

**Name of Herbal Plant : Lemon Grass Tea****Biological Source** : The Leaves of *Cymbopogon Citratus***Kingdom** : Plantae**Synonyms** : Citronella Grass, Fever Grass.**Family** : Poaceae

Description: *Cymbopogon citratus* is a perennial, shortly rhizomatous grass. Culms tufted, robust, up to 2 m tall, 4 mm in diameter, farinose below nodes. Leaf sheaths glabrous, greenish inside; leaf blades glaucous, 30-90 × 0.5-2 cm, both surfaces scabrid, base gradually narrowed, apex long acuminate; ligule 1 mm. Spathe compound panicle large, lax, up to 50 cm, drooping, branches slender; spatheoles reddish or yellowish brown, 1.5-2 cm; racemes 1.5-2 cm; rachis internodes and pedicels 2.5-4 mm, loosely villous on margins; pedicel of homogenous pair not swollen. Sessile spikelet linear-lanceolate, 5-6 × 0.7 mm; lower glume flat or slightly concave toward base, sharply 2-keeled, keels wingless, scabrid, veinless between keels; upper lemma narrow, entire and awnless, or slightly 2-lobed with 0.2 mm mucro. Pedicelled spikelet 4-5 mm.

Geographical Source: Lemongrass Is Native To Tropical Regions, Including Southeast Asia, India, And Sri Lanka. It Is Cultivated In Various Other Countries With Suitable Climates.

Vernacular Name in English: Lemon Grass Tea

Vernacular Name in Hindi : Nimbu Patti Chai

Vernacular Name in Marathi: Ghevali Chaha

Vernacular Name in Kannada: Nimbe Tettu Chaha

Chem. Constituents: Lemongrass Contains Various Bioactive Compounds, Including: Citral, Limonene, Geraniol, Myrcene, Polyphenols

Uses: Herbal Tea, Culinary Purposes: Lemongrass Is Also Used As A Culinary Herb In Various Dishes, Herbal Flavor To Soups Etc. Medicinal Applications: As A Digestive Aid, Relief From Anxiety And Insomnia, And As An Anti-Inflammatory And Antibacterial Agent and Used in Insect Repellent

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