

**Botanic name :** *Prenanthes alba* L. -- Sp. Pl. 2: 798. 1753 [1 May 1753] (IK)

**Common name:** White lettuce, White Rattle snake root

**Family:** Asteraceae (Compositae)

**Habitat:** Terrestrial

**Distribution :** Native to India. Sensitive to habitat destruction and unsustainable use

**Description:** Erect perennial herb with milky juice; stems thick, often purplish, central stem is terete, light green to purple (usually the latter), glabrous, and glaucous; leaves alternate, hairy below; The generic name is derived from two Greek words "prenes" meaning often inclined forward and "anthos" meaning flower, indicating the weak inflorescence inclining forward; inflorescence with nodding heads branched clusters, in panicles of flowerheads; cylindrical base of each flowerhead has 8 primary bracts (phyllaries) linear in shape, pale greenish purple to purple, and glabrous flower-pink to cream ray florets, the petaloid rays of these florets spread outward widely when the flowerhead is in bloom. These petaloid rays are pale purple, lavender, or white; they are linear in shape with minutely toothed truncate tips and no disk florets; purplish bracts with no hairs; fruit- dry seed with brownish, fluffy pappus.

**Phytochemicals:** Trisaccharide derivative, Oncocalyxone

**Medicinal/Economic use :** The plant was used as a remedy for snakebite. A bitter tonic was made from the roots and thought useful in treating dysentery. Powdered roots are used to promote lactation after childbirth. Root tea has been used to wash lameness while root poultice is helpful in dogbites and snake bites. Stems are diuretic (latex). Boiled stems are used in milk, useful in snake bites.