

Lemon Grass

Cymbopogon citratus

Order:
Poales

Family:
Poaceae

Genus:
Cymbopogon

Species:
citratus



MORPHOLOGY

- Strap, linear, entire leaf.
- Leaves have parallel venation
- Pseudostem is formed
- Crushed leaves have lemony scent

USES

- Increase immunity
- Promote digestion

- Stabilize menstrual cycles

CHEMICAL COMPOSITION

- Citral (a mixture of geranial and neral)
- Myrcene
- Geraniol
- Limonene
- Citronellal

MEDICINAL PROPERTIES

- Anti-inflammatory
- Analgesic activities

ACTIVE PHYTOCHEMICALS

- Citral