

## *Chamaecostus cuspidatus*

### Scientific classification

Kingdom : Plantae  
Clade : Angiosperms  
Clade : Monocots  
Order : Zingiberales  
Family : Costaceae  
Genus : *Chamaecostus*  
Species : *C. cuspidatus*



*Chamaecostus cuspidatus*

### DESCRIPTION:

It is being cultivated in Kashmir and the Himalayan regions for its root. It has large fleshy looking leaves. The undersides of these large, smooth, dark green leaves have light purple shade. The leaves are spirally arranged around the stem, forming attractive, arching clumps arising from underground rootstocks. The maximum height of these plants is about two feet. It is related to the ginger and was originally part of the family Zingiberaceae. But now the *Costus* species and their kin have been reclassified into their own family, Costaceae. The species reproduces vegetative by rhizome and birds disperse seeds when they feed on the fruits. *Costus* products are sometimes called *Costus comosus* and are edible in nature. The flower petals are quite sweet and nutritious. It's a lower grower and makes a great ground cover. The long red flower spikes of *Costus pulverulentus* are unique to the family and they are sure to create interest in the garden.

### MEDICINAL USES:

Insulin plant (*Costus Igneus*) is useful to treat **diabetes** and is a very commonly used in INDIA. *Costus Igneus* also known as Insulin Plant (*Chamaecostus cuspidatus*) is known for its medicinal properties.