**Spinach Details**

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| S.no | English Name | Common name | Scientific name | Health Benefits |
| 1 | **Amaranths Red** | **Thandu keerai** | **•Amaranthus lricolor** | * Beneficial for those who are suffering from osteoporosis and other bone health problems related to deficiency of calcium * It helps us to reduce our weight and wards off heart disease as it lowers the cholesterol in the blood |
| 2 | **Balloon vine** | **Mudakathan Keerai** | **Cardiospermum halicacabum** | •Used for cough, skin diseases, menstrual cramps, piles, constipation, dysentery arthritis and rheumatism.  •This poultice will provide very good temporary relief from joint pain and arthritis pain |
| 3 | **Dwarf copperleaf (Green),** | **Ponnagannai Keerai** | **Alternanthera sessilis** | * As it is rich in calcium, it is good for bone health. The vitamins and minerals in it helps to boost your energy levels. * It helps to get rid of bad breath when included in diet regularly. We should include ponnanganni green leaves at least once weekly to get its benefits.   Used in burning sensation, diarrhea. |
| 4 | **Amaranths Green** | **Mulaikeerai** | **Amaranths lrislis** | * It is beneficial for those who suffer from Alzheimer’s disease as it controls the neural damage done in the brain. * Reduce inflammation in the body and provide an extra boost of nutrition to one’s health |
| 5 | Water Spinach, | Vallal Keerai | Ipomoea aquatica | * Water spinach is a powerhouse of nutrients that benefit your body as well as your skin and brain * It contains abundant quantities of water, iron, vitamin C, vitamin A and other nutrients and can be eaten cooked or raw. It is mostly used in salads as well as other dishes to boost their nutrient content. |
| 6 | E- Tropical Amaranth, | Siru Keerai | Amaranthus crassipes | * Sirukeerai is an essential part of daily diet as its main property is to remove waste from the body. * When consumed regularly this helps in removing toxins from the kidney and cleans the urinary tract. * Sirukeerai also helps in eradicating kidney stones and other bile related diseases |
| 7 | Palak | Palak Keerai | Spinacia oleracea | * Vitamin A ensures stronger immunity, and its anti-inflammatory action can reduce the inflammation and promote eye health |
| 8 | **Mustard** | **Kadugu Keerai** | **Brassica juncea** | * supports many body functions, including good lung and kidney health * Mustard greens are a rich source of vitamins and minerals your body needs to stay healthy |
| 9 | Mint Leaves | Pudina | Mentha | * Mint leaves are anti-inflammatory in nature which helps in reducing any inflammation in your stomach. |
| 10 | Malabar Spinach | pasala keerai | Basella alba | * The succulent mucilage is a particularly rich source of soluble fiber. * Astringent - the cooked roots are used in the treatment of diarrhea. |
| 11 | Lettuce Tree | Sandi Keerai | Pisonia umbellifera | * Bone Strength. Lettuce is a source of vitamin K, which helps strengthen bones. * Hydration. Water makes up over 95% of raw lettuce. * Improved Vision. Lettuce is a source of vitamin A, which plays a role in eye health. |
| 12 | Lambs Quarters | Paruppu Keerai | Chenopodium album | * Lamb's quarters and orach are incredibly nutritious. * They are high in fiber, protein and is loaded with both Vitamins A and C. * Lamb's quarters is also high in manganese, calcium, copper and has a bit of iron, and is high in both omega-3 and omega-6 fatty acids. |
| 13 | Lagos Spinach | Pasalai Keerai | Celosia argentea var. argentea | * It helps to prevent bone related diseases still because of its high level of calcium. It is high in fibre and water content, this helps to improve digestion and prevents conditions such as constipation |
| 14 | Indian Pennywort | Vallarai Keerai | Centella asiatica | Stomach ulcer and urinary tract infections: Pennywort is  frequently used to treat stomach and urinary tract infections  due to its antibacterial characteristics. To get rid of stomach  ulcers and urinary issues, boil the clean, fresh pennywort,  strain it into a glass, add honey, and drink it each morning. |
