

Botanic name: *Elsholtzia flava* Benth. Labiat. Gen. Spec. 161. 1833 [Jun 1833] (IK)

Common name: Yellow Himalayan Mint,

Family: Lamiaceae

Habitat: Terrestrial

Distribution: Native to tropical Asia; India, Nepal, Bhutan, China

Description: Perennial erect subshrub; branches densely gray pubescent; leaves broadly ovate to semi-circular, adaxially hairy but abaxially glabrous, abruptly caudate-acuminate at apex, serrate-crenate at margin; flowers are yellow, pedicelate, bracteate and bilabiate, arranged in spikes; pedunculate, densely gray pubescent; lower verticillasters widely spaced; bracteates-bracts broadly ovate; calyx is bell-shaped (campanulate) and hairy; corolla yellow, white villous, glandular outside, bearded annulate inside; tube funneliform; upper lip emarginate; middle lobe of lower lip subcircular, lateral lobes suboblong, rounded; fruits nutlets; oblong and dark brown

Phytochemicals: Phenylpropanoids, terpenoids, phytosterols, cyanogenic glycosides, flavonoids, and other volatile components.

Medicinal/Economic uses: Antibacterial, antiviral, antioxidant, anti-inflammatory. As folk medicine, the plants have been used for the treatment of colds, headaches, fever, pharyngitis, diarrhea, indigestion, nephritises, rheumatic arthritis, and nyctalopia in China