

Rhapis excelsa

Scientific classification	
Kingdom : Plantae	
Clade : Angiosperms	
Order : Arecales	
Family : Arecaceae	
Genus : <i>Rhapis</i>	
Species : <i>R. excelsa</i>	

Description

Rhapis excelsa, also known as broadleaf lady palm or bamboo palm. It grows up to 4 m in height and 30 mm in diameter in multi-stemmed clumps with glossy, palmate evergreen leaves divided into broad, ribbed segments. Leaf segments are single or few in young plants and increase to a dozen or more in mature plants; segments are divided to the petiole. This usually dioecious palm species produces a small inflorescence at the top of the plant with spirally-arranged, fleshy yellow flowers containing three petals fused at the base. Ripe fruit are fleshy and white, though *R. excelsa* more readily propagates via underground rhizome offshoots.

Medicinal uses

Burned or charred bark applied externally to stop bleeding. Decoction of roots or ashes from burnt bark used for rheumatism; also used to stimulate blood circulation. Used as hemostatic and antidiarrheal. Also exhibit antioxidant, antifungal, antibacterial potentiation. It is believed to have hemostatic and antidiarrheal properties. They can also be used as a tonic for circulatory problems. It is mostly the bark and roots that are used for medicinal purposes. Root decoctions and bark ashes are also used for rheumatism.