



***Cassia tora* Linn.**

Family: Caesalpinaceae

Common names: sickle pod, tora.



Description:

Cassia tora is mostly found in South-East Asia and the South West Pacific as an important weed. The plant is herbaceous, annual, smelling extremely unpleasant. The plant can grow 30–90 cm tall and consists of alternative pinnate leaves with leaflets mostly with three opposite pairs that are obovate in shape with a rounded tip. Flowers occur in pairs and pale yellow in colour, with stamens of unequal length producing pods that are somewhat flattened or four angled, 10–15 cm long and sickle shaped. There are 30–50 seeds within a pod.

Utilization:

Young leaves can be cooked as a vegetable while the roasted seeds are a good substitute for coffee. Leaves are pounded and applied on cuts and act like tincture of iodine. Seeds with turmeric and mustard oil are applied against eczema. Tender leaves are taken internally to prevent skin diseases, while the infusion acts as vermifugal.

Part	Uses
Seed Extract	Antifungal
Plant Extract	Antioxidant

References:

Kim Y, Lee C.H, Kim H.G and Lee H.S; (2004) "Anthraquinones Isolated from *Cassia tora* (Leguminosae) Seed Show an Antifungal Property against Phytopathogenic Fungi" J. Agric. Food Chem.52 (20), pp 6096–6100.

Zhenbaao J, Feia T, Lingb G, Guanjuana T, Xiaolina D; (2007) "Antioxidant properties of extracts from juemingzi (*Cassia tora* L.) evaluated in vitro" LWT - Food Science and Technology, Volume 40, Issue 6, Pages 1072–1077.