



BLDEA's
SSM College of Pharmacy and Research Centre,
VIAJAYAPUR-586103,



Basella alba



Basella alba is a fast-growing, soft-stemmed vine, reaching 10 metres (33 ft) in length. Its thick, semi-succulent, heart-shaped leaves have a mild flavour and mucilaginous texture. It is rich in vitamins A and C, iron and calcium. It has been shown to contain certain phenolic phytochemicals, and it has antioxidant properties.

It is also called Malabar Spinach. There are two varieties - green and red. The stem of the *Basella alba* is green with green leaves and the stem of the cultivar *Basella alba* 'Rubra' is reddish-purple; the leaves form green and as the plant reaches maturity, older leaves will develop a

purple pigment starting at the base of the leaf and work towards the end. The stem when crushed usually emits a strong scent. Malabar spinach can be found at many Asian supermarkets, as well as farmers' markets.

Family: Basellaceae

In the Philippines, the leaves of this vegetable are one of the main ingredients in an all vegetable dish called utan that is served over rice. It is usually cooked with sardines, onions, garlic, and parsley. In Mangalorean Tuluva cuisine, a coconut based gravy called gassi is paired with the Basella plant, making a delicacy called Basale gassi to be eaten with rice dumplings called pundi soaked overnight in the gravy, or with red rice. Some variations have tiny prawns, clams, horsegram or dried fish in the gravy as well. Beary Muslims of coastal Karnataka prepare Basalede kunhi pindi (small rice dumplings smeared in gravy prepared from Malabar spinach and dried tuna). In Tamil it is called pasalakeerai. In Bengali cuisine it is widely used both in a vegetable dish, cooked with red pumpkin, and in non-vegetarian dishes, cooked with the bones of the Ilish fish and may also be cooked with shrimps. In

Andhra Pradesh, a southern state in India, a curry of Basella and Yam is made popularly known as Kanda Bachali Koorra [yam and Basella curry]. It's also used to make the snack item bachali koorra bajji. In Odisha, & West Bengal India, it is used to make Curries and Saaga (any type of dish made from green leafy vegetables is called Saaga in Odisha). In the Western Ghats in Maharashtra, India, it is used to make bhaji. It is also known as daento or valchi bhaji in Konkani. A common Mangalorean dish is "Valchi bhaji and shrimp - curry". In Gujarat, fresh big and tender leaves are washed, dipped in besan mix and deep-fried to make crispy pakodas, popularly called "poi na bhajia".

Basella rubra belongs to the family Basellaceae, and commonly known as malabar spinach, indian spinach, ceylon spinach and vine spinach. It was used to treat large number of human ailments as mentioned in Charaka Samhita, and Sushruta Samhita. It has been found to be a good source of calcium, iron, vitamin A and vitamin C. In Ayurveda, the plant has shown immense potential in androgenic, antiulcer, antioxidant, cytotoxic, antibacterial activity, anti-inflammatory, central nervous

system (CNS) depressant activity, nephroprotective and wound healing properties etc.