



Lemongrass: Benefits, Risks and its Propagation

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Lemongrass adds a grandeur look to your space, has a pleasant fragrance, spice up the food and have exceptional medicinal properties. Lemongrass, scientifically known as *Cymbopogon citratus* is an aromatic herb with long, slender green leaves growing up to five feet and encompass a citrus fragrance. It is a tropical grass native to Southeast Asia. It is also known as barbed wire grass, silky heads, cochin grass, oily heads, and fever grass.

Lemongrass contains various vitamins and minerals and is rich in phytochemical compounds such as saponins, flavonoids, phenols, and alkaloids. It contains Vitamin C, vitamin A, Vitamin B5, B1, folic acid, calcium, magnesium, iron, copper, manganese, zinc and phosphorous. One ounce of lemongrass has 30 calories with 7 grams of carbohydrates and 1 gram of protein.

It is used around the world for both culinary and medicinal purposes. The essential oil from lemongrass is used as a fragrance in making deodorants, cosmetics, soaps, etc. A tea made from the leaves or stalks reduces gastrointestinal problems, stress, and bladder issues. It acts as a repellent by keeping away insects. Lemongrass serves best in soups, seafood, poultry, meat and vegetables.

HOW TO GROW LEMONGRASS?

Lemongrass is a low- maintenance herb and can be grown easily. It grows both outdoors and indoors, based on your preference and the weather conditions. They can be propagated through seeds, cuttings and division. The ideal method to grow them in your place is by using cuttings.

- Collect 5-6 healthy stalks (all the stalks may not grow, so it is better to have a bunch)
- Trim the stalk and cut the top portion to remove the leaves (watch for the older leaves and remove them. This makes your plant look neat)
- Place the stalks in a glass jar filled with water and place this jar near your window where you get natural light
- Change the water every 2-3 days until the roots appear
- New leaves appear in 7-10 days
- Before planting these newly formed herbs outdoors, wait until the roots grow at least 3- inch long
- After the roots are formed, it is ready to be planted. Transplant your lemongrass into well-aerated, nutrient-dense soil in a container or outdoors.
- Lemongrass will be ready for harvest in 2-4 months. Allow the plant to grow at least 12- inch long and ½ inch wide before harvesting.

Here's a fun fact, you can grow lemongrass through the stalks which you get from the supermarket. Isn't it interesting? Go grab them now and try to grow on your own.



Health Benefits of Lemongrass

Lemongrass is traditionally used to cure several ailments back since many years. It is a rich source of antioxidants and flavonoids and its anti-bacterial, anti-fungal properties along with anti-inflammatory agents serve best to cure several disorders.

- ❖ Lemongrass inhibits the growth of the cancer cells
- ❖ It prevents heart diseases
- ❖ They reduce cholesterol
- ❖ Lemongrass reduces bacterial infestations and improves digestion
- ❖ It is good for eye health
- ❖ It cures nervous disorders
- ❖ It aids in weight loss
- ❖ It reduces fever
- ❖ It helps to keep the skin healthy and glowing
- ❖ Lemongrass is used to reduce stress and anxiety
- ❖ It is helpful to reduce headache and infections
- ❖ It helps to reduce depression

Risks of lemongrass

Contrary to the benefits that can be reaped by lemongrass, it has some risks too. So it is better to consult a doctor if seen any adverse impacts.

- ❖ It causes skin irritation to some people
- ❖ It might cause miscarriage in pregnant women. So it is better to avoid consuming lemongrass during pregnancy

Lemongrass is a divine herb having excellent properties. Using them cautiously can help to refresh your health and surroundings.