

## ***Cichorium intybus* L. (*Kasani*): Cultivation and Medicinal Uses**

*Cichorium intybus* L. belongs to family Compositae, commonly known as “*Kasani*” and “Chicory” or “Endive” in English. It is annual to perennial herb up to two meter tall with variable leaves and bright blue flowers. It grows in crop fields and waste places up to an elevation of 1000m in Uttarakhand. Presently its distribution is depleting in natural habitat. However, it can be easily germinated by seeds. Mature fresh seeds sown in sands, after germination seedlings may be transplanted in poly bags/earthen pots/fields. Leaves may be ready for use after 35 to 40 days and seeds may be collected after maturity for further propagation and medicinal use. Plants is well acclimatized in agro-climatic condition of Ranikhet.

The major chemical constituents of the plant are Chicoric acid, Glucosoids, Cichorioside, Lactucin. The leaves, seeds and roots of the plants are used in *Hridrog* (Heart diseases), *Yakrit vikara* (liver disorders), *Mutra kricchra* (Dysurea) as per *Dravyaguna* texts. (The medicinal use of this plant should be considered under supervision of Physicians.) Keeping in view of the medicinal importance of the plant have good potential for cultivation as cash crop and culinary herb.

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