

Centella asiatica (L.) Urb., 1879

(*Hydrocotyle asiatica*)

Identifiants : 7262/cenasi

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 17/04/2024

- **Classification phylogénétique :**

- **Clade : Angiospermes ;**
- **Clade : Dicotylédones vraies ;**
- **Clade : Astéridées ;**
- **Clade : Campanulidées ;**
- **Ordre : Apiales ;**
- **Famille : Apiaceae ;**

- **Classification/taxinomie traditionnelle :**

- **Règne : Plantae ;**
- **Division : Magnoliophyta ;**
- **Classe : Magnoliopsida ;**
- **Ordre : Apiales ;**
- **Famille : Apiaceae ;**
- **Genre : Centella ;**

- **Synonymes : *Hydrocotyle asiatica* L. 1753 ;**

- **Synonymes français : Gotu Kola, rau má, herbe au tigre, herbe pou de bois ;**

- **Nom(s) anglais, local(aux) et/ou international(aux) : Asian pennywort, Indian Pennywort, Anampetraka, Babassa, Badmaina, Bai bobo, Beng sag, Bolila-ba-linku, Bor manimuni, Brahami, Brahma-manduki, Bramhi, Bramhi, Bua bok, Chong amok, Dagu, Daretá, Daun pegaga, Ding gai cao, Elukachevi, Gidir mamimuni, Ghortapre, Ghortapre, Goal-pate, Gotu kola, Hang kor chow, Heen gotu kola, Hin-gotukola, Hing, Inyongo, Kalanso, Karinga, Karivana, Khoburwali, Khulakhudi, Kopanig kua, Krimbuwa, Lambak, Letintfwala, Licubudwane, Mandukaparni, Manimuni, Mariko, Marsh pepperwort, Mikharing, Mijiupamao, Mochatn-achar, Muthilila, Muthilsopu, Muxa arxa, Myin-kwa-ywet, Naulai, Nguri, Ningkhoi, Nongobozana, Nuoc rau ma, Pak nork, Panuo, Pe-de-cavalo, Pegagan, Peruk, Peruki, Phak nok, Pohe kula, Rau ma dai, Samsata, Saraswataku, Shetafay, Siti muk, Takip-kohol, Tangkuangteh, Tangkuongteh, Thalkudi, Thankuni, Thol-khuri, Togo, Togotogo, Totodro, Totono, Tselagorgor, Tsubo-kusa, Umamgobozana, Unongotyazana, Vallarai, Vallarei ;**

- **Rusticité (résistance face au froid/gel) : zone 8 ;**



- **Note comestibilité : ****

- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :**

Feuille (feuilles ^{27(+x)}) [nourriture/aliment^{(((dp*))} {en salade ou comme légume^{((27(+x))} {ex. : comme potherbe^{(((dp*))}}]) comestible.

Détails :

Consommation locale^{(((27(+x))}.

La plante entière est consommée crue ou cuite. Les feuilles sont ajoutées aux salades sautées ou cuites à la vapeur et servies avec du riz. Ils peuvent être cuits dans des soupes de légumes ou des ragoûts. Les feuilles fraîches peuvent être conservées pendant 3 jours. Ils ne doivent être consommés qu'en petites quantités. Ils sont utilisés pour améliorer le chutney. La plante est également utilisée pour la médecine. Les feuilles sont transformées en thé. Le jus des feuilles dilué avec de l'eau et sucré avec du sucre est utilisé comme boisson

Partie testée : feuilles^{(((0(+x)) (traduction automatique)}
Original : Leaves^{(((0(+x)}

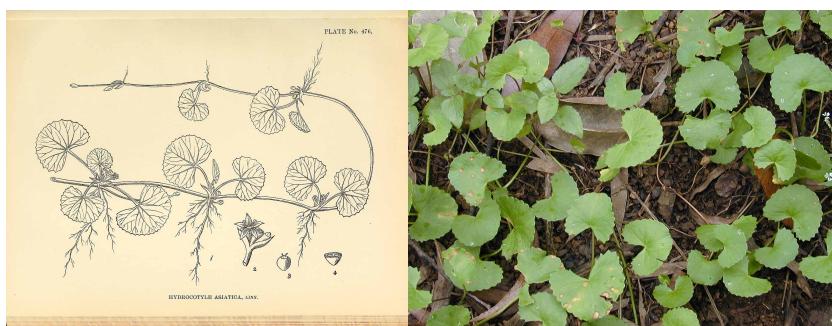
Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
89.3	143	34	1.6	61	37	3.1	0



néant, inconnus ou indéterminés.néant, inconnus ou indéterminés.

