

Botanic name : *Cyperus rotundus* L.

Family: Cyperaceae.

Common name: Common nut sledge, Nutgrass, Mustaka

Habitat: Wide range of soil types, grows in small clumps up to 100cm

Distribution : Native to India but also present throughout California, North America, except areas of the northern Midwest and adjacent and northern Canada, to South America.. .

Description: Perennial herb, leaves sprout in ranks of three from the base of the plant. The plant has very huge network of underground rhizomatous stem. The flower stems have a triangular cross-section. The flower is bisexual and has three stamina and a three-stigma carpel. The fruit is a three-angled achene.

Phytochemicals: The major chemical components of this herb are essential oils, flavonoids, terpenoids, sesquiterpenes, cyprotene, cyperene, aselinene, rotundene, valencene, cyperol, gurjunene, trans-calamenene, cadalene, cyperotundone, mustakone, isocyperol, acyperone, etc.

Medicinal/Economic uses: 'Mustaka' is present in Indian culture and heritage since time immemorial. It has diuretic, carminative, emmenagogue, anthelmintic, analgesic, anti-inflammatory, anti-dysenteric, antirheumatic activities. Also used for treating fevers, digestive system disorders, dysmenorrhea and other maladies. According to modern alternative medicine, the plant is effective to treat nausea, fever and inflammation; for pain reduction; for muscle relaxation and many other disorders.