

## It's About Indian Copper Leaf

Srimathi K<sup>\*1</sup>, Kabilan M<sup>2</sup> and Vignesh S<sup>2</sup>

<sup>1</sup>SRF, Dept. of Agronomy, TNAU, Coimbatore -3.

<sup>2</sup>Ph.D Scholars, Dept. of Agronomy, TNAU, Coimbatore -3.

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### Introduction

Indian copper leaf is called as 'Kuppaimeni' in Tamil. It is an herbal plant and belongs to the genus 'Acalypha', which is the fourth largest genus in the 'Euphorbiaceae' family and the species '*A. indica*'. The majority of the plants in this family are utilized as medicinal herbs in Asian and African regions.

### Various regional names of Indian *Acalypha*

- English: Indian Battle, Indian *Acalypha*
- Hindi: Kuppikoko, Kholali
- Sanskrit: Harita Manjari
- Telugu: Kuppi chettu, Murkonda
- Marathi: Khajotia
- Malayalam: Kuppaimeni, Kuppi
- Bengali: Mukta Jhuri
- Tamil: Kuppaimeni keerai

### Distribution

Kuppaimeni is native to the tropics, but it is currently cultivated in India, Pakistan, Sri Lanka, Yemen and South Africa widely. Naturally, it grows in wet, temperate and tropical areas around the equator in Asia, Africa, Europe, South and North America and Australia. In India, this medicinal plant may be found in gardens, wastelands, agricultural lands and along roadsides. This plant is usually found along roadsides, farmland, forest cover, rocky slopes and river banks. It offers several health advantages. This is a prominent plant that is used in Ayurvedic therapy. The Indians have the best recorded history of plant use for traditional remedies. Meanwhile, many Australians have recognized this plant in their region but are less likely to ingest it. It is also a prevalent weed in South Nigeria and West Africa.

### Botanical distribution

Indian Copperleaf is a small erect annual plant with a taproot system that may grow to a height of 60 cm or more. The climbing branches are angled and velvet-hairy. Leaves are widely ovate, roughly triangular, coarsely serrated, simple and arranged spirally. Leaf stalks are as long as or longer than 3-5 cm long blades. The flower is distributed in several loose, upright, elongated and auxiliary spikes. Flowers have no stalks and are longer than the leaves. Male flowers are little and crowded distally. Female flowers are dispersed along the inflorescence axis, each held in place by a prominent semicupular leaf-like serrated green bract almost 7mm long. Capsule is bristly and 1mm in width. *Acalypha indica* fruit is tiny and hairy. The seeds are small, ovoid and pale brown in appearance.



Indian copper leaf - Plant parts and Uses

### Chemical Substances in Indian Copper Leaf

- Alkaloids
- Catechol
- Flavonoids
- Phenolic
- Saponins
- Steroids
- Phytol
- Dihydroactinidiolide
- Loliolide
- Mauritania
- Clitorin
- Nicotiflorin
- Bio robin
- Tannins
- B-sitosterol
- Acalypha Mide
- Aurantiamide
- Succinimide
- Flindersin

### Medicinal Properties

*Acalypha indica* is a potent herbal plant with pharmacological and medicinal properties. It is used to treat respiratory problems, rheumatoid arthritis, scabies, and insect bites as well as aid in wound healing. A decoction prepared from entire herbs is used to treat bronchitis, epilepsy, amniocentesis, mouth ulcers, asthma and pneumonia. A headache remedy prepared from flower buds is also popular. Indian *Acalypha* roots are used in traditional medicine to cure gonorrhea, diarrhea, dysentery, chest pain, ear infections and injuries. Root decoction is used to treat diabetes, fever, stomach aches and remove intestinal worms as well as a laxative.

### Benefits of Indian *Acalypha*



- 1. Anti-inflammatory properties:** External use of these herbs can significantly reduce inflammation. It swiftly heals wounds and minimizes inflammation.
- 2. Analgesic properties:** This herbal medicine is quite powerful at eliminating toxins. This plant's paste is used as a poultice on wounds because it reduces inflammation and pain.
- 3. Anthelmintic properties:** The leaf juice or decoction is consumed to get rid of intestinal worms.
- 4. Antibacterial properties:** It has both antifungal and antibacterial properties, making it one of the greatest skin care solutions. Kuppaimeni oil may be prepared and used to treat a variety of skin problems such as bronchitis and eczema. Indian Acalypha powder can be used in face packs to treat a variety of skin issues.
- 5. Anti-venom properties:** Extraction of the plant's leaves successfully eliminates the venom of Russell Vipers. The leaves are boiled in water and given to people who have been bitten by the Russel Viper.
- 6. Wound Healing Capacity:** Indian Acalypha is used to heal wounds. Because it grows abundantly across the region, just applying a poultice of leaves to a wound aids in its recovery.
- 7. Anti-ulcer properties:** The plant extracts aids in the reduction of ulceration and gastric emptying.
- 8. Anti-diabetic properties:** It can help reduce blood sugar levels and prevent sugar spikes. Therefore, this herb is beneficial to diabetics.
- 9. Larvicidal and Ovicidal properties:** The leaf extract has been found to be beneficial against malaria, which is caused by the mosquito *Anopheles stephensi*. The plant's leaf extracts can be used to make an efficient mosquito repellent spray.
- 10. Antioxidant properties:** This herbal plant extract helps in the removal of free radicals from the human body, which causes premature ageing.

#### Traditional Uses of Indian Acalypha

- **Kuppaimeni** is used in folk medicine to reduce vomiting and to cure arthritis and gout.
- This herb is used internally to treat urinary tract and kidney problems, locomotor system, gastrointestinal tract, cardiovascular system, haemorrhage, gout, rheumatism, skin problem, flu and other ailments.



- Leaf extracts helps in the regulation of glyceemic levels in people with type-2 diabetes.
- Rheumatism can be efficiently treated by rubbing fresh leaves on the skin.
- Infusion of fresh leaves may swiftly heal burns and remove poisons.
- Leaf extraction is used as an antidote to snake venom.
- This herb lowers the risk of respiratory disorders such as bronchitis, cough, asthma, chest congestion, tuberculosis and others.

### **Conclusion**

With this article, you will undoubtedly become familiar with the Indian Acalypha herbal plant. The uses and medicinal benefits of this plant will provide insight into the significance of this unwanted plant, which also has some economic value.

