

Coleus scutellarioides

Scientific classification

Kingdom : Plantae
Clade : Angiosperms
Order : Lamiales
Family : Lamiaceae
Genus : *Coleus*
Species : *C.scutellarioides*



Description

Coleus scutellarioides, commonly known as coleus, is a species of flowering plant in the family Lamiaceae (the mint or deadnettle family), native to southeast Asia through to Australia. It is an upright annual or short-lived perennial plant. It may be as much as 1 m (3 ft) tall, with well branched, more-or-less four-sided stems. They are somewhat fleshy, varying in size from 1.5–10 cm long by 1–6 cm wide, generally ovate in shape, and borne on petioles (stalks) from 0.5–5 cm long. The leaf margin is divided to a variable degree. Hairs are present on both sides of the leaf. The inflorescence is borne on the end of a stem and, like the leaves, is very variable in size; it may be up to 4 cm long, with few or many flowers. The fruit is described as a "nutlet", and is black, about 1 mm long.

Medicinal uses

Coleus contains forskolin, a substance that may help dilate blood vessels and improve the forcefulness with which the heart pumps blood. Recent clinical trials indicate that forskolin improves heart function in people with congestive heart failure and cardiomyopathy. *Coleus* Has Anti-Hypertensive Health Benefit, Hypothyroidism Health Benefit, *Coleus* Has Anti Histamine And Anti-asthma Health Benefit, *Coleus* Can Promote Weight-Loss In Obese Patients.