

Costus or Kuth

Latin Name(s): Saussurea Lappa

English Name(s): Costus

Sanskrit / Indian Name (s): Kuth, Kushtha



Cure for: It is used both internally and externally. Internally it is used in formulation for the treatment of abdominal distension and pain, chest pains due to liver problems and jaundice, gall bladder pain, constipation associated with energy stagnation, and asthma. Its oil is used as an ointment for wounds, severe ulcerations and skin diseases. It is also a good hair tonic as it helps to prevent the gray hair and baldness.