

Lablab bean/ Papadi

Botanical Name: *Lablab purpureus*

Family: Fabaceae

Common Name: Lubia

Hindi Name: सेम

Part Used: Roots, seeds, and Even flowers

Lablab purpureus plant is variable due to extensive breeding in cultivation, but in general, they are annual or short-lived perennial vines. The wild species is perennial. The thick stems can reach 6 m (20 ft) in length. The leaves are made up of three pointed leaflets, each up to 15 cm (5.9 in) long. Lablab beans, scientifically known as *Lablab purpureus*, are native to sub-Saharan Africa. However, they have also been introduced and are widely cultivated in other tropical and subtropical regions, including South-East Asia and India. In India, they are grown as a field crop in states like Tamil Nadu, Andhra Pradesh, Karnataka, Madhya Pradesh, and Maharashtra. Lablab beans, also known as hyacinth beans, offer various medicinal benefits due to their rich nutritional profile and bioactive compounds. These beans are a good source of protein, fiber, vitamins, and minerals, contributing to overall health. Specifically, lablab beans have been linked to heart health, digestive health, and may even play a role in cancer prevention. It is antimicrobial, antifungal, anti-inflammatory, tonic, aphrodisiac, hypo cholesterolemic, galactagogue, has antispasmodic properties and is an appetite suppressants. It is also used in Anticholestrolemic, antidote, antivinous, craminative, hypoglycaemic, treatment of cholera, dirrhoea, leucorrhoea, gonorrhoea, intoxication, seeds are anthelmintic, antispasmodic, digestive febrfuge and stomachic. Lablab bean used heat disease, control blood sugar level, Cholesterol level.

