

# Insulin plant / *Costus igneus*

**Part consumed -**  
Leaves

**Form consumed -**  
Powder, Decoctions,  
cuisines, Teas

**Maximum daily  
consumption by adults -**  
Powder - 10 g  
Decoction - 15-30 ml

## **Composition**

- Quercetin
- Kaemferol
- Apigenin
- Naringenin
- Hesperitin
- Luteolin
- Myricetin
- Epicatechin
- Roseoside



## **Indication as per Ayurveda**

- Diabetes

## **Modern Clinical Studies**

- Antidiabetic
- Hypo-lipidaemic
- Diuretic
- Anti-oxidant
- Anti-microbial
- Anti-cancer