



SIGMA[®]
UNIVERSITY

Canna indica



Synonym:

Gujarati: Kardal / Keli

Hindi: Sarvajjaya / Keli / Indian Shot

English: Canna / Indian Shot / Canna Lily

Botanical name: *Canna indica*

Family: Cannaceae

Chemical Constituent:

- Starch (Canna starch) – major constituent in rhizomes
- Flavonoids – quercetin, kaempferol derivatives
- Phenolic compounds – gallic acid, tannins
- Alkaloids – minor presence
- Proteins & sugars – nutritive compounds

Therapeutic Effect:

- Demulcent: Soothes mucous membranes, useful in digestive irritation
- Diuretic: Promotes urine flow, used in urinary disorders
- Anti-inflammatory: Reduces swelling and irritation
- Antimicrobial: Effective against certain bacteria and fungi
- Nutritive: Rhizome starch used as dietary supplement

Marketed preparation:

- Canna Starch Powder: Used as a dietary supplement and in infant foods
- Herbal Decoctions: Rhizome extracts for urinary and digestive issues
- Traditional Preparations: Poultices for inflammation and wound

Key Constituents:

- Canna starch – nutritive, demulcent
- Flavonoids (Quercetin, Kaempferol) – antioxidant, anti-inflammatory
- Phenolic compounds – antimicrobial, protective
- Tannins – astringent properties

Uses:

- Medicinal:
 - Relief in urinary disorders (diuretic)
 - Soothing agent for digestive irritation

- Anti-inflammatory poultices for wounds and swellings
- Nutritional:
 - Rhizome starch used in infant foods and as dietary supplement
- Traditional:
 - Used in folk medicine for fever and inflammation