

Chamaecostus cuspidatus



Kingdom:	Plantae
Clade:	Tracheophytes
Clade:	Angiosperms
Clade:	Monocots
Clade:	Commelinids
Order:	Zingiberales
Family:	Costaceae
Genus:	Chamaecostus
Species:	C. cuspidatus

Chamaecostus cuspidatus, common name fiery costus or spiral flag, is a species of herbaceous plant in the family Costaceae native to eastern Brazil (States of Bahia and Espírito Santo).

In India, it is known as insulin plant for its purported anti-diabetic properties. *Chamaecostus cuspidatus* has large fleshy-looking leaves.

In Siddha medicine, it is known as kostum. It is being cultivated in Kashmir and the Himalayan regions for its root. It is related to the gingers and was originally part of the family Zingiberaceae. The plant grows very quickly. Propagation is by stem cutting. It needs sunshine but it also grows in slightly shady areas. It is cultivated in India for its use in traditional medicine and elsewhere as an ornamental. In traditional medicine the dried leaves are used in Ayurvedic medicine.

Report prepared by:

K Narahari Rao

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