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UNIVERSITY

Bamboo





Synonym

- Gujarati: પાંસ
- Hindi: बास
- 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.