

**Botanic name** : *Amaranthus viridis* L. -- Sp. Pl., ed. 2. 2: 1405. 1763 [Aug 1763] (IK)

**Common name** : Red Amaranth, Purple Amaranth

**Family** : Amaranthaceae

**Habitat** : Terrestrial

**Distribution** : Asia, Africa

**Description** : Annual herb up to 1 m tall; stem erect, branched, herbaceous, and green; leaves simple, alternate, petiolate, entire, lanceolate, dark green; flowers are small, numerous, greenish, arranged in spike; fruit capsule

**Phytochemicals**: flavonoids, albuminoside, steroids, terpenoids and cardiac glycosides

**Medicinal/Economic uses** : One of the sources of Ayurvedic drug 'Lonica' used to treat flatulence, wounds, cough, bronchitis, diabetes, gastrointestinal problems, vomiting, headache, asthma, vertigo, hepatitis. Antibacterial. Used as mixed vegetables & home remedies. Edible: Leaves – raw or cooked as a spinach. The leaves contain about 3.88% protein, 1.1% fat, 9.38% carbohydrate, 3.2% ash, 323mg Ca, 8.3mg Fe, they are very rich in Vitamins A & C, rich in vitamin B1. The leaves are used as a potherb in order to remove poison from the system. Seed – cooked. Used as a cereal substitute in cakes, porridge etc. Astringent. The plant has a folk reputation for being effective in the treatment of tumours and warts.