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UNIVERSITY

Colocasia





Synonym

- Gujarati: અળવી, અરબી
- Hindi: अरबी, अरवी
- English: Dasheen, Eddoes or Eddo, Cocoyam.

Botanical name

- *Colocasia esculenta*

Family

- Araceae

Chemical Constituents

- Tubers are rich in starch (73–76%), natural sugars, proteins, amino acids (13–23%), minerals (calcium, phosphorus, iron, potassium, sodium, zinc), dietary fiber, lipid (0.23–0.52%), and phosphate derivatives.
- Leaves contain calcium oxalate, vitamins (A, B, C), flavonoids (apigenin, luteolin, orientin, iso-orientin, vitexin, anthocyanins), β -sitosterol, stigmasterol, and cyanoglucosides.
- Both leaves and tubers have glycosides, alkaloids, triterpenoids, phenols, saponins, and terpenoids.

Therapeutic Uses

- Corm juice is demulcent, laxative, and anodyne.
- Leaves exhibit antihelminthic, anti-inflammatory, and antidiabetic activities.
- Plant extracts possess nervine tonic, antioxidant, hepatoprotective, antimicrobial, antidiabetic, anti-lipid peroxidative, anticancer, and antifungal actions.
- Used traditionally for wound healing, treating ulcers, rheumatism, snake bites, scorpion stings, and digestive issues.

Marketed Preparations

- Corms are marketed as taro flour, taro chips, taro puree for baby food, and as food ingredient in confections, cookies, and noodles.
- Cosmetic formulations use taro starch in face powders and dusting preparations.
- Pharmaceutical uses include taro gum as binder/disintegrant in tablet formulations; mucoadhesive and sustained-release matrix tablets have used taro gum or starch.
- Herbal formulations and ayurvedic medicines utilize various extracts; patents exist for taro-based products and processes.