



NANDHA SIDDHA

MEDICAL COLLEGE AND HOSPITAL

Pitchandampalayam Post, Erode – 638 052.

முங்கில்

Bambus vulgaris Linn. / Bamboo, moongil



Family: Poaceae

Part Used: Roots, seed, salt.

Siddha Medicinal Uses	Active Compounds/Benefits
The medicinal decoction of the young shoot is used to treat amenorrhea and leucorrhoea.	silica, silacum, cholin, betain, albuminoids. <ul style="list-style-type: none">• Rich in protein, fiber, and antioxidants,• It supports bone health, digestion, and blood sugar control.