

Basella rubra

<p>Scientific classification</p> <p>Kingdom : Plantae Clade : Angiosperms Order : Caryophyllales Family : Basellaceae Genus : <i>Basella</i> Species : <i>B. rubra</i></p>	
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Description

Basella rubra commonly known as Indian or Malabar spinach, is an herbaceous annual or biennial climbing herb found in tropical and sub-tropical areas. Stem is a fast growing, vigorous, climbing, tropical vine that looks wonderful growing in ornamental plantings on posts, fences, hanging baskets, large containers and pots. It is a succulent, branched, smooth, twining herbaceous vine, several meters in length. Stems are purplish or green. Leaves are fleshy, ovate or heart-shaped, 5 to 12 cms long, stalked, tapering to a pointed tip with a cordate base. Spikes are axillary, solitary, 5-29 cm long. Fruit is fleshy, stalk less, ovoid or spherical, 5-6 mm long, and purple when mature and contain only one seed. The flowers are pink.

Uses

It nourishes, makes the body stout, purifies blood, rejuvenates and acts as aphrodisiac. Including it in regular diet helps to prevent weakness of bones, anemia, cardiovascular diseases and cancers of colon. It is safe to use this in children and pregnant lady suffering from constipation. It used to treat mouth ulcers, wound, inflammation, urticaria, anemia, malnutrition, insomnia, cracked feet, piles, bleeding disorders, cancers etc. In India it is widely grown as pot herb.