

## *Trichopus zeylanicus* Gaertn



**Habit:** Herb

**Description:** Slender rhizome. Leaves are ovate-lance-shaped, pointed or blunt, apiculate, base deeply heart-shaped, up to 12 x 7 cm; 5-7 ribbed, leaf-stalk up to 5 cm. However, leaves can be quite variable in shape. Flowers are fascicled at the base of the leaf-stalk. Flowers are dark brown, bell-shaped, tepals lance-shaped. Stamens are 6, anthers apiculate. Fruit is three-sided, purple-brown; seeds dorsally grooved.

**Taxonomy:**

<b>Kingdom</b>	Plantae
<b>Division</b>	Tracheophytes
<b>Class</b>	Angiosperms
<b>Order</b>	Dioscoreales
<b>Family</b>	Dioscoreaceae
<b>Genus</b>	Trichopus
<b>Species</b>	<i>Trichopus zeylanicus</i> Gaertn

**Uses:** The leaves and fruit are used for medicine. People take *Trichopus zeylanicus* for improving stamina, boosting the immune system, and losing weight. They also take it to treat liver disease, stomach ulcers, fatigue, and sexual performance problems.

**Reference:** Indian Biodiversity Portal, NCBI