



# Bamboo





## Synonym

- Gujarati: વાંસ
- Hindi: बांस
- English: Bambusa vulgaris, Bamboo

## Botanical name

- Bambusa vulgaris

## Family

- Poaceae

## **Chemical Constituents**

- Silica
- flavonoids
- phenolic acids
- amino acids

## **Therapeutic Uses**

- Traditionally used for respiratory issues, fevers, and as a diuretic.
- Bamboo shoots are consumed as food.

## **Marketed Preparations**

- Bamboo extracts in supplements.
- Pickles and Canned Shoots: Raw bamboo shoots are peeled, sliced, and boiled before being preserved in brine or canned to extend shelf life and remove bitterness.
- Dried Bamboo Shoots: Another form of processed bamboo, offering convenience for various dishes.
- Personal Care: Products like toothbrushes, hairbrushes, and cosmetic items incorporate bamboo.