



**Name of Herbal Plant : Hibiscus**

**Synonyms** : Shorblack, Mahagua

**Biological Source** : Obtained From *Rosea Sinensis* Linn.

**Family** : Malvaceae



**Description:** The hibiscus is an evergreen shrub, growing to a maximum of 10 m in the wild. Its bark is light-grey, easy to peel and smooth.

**Leaves:** Hibiscus leaves are ovate, simple and 8 to 10.5 cm long. They are spirally arranged around a long stalk.

**Flower:** The flowers are bisexual, large and showy, grow up to 25 cm wide, stalked and arising singly from the upper leaf axils. The five free petals joined at the base may be white, yellow or red colour. Sepals are joined in a five-lobed cup with an epicalyx of five to seven lobes. The superior ovary has five stigmas with a long style. The plant flowers perennially.

**Fruit:** The ovoid fruit has up to 20 seeds, is beaked and splits into five parts.

**Geographical Source** : Native To Warm Temperature And Tropical Region

**Vernacular Name in Hindi** : Javakusum

**Vernacular Name in Marathi:** Jaswand

**Vernacular Name in Kannada:** Dasavala

**Vernacular Name in English:** Hibiscus

**Chem. Constituents:** Athrocyanin And Polyphenols

**Uses:**

- It may have antiseptic properties
- It may have anti-spasmodic properties (relieves muscle spasms)
- It may have blood pressure-lowering properties
- It may have a mild laxative effect (help constipation)
- It may have a diuretic effect (increase urine production)
- It may have antioxidant activity
- It may have anti-cancer activity
- It may have an antipyretic effect (reduce fever)
- It may have sedative properties
- It may have blood sugar-lowering properties

**Source:** <https://eresources.nlb.gov.sg/infopedia/articles>