

Botanic name: *Elsholtzia blanda* Benth. -- Labiat. Gen. Spec. 162. 1833 [Jun 1833] (IK)

Common name: Pleasant Himalayan Mint, Ban tulsī (Assamese)

Family: Lamiaceae (Labiatae)

Habitat: Terrestrial

Distribution: Indian Himalayas; Nepal, Bhutan, NE India, Japan, Korea, SW China, Myanmar, Thailand, Malaysia, Cambodia, Laos, Vietnam, parts of Bengal, 800-2500m, msl

Description: Annual herb with an erect stem; stems and branches are velvet hairy, leaves elliptic to elliptic-lanceolate, glandular, acuminate at apex, serrate at margins; flowers white, 3-4 mm, bristly outside, funneliform, throat up to 2 mm wide, arranged in spike inflorescence as verticillaster, bracteate; flowers bracteates; corolla white in colour; calyx cylindrical, stamens exerted, anterior 2 protruding, posterior 2 longer, epipetalous, didynamous, palcdentation axile, gynobasic style; elliptical nutlets

Phytochemicals: Phenylpropanoids, terpenoids, phytosterols, cyanogenic glycosides, flavonoids, and other volatile components, glycosides, phytosterols, essential oil [Geranyl acetate-71%, linalool (5.27%), geraniol (3.77%), (E)- β -ocimene (2.96%), β -caryophyllene (1.75%), α -bergamotene (1.70%), (Z)- β -ocimene (1.38%), acetophenone (1.13%) and linalyl acetate (1.11%)]-Bestmann et al. 1992.

Medicinal/Economic uses: Antiviral, antipyretic, astringent, carminative, diuretic, diaphoretic, anti-inflammatory, broad-spectrum mosquito-repellant, antibacterial, myocardial ischemia protection, stomachic and also anti-oxidant. Leaf decoction is useful in treating cough and dyspepsia while leaf infusion is prepared to treat apathy and sore throat. Used in the treatment of common colds, fevers, headaches, diarrhoea, oedema and oliguria. Young leaves-raw or cooked are used as salads, as aromatic condiments for flavouring foodstuffs and vegetable dishes. Fresh leaves are eaten for reducing high blood pressure. Inflorescence extract is used as gargle in tonsillitis. Leaf paste is applied on forehead in dizziness.