| 15 | Gongura | Pulicha Keerai | Hibiscus sabdariffa | Gongura is an **excellent source of folate and a very good source of vitamin B6**, both of which are needed to maintain low homocysteine levels. Apart from this, it is a rich source of iron, vitamin C, anti-oxidants, calcium, iron, zinc and vitamin A |
| 16 | Holy Basil | Tulsi | Ocimum tenuiflorum | Holy basil benefits appear to include the ability to control blood sugar (glucose) levels as demonstrated by several test tube and animal experiments, as well as human clinical trials.  It is also used to treat snake and insect bites. Women sometimes use basil before and after childbirth to promote blood circulation, and also to start the flow of breast milk. |
| 17 | Fenugreek Leaves | Vendhaya Keerai | Trigonella foenum-graecum | Fenugreek leaves are herbs with extensive medicinal properties. They specifically contain anti-diabetic and anti-carcinogenic qualities. Their usage has been noteworthy in traditional and alternative medicine for ages. They improve digestion, skin, heart health and hair health. They also have antioxidant and anti-inflammatory properties. |
| 18 | False Amarnath | Thoyya Keerai | Digera muricata | Used mostly as part of the winter dishes of *saag,*it is the less favourite relative of spinach. But Amaranth leaves are much superior to most greens because they are a powerhouse of nutrients. Let us look at some health benefits of eating Amaranth leaves. |
| 19 | Dwarf copperleaf (Red), | Ponnagannai Keerai | Alternanthera sessilis | As it is rich in calcium, it is good for bone health. The vitamins and minerals in it helps to boost your energy levels.  It helps to get rid of bad breath when included in diet regularly. We should include ponnanganni green leaves at least once weekly to get its benefits.  Used in burning sensation, diarrhea. |
| 20 | Carry Leaves | Kaṟivēppilai, | Murraya koenigii | Curry leaves are a rich source of vitamin A, vitamin B, vitamin C, vitamin B2, calcium, and iron, apart from a heavy distinctive odor and pungent taste.  It helps in the treatment of dysentery, diarrhea, diabetes, morning sickness, and nausea by adding curry leaves to your meals. |
| 21 | Coriander Leaves | Kottumalli Thazhai | Coriandrum sativum | Coriander is a fragrant, antioxidant-rich herb that has many culinary uses and  health benefits. It may help lower your blood sugar, fight infections, and  promote heart, brain, skin, and digestive health. You can easily add coriander  seeds or leaves — sometimes known as cilantro — to your diet. |
| 22 | Chinese Spinach | Arai Keerai | Amaranthus dubius | Chinese spinach is a source of potassium to balance fluid levels, iron to develop the protein hemoglobin for oxygen transport through the bloodstream, calcium to build strong bones and teeth, and vitamin A to maintain healthy organ functioning. |
| 23 | Celery | Celery Keerai | Apium graveolens | Celery is loaded with antioxidants. These include well-known varieties such as flavonoids and vitamin C, as well as lunularin and bergapten. These and other antioxidants help to prevent the oxidative stress that contributes to cancer. Celery is rich in a phytochemical known as phthalides |
| 24 | - Black nightshade/Garden Nightshade | - Manathakkali | Solanum nigrum | The leaves of this plant are rich in antioxidants and help in strengthening the liver of a person consuming it on a regular basis.  That's why when someone is suffering from jaundice or any other liver disease then drinking the extracts of the black nightshade plant is advised for faster and better recovery. |
| 25 | **Betel leaf** | **vetrilai,** | **Piper betle** | Betel leaves are used as a stimulant, an antiseptic, and a breath-freshener, whereas areca nut was considered as aphrodisiac.  Chewing habits of people have changed over time. The betel leaves are chewed together in a wrapped package along with areca nut and mineral slaked lime |