

# Uses

ID	1,067
Crop ID	Common Waterplantain
Part	Root
Use Category	Medicinal
Notes	It is said to lower blood pressure, cholesterol and blood sugar levels whilst it also has an antibacterial action on Staphylococcus, Pneumococci and Mycobacterium. The root is used in the treatment of oliguria, oedema, nephritis, acute diarrhoea, cholesterolaemia and fatty liver. It has been thought of as a cure for rabies, though this has not been substantiated.
Metadata ID	1,992