

Cymbopogon citratus
(Lemongrass) عشب الليمون



Scientific Name: *Cymbopogon citratus*

Family: Poaceae

English common name: Lemongrass, Fevergrass or Citronella

Arabic common name: عشب الليمون

Morphology:

Flower and Fruit: The flowers are 30 cm long and have false spikes with reddish brown sheaths 15 to 25 mm long. The racemes are 15 to 17 mm long. The sessile spikelet is 6 mm long and the upper spels are 0.7 mm wide, lanceolate, narrowly winged, flattened at the back, slightly concave and ribless in the lower part. The stemmed spikelet is 4.5 mm long, and the lower spelt is 0.7 mm wide. Inflorescences are rarely formed on this variety.

Leaves, Stem and Root: *Cymbopogon citratus* is a perennial plant with a smooth and glabrous stalk up to 2 m. The leaf blade is linear, acuminate, up to 90 cm long and 5 mm wide and smooth on both sides. The leaf sheaths are round, glabrous and smooth. The ligule is paper-like and less than 1 mm long.

Active constituents

The key constituents of lemongrass are volatile oils e.g.,

- Citral (65-86%)
- Myrcene (12-20%)
- Citronellal (32-45%)
- Geraniol (12-25%)
- Geranyl acetate (3-8%)
- Citronellyl acetate (1-4%)

Pharmacological applications:

Unproven Uses: Externally, Lemongrass is used for lumbago, neuralgic and rheumatic pain, sprains, and as a mild astringent. Internally, the herb is used for gastrointestinal symptoms and mild states of agitation.

Indian Medicine: Lemongrass is used for intestinal parasites, stomach complaints, flatulence, leprosy, bronchitis, and fever.

Side effects:

The application of salves with the volatile oil upon the skin has led in rare cases to signs of allergy. Toxic alveolitis was observed in 2 cases following inhalation of the volatile oil.

Contraindications:

No information is available.

Suitable method of administration:

Inhalation and topical use.

Examples of drugs in the market:



References

Healthcare, T. (2004). PDR for herbal medicines. by Thomson PDR, Montvale, 877-878