

Nelumbo nucifera

Scientific classification

Kingdom : Plantae
Clade : Angiosperms
Order : Proteales
Family : Nelumbonaceae
Genus : *Nelumbo*
Species : *N. nucifera*



Description

Nelumbo nucifera, also known as Indian lotus, sacred lotus, or simply lotus, is one of two extant species of aquatic plant in the family Nelumbonaceae. The roots of lotus are planted in the soil of the pond or river bottom, while the leaves float on the water's surface or are held well above it. The flowers are usually found on thick stems rising several centimeters above the leaves. The leaf stalks (petioles) can be up to 200 cm long, allowing the plant to grow in water to that depth, and a horizontal spread of 1 m. The leaves may be as large as 80 cm in diameter, while the showy flowers can be up to 30 cm in diameter, but fourteen inches (35 centimeters) has been frequently reported.

Uses

The leaves are used for hematemesis, epistaxis, and hematuria, the flowers are used for lowering blood sugar levels, diarrhea, cholera, fever, and hyperdipsia. Rhizomes are promoted have purported diuretic, antidiabetic, and anti-inflammatory properties.