



Coleus zeylanicus (Benth.)



Habit: Herb

Morphology: Indian Coleus is a densely hairy perennial herb, with pale blue flowers arranged in whorls, forming long leafless interrupted spikes. Flowers are up to 2 cm long, tube bent abruptly downward, longer than the sepal cup. Flowers are 2-lipped, the upper lip short, turned back, 3-lobed, the lower much longer, boat-shaped, pointed. Sepal cup is hairy, bell-shaped, with lance shaped, prickly-tipped sepals. Bracts are broadly ovate, pointed, overlapping in bud, soon falling. Leaves are ovate to oblong, blunt, rounded-toothed, short-stalked, 5-8 cm long. They are arranged in opposite pairs perpendicular to each other, along a 1-3 ft tall stem. Indian Coleus is found in the Himalayas, from Uttarakhand to Bhutan, at altitudes of 1200-2400 m. It is also found in Western Ghats. Flowering: August-October.

Taxonomy:

Kingdom	Plantae
Division	Angiospermae
Class	Eudicots
Order	Lamiales
Family	Lamiaceae
Genus	Coleus
Species	<i>Coleus zeylanicus</i> (Benth.)

Uses: In Ayurvedic medicine Coleus species have been used to treat heart disease, convulsions, spasmodic pain and painful urination.

Reference: www.flowersofindia.net