

Justicia adhatoda L.

Identifiants : 17370/jusadh

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

Fiche réalisée par Patrick Le Ménahèze

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- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Astéridées ;
- Clade : Lamiidées ;
- Ordre : Lamiales ;
- Famille : Acanthaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Lamiales ;
- Famille : Acanthaceae ;
- Genre : Justicia ;

- Synonymes : *Adhatoda adhatoda* (L.) Huth [Invalid], *Adhatoda arborea* Raf, *Adhatoda vasica* Nees, *Adhatoda zeylanica* Medik, *Dianthera latifolia* Salisb, *Ecbolium adhatoda* (L.) Kuntze, *Ecbolium latifolium* (Benth. & Hook.f.) Kuntze, *Gendarussa adhadota* Steud, ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Malabar nut, , Adalodakam, Adhotoda, Adosa, Adusa, Arusha, Asur, Asuro, Baansa, Baikar, Baintsha, Baisingu, Bansa, Barsika, Barsikhe, Bashakha, Bashikha, Basinga, Baska tita, Bhekkar, Boga bahak, Devglameh, Hitingra-hpraw, Jantrashi, Jok-an-keleok, Kalo basak, Kawldai, Khateemu, Mauk-salum, Maya-gyi, My-yar-gyi, Nongmangkha, Pawatta, Rus, Sanied, Sinhapuri, Vasak, Vasaka, Vasakdog, Ye-magyi ;



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

Pousses cuites (bouillies)^{{{0(+x)}}}.

Les feuilles et fleurs tendres sont cuites comme légume. Ils sont également consommés crus. Les fleurs sont mangées frites. Les fleurs récoltées peuvent être conservées pendant 5 jours. Le nectar des fleurs est aspiré

Partie testée : pousses bouillies^{{{0(+x)}}} (traduction automatique)

Original : Shoots boiled^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
0	0	0	0	0	0	0	0



néant, inconnus ou indéterminés.

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

- **Autres infos :**

dont infos de "FOOD PLANTS INTERNATIONAL" :

- **Statut :**

Les feuilles sont vendues sur les marchés. Ils sont couramment consommés au Bhoutan^{{{0(+x)}}} (traduction automatique).

Original : The leaves are sold in markets. They are commonly eaten in Bhutan^{{{0(+x)}}}.

- **Distribution :**

Une plante tropicale. Au Népal, il atteint environ 2700 m d'altitude. Il a besoin d'une température supérieure à 7 ° C. Il convient aux zones de rusticité 10-12. Jardins botaniques du mont Cootha. Au Yunnan. Dans XTBG Yunnan^{{{0(+x)}}} (traduction automatique).

Original : A tropical plant. In Nepal it grow to about 2700 m altitude. It needs a temperature above 7Â°C. It suits hardiness zones 10-12. Mt Cootha Botanical Gardens. In Yunnan. In XTBG Yunnan^{{{0(+x)}}}.

- **Localisation :**

Asie, Australie, Bhoutan, Chine, Himalaya, Inde, Indochine, Indonésie, Laos, Malaisie, Myanmar, Népal, Inde du nord-est, Pakistan, Panama, Asie du Sud-Est, Sri Lanka, Thaïlande^{{{0(+x)}}} (traduction automatique).

Original : Asia, Australia, Bhutan, China, Himalayas, India, Indochina, Indonesia, Laos, Malaysia, Myanmar, Nepal, Northeastern India, Pakistan, Panama, SE Asia, Sri Lanka, Thailand^{{{0(+x)}}}.

- **Notes :**

Il existe environ 420 à 600 espèces de Justicia. Les feuilles sont utilisées en médecine^{{{0(+x)}}} (traduction automatique).

Original : There are about 420-600 Justicia species. The leaves are used in medicine^{{{0(+x)}}}.

- **Liens, sources et/ou références :**

dont classification :

dont livres et bases de données : ⁰"Food Plants International" (en anglais) ;

