



SIGMA  
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# Canna indica



## Synonym:

Gujarati: Kardal / Keli

Hindi: Sarvajaya / 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