- Note médicinale : *****

- Illustration(s) (photographie(s) et/ou dessin(s)):



De gauche à droite :

Par Indian medicinal plants (vol. 3: t. 476), via plantillustrations
Par Forest & Kim Starr, via wikipedia

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

C'est un légume cultivé commercialement. Un vert comestible mineur seulement parfois mangé dans quelques zones côtières de Papouasie-Nouvelle-Guinée. En Inde, il est considéré comme utile pour lutter contre les carences nutritionnelles. Les feuilles sont vendues sur les marchés locaux^{(((0(+x)) (traduction automatique)}.

Original : It is a commercially cultivated vegetable. A minor edible green only occasionally eaten in a few coastal areas in Papua New Guinea. In India it is considered valuable to combat nutritional deficiencies. Leaves are sold in local markets^{(((0(+x)}.

- Distribution :

Une plante tropicale. C'est une plante couvre-sol dans les vieux jardins, dans la forêt tropicale légère. Il convient aux endroits humides. Il pousse dans les zones humides. Il pousse souvent le long des ruisseaux et des rizières. Il pousse mieux dans les endroits ensoleillés, humides et fertiles. Il pousse dans les zones humides. En Papouasie-Nouvelle-Guinée, il pousse principalement jusqu'à environ 500 m d'altitude mais atteindra probablement 2500 m. Il est sensible à la sécheresse et au gel. Au Népal, il atteint environ 2800 m d'altitude. Il a besoin d'une température supérieure à 10 ° C. Il peut pousser dans des endroits arides. Il convient aux zones de rusticité 9-12. Au Yunnan^{(((0(+x)) (traduction automatique)}.

Original : A tropical plant. It is a ground cover plant in old gardens, in light rainforest. It suits humid locations. It grows in wetlands. It often grows along streams and rice paddies. It grows best in sunny, moist, fertile places. It grows in wetlands. In Papua New Guinea it grows mostly up to about 500 m altitude but will probably grow up to 2500 m. It is drought and frost tender. In Nepal it grows to about 2800 m altitude. It needs a temperature above 10°C. It can grow in arid places. It suits hardiness zones 9-12. In Yunnan^{(((0(+x)}.

- Localisation :

Afrique, Samoa américaines, Argentine, Asie, Australie, Bahamas, Bangladesh, Bhoutan, Bolivie, Botswana,

*Brésil, Brunei, Burkina Faso, Cambodge, Amérique centrale *, Chili, Chine, Chuuk, Côte d'Ivoire, Cuba, République dominicaine République, Afrique de l'Est, Timor oriental, Eswatini, Fidji, FSM, Guinée, Guinée, Guinée-Bissau, Haïti, Hawaï, Himalaya, Inde, Indochine, Indonésie, Côte d'Ivoire, Japon, Kenya, Corée, Laos, Lesotho, Madagascar, Malawi, Malaisie, Marquises, îles Marshall, Mexique, Micronésie, Mozambique, Myanmar, Namibie, Népal, Nouvelle-Calédonie, Île Norfolk, Amérique du Nord, Inde du nord-est, Pacifique, Pakistan, Palau, Papouasie-Nouvelle-Guinée, PNG, Paraguay, Philippines, Pohnpei, Porto Rico, Samoa, Sao Tome-et-Principe, Asie du Sud-Est, Sénégal, Sierra Leone, Sikkim, Singapour, Afrique du Sud, Afrique australe, Amérique du Sud, Sri Lanka, Swaziland, Taiwan, Tanzanie, Tasmanie, Thaïlande, Timor-Leste, Tonga, Tuvalu, Ouganda, Uruguay, USA, Vanuatu, Vietnam, Afrique de l'Ouest, Antilles, Zambie, Zimbabwe*^{(((0+x)) (traduction automatique))}.

Original : Africa, American Samoa, Argentina, Asia, Australia, Bahamas, Bangladesh, Bhutan, Bolivia, Botswana, Brazil, Brunei, Burkina Faso, Cambodia, Central America, Chile, China, Chuuk, Côte d'Ivoire, Cuba, Dominican Republic, East Africa, East Timor, Eswatini, Fiji, FSM, Guinée, Guinée-Bissau, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Ivory Coast, Japan, Kenya, Korea, Laos, Lesotho, Madagascar, Malawi, Malaysia, Marquesas, Marshall Islands, Mexico, Micronesia, Mozambique, Myanmar, Namibia, Nepal, New Caledonia, Norfolk Island, North America, Northeastern India, Pacific, Pakistan, Palau, Papua New Guinea, PNG, Paraguay, Philippines, Pohnpei, Puerto Rico, Samoa, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, Sikkim, Singapore, South Africa, Southern Africa, South America, Sri Lanka, Swaziland, Taiwan, Tanzania, Tasmania, Thailand, Timor-Leste, Tonga, Tuvalu, Uganda, Uruguay, USA, Vanuatu, Vietnam, West Africa, West Indies, Zambia, Zimbabwe*^{(((0+x)) (traduction automatique))}.