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

Barkatullah and Ibrar, M., 2011, Plants profile of Malakand Pass Hills, District Malakand, Pakistan. African Journal of Biotechnology Vol. 10 (73) pp. 16521-16535 ; 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 ; BHARGAVA, (As Adhatoda vasica) ; 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 (Also as Adhatoda vasica) ; Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 248 ; Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 774 ; Dutta, U., 2012, Wild Vegetables collected by the local communities from the Churang reserve of BTAD, Assam. International Journal of Science and Advanced Technology. Vol. 2(4) p 122 ; Ekka, N. S. & Ekka, A., 2016, Wild Edible plants Used by Tribals of North-east Chhattisgarh (Part-I), India. Research Journal of Recent Sciences. Vol. 5(ISC-2015), 127-131 (2016) (As Adhatoda zeylanica) ; Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 412 ; GUPTA (As Adhatoda vasica) ; Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 176 ; Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development. ; Kar, A., & Borthakur, S. K., 2008, Wild vegetables of Karbi - Anglong district, Assam, Natural Product Radiance, Vol. 7(5), pp 448-460 (As Adhatoda zeylanica) ; Kumar, P. D., et al, 2015, Ethnobotanical Knowledge and Usage of Wild Plants in Theog Forest Division, Himachal Pradesh, North Western Himalaya. The Journal of Ethnobiology and Traditional Medicine. Photon 124(2015) 922-935 ; Kumar, S. A., Manus, D. & Mallika, M., 2018, Impact of non-timber forest products on Forest and in Livelihood Economy of the People of Adjoining Areas of Jalpaiguri Forest Division, West Bengal, India. Int. J. of Life Sciences, 2018; 6 (2):365-385 (As Adhatoda vasica) ; Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 3 ; Liu, Yi-tao, & Long, Chun-Lin, 2002,

Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56 (As Adhatoda vasica) ; Lord, E.E., & Willis, J.H., 1999, Shrubs and Trees for Australian gardens. Lothian. p 203 (As Adhatoda vasica) ; Maikhuri, R, K, and Gangwar, A. K., 1993, Ethnobiological Notes on the Khasi and Garo Tribes of Meghalaya, Northeast India, Economic Botany, Vol. 47, No. 4, pp. 345-357 (As Adhatoda vasica) ; Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 280 ; McMakin, P.D., 2000, Flowering Plants of Thailand. A Field Guide. White Lotus. p 1 (As Adhatoda vasica) ; Mukhia, P.K., et al, 2013, Wild plants as Non Wood Forest Products used by the rural community of Dagana, a southern foothill district of Bhutan, SAARC Journal, 27 pages ; Narzary, H., et al, 2013, Wild Edible Vegetables Consumed by Bodo tribe of Kokrajhar District (Assam), North-East India. Archives of Applied Science Research, 5(5): 182-190 ; Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 94 ; Radha, B., et al, 2013, Wild Edible Plant Resources of the Lohba Range of Kedarnath Forest Division (KFD), Garhwal Himalaya, India. Int. Res J. Biological Sci. Vol. 2 (11), 65-73 (As Adhatoda zeylanica) ; Recher, P, 2001, Fruit Spirit Botanical Gardens Plant Index. www.nrg.com.au/~recher/seedlist.html p 6 (Justicia adhatoides) ; Saikia, M., 2015, Wild edible vegetables consumed by Assamese people of Dhemaji District of Assam, NE India and their medicinal values. Archives of Applied Science Research, 2015, 7 (5):102-109 ; Salvi, J. et al, 2016, A review: Underutilized wild edible plants as a potential source of alternative nutrition. International Journal of Botany Studies. Volume 1; Issue 4; May 2016; Page No. 32-36 ; Sarma, H., et al, 2010, Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis. International Journal of Botany 6(4): 414-423 ; Sawian, J. T., et al, 2007, Wild edible plants of Meghalaya, North-east India. Natural Product Radiance Vol. 6(5): p 413 (As Adhatoda vasica) ; Singh, S.R. and Singh, N.I., 1985, A Preliminary Ethnobotanical studies on wild edible plants in the markets of Manipur - 1. J. Econ. Tax. Bot. Vol. 6 No. 3 pp 699-703 (As Adhatoda vasica) ; Sp. pl. 1:15. 1753 ; Tiwari, J. K., et al, 2010, Some Promising Wild Edible Plants of Srinagar and its Adjacent Area in Alaknanda Valley of Garhwal Himalaya, India. Journal of American Science 6(4) p 167ff ; Thapa, L., 2009, The Research Project on Edible Wild Plants of Bhutan and Their Associated Traditional Knowledge. Journal of the faculty of Agriculture Shinshu University Vol. 45 No. 1 & 2. ; Thapa, L. B., et al, 2014, Wild Edible Plants used by endangered and Indigenous Raji Tribe in Western Nepal. International Journal of Applied Sciences and Biotechnology. Vol 2(3):243-252 ; Tsherig, K., 2012, Edible Wild Plants of Bhutan and their contribution to Food and Nutrition Security. Ministry of Ag. and Forests, Bhutan. www.fao.org ; Uprety, Y. et al, 2016, Traditional use and management of NTFP's in Kangchenjunga Landscape: implications for conservation and livelihoods. Journal of Ethnobiology and Ethnomedicine. 12:19 ; Yeshi, K. et al, 2017, Taxonomical Identification of Himalayan Edible Medicinal Plants in Bhutan and the Phenolic Contents and Antioxidant Activity of Selected Plants. TBAP 7 (2) 2017 pp 89 - 106