

Mini Review

Nasturtium (*Tropaeolum majus*) an Annual Herb has Medicinal Property to Cure Throat Sore and it has Antivirus Property

Manju Das^{1*}, Biswas S K², Zaman S¹ and Mitra A³

¹Oceanography department, Techno India University, India

²Civil Engineering (Planning and Architecture), Techno India Universty, India

³Marine Science, Calcutta University, India

Abstract

Nasturtium as a garden flower is well known. This herb is fast-growing in sunny place. Seeds need soil, water, Sun and bio fertilizer in airy place to grow. Germination takes place in moist soil within a week. Growth needs care to put water in afternoon. Leaves are circular with slightly curved margin. The flowers are 2.5 to 6 cm. diameter, with five petals. They vary from yellow to orange to red. Used as salads in different dishes. Leaves has property to cure throat sore. It has anti-virus property too.

Keywords: Herb; Nasturtium; Germination

Introduction

Kingdom-Plantae

Clade-Angiosperms

Clade-Eudicots

Clade-Rosids

Order-Brassicales

Family-Tropaeolaceae

Genus-Tropaeolum

Species-T.Majus

Plants grows in park, garden as well as in small flower pots. Trailing stem grows to 3-6 ft. Leaves are peppery in taste. Whole plant is edible. The flowers contain about 130 mg. Vitamin C per 100 gram (3.5 oz.).The fruit is 2 cm. broad, three segmented with a single large seed 1 to 1.5 cm. long [1,2,3,4,5].

Materials and Method

Use earthen pot to grow this plant in moist clayey soil. Seeds brought from Nursery live.com (on line) Pune. They provide a packet of bio-fertilizer with seed packet. Small amount helps to germinate fast and healthy plants comes from seeds. Leaves are small with prominent veins radiating to the smoothly rounded or slightly lobed margin. Foliage comes and number of leaves increasing day-by day.

***Corresponding Author:** Manju Das, Oceanography department, Techno India University, India, E-Mail: m.ghosal@hotmail.com

Sub Date: January 21st 2019, **Acc Date:** January 21st 2019, **Pub Date:** February 2nd 2019

Citation: Manju Das, Biswas S K, Zaman S, Mitra A (2019) Nasturtium (*Tropaeolum majus*) an Annual Herb has Medicinal Property to Cure Throat Sore and it has Antivirus Property. Int J Environ & Agri Sci 3:016.

Copyright: © 2019 Manju Das. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Observation



Figure 1.

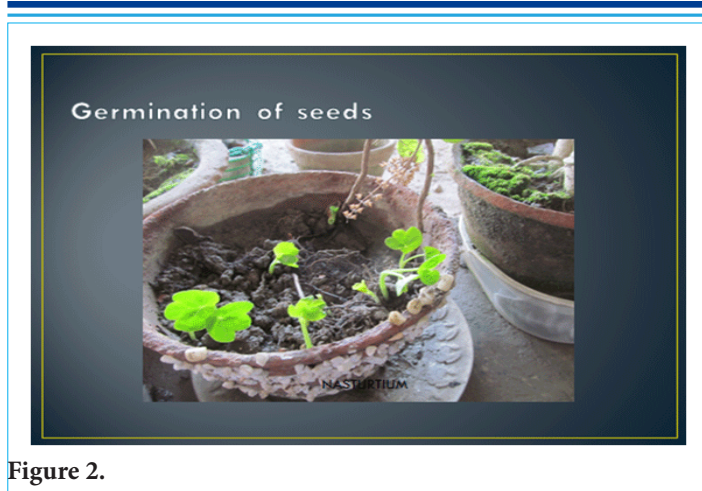


Figure 2.

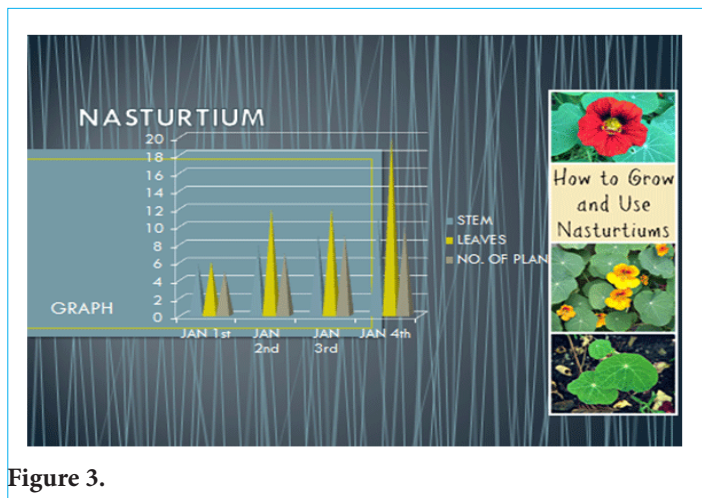


Figure 3.

