

Swertia angustifolia (Chiraita)



Botanical Name	<i>Swertia angustifolia</i> (Buch.-Hm.)ex D.Don (GENTIANACEAE)
Vernacular Name	Chireta
Description	Chirayata is an erect, annual, branched herb, up to 1.5 m high. Stem is robust and cylindrical below, but four-angled upwards. Leaves are broadly lanceolate, opposite, sessile, about 10 cm long, acute at tip, and five nerved.
Regional Distribution	Bareipani, Meghasani (Similipal), Niyamgiri, Mahendragiri, Paikamal,
Global Distribution	Indo-Chinese region.
Elevation Range (m)	500-700 m
Part Used	Whole plant
Action &Uses	Anthelmintic, hepatoprotective, hypoglycemic, antimalarial, antifungal, antibacterial, cardiostimulant, antifatigue, anti-inflammatory, antiaging, antidiarrheal, as protectant of the heart and also help in lowering blood pressure and blood sugar.
Folk Use	Malaria, skin disease.
Threats	Lf, Tp.
INCU Threat Status (Odisha)	A2c DD
Status in Other State	Data Deficient (DD)