

Insulin Plant, Costus igneus - Plant



Costus igneus, Insulin plant is an herbal cure for diabetes and hence commonly called as an insulin plant.

What makes it special:

- One of the best herbal (Antidiabetic) plant.
- Low maintenance plant.
- Perfect plant for outdoor garden.

Rating: Not Rated Yet

Price

Variant price modifier:

Base price with tax

Price with discount ?399

Salesprice with discount

Sales price ?399

Sales price without tax ?399

Discount

Tax amount

[Ask a question about this product](#)

Description

With this purchase you will get:

01

Costus igneus, Insulin Plant

01

5 inch (13 cm) Grower Round Plastic Pot (Black)

Description for Costus igneus, Insulin

Plant height: 10 - 16 inches (25 - 41 cm)

Plant spread: 4 - 6 inches (10 - 16 cm)

Costus igneus Nak and Costus pictus D. Don, commonly known as Insulin plant, is a member of Costaceae and a newly introduced plant in India from South and Central America. It is a perennial, upright, spreading plant reaching about two feet tall, with spirally arranged leaves and attractive flowers. In southern India, it usually grows as an ornamental plant and its leaves are used as a dietary supplement in the treatment of diabetes mellitus.

Common name(s): Fiery costus, Spiral flag, Insulin plant

Flower colours: Orange

Bloom time: Summer

Max reachable height: Up to 2 feet

Difficulty to grow: Easy to grow

Planting and care

Initial care for 1-2 weeks after receiving plant at your location:

- Check the moisture in the soil before watering it.
- Poke your finger into the soil, if dry then apply water.
- Keep the plant in indirect bright light.
- Do not re-pot for min. 2 weeks after receiving it.

Key requirements to keep plant healthy:

Sunlight: Bright/Indirect Bright Sunlight.

Soil: Well draining and nutrient-rich soil.

Water:

- Water the plant when the top soil (1-2 inch) in pot feels dry to touch.
- Do not overwater the plant.
- Water thoroughly in the summer and reduce watering in winter and rainy season.

Temperature: 18 to 29 degrees C

Fertilizer: Apply any organic fertilizer

Caring for Costus igneus

Refer our [Garden Guide](#) for detailed procedures and meanings of words related to gardening.

Sunlight

- **Soil** at least five to six hours of morning sunlight a day is ideal.

- **Watering** should be well drained and rich in organic content for growing Hibiscus plant.

- Water the plant when the top soil (1-2 inch) in pot feels dry to touch.

- Do not overwater the plant.

- **Application of Fertilizer** summer and reduce watering in winter and rainy season.

- During the main growing season (August-December) feed the plant with organic fertilizer once a month.

- **Pest Protection** soil without disturbing the roots of the plant so it can uptake the nutrients and moisture easily.

- Remove dead, infected or damaged plant parts and discard them away from the plants.

- For any insect attack or disease, you can use Neem oil, Eucalyptus oil or Citrus oil spray for primary treatment.

Don'ts

- Do not overwater the plant.

Harvesting

NA

Typical uses of Costus igneus

Special features: One of the best medicinal plant.

Culinary use: Raw Leaves can be eaten.

Ornamental use: It is widely grown in gardens as an ornamental plant.

Medicinal use: A plant has the therapeutic potential of the leaves in diabetes. The leaves of Insulin Plant contain corosolic acid which helps to generate insulin thereby treating diabetes.

- Note: The following information is general guidelines, be sure to ask your healthcare provider for guidelines.
- It has been proven to possess various pharmacological activities like hypolipidemic, diuretic, antioxidant, anti-microbial.

References

- <http://homeguides.sfgate.com/>
- <http://www.missouribotanicalgarden.org/>
- <http://www.flowersofindia.net/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3931203/>
- <http://www.theplantlist.org/tp1.1/record/kew-343822>

Reviews

Friday, 24 July 2020

I Bought this product and received quickly .Quality wise awesome

Nazneen Shah

Tuesday, 21 July 2020

Very nice plant. Got delivered with very good condition. Gonna order one more

Nishi Saxena

Monday, 16 March 2020

Verry small size.but good product no any damage when i got it in my home delievery is superior

Monika Sharma

[More reviews](#)