

Botanic Name : *Sonchus arvensis* L.

Common Name : Corn sow thistle, Gutweed

Family : Asteraceae (Compositae)

Habitat : Terrestrial

Distribution : European and Western Asian, exotic & partially invasive in India

Description : Perennial herb, rhizome present, leaves alternate and waxy, flowers dandelion like, flower heads are often covered with sticky hair; fruit cypsela

Phytochemicals: Polyphenolic compounds

Medicinal/Economic uses: Boiled leaves extract used as to anti-inflammatory and antioxidant activities, treatment of asthma, coughs, chest complaints