Costus igneus, Insulin - Plant

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

Rating: Not Rated Yet
Price
399

Ask a question about this product

Description

With this purchase you will get:
Description for Costus igneus, Insulin

Plant height: 10 - 16 inches (25 - 41 cm)
Plant spread: 4 - 6 inches (10 - 16 cm)

Chamaecostus cuspidatus is a scientific name and is a species of herbaceous plant in the Costaceae family. It is a perennial, upright, spreading plant. The tallest stems falling over and lying on the ground. Leaves are simple evergreen, 4 to 8 inches in length with parallel venation. The flowers are produced on cone-like heads at the tips of branches. Fruits are inconspicuous, not showy.

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

Flower colours: Orange

Bloom time: Warm months

Max reachable height: Up to 2 feet

Difficulty to grow: Easy to grow

Planting and care

Propagation is by a division of the clumps, cuttings, or by separating the offsets or plantlets that form below the flower heads. Costus are best planted in the early spring. Divide the rhizomes with a sharp knife to propagate. Plant the smaller rhizomes in a new location and water well. Costus do not require deep planting. Dig the bed only 2 or 3 inches deep.

Sunlight: Full sun to part shade

Soil: Well-drained soil, fertile soil

Water: Dry to medium

Temperature: 18 to 29 degrees C

Fertilizer: Apply any organic fertilizer

Caring for Costus igneus
- Remove the mulch when fertilizing plants.
- Add an organic amendment such as compost or peat moss to the soil to improve drainage.
- Do not plant too deep, which may cause rotting of the rhizome.
- Fertilize in the spring with a general purpose fertilizer.
- Apply insecticidal soap for an attack of aphids or spider mites.

**Harvesting**

NA

**Typical uses of Costus igneus**

**Special features:** It is effective as a hedge.

**Culinary use:** 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.

Note: Please consult your health expert at first.

**References**

- [http://www.missouribotanicalgarden.org/](http://www.missouribotanicalgarden.org/)
- [http://www.flowersofindia.net/](http://www.flowersofindia.net/)
- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3931203/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3931203/)
- [http://www.theplantlist.org/tpl1.1/record/kew-343822](http://www.theplantlist.org/tpl1.1/record/kew-343822)

**Reviews**

Friday, 22 November 2019

Excellent service and good product. Well packed and well delivered. Though few leaves were fallen but plant was almost ok.

tushar sharma

Monday, 18 November 2019

Do you provide the plant with soil, and in grown condition?

Nitin Mulik

Monday, 11 November 2019

Super happy with this. The packaging was great and the plant itself is exactly what I wanted.

Pukhrambam Kavita

Sunday, 10 November 2019

Great plant..looked nice.
Arya Kumar

Thursday, 07 November 2019

I'm really happy to say that your packing is good, on time delivery all plants are good.

Piyush Srivastava

More reviews