

**Name of Herbal Plant : Potato**

Description : Potato Fruits Are A Succulent But Inedible Spherical, Yellow-Green Berry, Up To 4Cm Across. Underground, The Edible Root Forms A Tuber That Can Be A Range Of Colours, Sizes And Shapes, Depending On The Cultivated Variety (Cultivar).



Synonyms : Aalu,Batata,Solanum Tuberosum.

Biological Source : Potato, (Solanum Tuberosum), Annual Plant In The Nightshade Family (Solanaceae), Grown For Its Starchy Edible Tubers.

Family : Solanaceae

Geographical Source : The Potato Is Native To The Peruvian-Bolivian Andes. It Was Cultivated In South America By The Incas As Early As 1,800 Years Ago.

Vernacular Name in English: Ground Apple.

Vernacular Name in Hindi : Aalu

Vernacular Name in Marathi: Batata

Vernacular Name in Kannada: Aaloo Gadde

Chem. Constituents : Starch (15%), Sugars, Nitrogen Compounds, Lipids, Organic Acids, Phenolic Compounds, Mineral Substances And Non-Starch Polysaccharides.

Uses:

- The Fleshy Part Of The Root (Potato) Is Commonly Eaten As A Vegetable.
- Potato Is Also Used To Make Medicine.
- Potato Is Good For Patients Suffering From High Blood Pressure.