

## LEMON GRASS AS A ALTERNATIVE MEANS OF LIVELIHOOD

- ✓ *Cymbopogon citratus* (Lemon grass) is a widely used herb in tropical countries, especially in Southeast Asia.
- ✓ The essential oil of the plant is used in aromatherapy. The compounds identified in *Cymbopogon citratus* are mainly terpenes, alcohols, ketones, aldehyde and esters.
- ✓ It also possesses various pharmacological activities such as anti-amoebic, antibacterial, antidiarrheal, antifilarial, antifungal and anti-inflammatory properties.
- ✓ Habitat and distribution: Lemon grass is endemic to Southeast Asia, particularly India, Sri Lanka, the Philippines, Thailand, and Vietnam. And introduced in several parts of the world including United States, Brazil etc. In Manipuri, its known as "houana".
- ✓ Plants reach around five feet in height and four feet in breadth. The telltale fragrance of this lemon-scented plant is due to the presence of essential oils in the tube-like cells.
- ✓ Plant Parts Used: Beverages, Leaves and Oil (medicinally). The dried leaves can also be brewed into a tea, either alone or as a flavoring in other teas, imparting a flavor reminiscent of lemon juice but with a mild sweetness without significant sourness or tartness.



*Cymbopogon citratus* (Lemon grass) in its natural habitat at Chingnungkhok Hills Range, Imphal East District, Manipur.

## PROCESSING



Processing of cc leaves consists of following steps:-

1. Harvesting
2. Selection
3. Washing
4. Drying
5. Cutting
6. filtration
7. Weighing
8. Packaging and sealing
9. Distribution

#### Harvesting

After four and half month's, plants are matured and become dark green color. At this stage plant are harvested. After harvesting, the harvested leaves should carry to the processing plant, within 7-8 hours to get best product.

#### Selection

At this stage, unwanted matter are removed such as grass, straw, insects etc. only leaves are taken; hard parts of the leaves are discarded.

#### Washing

This stage is done to removed dust and soil that present in the leaves. It is done thrice with tap/filter water in order to clean the leaves. Cool and normal water is recommended.

#### Drying

Drying is a way of preservation. It removes water presence in the leaves that makes leave's shelf life increase and can preserve for long time. It is main step in the processing of cc leaves. It has two types- Sun drying and Machine drying

#### Cutting

Cutting is done with the help of cutting machine.

### Filtration

After cutting, the granules are filter with the help of filter apparatus to remove the large granule and powdery part.

### Weighing

Weighing is done by weighing machine.



## **Therapeutic Uses, Benefits and Claims of Lemon Grass**

1. Lemon grass is rich in calcium, copper, iron, magnesium, manganese, potassium, and zinc.
2. Lemongrass has a cooling energy which helps to soothe your stomach and keeps your digestive functions in check.
3. Lemongrass tea is your detox tea. It is packed with antioxidants that help in detoxing and cleansing you from within. It helps in removal of toxins from the body by relieving fluid retention.
4. Lemongrass is nature's formula for taming high blood pressure. It is rich in potassium which increases the production of urine in our body, which in turn stimulates blood circulation and lowers blood pressure.
5. Lemongrass tea is a great option for your weight loss diet plan as it helps in boosting your metabolism which makes digestion quicker and helps in burning more calories.
6. Lemongrass has antibacterial and antifungal properties that help you cope with cold, cough and flu. Plus, it is loaded with Vitamin C that strengthens your immunity.
7. Lemongrass is a great source of Vitamin A and Vitamin C

8. Lemongrass tea is considered excellent for women's health. It provides relief from hot flashes and helps in reducing menstrual pain due to its soothing effect.
9. Lemon grass oil has also been tested for its ability to repel the pestilent stable fly which bites domestic animals.
10. Lemon grass oil is highly aromatic and is used for its anti-fungal qualities
11. The antioxidants associated with the herb lemon grass are valued for their disease preventive properties and strengthening the immune system