



# Mehr Chand Mahajan DAV College for Women

## Sector 36-A, Chandigarh

<b>BOTANICAL NAME</b>	<i>Hibiscus rosa-sinensis</i> L.
<b>COMMON NAME</b>	Gudhal, Gurhal, Shoe Flower, China Rose
<b>FAMILY</b>	Malvaceae



**FUN FACT** Its flowers usually bloom for one day only.

**COMMON USES**

- 1) It is commonly consumed in tea.
- 2) Hibiscus is a herbal medicine used to treat hypertension, cholesterol and cancer.
- 3) It promotes hair growth and gives shine to the hair.
- 4) Hibiscus tea helps in weight loss and prevents obesity.

However, it must be used for these purposes under medical supervision.

**REFERENCES**

- 1) <https://www.sciencedirect.com/science/article/pii/S2225411016000213#:~:text=Hibiscus%20rosa-sinensis%20is%20a%20flowering%20plant%20native%20to%20tropical%20Asia.&text=Hibiscus%20is%20commonly%20consumed%20in,cholesterol%20producti on%2C%20and%20cancer%20progression>
- 2) [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5482446/#:~:text=The%20extract%20of%20flowers%20of,its%20antioxidant%20activity%20%5B15%5D.https://www.healthline.com/health/hibiscus-for-hair#:~:text=Chinese%20hibiscus%20\(Hibiscus%20rosa%2Dsinensis,hair%20look%20healthy%20and%20lustrous](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5482446/#:~:text=The%20extract%20of%20flowers%20of,its%20antioxidant%20activity%20%5B15%5D.https://www.healthline.com/health/hibiscus-for-hair#:~:text=Chinese%20hibiscus%20(Hibiscus%20rosa%2Dsinensis,hair%20look%20healthy%20and%20lustrous)