch.-Ham. ex.D.Don) DC.Prodr. [A. P. de Candolle] 5: 469. 1836

**Common name** : Sheep's Ear

**Family** : Asteraceae

**Distribution** : Indian Himalayas; Europe, Asia and Africa

**Habitat** : Terrestrial

**Description** : Fragrant aromatic Herb or sub-shrub; silky hairy stems; leaves oblong-lanceolate, leathery; yellow daisy like composite flower heads often with narrow ray-florets, include pappus with bristles, involucre bract lance-shaped; cypsella

**Phytochemicals**: Alantolactone, myoinositol and l-inositol, Isoalantolactone, Inunolide-Germacranolide, Dihydroisoalantolactone, beta-Sitosterol, D-Mannitol, Dihydroinunolide, neo-Alantolactone, inunolise, Sesquiterpene lactone-inunol, alantodiene, ineupatolides A–C, two new phenolic glycosides, syringic acid-4-O- $\alpha$ -L-rhamnoside and (-)-hydnocarpin-7-O- $\beta$ -D-glucoside etc.

**Medicinal/economic uses** : Anti-inflammatory, antiphlogistic, anodyne, carminative, depurative, expectorant, dispels clots. Used as Chinese medicinal herbs. Juice of roots used for peptic ulcer, gastric disorder, also help to cure fever and headache. A decoction of the root is used as febrifuge while the juice of the root is used in the treatment of peptic ulcers, indigestion and other gastric disorders. The juice of the bark, mixed with equal quantities of the juice from the bark of *Ficus semicordata* and *Myrica esculenta* is used in treating menstrual disorders.