



***Urtica dioica* L.**

Family: Urticaceae

Common names: Stinging nettle, Bichu buti.



Description:

Urtica dioica is a dioecious, herbaceous, perennial plant, 1 to 2 m tall in the summer and dying down to the ground in winter. It has widely spreading rhizomes and stolons, which are bright yellow, as are the roots. The green leaves are 3 to 15 cm long and grow oppositely on an erect, wiry, green stem. The leaves have a strongly serrated margin, a cordate base, and an acuminate tip with a terminal leaf tooth. It bears small, greenish or brownish, numerous flowers in dense axillary inflorescences. The leaves and stems are covered with stinging hairs.

Utilization:

Nettle has high protein contents and is used as vegetable. Its stem contains a bast fibre. Its antihistamines property act against the body's natural response to produce nasal congestion and watery eye in response to pollen and other allergens (Akbar et.al., 2003). It removes excess uric acid and relieves symptoms of gout disease. According to Mojab et.al. 2010, the most common way to bring relief to joints inflamed with gout is by brewing a cup of stinging nettle tea.

Part	Uses
Stems	bast fibre
Stinging nettles	clear out excess uric acid
Nettles	antihistamines

References

- Akbar P, Basaran A.A, Undeger U, Basaran N; (2003) In vitro immunomodulatory activity of flavonoid glycosides from *Urtica dioica* L, *Phytotherapy research*, 17.1, 34-37.
- Mojab F, Kamalinejad M, Ghaderi N, Vahidipour H.R; (2010) Phytochemical screening of some species of Iranian plants. *Iranian Journal of Pharmaceutical Research*, 77-82.