- Notes :

Il existe environ 20-40-50 espèces de Centella. Ils sont tropicaux. Il est considéré comme ayant de nombreux avantages médicinaux et pour la santé. C'est un aliment fonctionnel. Il augmente la production de lait chez les femmes qui allaitent. Il contient 5,6 mg pour 100 g de poids sec et 3,0 mg de poids frais d'alpha-tocophérol (vitamine E)^{(((0+x)) (traduction automatique))}.

Original : There are about 20-40-50 Centella species. They are tropical. It is considered to have many medicinal and health benefits. It is a functional food. It increases milk supply in nursing women. It has 5.6 mg per 100 g dry weight and 3.0 mg fresh weight of alpha-tocopherol (Vitamin E)^{(((0+x))}.

- Nombre de graines au gramme : 700/1000 ;

- Liens, sources et/ou références :

- ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Centella_asiatica ;

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2708815 ;

dont livres et bases de données :²⁷ Dictionnaire des plantes comestibles (livre, page 159 [*Hydrocotyle asiatica L.*], par Louis Bubenicek) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Ali, A. M. S., 2005, Homegardens in Smallholder Farming Systems: Examples from Bangladesh. *Human Ecology*, Vol. 33, No. 2 pp. 245-270 (As *Hydrocotyle*) ; Andarwulan, N., et al, 2010, Flavonoid content and antioxidant activity of vegetables from Indonesia. *Food Chemistry* 121: 1231-1235 ; Anderson, E. F., 1993, Plants and people of the Golden Triangle. *Dioscorides Press*. p 206 ; Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. *Notes in Harvard University Herbaria*. *Harvard Univ. Press. Massachusetts*. no. 3131 ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 115 ; Bandyopadhyay, S. et al, 2009, Wild edible plants of Koch Bihar district, West Bengal. *Natural Products Radiance* 8(1) 64-72 ; Bandyopadhyay, S., et al, 2012, A Census of Wild Edible Plants from Howrah District, West Bengal, India. *Proceedings of UGC sponsored National Seminar 2012* ; Banerjee, A., et al, 2013, Ethnobotanical Documentation of Some Wild Edible Plants in Bankura District, West Bengal, India. *The Journal of Ethnobiology and Traditional Medicine*. Photon 120 (2013) 585-590 ; Baro, D., Baruah, S. and Borthukar, S. K. 2015, Documentation on wild vegetables of Baksa district, BTAD (Assam). *Scholars Research Library. Archives of Applied Science Research*, 2015, 7 (9):19-27 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 236 ; Bohra, N., et al, 2017, Ethnobotany of wild edible plants traditionally used by the local people in the Ramnagar regions from Nainital District, Uttarakhand, India. *Biolife* 5(1): 12-19 ; Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. *Marcellin College, Victoria Australia*. p 141, 225 ; Bourret, D., 1981, Bonnes-Plantes de Nouvelle-Calédonie et des Loyauté. *ORSTOM*. p 81 ; Bremness, L., 1994, *Herbs*. *Collins Eyewitness Handbooks*. Harper Collins. p 159 ; Brown, D., 2002, *The Royal Horticultural Society encyclopedia of Herbs and their uses*. DK Books. p 162 ; Burkhill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew. ; Chin, H. F., 1999, *Malaysian Vegetables in Colour*. Tropical Press. p 93 ; Ching, L. S. & Mohamed, S., 2001, Alpha-Tocopherol Content in 62 Edible Tropical Plants. *J. Agric. Food Chem.* 2001, 49, 3101â"3105 (As *Hydrocotyle asiatica*) ; Chowdhury, A. & Das, A. P., 2014, Conservation through sustainable utilization of wetland leafy vegetables of Terai and Duars, West Bengal, India. *International Journal of*

*Advanced Life Sciences (IJALS), 7(4) p 653 ; Cooper, W. and Cooper, W., 2004, Fruits of the Australian Tropical Rainforest. Nokomis Editions, Victoria, Australia. p 30 ; Cruz-Garcia, G. S., & Price, L. L., 2011, Ethnobotanical investigation of 'wild' food plants used by rice farmers in Kalasin, Northeast Thailand. Journal of Ethnobiology and Ethnomedicine 7:33 ; Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 354 ; Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017. ; Datar, M. N. & Upadhye, A. S., 2015, Forest foods of Northern Western Ghats: Mode of Consumption, Nutrition, and Availability. Asian Agri-History Vol. 19, No. 4, 2015 (293â€“316) ; Deb, D., et al, 2013, Wild Edible Plants and Their Utilization in Traditional Recipes of Tripura, Northeast India. 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