



Hellenia
***speciosa* (J.Koenig)**
S.R.Dutta

Family: Costaceae

Common name: Crepe ginger

Local name: Chamar-gatha

Importance:

- Its rhizome is used to treat fever, asthma, bronchitis, anemia, diabetes, skin diseases, rheumatism and intestinal worms.
- Used as a purgative, depurative, stimulant and anthelmintic.
- The squeezed-out stem juice is dropped into eyes to cure sore eyes.