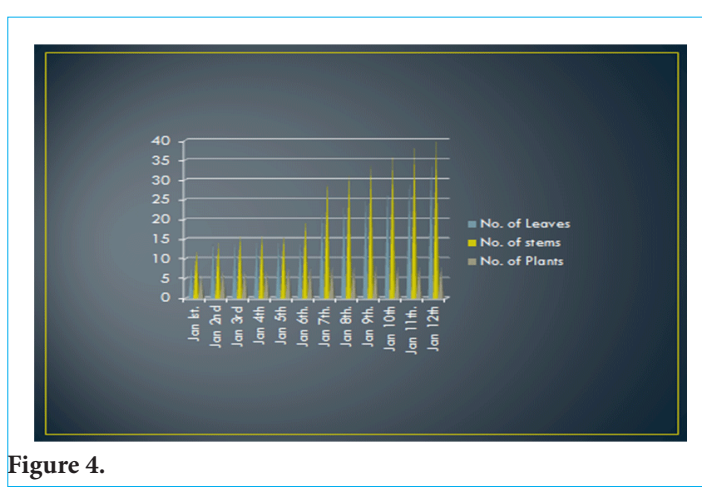


Figure 4.

Result

This fast growing plant is helpful in many ways. As a ground cover used in garden and parks. Leaves and flowers are edible. Medicinal property to cure throat sore and it has anti-virus property too. Used leaves and flowers in culinary art as well as in salads. More cultivation and future research will help to throw more light of this plant [6,7,8,9].

Discussion

This annual herb cultivation will improve pharmacy in future. Cough syrup from leaf extract cure throat sore. As a kidney cleanser it is used in salad plate. It has anti-cancer property too.

References

1. Nasturtium: How to Plant, Grow, and Care for Nasturtiums | The Old Collect them, brush off the soil, dry them, and store them in a paper envelope in Nasturtium do like to have regular waterings; they just don't like to sit in water.
2. Gi-chang Kim, Jin-Sook Kim, Gyoung-Mi Kim, Song-Yi Choi (2017) Anti-adipogenic effects of *Tropaeolum majus* (nasturtium) ethanol Since the Ministry of Food and Drug Safety (MFDS) in Korea approved the use of flowers, leaves, and shoots of *T. majus* as food ingredients 61(1).
3. Katrin Stelter, Elke Bloem, Andreas Berk, Sven Dänicke (2014) Metabolism of Glucotropaeolin from *Tropaeolum majus* L (Nasturtium) How to cite this paper: *Tropaeolum majus* L. (Nasturtium) and The animals received the *T. majus* in different dosages 4:180-190.
4. Garden Nasturtium - Growables *T. majus* seeds. *Tropaeolum majus* fruit, Fruit de *Tropaeolum majus*, (Grande capucine). *T. majus*, orange flower bud. Nasturtiumgrowing in zone.
5. Nasturtium, *Tropaeolum majus* (2007) Master Gardener Program Nasturtium is the common name of *Tropaeolum majus*, a welcome addition serpentine trails on the leaves, but this doesn't damage the plant.
6. Benyelles B, Hocine Allali, Nadia Fekih, Touaibia M (2018) Chemical Composition of the Volatile Components of *T. majus* L (garden nasturtium) from north western algeria.
7. Garzon GA, Ronald Wrolstad E (2018) Major anthocyanins and antioxidant activity of Nasturtium flowers (*Tropaeolum majus*)11(4): 44-49.
8. Collecting Nasturtium Seed (2011) How to collect and store Nasturtium (*Tropaeolum majus*) seed. nasturtiums they always self seed in following years, so I don't need to replant.
9. Double Gleam Nasturtium Seeds (*Tropaeolum majus*) - Seed Needs Ground cover: Nasturtium thrives in average, sandy dry soils. Do you have a spot in full sun or partial shade you haven't gotten around to cultivating.