

Changeri

- **Botanical Name:** *Oxalis corniculata* Linn.
- **Family:** Oxalidaceae
- **Synonyms:** Charngeri, Amlapatrika, Teen Pattia
- **Vernacular Name:** Commonly known as "Changeri" in Hindi, "Indian Sorrel" in English, and "Puliya Keerai" in Tamil.
- **Classification:** A small herbaceous perennial plant belonging to the Oxalidaceae family.
- **Habitat:** Found in tropical and subtropical regions, including India, Pakistan, and Southeast Asia. It grows in gardens, wastelands, roadsides, and grasslands.
- **Morphology:** A low-growing, creeping herb with slender stems and trifoliate leaves. The leaves are heart-shaped and joined to a long petiole. The flowers are small, yellow, and grow in clusters. The fruits are cylindrical capsules containing small, dark seeds.
- **Useful Parts:** Leaves, stems, and the whole plant.
- **Chemical Composition:** Contains oxalic acid, vitamin C, flavonoids, tannins, and essential fatty acids like linoleic acid and oleic acid. It also has phytosterols and phenolic compounds.
- **Pharmacological Action:** Known for its anti-inflammatory, antimicrobial, diuretic, astringent, and digestive properties. It is used in treating diarrhea, dysentery, bleeding disorders, and skin diseases.
- **Formulation:** Used in Ayurvedic preparations like Changeri Ghrita and herbal teas for digestive health and skin ailments.

Rasa: Amla, Kasaya

Guna: Laghu , Ruksha

Virya: Ushna

Vipaka: Amla