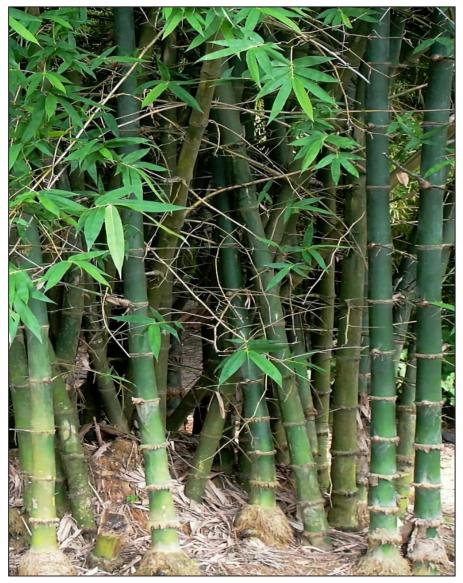


NANDHA SIDDHA MEDICAL COLLEGE AND HOSPITAL

Pitchandampalayam Post, Erode – 638 052.

முங்கில்

Bambus vulgaris Linn. / Bamboo, moongil



Family: Poaceae

Part Used: Roots, seed, salt.

Siddha Medicinal Uses

The medicinal decoction of silica, silacum, cholin, betain, the young shoot is used to amenorrhea treat and leucorrhoea.

Active Compounds/Benefits

albuminoids.

- Rich in protein, fiber, and antioxidants,
- It supports bone health, digestion, and blood sugar control.