

 ***Mukia maderaspatana* (L.) M. Roem.**   
Family: Cucurbitaceae

The plant belongs to the family of melons, i.e., ‘Cucurbitaceae’. It is a native of India and is an annual. It can be successfully cultivated in the tropical region. It is called as ‘headache vine’ in many parts of the country. In India, it is mostly reported from Kerala, Karnataka and Tamil Nadu. The shoots, leaves and fruits of the plant are edible and eaten after cooking with spices. Due to its anti-diabetic and anti-hypertensive properties the plant is gaining importance among the health conscious diners. It is called as ‘Madras Pea pumpkin’ and the fruit has a combination of sweet and bitter taste. In the south of India, it is made to a paste (Thuvayal) with coconut after saluting with chillies and other spices. Other recipes are like, pieces of leaves mixed with rice, soaked with water and prepare *Dosa* like item. Similarly, leaves are fried with ghee or gingelly oil, followed by grinding the mass with roasted mixture of coriander leaves, curry leaves, pepper, red chili, dal and salt to make chutney like preparation. The tea prepared from leaf and bark has medicinal use in traditional therapy. The fruits are rich in vitamin C, E, A, phosphorous and minerals. Phytochemical analysis shows the presence of glycoside, flavonoids, phenols, alkaloids, saponin, carbohydrate and steroid in the plant.

